

MEDITERRANEAN DIET COOKBOOK FOR BEGINNERS

1500+ Days of Easy, Budget-Friendly Recipes
with Colorful Pictures

Includes 30-Day Meal Plan,
Shopping List & Meal Prep Tips for Healthy Eating
& Weight Management

Bianca Lane



Copyright © 2025 by Bianca Lane

All rights reserved.

No part of this publication may be reproduced, distributed, or transmitted in any form or by any means—electronic, mechanical, photocopying, recording, or otherwise—without prior written permission from the publisher, except for brief quotations used in reviews or scholarly works.

Disclaimer:

This book is designed for informational and educational purposes only. The content is based on personal experience, independent research, and traditional Mediterranean dietary practices. It is not intended to replace professional medical advice, diagnosis, or treatment.

Please consult a qualified healthcare provider before making any significant changes to your diet, particularly if you are pregnant, breastfeeding, have known food sensitivities, or are managing a medical condition.

The author and publisher assume no responsibility for any outcomes resulting from the use of the information presented in this book.

Table of Contents

Introduction

Welcome Note from the Author - 7

Chapter 1: The Mediterranean Diet 101

What Is the Mediterranean Diet? - 8

Core Principles - 8-9

Chapter 2: Getting Started

Transitioning to the Mediterranean Diet:
Keep It Simple - 10

Eating the Mediterranean Way on a Budget - 11

Chapter 3: Meal Prep & Planning Tips

Beginner-Friendly Meal Prep Strategies - 12

Common Meal Prep Mistakes to Avoid - 12

Chapter 4: 30-Day Mediterranean Meal Plan

How to Use this Meal Plan - 13

Week 1: Fresh Start - 14

Week 2: Nourish & Energize - 15

Week 3: Flavor & Variety - 16

Week 4: Confidence in the Kitchen - 17

Chapter 5: Breakfast Recipes

Greek Yogurt Parfait with Honey and Walnuts - 18

Mediterranean Scrambled Eggs
with Feta and Spinach - 18

Tomato and Olive Breakfast Bruschetta - 19

Lemon Blueberry Oatmeal - 19

Whole Grain Avocado Toast with Za'atar - 20

Herbed Egg White Frittata - 20

Chickpea Breakfast Hash - 21

Cucumber and Mint Yogurt Bowl - 21

Breakfast Couscous with Dried Fruit and Almonds - 22

Spinach and Sun-Dried Tomato Omelet - 22

Orange & Pistachio Overnight Oats - 23

Breakfast Quinoa with Fresh Berries - 23

Smoked Salmon and Caper Flatbread - 24

Apple & Cinnamon Barley Porridge - 24

Baked Eggs in Tomato-Pepper Sauce (Shakshuka) - 25

Ricotta and Fig Toast - 25

Warm Lentil and Egg Breakfast Bowl - 26

Zucchini and Feta Muffins - 26

Mediterranean Sweet Potato Breakfast Boats - 27

Almond Butter Banana Toast with Chia Seeds - 27

Date & Walnut Greek Yogurt Smoothie - 28

Bell Pepper and Goat Cheese Mini Quiches - 28

Pita Pocket with Hummus and Boiled Egg - 29

Watermelon and Mint Smoothie Bowl - 29

Olive Tapenade Toast with Poached Egg - 30

Chapter 6: Lunch Recipes

Classic Greek Salad with Lemon-Olive Oil
Dressing - 31

Tuna and White Bean Salad with Arugula - 31

Chickpea Shawarma Bowl - 32

Roasted Vegetable and Hummus Wrap - 32

Mediterranean Lentil Soup - 33

Stuffed Bell Peppers with Quinoa and Feta - 33

Pita Sandwich with Grilled Halloumi and Tomato - 34

Farro Salad with Olives, Cucumbers, and Feta - 34

Spicy Eggplant and Chickpea Stew - 35

Grilled Chicken Gyro Wrap - 35

Cucumber-Tomato Salad with Herb Vinaigrette - 36

Brown Rice Tabouli with Lemon Dressing - 36

Roasted Cauliflower and Tahini Grain Bowl - 37

Spinach and Chickpea Patties with Yogurt Sauce - 37

Pesto Orzo Salad with Cherry Tomatoes - 38

Falafel Bowl with Cucumber Yogurt Sauce - 38

Sardine and Olive Tapenade Toasts - 39

Warm Barley Salad with Roasted Tomatoes - 39

Table of Contents

Lemon Lentil and Carrot Salad - 40
Mediterranean Tuna Wrap with Artichoke Hearts - 40
White Bean and Kale Soup - 41
Couscous-Stuffed Eggplants - 41
Zucchini Noodle Salad with Lemon Vinaigrette - 42
Grilled Shrimp and Quinoa Bowl - 42
Tomato Basil Soup with Olive Oil Drizzle - 43

Chapter 7: Dinner Recipes

Grilled Lemon-Oregano Chicken with Tzatziki - 44
Baked Cod with Cherry Tomatoes and Olives - 44
One-Pot Mediterranean Chicken and Couscous - 45
Stuffed Zucchini Boats with Quinoa and Feta - 45
Shrimp Saganaki (Shrimp in Tomato-Feta Sauce) - 46
Roasted Eggplant with Tahini and Pomegranate - 46
Balsamic Chicken with Roasted Vegetables - 47
Greek Meatballs (Keftedes) with Herbed Yogurt Dip - 47
Mediterranean Lentil & Spinach Stew - 48
Pan-Seared Salmon with Caper-Dill Sauce - 48
Chickpea and Spinach Tagine - 49
Lemon-Herb Grilled Lamb Skewers - 49
Vegetable Moussaka (Eggplant Casserole) - 50
Falafel with Warm Pita and Tahini Sauce - 50
Garlic Shrimp with Zoodles and Cherry Tomatoes - 51
Whole Wheat Spaghetti with Olive Tapenade - 51
Moroccan-Spiced Chicken Thighs - 52
Baked Feta Pasta with Roasted Peppers - 52
Cauliflower Steaks with Olive Relish - 53
Turkey and Bulgur Stuffed Peppers - 53
Harissa-Rubbed Grilled Fish - 54
Chickpea and Sweet Potato Curry - 54
Greek-Style Sheet Pan Chicken and Veggies - 55

Red Lentil and Tomato Ragù - 55
Orzo with Roasted Eggplant and Zucchini - 56
Tuna Steaks with Lemon-Olive Salsa - 56
Chickpea and Artichoke Paella - 57
Roasted Tomato and Feta Stuffed Bell Peppers - 57
Spinach and Ricotta Stuffed Shells - 58
Grilled Vegetable Platter with Basil Drizzle - 58
Swordfish Kebabs with Mint Yogurt - 59
Vegan Mediterranean Skillet with Olives and Chickpeas - 59
Chicken Piccata with Capers and Spinach - 60
Mushroom and Lentil Stuffed Cabbage Rolls - 60

Chapter 8: Snacks & Appetizers

Classic Hummus with Olive Oil Drizzle - 61
Stuffed Grape Leaves (Dolmas) - 61
Baked Zucchini Fritters with Tzatziki - 62
Roasted Red Pepper and Walnut Dip (Muhammara) - 62
Greek Yogurt Tzatziki with Pita Chips - 63
Spicy Roasted Chickpeas - 63
Mini Cucumber-Feta Bites - 64
Olive Tapenade Crostini - 64
Tomato & Basil Bruschetta - 65
Caprese Skewers with Balsamic Glaze - 65
Spinach and Feta Phyllo Triangles - 66
Roasted Eggplant Dip (Baba Ganoush) - 66
Marinated Olives with Lemon and Herbs - 67
Grilled Veggie Skewers with Garlic Dip - 67
Stuffed Mini Bell Peppers with Goat Cheese - 68
White Bean and Garlic Spread - 68
Smoked Salmon Cucumber Rounds - 69
Mediterranean Deviled Eggs - 69
Herbed Cheese-Stuffed Dates - 70
Warm Pita with Olive Oil & Za'atar - 70

Table of Contents

Chapter 9: Soups, Stews & Sides

- Greek Lemon Chicken Soup (Avgolemono) - 71
- Hearty Lentil and Tomato Stew - 71
- Chickpea and Spinach Soup - 72
- Roasted Tomato Basil Soup - 72
- White Bean and Kale Stew - 73
- Classic Minestrone with Olive Oil - 73
- Mediterranean Vegetable Soup - 74
- Spiced Carrot and Lentil Soup - 74
- Eggplant and Zucchini Ratatouille - 75
- Herbed Couscous with Pine Nuts - 75
- Roasted Cauliflower with Garlic & Paprika - 76
- Lemon-Herb Quinoa Pilaf - 76
- Grilled Asparagus with Feta Crumble - 77
- Warm Potato Salad with Dijon and Capers - 77
- Stuffed Tomatoes with Brown Rice and Herbs - 78
- Roasted Sweet Potatoes with Tahini Drizzle - 78
- Stewed Okra with Tomatoes and Garlic - 79
- Marinated White Beans with Fresh Parsley - 79
- Sautéed Green Beans with Cherry Tomatoes - 80
- Mediterranean Baked Artichokes - 80

Chapter 10: Desserts & Sweet Treats

- Greek Yogurt with Honey and Pistachios - 81
- Olive Oil and Orange Cake - 81
- Almond-Stuffed Dates - 82
- Fig and Walnut Energy Bites - 82
- Lemon and Olive Oil Shortbread - 83
- Baked Apples with Cinnamon and Raisins - 83
- Dark Chocolate-Dipped Apricots - 84
- Honey-Sesame Almond Bars - 84
- Pistachio and Fig Biscotti - 85
- Fresh Berry Parfait with Mint - 85

- Pears Poached in Pomegranate Juice - 86
- Orange and Almond Flour Muffins - 86
- Mediterranean Rice Pudding with Rose Water - 87
- Greek Semolina Cake (Revani) - 87
- Tahini Chocolate Chip Cookies - 88
- No-Bake Walnut and Date Bars - 88
- Grilled Peaches with Yogurt and Honey - 89
- Baklava-Inspired Oat Cups - 89
- Citrus-Infused Olive Oil Pound Cake - 90
- Frozen Banana Bites with Almond Butter - 90

Chapter 11: Sauces, Dressings & Condiments

- Classic Greek Tzatziki Sauce - 91
- Creamy Hummus with Garlic and Lemon - 91
- Roasted Red Pepper and Walnut Muhammara - 92
- Lemon-Herb Vinaigrette - 92
- Olive Tapenade with Capers and Garlic - 93
- Garlic Tahini Dressing - 93
- Sun-Dried Tomato Pesto - 94
- Yogurt and Dill Dressing - 94
- Spicy Harissa Sauce - 95
- Basil and Walnut Pesto (No Pine Nuts) - 95
- Lemon-Caper Sauce for Fish and Veggies - 96
- Honey Mustard Mediterranean Dressing - 96
- Chimichurri with Fresh Parsley and Oregano - 97
- Za'atar Olive Oil Dipping Sauce - 97
- Sweet Fig Balsamic Glaze - 98

Chapter 12: Drinks

Smoothies & Shakes

- Date & Banana Power Smoothie - 99
- Greek Yogurt & Berry Sunrise Shake - 99
- Almond Fig Protein Shake - 100

Table of Contents

Refreshing Waters & Infusions

- Cucumber-Mint Detox Water - 100
- Citrus & Rosemary Infused Sparkling Water - 101
- Lemon-Lavender Hydration Tonic - 101
- Pomegranate Basil Spa Water - 102
- Watermelon-Mint Refresher - 102

Juices & Cold Beverages

- Fresh Orange & Carrot Glow Juice - 103
- Beet & Berry Antioxidant Juice - 103
- Apple-Celery Lemon Elixir - 104
- Cantaloupe & Lime Cooler - 104
- Grapefruit & Thyme Tonic - 105

Teas & Warm Sips

- Moroccan Mint Green Tea - 105
- Cinnamon-Ginger Digestive Brew - 106
- Lemon Chamomile Calming Tea - 106
- Saffron & Cardamom Herbal Tea - 107
- Turmeric Honey Elixir - 107

What's in Your Kitchen? Recipe Index- 108,109,110



Introduction

Welcome to Your Mediterranean Journey!

I'm so glad you picked up this book.

Whether you're here to eat healthier, lose a little weight, boost your energy, or simply enjoy more delicious meals, you're in the right place. The Mediterranean Diet isn't just another trendy plan—it's a time-tested way of living and eating that people around the world have embraced for centuries. And now? It's your turn.

Why the Mediterranean Diet?

This lifestyle celebrates fresh ingredients, vibrant flavors, and joyful eating. There's no counting calories, no strict rules, and no guilt. Instead, you'll find:

- Satisfying meals made with real, whole foods
- Heart-healthy fats like olive oil and nuts
- Colorful fruits and veggies
- Lean proteins like fish, chicken, and legumes
- Warm spices, herbs, and bold Mediterranean flavors
- A focus on balance, not restriction



It's as much about nourishment as it is about enjoyment—and that's what makes it sustainable.

Why This Cookbook?

I created this cookbook with beginners in mind—whether you're brand new to the Mediterranean way of eating or just need a little inspiration to get back on track. You'll find:

- 1500 Days of Easy, Budget-Friendly Recipes with clear instructions
- Beautiful, full-color photos to guide and inspire you
- A 30-Day Meal Plan to remove the guesswork
- Weekly shopping lists and meal prep tips to keep things simple
- Practical advice on how to build habits that last



If you're short on time, cooking for a family, or navigating a busy schedule, this book was made to fit your life.

Real Food, Real Life

You won't find obscure ingredients or complicated prep here. I believe food should be accessible, affordable, and fun—and this cookbook reflects that. Every recipe has been designed to save you time, money, and effort—without sacrificing flavor.

A Lifestyle You'll Love

This isn't a quick fix. It's a lifestyle shift that can lead to long-term health and happiness. You'll learn how to eat well, feel great, and enjoy the process every step of the way.

So whether you're cooking for one, feeding a family, or meal prepping for the week, let this book be your guide. Let's bring the sunshine of the Mediterranean to your kitchen—one delicious recipe at a time.

Here's to your health,

Bianca Lane

Author & Food Lover



Chapter 1: The Mediterranean Diet 101

A Timeless Way of Eating That Feeds Your Body—and Your Soul

What Is the Mediterranean Diet?

Before we dive into the delicious recipes and colorful meals I've created for you, let's start with the why behind it all: the Mediterranean Diet.

Now, don't let the word "diet" fool you. This isn't one of those eat-nothing-but-air kind of plans. The Mediterranean Diet is a lifestyle—full of vibrant flavors, satisfying meals, and feel-good habits that nourish your body and bring joy to the table.

Inspired by the traditional way of eating in countries like Greece, Italy, and southern Spain, this way of eating is all about real food. Think: juicy tomatoes, creamy hummus, crisp cucumbers, golden olive oil, flaky fish, and hearty grains. You'll be eating the rainbow—and loving every bite.

History & Cultural Background

Let's take a quick trip back in time. The Mediterranean Diet grew from the simple, sustainable eating habits of families living near the Mediterranean Sea. These were folks who cooked with what was fresh, local, and in season. They didn't diet—they just ate well, moved often, and gathered around the table together.

In the 1950s, scientists started noticing something amazing: people in this region lived longer, healthier lives. They had lower rates of heart disease and chronic illness, all while enjoying foods like cheese and olive oil.

No guilt. Just balance and tradition.

So, what we're doing here isn't reinventing the wheel. We're getting back to basics—deliciously, intentionally, and joyfully

Backed by Science: The Health Benefits

The Mediterranean Diet is one of the most well-researched diets in the world—and for good reason. Studies consistently show that following this way of eating can:

- Reduce the risk of heart disease and stroke
- Support healthy blood sugar and cholesterol levels
- Improve brain health and reduce the risk of cognitive decline
- Promote healthy weight loss and maintenance
- Reduce inflammation
- Even help prevent certain types of cancer



It's no surprise that it's been named the #1 Best Diet Overall by U.S. News & World Report for multiple years in a row!

Core Principles of the Mediterranean Diet

Here's what this way of eating looks like in practice:

Eat more of:

- Vegetables – Fresh, seasonal, colorful
- Fruits – Whole, not juiced
- Whole grains – Brown rice, quinoa, farro, barley
- Legumes – Lentils, chickpeas, beans
- Nuts & seeds – Almonds, walnuts, chia, flax
- Healthy fats – Extra virgin olive oil as your main fat
- Herbs & spices – Flavor with oregano, basil, cinnamon, garlic
- Fish & seafood – Salmon, sardines, tuna, shrimp (2x/week)
- Fermented dairy – Yogurt and a little cheese
- Water & herbal teas – Hydration over sugary drinks

Enjoy in moderation:

- Poultry and eggs

Limit:

- Red meat
- Processed foods and snacks
- Refined sugar and white flour
- Sugary drinks and sodas

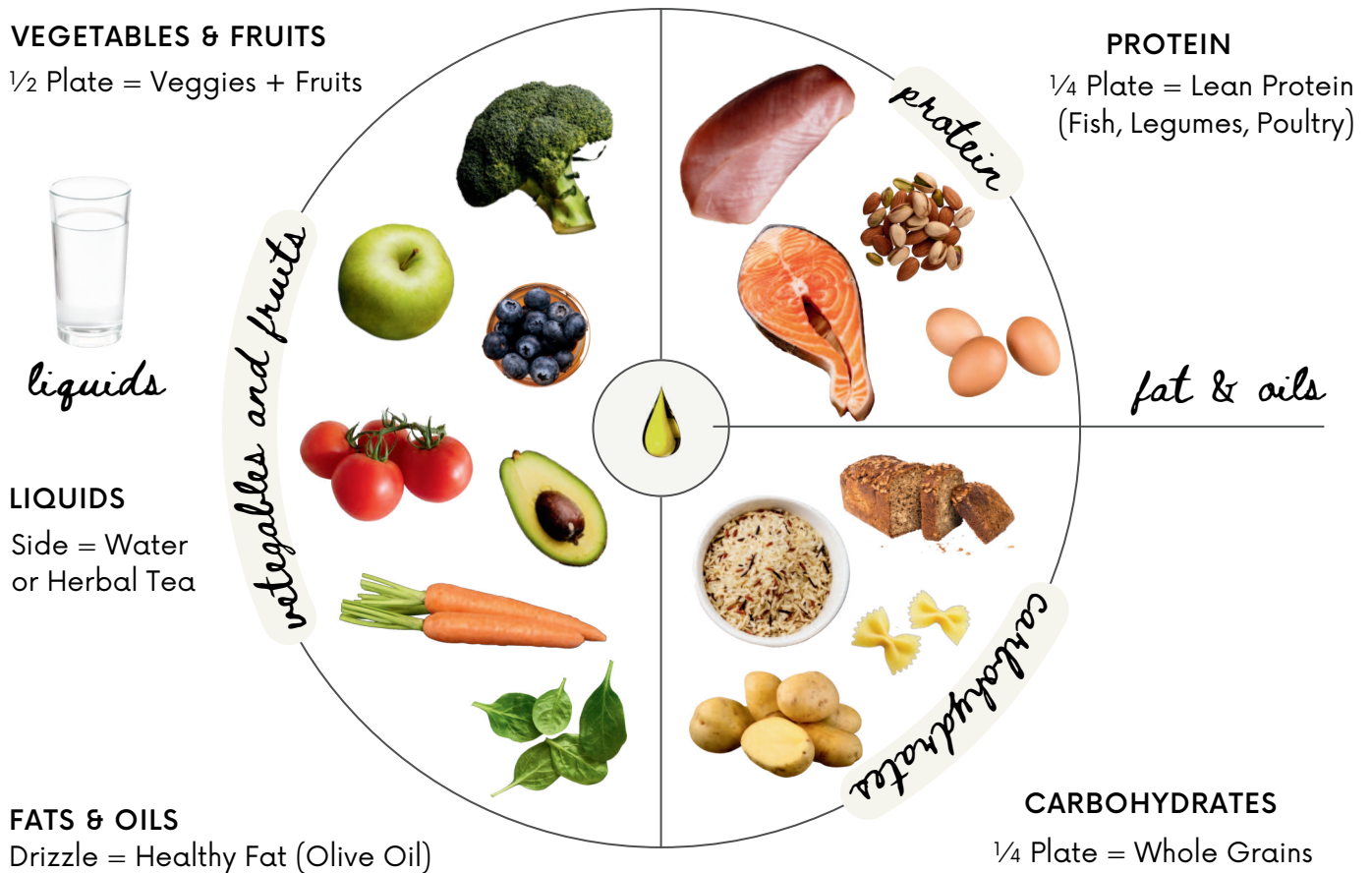
💡 Bianca's Tip: *If it has a long ingredient list with things you can't pronounce...it's probably not part of the Mediterranean vibe. Keep it real. Keep it simple.*

It's More Than Just Food

THE MEDITERRANEAN LIFESTYLE IS ALSO ABOUT HOW YOU EAT:

- Eat mindfully and with others
- Stay physically active—even simple walks count
- Spend time outdoors and reduce stress
- Enjoy your meals without guilt
- This isn't a restrictive “on-again, off-again” diet—it's a joyful, sustainable way of life.

VISUAL GUIDE: WHAT A MEDITERRANEAN PLATE LOOKS LIKE



Final Thoughts

The Mediterranean Diet isn't about perfection—it's about progress. It's about making smarter, more delicious choices that fuel your body, protect your health, and help you fall in love with food again.

In the next chapter, we'll talk about how to get started without feeling overwhelmed—including shopping tips, pantry must-haves, and how to make this lifestyle work on any budget.

Chapter 2: Getting Started

Everything You Need to Begin Your Mediterranean Lifestyle

Transitioning to the Mediterranean Diet: Keep It Simple

Starting something new can feel overwhelming—but it doesn't have to be. The Mediterranean Diet is about progress, not perfection, and this chapter will help you ease into the lifestyle with confidence. Here are a few simple ways to start:

- Swap butter for olive oil
- Choose whole grains like brown rice, quinoa, or farro
- Add a fruit or veggie to every meal
- Choose fish or legumes instead of red meat
- Flavor your meals with herbs, garlic, and lemon instead of heavy sauces
- Enjoy meals slowly and mindfully

You don't need to change everything overnight—small, consistent steps will make a big difference over time.

Mediterranean Pantry Staples

A well-stocked pantry makes healthy eating easier. Here's what to keep on hand:

Healthy Fats

- Extra virgin olive oil
- Olives (green and black)
- Avocados

Whole Grains & Legumes

- Brown rice, farro, quinoa
- Whole-wheat pasta
- Lentils, chickpeas, black beans

Proteins

- Canned tuna or salmon
- Frozen or fresh fish and seafood
- Chicken breast or thighs
- Eggs

Dairy (in moderation)

- Greek yogurt
- Feta cheese
- Parmesan or hard cheeses

Fresh & Shelf-Stable Produce

- Garlic and onions
- Tomatoes (fresh and canned)
- Leafy greens, cucumbers, bell peppers
- Lemons and citrus
- Dried fruits like dates or raisins

Nuts, Seeds & Herbs

- Almonds, walnuts, pine nuts
- Chia seeds, flaxseeds
- Oregano, basil, thyme, cinnamon

Must-Have Kitchen Tools

You don't need fancy equipment—just a few basics to make cooking a breeze:

- Sharp chef's knife
- Cutting board
- Sheet pans for roasting
- Non-stick skillet
- Medium and large pots
- Mixing bowls
- Food storage containers
- Optional: blender, air fryer, or Instant Pot



Eating the Mediterranean Way on a Budget

The Mediterranean Diet can be surprisingly affordable. Here's how to keep it budget-friendly:

- Buy in-season produce – It's cheaper and tastier
- Shop store brands for staples like beans, rice, or pasta
- Buy in bulk – Especially grains, nuts, and legumes
- Frozen fruits & veggies are just as nutritious as fresh
- Plan meals ahead to avoid food waste
- Cook at home more often—skip the takeout!

Reading Labels the Smart Way

Even Mediterranean-style foods can be misleading if they're overly processed. Watch for:

- Short ingredient lists
- Avoid added sugar, sodium, or hydrogenated oils
- Look for words like “whole grain” and “cold-pressed”
- Choose products with minimal preservatives and additives

Avoiding Common Beginner Mistakes

Let's save you some frustration early on. Here are a few things to watch out for:

- Thinking “Mediterranean” means unlimited olive oil or wine – moderation is key
- Over-relying on processed “health foods” like flavored yogurts or granola bars
- Not eating enough vegetables or fiber
- Getting stuck in a recipe rut – variety is key for flavor and nutrition
- Expecting instant weight loss – this is a lifestyle, not a crash diet

Quick Start Checklist

- ✓ Replace refined carbs with whole grains
- ✓ Cook with olive oil instead of butter
- ✓ Add at least one fruit or veggie to each meal
- ✓ Include legumes, nuts, or fish several times a week
- ✓ Drink water or herbal tea instead of sugary drinks
- ✓ Focus on balance, variety, and enjoyment

With these basics in place, you're ready to move forward with confidence. In the next chapter, we'll talk all about meal prep and planning tips to help make your new Mediterranean lifestyle work for your schedule.



Chapter 3: Meal Prep & Planning Tips

Mastering the Mediterranean Lifestyle—Even on a Busy Schedule

Why Meal Prep Matters

Meal prep isn't just for gym lovers or nutrition nerds—it's for anyone who wants to eat well without the daily stress. Prepping ahead makes your life easier by:

- Saving time during busy weekdays
- Preventing last-minute unhealthy choices
- Making shopping more efficient
- Helping you stay consistent with your goals
- Reducing food waste and saving money



1. Beginner-Friendly Meal Prep Strategies

Start where you are—and build from there.

Here are a few easy ways to prep without overwhelm:

- **Pick a Prep Day:** Sundays work well, but choose what fits your life
- **Batch Cook Basics:** Cook large portions of grains, legumes, or proteins to mix and match
- **Prep Individual Ingredients:** Roast veggies, wash greens, hard-boil eggs
- **Double Up:** Make extra when cooking dinner so you have lunch the next day
- **Use Clear Containers:** So you always know what's in the fridge (bonus: it looks satisfying!)

2. What to Prep Ahead

A few staples go a long way in Mediterranean cooking. Each week, prep:

- **Grains:** Quinoa, brown rice, whole wheat couscous
- **Proteins:** Grilled chicken, boiled eggs, chickpeas or lentils
- **Veggies:** Roasted eggplant, zucchini, bell peppers, cherry tomatoes
- **Dips & Dressings:** Hummus, tzatziki, vinaigrettes
- **Snacks:** Sliced cucumbers, olives, fruit portions, nuts



3. Common Meal Prep Mistakes to Avoid

- Over-prepping complicated recipes – Start with basics and build confidence
- Not adding variety – Eating the same thing every day gets boring fast
- Skipping seasoning – Flavor matters! Use herbs, citrus, and garlic generously
- Ignoring portion sizes – Even healthy meals can lead to over-eating
- Not labeling containers – No one likes playing mystery meal
- Prepping too far ahead – Stick to 3–5 days max for freshness and food safety

4. Time-Saving Tools for Mediterranean Cooking

*You don't need fancy appliances—
but a few tools can go a long way:*

- Sheet pans (for bulk roasting)
- Glass storage containers
- Mason jars (for salads, overnight oats, or dressing)
- A sharp knife + cutting board
- Instant Pot, slow cooker, or air fryer (optional)

5. Quick Meal Prep Checklist

- ✓ Choose 3–4 core recipes
- ✓ Make a shopping list
- ✓ Prep key ingredients ahead
- ✓ Store meals in portions
- ✓ Stay flexible and adjust as needed

Chapter 4: 30-Day Mediterranean Meal Plan

Your Easy, Done-for-You Guide to Eating Well for a Whole Month

Why Follow a Meal Plan?

A meal plan removes the guesswork, saves time at the grocery store, and helps you stay on track—especially when you're just starting out. This 30-day Mediterranean meal plan is designed to be:

Beginner-friendly/Budget-conscious/
Time-saving/ Balanced and satisfying

How to Use This Meal Plan

- Feel free to swap meals within the week based on your schedule or preferences
- Use leftovers to save time
- All recipes are from this cookbook and are marked by chapter and recipe title
- Keep a few basic snacks prepped each week (nuts, fruit, yogurt, etc.)
- Don't stress perfection—just aim for balance and consistency

You'll get four weekly meal plans, each with:

- 7 days of breakfast, lunch, and dinner
- Snack suggestions
- Weekly shopping lists
- Easy prep tips

Week 1: Fresh Start

Goal: Light, refreshing meals to ease into the Mediterranean lifestyle

Day 1

Breakfast: Greek Yogurt Parfait with Honey and Walnuts (Chapter 5)
Lunch: Classic Greek Salad with Lemon-Olive Oil Dressing (Chapter 6)
Dinner: Grilled Lemon-Oregano Chicken with Tzatziki (Chapter 7)

Day 2

Breakfast: Mediterranean Scrambled Eggs with Feta and Spinach (Chapter 5)
Lunch: Tuna and White Bean Salad with Arugula (Chapter 6)
Dinner: Baked Cod with Cherry Tomatoes and Olives (Chapter 7)

Day 3

Breakfast: Tomato and Olive Breakfast Bruschetta (Chapter 5)
Lunch: Chickpea Shawarma Bowl (Chapter 6)
Dinner: One-Pot Mediterranean Chicken and Couscous (Chapter 7)

Day 4

Breakfast: Lemon Blueberry Oatmeal (Chapter 5)
Lunch: Roasted Vegetable and Hummus Wrap (Chapter 6)
Dinner: Stuffed Zucchini Boats with Quinoa and Feta (Chapter 7)

Day 5

Breakfast: Whole Grain Avocado Toast with Za'atar (Chapter 5)
Lunch: Mediterranean Lentil Soup (Chapter 6)
Dinner: Shrimp Saganaki (Chapter 7)

Day 6

Breakfast: Herbed Egg White Frittata (Chapter 5)
Lunch: Farro Salad with Olives, Cucumbers, and Feta (Chapter 6)
Dinner: Roasted Eggplant with Tahini and Pomegranate (Chapter 7)

Day 7

Breakfast: Chickpea Breakfast Hash (Chapter 5)
Lunch: Pita Sandwich with Grilled Halloumi and Tomato (Chapter 6)
Dinner: Balsamic Chicken with Roasted Vegetables (Chapter 7)

Snack Suggestions (Week 1)

- Spicy Roasted Chickpeas (Chapter 8)
- Mini Cucumber-Feta Bites (Chapter 8)
- Greek Yogurt Tzatziki with Pita Chips (Chapter 8)
- Caprese Skewers with Balsamic Glaze (Chapter 8)
- Fresh Berry Parfait with Mint (Chapter 10)

Weekly Shopping List (Week 1)

Produce: Tomatoes, cucumbers, spinach, zucchini, eggplant, bell peppers, lemons, garlic, onions, blueberries, mixed berries, figs, apples, mint, parsley

Dairy/Eggs: Greek yogurt, feta cheese, halloumi, eggs

Proteins: Chicken breast, cod fillet, shrimp, canned tuna, white beans, chickpeas

Grains: Whole grain bread, couscous, quinoa, oats, farro

Pantry: Olive oil, za'atar, tahini, walnuts, honey, spices (oregano, paprika, cumin)

Other: Pita bread, capers, olives

Easy Prep Tips (Week 1)

- Make a big batch of quinoa and farro to use in lunch bowls and salads.
- Chop extra veggies during prep for quicker salad and wrap assembly.
- Prepare dressings (Lemon-Olive Oil, Tahini) ahead and store in jars.
- Bake or grill chicken in bulk for lunches and dinners.
- Portion yogurt and parfait ingredients in jars for grab-and-go breakfasts.



Week 2: Nourish & Energize

Goal: Focus on fiber-rich meals, healthy fats, and nutrient-dense ingredients

Day 8

Breakfast: Cucumber and Mint Yogurt Bowl (Chapter 5)
Lunch: Spicy Eggplant and Chickpea Stew (Chapter 6)
Dinner: Greek Meatballs (Keftedes) with Herbed Yogurt Dip (Chapter 7)

Day 9

Breakfast: Breakfast Couscous with Dried Fruit and Almonds (Chapter 5)
Lunch: Brown Rice Tabouli with Lemon Dressing (Chapter 6)
Dinner: Mediterranean Lentil & Spinach Stew (Chapter 7)

Day 10

Breakfast: Spinach and Sun-Dried Tomato Omelet (Chapter 5)
Lunch: Roasted Cauliflower and Tahini Grain Bowl (Chapter 6)
Dinner: Pan-Seared Salmon with Caper-Dill Sauce (Chapter 7)

Day 11

Breakfast: Orange & Pistachio Overnight Oats (Chapter 5)
Lunch: Spinach and Chickpea Patties with Yogurt Sauce (Chapter 6)
Dinner: Chickpea and Spinach Tagine (Chapter 7)

Day 12

Breakfast: Breakfast Quinoa with Fresh Berries (Chapter 5)
Lunch: Pesto Orzo Salad with Cherry Tomatoes (Chapter 6)
Dinner: Lemon-Herb Grilled Lamb Skewers (Chapter 7)

Day 13

Breakfast: Smoked Salmon and Caper Flatbread (Chapter 5)
Lunch: Falafel Bowl with Cucumber Yogurt Sauce (Chapter 6)
Dinner: Vegetable Moussaka (Chapter 7)

Day 14

Breakfast: Apple & Cinnamon Barley Porridge (Chapter 5)
Lunch: Sardine and Olive Tapenade Toasts (Chapter 6)
Dinner: Falafel with Warm Pita and Tahini Sauce (Chapter 7)



Snack Suggestions (Week 2)

- Stuffed Mini Bell Peppers with Goat Cheese (Chapter 8)
- Roasted Red Pepper and Walnut Dip with Pita (Chapter 8)
- Tomato & Basil Bruschetta (Chapter 8)
- White Bean and Garlic Spread (Chapter 8)
- Almond-Stuffed Dates (Chapter 10)

Weekly Shopping List (Week 2)

Produce: Spinach, cucumbers, tomatoes, mint, eggplant, zucchini, cauliflower, lemon, dill, parsley, sun-dried tomatoes, pomegranate seeds, dried fruit, apples, onions

Dairy/Eggs: Greek yogurt, feta cheese, eggs

Proteins: Ground lamb or beef, salmon fillets, canned sardines, chickpeas, lentils, falafel mix or ingredients

Grains: Whole grain bread, orzo, barley, couscous, quinoa, oats

Pantry: Olive oil, tahini, nuts (walnuts, almonds), za'atar, harissa, spices (cumin, coriander, turmeric)

Other: Pita bread, olives, capers

Easy Prep Tips (Week 2)

- Cook extra barley and orzo for lunch and dinner reuse.
- Prepare patties and falafel in advance and freeze.
- Pre-chop veggies for omelets and stir-ins.
- Mix sauces (tahini, yogurt dip) in advance.
- Store extra roasted vegetables for bowls and wraps.



Week 3: Flavor & Variety

Goal: Introduce new spices, global influences, focus on fiber, fish & flavor.

Day 15

Breakfast: Baked Eggs in Tomato-Pepper Sauce (Shakshuka) (Chapter 5)

Lunch: Warm Barley Salad with Roasted Tomatoes (Chapter 6)

Dinner: Garlic Shrimp with Zoodles and Cherry Tomatoes (Chapter 7)

Day 16

Breakfast: Ricotta and Fig Toast (Chapter 5)

Lunch: Lemon Lentil and Carrot Salad (Chapter 6)

Dinner: Whole Wheat Spaghetti with Olive Tapenade (Chapter 7)

Day 17

Breakfast: Warm Lentil and Egg Breakfast Bowl (Chapter 5)

Lunch: Mediterranean Tuna Wrap with Artichoke Hearts (Chapter 6)

Dinner: Moroccan-Spiced Chicken Thighs (Chapter 7)

Day 18

Breakfast: Zucchini and Feta Muffins (Chapter 5)

Lunch: White Bean and Kale Soup (Chapter 6)

Dinner: Baked Feta Pasta with Roasted Peppers (Chapter 7)

Day 19

Breakfast: Mediterranean Sweet Potato Breakfast Boats (Chapter 5)

Lunch: Couscous-Stuffed Eggplants (Chapter 6)

Dinner: Cauliflower Steaks with Olive Relish (Chapter 7)

Day 20

Breakfast: Almond Butter Banana Toast with Chia Seeds (Chapter 5)

Lunch: Zucchini Noodle Salad with Lemon Vinaigrette (Chapter 6)

Dinner: Turkey and Bulgur Stuffed Peppers (Chapter 7)

Day 21

Breakfast: Date & Walnut Greek Yogurt Smoothie (Chapter 5)

Lunch: Grilled Shrimp and Quinoa Bowl (Chapter 6)

Dinner: Harissa-Rubbed Grilled Fish (Chapter 7)

Snack Suggestions (Week 3)

- Stuffed Grape Leaves (Dolmas) (Chapter 8)
- Roasted Eggplant Dip (Baba Ganoush) with Pita (Chapter 8)
- Smoked Salmon Cucumber Rounds (Chapter 8)
- Honey-Sesame Almond Bars (Chapter 10)
- Pears Poached in Red Wine (Chapter 10)

Weekly Shopping List (Week 3)

Produce: Sweet potatoes, tomatoes, zucchini, eggplant, kale, carrots, lemons, figs, onions, garlic, cherry tomatoes, peppers, parsley

Dairy/Eggs: Ricotta, feta cheese, Greek yogurt, eggs

Proteins: Shrimp, tuna, turkey, chicken thighs, white beans, lentils

Grains: Quinoa, barley, bulgur, whole wheat spaghetti, couscous, whole grain bread

Pantry: Olive oil, tahini, za'atar, harissa, nuts (almonds, walnuts), capers, olives, chia seeds

Other: Pita bread, artichoke hearts

Easy Prep Tips (Week 3)

- Bake muffins and store for quick breakfasts.
- Prep shakshuka sauce and freeze for easy morning use.
- Cook extra grains (bulgur, quinoa) and store for later meals.
- Make eggplant dip in advance for multiple snacks.
- Pre-roast peppers and tomatoes for use in salads and pastas.



Week 4: Confidence in the Kitchen

Goal: Flexible, fast meals with mix-and-match simplicity

Day 22

Breakfast: Bell Pepper and Goat Cheese Mini Quiches (Chapter 5)
Lunch: Tomato Basil Soup with Olive Oil Drizzle (Chapter 6)
Dinner: Greek-Style Sheet Pan Chicken and Veggies (Chapter 7)

Day 23

Breakfast: Pita Pocket with Hummus and Boiled Egg (Chapter 5)
Lunch: White Bean and Kale Soup (Chapter 6)
Dinner: Red Lentil and Tomato Ragù (Chapter 7)

Day 24

Breakfast: Watermelon and Mint Smoothie Bowl (Chapter 5)
Lunch: Orzo with Roasted Eggplant and Zucchini (Chapter 6)
Dinner: Tuna Steaks with Lemon-Olive Salsa (Chapter 7)

Day 25

Breakfast: Olive Tapenade Toast with Poached Egg (Chapter 5)
Lunch: Chickpea and Artichoke Paella (Chapter 6)
Dinner: Roasted Tomato and Feta Stuffed Bell Peppers (Chapter 7)

Day 26

Breakfast: Greek Yogurt & Berry Sunrise Shake (Chapter 12)
Lunch: Spinach and Ricotta Stuffed Shells (Chapter 7)
Dinner: Grilled Vegetable Platter with Basil Drizzle (Chapter 7)

Day 27

Breakfast: Almond Fig Protein Shake (Chapter 12)
Lunch: Warm Potato Salad with Dijon and Capers (Chapter 9)
Dinner: Swordfish Kebabs with Mint Yogurt (Chapter 7)

Day 28

Breakfast: Frozen Banana Bites with Almond Butter (Chapter 10)
Lunch: Stewed Okra with Tomatoes and Garlic (Chapter 9)
Dinner: Vegan Mediterranean Skillet with Olives and Chickpeas (Chapter 7)

Snack Suggestions (Week 4)

- Marinated Olives with Lemon and Herbs (Chapter 8)
- Grilled Veggie Skewers with Garlic Dip (Chapter 8)
- Mediterranean Deviled Eggs (Chapter 8)
- Pistachio and Fig Biscotti (Chapter 10)
- Baklava-Inspired Oat Cups (Chapter 10)



Weekly Shopping List (Week 4)

Produce: Bell peppers, spinach, zucchini, eggplant, tomatoes, garlic, onions, mint, basil, okra, lemons, artichokes, potatoes, watermelon, mixed berries

Dairy/Eggs: Greek yogurt, goat cheese, ricotta, eggs

Proteins: Chicken, tuna steaks, swordfish, chickpeas, white beans, lentils

Grains: Orzo, whole grain bread, oats, shells, couscous, paella rice

Pantry: Olive oil, za'atar, tahini, spices (oregano, cumin, paprika), olives, capers, nuts (almonds, pistachios)

Other: Pita bread, hummus, tomato paste, feta

Easy Prep Tips (Week 4)

- Bake or prep quiches in advance for grab-and-go breakfasts.
- Roast extra veggies for soups and platters throughout the week.
- Cook orzo, paella rice, and shell pasta ahead of time.
- Make and store hummus, tapenade, and yogurt-based sauces early.
- Prep smoothie ingredients in individual freezer packs.



Greek Yogurt Parfait with Honey and Walnuts

Servings: 2 | Prep Time: 5 min | Cook Time: 0 min | Total Time: 5 min



Nutrition (Per Serving)

Calories: 285 | Protein: 16g
Carbs: 26g | Fats: 15g
Fiber: 2g | Sugar: 18g
Cholesterol: 10mg
Sodium: 50mg
Potassium: 310mg

Ingredients

1 ½ cups plain Greek yogurt (2% or full-fat)
½ cup fresh mixed berries (blueberries, raspberries, strawberries)
2 tbsp raw honey
¼ cup chopped walnuts
2 tbsp granola (optional)
Pinch of ground cinnamon (optional)

Directions

Spoon half of the yogurt into each serving jar or bowl.
Layer with fresh berries and sprinkle with cinnamon (if using).
Drizzle 1 tbsp of honey over each portion.
Top with chopped walnuts and granola (optional).
Serve immediately or chill for up to 1 hour.

Serving Tips

Pair with herbal tea or a slice of whole grain toast for a complete breakfast.

Mediterranean Scrambled Eggs with Feta and Spinach

Servings: 2 | Prep Time: 5 min | Cook Time: 7 min | Total Time: 12 min



Nutrition (Per Serving)

Calories: 270 | Protein: 17g
Carbs: 4g | Fats: 21g
Fiber: 1g | Sugar: 1g
Cholesterol: 375mg
Sodium: 360mg
Potassium: 260mg

Ingredients

4 large eggs
¼ cup crumbled feta cheese
1 cup fresh spinach, chopped
1 tbsp olive oil
2 tbsp red onion, chopped
1 garlic clove, minced
Salt and black pepper to taste
Optional: fresh parsley or dill for garnish

Directions

Whisk eggs in a bowl with a pinch of salt and pepper.
In a non-stick skillet, heat olive oil over medium heat.
Sauté onion and garlic for 1–2 minutes. Add spinach and cook until wilted.
Pour in eggs and scramble gently until softly cooked.
Sprinkle feta on top, cook 30 seconds more, and serve hot.

Serving Tips

Serve with a slice of toasted sourdough and cucumber slices for a light Mediterranean plate.

Tomato and Olive Breakfast Bruschettas

Servings: 2 | Prep Time: 10 min | Cook Time: 0 min | Total Time: 10 min



Nutrition (Per Serving)

Calories: 215 | Protein: 5g
Carbs: 22g | Fats: 12g
Fiber: 3g | Sugar: 3g
Cholesterol: 0mg
Sodium: 270mg
Potassium: 220mg

Ingredients

4 slices whole grain or sourdough baguette, toasted
1 cup cherry tomatoes, halved
¼ cup pitted Kalamata olives, chopped
1 tbsp extra virgin olive oil
1 garlic clove, minced
1 tbsp fresh basil, chopped
Salt and pepper to taste
Optional: crumbled feta or goat cheese

Directions

Combine tomatoes, olives, garlic, basil, olive oil, salt, and pepper in a bowl.
Spoon mixture evenly over toasted bread slices.
Top with cheese if using and an optional drizzle of olive oil.
Serve fresh.

Serving Tips

Pairs perfectly with a boiled egg or plain yogurt for a balanced breakfast.

Lemon Blueberry Oatmeal

Servings: 2 | Prep Time: 5 min | Cook Time: 10 min | Total Time: 15 min



Nutrition (Per Serving)

Calories: 270 | Protein: 7g
Carbs: 43g | Fats: 7g
Fiber: 6g | Sugar: 10g
Cholesterol: 0mg
Sodium: 80mg
Potassium: 210mg

Ingredients

1 cup rolled oats
2 cups water or unsweetened almond milk
1 cup blueberries (fresh or frozen)
Zest of 1 lemon
1 tbsp lemon juice
1 tbsp honey or maple syrup (optional)
1 tbsp chia seeds (optional)
Pinch of sea salt

Directions

Bring liquid to a boil in a saucepan.
Stir in oats; cook 5 minutes, stirring occasionally.
Add blueberries, lemon zest, lemon juice, chia seeds, and salt.
Cook another 3–5 minutes until creamy.
Stir in sweetener, if using. Serve warm.

Serving Tips

Top with almonds or a spoonful of Greek yogurt for protein and creaminess.

Whole Grain Avocado Toast with Za'atar

Servings: 2 | Prep Time: 5 min | Cook Time: 2 min | Total Time: 7 min



Nutrition (Per Serving)

Calories: 290 | Protein: 6g
Carbs: 26g | Fats: 20g
Fiber: 8g | Sugar: 2g
Cholesterol: 0mg
Sodium: 160mg
Potassium: 510mg

Ingredients

2 slices whole grain bread, toasted
1 ripe avocado
1 tsp lemon juice
1 tbsp olive oil
½ tsp za'atar spice
Salt and pepper to taste
Optional toppings: sliced radish, cherry tomatoes, sesame seeds, chili flakes

Directions

Toast bread slices.
Mash avocado with lemon juice, salt, and pepper in a bowl.
Spread evenly on toast.
Drizzle with olive oil and sprinkle za'atar.
Add optional toppings for flavor and texture.

Serving Tips

Top with a poached egg or serve alongside olives for a Mediterranean boost.

Herbed Egg White Frittata

Servings: 2 | Prep Time: 10 min | Cook Time: 15 min | Total Time: 25 min



Nutrition (Per Serving)

Calories: 140 | Protein: 14g
Carbs: 6g | Fats: 6g
Fiber: 2g | Sugar: 3g
Cholesterol: 0mg
Sodium: 160mg
Potassium: 390mg

Ingredients

6 large egg whites
½ cup cherry tomatoes, halved
½ cup zucchini, diced
¼ cup chopped red bell pepper
¼ cup red onion, finely diced
2 tbsp chopped fresh parsley
1 tbsp chopped fresh dill (or basil/oregano)
1 tbsp olive oil
Salt and black pepper to taste

Directions

Preheat oven to 375°F (190°C).
In an oven-safe non-stick skillet, heat olive oil over medium heat.
Sauté onion, bell pepper, and zucchini for 4–5 minutes.
Add cherry tomatoes and cook for 2 minutes.
In a bowl, whisk egg whites with salt, pepper, and herbs.
Pour egg whites over the sautéed veggies. Stir gently.
Cook for 1–2 minutes, then transfer skillet to oven.
Bake for 10 minutes, or until set and lightly golden.

Serving Tips

Serve warm with a side of whole grain toast or arugula salad.

Chickpea Breakfast Hash

Servings: 2 | Prep Time: 10 min | Cook Time: 15 min | Total Time: 25 min



Nutrition (Per Serving)

Calories: 280 | Protein: 9g
Carbs: 30g | Fats: 14g
Fiber: 7g | Sugar: 6g
Cholesterol: 0mg
Sodium: 200mg
Potassium: 560mg

Ingredients

1 cup canned chickpeas, drained and rinsed
1 small sweet potato, diced
½ red bell pepper, chopped
¼ red onion, sliced
1 garlic clove, minced
2 tbsp olive oil
½ tsp ground cumin
¼ tsp paprika
Salt and pepper to taste. Optional: chopped parsley or cilantro

Directions

Heat olive oil in a skillet over medium heat.
Add sweet potato and cook for 5–7 minutes until soft, stirring occasionally.
Add onion, bell pepper, and garlic. Cook for 3 minutes.
Stir in chickpeas, cumin, paprika, salt, and pepper.
Sauté for 5 minutes, letting chickpeas get slightly crispy.
Top with herbs and serve hot.

Serving Tips

Enjoy with a poached egg or a dollop of hummus.

Cucumber and Mint Yogurt Bowl

Servings: 2 | Prep Time: 5 min | Cook Time: 0 min | Total Time: 5 min



Nutrition (Per Serving)

Calories: 210 | Protein: 14g
Carbs: 9g | Fats: 13g
Fiber: 1g | Sugar: 5g
Cholesterol: 10mg
Sodium: 75mg
Potassium: 280mg

Ingredients

1 ½ cups plain Greek yogurt (2% or full-fat)
½ cucumber, finely diced
1 tbsp chopped fresh mint
1 tbsp olive oil
½ tsp lemon zest
1 tsp lemon juice
Salt and black pepper to taste
Optional: sprinkle of za'atar or sumac

Directions

In a bowl, mix yogurt, cucumber, mint, lemon zest, and lemon juice.
Season with salt and pepper.
Drizzle with olive oil and sprinkle with za'atar or sumac if using.
Serve chilled or immediately.

Serving Tips

Serve with warm pita wedges or raw veggies for dipping.

Breakfast Couscous with Dried Fruit and Almonds

Servings: 2 | Prep Time: 5 min | Cook Time: 5 min | Total Time: 10 min



Nutrition (Per Serving)

Calories: 265 | Protein: 7g
Carbs: 36g | Fats: 11g
Fiber: 5g | Sugar: 12g
Cholesterol: 0mg
Sodium: 60mg
Potassium: 340mg

Ingredients

½ cup whole wheat couscous
1 cup boiling water
¼ cup chopped dried apricots or raisins
2 tbsp sliced almonds
1 tbsp olive oil or almond oil
1 tbsp honey or maple syrup (optional) ¼ tsp cinnamon
Pinch of salt
Optional: chopped fresh mint or pomegranate seeds

Directions

Place couscous and dried fruit in a bowl. Add salt and cinnamon. Pour boiling water over the mixture. Cover and let sit for 5 minutes. Fluff with a fork and stir in olive oil, almonds, and honey (if using). Garnish with mint or pomegranate seeds if desired.

Serving Tips

Serve warm or chilled with herbal tea or a side of Greek yogurt.

Spinach and Sun-Dried Tomato Omelet

Servings: 1 | Prep Time: 5 min | Cook Time: 6 min | Total Time: 11 min



Nutrition (Per Serving)

Calories: 245 | Protein: 14g
Carbs: 4g | Fats: 19g
Fiber: 1g | Sugar: 2g
Cholesterol: 370mg
Sodium: 330mg
Potassium: 300mg

Ingredients

2 large eggs
½ cup fresh spinach, chopped
2 tbsp sun-dried tomatoes (packed in oil), chopped
1 tbsp crumbled feta cheese
1 tsp olive oil
Salt and pepper to taste
Optional: fresh oregano or basil

Directions

Whisk eggs with salt and pepper in a bowl. Heat olive oil in a non-stick skillet over medium heat. Add spinach and sauté for 1–2 minutes until wilted. Stir in sun-dried tomatoes. Pour eggs over the mixture and cook undisturbed for 2 minutes. Sprinkle feta on top and fold omelet in half. Cook another 1–2 minutes until set.

Serving Tips

Serve with sliced avocado or cherry tomatoes on the side.

Orange & Pistachio Overnight Oats

Servings: 2 | Prep Time: 5 min | Chill Time: 6–8 hours | Total Time: 8 hours



Nutrition (Per Serving)

Calories: 295 | Protein: 10g
Carbs: 35g | Fats: 13g
Fiber: 5g | Sugar: 10g
Cholesterol: 5mg
Sodium: 100mg
Potassium: 320mg

Ingredients

1 cup rolled oats
1 cup unsweetened almond milk (or low-fat milk)
½ cup plain Greek yogurt
Zest of 1 orange
2 tbsp orange juice
2 tbsp chopped pistachios
1 tbsp honey or maple syrup
½ tsp ground cinnamon
Pinch of sea salt
Optional: orange segments for topping

Directions

In a bowl or mason jar, mix oats, milk, yogurt, orange zest, orange juice, honey, cinnamon, and salt.

Stir well and refrigerate overnight (at least 6 hours).

In the morning, stir and top with pistachios and optional orange slices

Serving Tips

Serve chilled with a cup of herbal tea for a refreshing start to your day.

Breakfast Quinoa with Fresh Berries

Servings: 2 | Prep Time: 5 min | Cook Time: 15 min | Total Time: 20 min



Nutrition (Per Serving)

Calories: 270 | Protein: 9g
Carbs: 36g | Fats: 9g
Fiber: 6g | Sugar: 9g
Cholesterol: 0mg
Sodium: 30mg
Potassium: 370mg

Ingredients

½ cup dry quinoa, rinsed
1 cup water or almond milk
1 cup fresh berries (blueberries, strawberries, raspberries)
1 tbsp honey or date syrup
1 tbsp chia seeds (optional)
¼ tsp cinnamon
Pinch of sea salt
Optional: crushed almonds or walnuts for topping

Directions

In a saucepan, combine quinoa, water (or milk), and salt.

Bring to a boil.

Reduce heat, cover, and simmer for 12–15 minutes until liquid is absorbed.

Stir in cinnamon, honey, and chia seeds (if using).

Spoon into bowls and top with fresh berries and optional nuts.

Serving Tips

Great warm or chilled. Add a spoonful of Greek yogurt for extra protein.

Smoked Salmon and Caper Flatbread

Servings: 2 | Prep Time: 10 min | Cook Time: 5 min | Total Time: 15 min



Nutrition (Per Serving)

Calories: 310 | Protein: 20g
Carbs: 25g | Fats: 15g
Fiber: 3g | Sugar: 3g
Cholesterol: 35mg
Sodium: 530mg
Potassium: 410mg

Ingredients

2 whole grain flatbreads or pitas
½ cup plain Greek yogurt or labneh
3 oz smoked salmon (no added sugar or nitrates)
2 tbsp capers, rinsed
½ small red onion, thinly sliced
1 tbsp chopped fresh dill
1 tsp olive oil
Optional: lemon zest or baby arugula

Directions

Lightly toast the flatbreads if desired.
Spread yogurt evenly over the base.
Top with smoked salmon, capers, onion, dill, and a drizzle of olive oil.
Garnish with optional lemon zest or arugula. Serve immediately.

Serving Tips

Serve with a cucumber and olive salad for a balanced Mediterranean meal.

Apple & Cinnamon Barley Porridge

Servings: 2 | Prep Time: 5 min | Cook Time: 25 min | Total Time: 30 min



Nutrition (Per Serving)

Calories: 260 | Protein: 6g
Carbs: 40g | Fats: 8g
Fiber: 6g | Sugar: 10g
Cholesterol: 0mg
Sodium: 35mg
Potassium: 280mg

Ingredients

½ cup pearl barley
1 ½ cups water
1 small apple, diced
½ tsp ground cinnamon
1 tbsp honey or date syrup
1 tbsp chopped walnuts or almonds
Pinch of salt
Optional: splash of almond milk

Directions

Rinse barley and add to a pot with water and salt. Bring to a boil.
Reduce to low heat, cover, and simmer for 25 minutes until tender.
Stir in apples, cinnamon, and honey. Cook for 2 more minutes.
Serve warm topped with nuts and optional almond milk.

Serving Tips

Add raisins or dried figs for extra sweetness and fiber.

Baked Eggs in Tomato-Pepper Sauce (Shakshuka)

Servings: 2 | Prep Time: 10 min | Cook Time: 20 min | Total Time: 30 min



Nutrition (Per Serving)

Calories: 220 | Protein: 12g
Carbs: 12g | Fats: 14g
Fiber: 3g | Sugar: 5g
Cholesterol: 185mg
Sodium: 280mg
Potassium: 510mg

Ingredients

2 large eggs
1 cup crushed tomatoes (canned or fresh)
1 small bell pepper, chopped
½ small onion, diced
1 garlic clove, minced
1 tbsp olive oil
½ tsp cumin
¼ tsp paprika
Salt and pepper to taste. Optional: chopped parsley or crumbled feta

Directions

Heat olive oil in a skillet over medium heat. Sauté onion, pepper, and garlic for 5 minutes.
Add tomatoes, cumin, paprika, salt, and pepper. Simmer 10 minutes.
Make two small wells in the sauce and crack eggs into them.
Cover and cook 6–8 minutes, until whites are set but yolks still runny.
Garnish with herbs or feta and serve hot.

Serving Tips

Enjoy with warm whole grain pita or crusty bread.

Ricotta and Fig Toast

Servings: 2 | Prep Time: 5 min | Cook Time: 0 min | Total Time: 5 min



Nutrition (Per Serving)

Calories: 240 | Protein: 11g
Carbs: 24g | Fats: 11g
Fiber: 3g | Sugar: 10g
Cholesterol: 15mg
Sodium: 170mg
Potassium: 310mg

Ingredients

2 slices whole grain or sourdough bread, toasted
½ cup ricotta cheese (part-skim or full-fat)
2–3 fresh figs, sliced (or 2 dried figs, chopped and soaked)
1 tsp honey
1 tbsp chopped pistachios or walnuts (optional)
Pinch of ground cinnamon or fresh thyme (optional)

Directions

Spread ricotta cheese evenly on each slice of toast.
Top with sliced figs.
Drizzle with honey and sprinkle with optional nuts and cinnamon or herbs. Serve immediately.

Serving Tips

Pairs well with black coffee or mint tea for a Mediterranean café-style breakfast.

Warm Lentil and Egg Breakfast Bowl

Servings: 2 | Prep Time: 10 min | Cook Time: 15 min | Total Time: 25 min



Nutrition (Per Serving)

Calories: 300 | Protein: 17g
Carbs: 24g | Fats: 15g
Fiber: 7g | Sugar: 3g
Cholesterol: 185mg
Sodium: 230mg
Potassium: 540mg

Ingredients

1 cup cooked brown or green lentils
2 eggs
1 cup baby spinach
¼ red onion, thinly sliced
1 tbsp olive oil
1 tsp red wine vinegar or lemon juice
Salt and pepper to taste
Optional: sliced avocado or chopped parsley

Directions

Heat olive oil in a pan and sauté onion and spinach until wilted. Stir in lentils and vinegar/lemon juice. Season with salt and pepper. In another pot, boil or poach eggs to your liking. Divide lentil mixture between bowls and top each with an egg. Garnish with optional avocado or herbs.

Serving Tips

A hearty dish great for meal prep. Serve with a slice of whole grain bread.

Zucchini and Feta Muffins

Servings: 6 muffins | Prep Time: 10 min | Cook Time: 25 min | Total Time: 35 min



Nutrition (Per Serving)

Calories: 155 | Protein: 5g
Carbs: 10g | Fats: 10g
Fiber: 2g | Sugar: 1g
Cholesterol: 50mg
Sodium: 180mg
Potassium: 190mg

Ingredients

1 cup grated zucchini (squeezed dry)
2 eggs
¾ cup whole wheat flour
¼ cup crumbled feta cheese
¼ cup olive oil
1 tsp baking powder
1 tbsp chopped dill or parsley
Salt and pepper to taste

Directions

Preheat oven to 375°F (190°C). Line a muffin tin with 6 liners. In a bowl, mix zucchini, eggs, olive oil, and herbs. Stir in flour, baking powder, feta, salt, and pepper. Spoon into muffin cups and bake for 20–25 minutes until golden and firm. Cool slightly before serving.

Serving Tips

Great on the go! Serve with Greek yogurt and tomato slices for a full meal.

Mediterranean Sweet Potato Breakfast Boats

Servings: 2 | Prep Time: 10 min | Cook Time: 30 min | Total Time: 40 min



Nutrition (Per Serving)

Calories: 290 | Protein: 8g
Carbs: 32g | Fats: 15g
Fiber: 6g | Sugar: 7g
Cholesterol: 15 mg
Sodium: 210mg
Potassium: 620mg

Ingredients

1 medium sweet potato, halved lengthwise
½ cup hummus
½ avocado, sliced
2 tbsp crumbled feta
2 tbsp chopped cherry tomatoes
1 tbsp olive oil
Optional: parsley, za'atar, or chili flakes

Directions

Preheat oven to 400°F (200°C). Roast sweet potato halves for 30 minutes until tender.

Cool slightly, then scoop out some flesh to create a shallow “boat.” Fill with hummus, top with avocado, tomatoes, feta, and drizzle with olive oil.

Sprinkle with herbs or spices of choice and serve warm.

Serving Tips

Serve alongside a soft-boiled egg for a complete protein-rich meal.

Almond Butter Banana Toast with Chia Seeds

Servings: 1 | Prep Time: 5 min | Cook Time: 0 min | Total Time: 5 min



Nutrition (Per Serving)

Calories: 210 | Protein: 6g
Carbs: 24g | Fats: 11g
Fiber: 5g | Sugar: 7g
Cholesterol: 0mg
Sodium: 130mg
Potassium: 360mg

Ingredients

1 slice whole grain bread, toasted
1 tbsp almond butter
½ banana, sliced
1 tsp chia seeds
Optional: drizzle of honey or cinnamon

Directions

Spread almond butter on toast.

Arrange banana slices on top.

Sprinkle with chia seeds and add honey or cinnamon if using.

Serve immediately.

Serving Tips

Pair with a glass of almond milk or black coffee for a quick, energizing breakfast.

Date & Walnut Greek Yogurt Smoothie

Servings: 2 | Prep Time: 5 min | Cook Time: 0 min | Total Time: 5 min



Nutrition (Per Serving)

Calories: 295 | Protein: 13g
Carbs: 35g | Fats: 12g
Fiber: 4g | Sugar: 24g
Cholesterol: 10 mg
Sodium: 75mg
Potassium: 490mg

Ingredients

1 cup plain Greek yogurt (2% or full-fat)
1 banana
4 pitted Medjool dates
2 tbsp chopped walnuts
½ cup unsweetened almond milk
½ tsp cinnamon
½ tsp vanilla extract (optional)
Ice cubes (optional for texture)

Directions

Add all ingredients to a blender.
Blend on high until smooth and creamy.
Add ice for a colder, thicker smoothie if desired.
Pour into glasses and serve.

Serving Tips

Top with crushed walnuts or a sprinkle of cinnamon for added texture and flavor.

Bell Pepper and Goat Cheese Mini Quiches

Servings: 6 mini quiches | Prep Time: 10 min | Cook Time: 20 min | Total Time: 30 min



Nutrition (Per Serving)

Calories: 110 | Protein: 7g
Carbs: 2g | Fats: 8g
Fiber: 0.5g | Sugar: 1g
Cholesterol: 115mg
Sodium: 100mg
Potassium: 130mg

Ingredients

4 large eggs
½ cup unsweetened almond milk or low-fat milk
½ cup chopped bell peppers (red, yellow, or green)
¼ cup crumbled goat cheese
2 tbsp chopped parsley
Salt and black pepper to taste
Olive oil spray or muffin liners

Directions

Preheat oven to 375°F (190°C).
In a bowl, whisk eggs, milk, salt, pepper, and parsley.
Lightly grease or line a muffin tin and divide chopped peppers among 6 cups.
Pour egg mixture over vegetables and top with goat cheese.
Bake for 18–20 minutes, until set and golden.
Let cool slightly before serving.

Serving Tips

Serve with a side of cucumber-tomato salad or whole grain toast.

Pita Pocket with Hummus and Boiled Egg

Servings: 1 | Prep Time: 10 min | Cook Time: 10 min | Total Time: 20 min



Nutrition (Per Serving)

Calories: 260 | Protein: 12g
Carbs: 22g | Fats: 14g
Fiber: 5g | Sugar: 3g
Cholesterol: 185 mg
Sodium: 240mg
Potassium: 290mg

Ingredients

1 whole wheat pita pocket
2 tbsp hummus
1 hard-boiled egg, sliced
¼ cucumber, sliced
¼ tomato, chopped
1 tbsp chopped parsley
Pinch of sumac or za'atar (optional)
Salt and pepper to taste

Directions

Slice pita in half and gently open the pocket.
Spread hummus inside each half.
Fill with egg slices, cucumber, and tomato.
Season with salt, pepper, and optional sumac or za'atar.
Garnish with parsley and serve.

Serving Tips

Great as a grab-and-go breakfast with a piece of fruit or smoothie.

Watermelon and Mint Smoothie Bowl

Servings: 2 | Prep Time: 10 min | Cook Time: 0 min | Total Time: 10 min



Nutrition (Per Serving)

Calories: 180 | Protein: 6g
Carbs: 28g | Fats: 4g
Fiber: 3g, Sugar: 20g
Cholesterol: 5mg
Sodium: 45mg
Potassium: 410mg

Ingredients

2 cups cubed watermelon (preferably frozen)
½ banana
¼ cup plain Greek yogurt
1 tbsp fresh mint leaves
1 tsp honey (optional)
Toppings: chia seeds, sliced almonds, fresh berries

Directions

Blend watermelon, banana, yogurt, mint, and honey until smooth and thick.
Pour into bowls and top with desired toppings.
Serve immediately with a spoon.

Serving Tips

Best enjoyed cold. Great for warm mornings or post-workout refreshment.

Olive Tapenade Toast with Poached Egg

Servings: 1 | Prep Time: 5 min | Cook Time: 5 min | Total Time: 10 min



Nutrition (Per Serving)

Calories: 210 | Protein: 9g
Carbs: 14g | Fats: 14g
Fiber: 2g | Sugar: 1g
Cholesterol: 185 mg
Sodium: 310mg
Potassium: 200mg

Ingredients

1 slice whole grain bread, toasted
1 tbsp olive tapenade (store-bought or homemade)
1 egg
1 tsp white vinegar (for poaching)
Optional: arugula, chili flakes, lemon zest

Directions

Bring a small pot of water to a gentle simmer and add vinegar.
Crack egg into a small bowl, then gently slide into water.
Poach for 3–4 minutes until white is set and yolk is soft.
Spread olive tapenade on toast.
Top with poached egg and optional garnishes.

Serving Tips

Pairs beautifully with a green side salad or citrus fruit.

Classic Greek Salad with Lemon-Olive Oil Dressing

Servings: 2 | Prep Time: 10 min | Cook Time: 0 min | Total Time: 10 min



Nutrition (Per Serving)

Calories: 280 | Protein: 7g
Carbs: 14g | Fats: 24g
Fiber: 4g | Sugar: 6g
Cholesterol: 20 mg
Sodium: 440mg
Potassium: 420mg

Ingredients

1 ½ cups cherry tomatoes, halved
1 medium cucumber, diced
½ red onion, thinly sliced
½ green bell pepper, thinly sliced
¼ cup Kalamata olives, pitted and halved
½ cup feta cheese, crumbled or cubed
2 tbsp extra virgin olive oil
1 tbsp fresh lemon juice
½ tsp dried oregano
Salt and black pepper to taste

Directions

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

In a small bowl, whisk olive oil, lemon juice, oregano, salt, and pepper.

Drizzle dressing over salad and toss gently.

Top with feta cheese and serve fresh.

Serving Tips

Serve with whole wheat pita or grilled chicken breast for a complete meal.

Tuna and White Bean Salad with Arugula

Servings: 2 | Prep Time: 10 min | Cook Time: 0 min | Total Time: 10 min



Nutrition (Per Serving)

Calories: 310 | Protein: 22g
Carbs: 16g | Fats: 18g
Fiber: 5g | Sugar: 3g
Cholesterol: 35mg
Sodium: 360mg
Potassium: 490mg

Ingredients

1 can (5 oz) tuna in olive oil or water, drained
1 cup canned white beans (cannellini), drained and rinsed
2 cups fresh arugula
½ cup cherry tomatoes, halved
1 tbsp red onion, finely chopped
1 tbsp capers (optional)
2 tbsp extra virgin olive oil
1 tbsp lemon juice
Salt and pepper to taste

Directions

In a bowl, combine tuna, white beans, tomatoes, onion, and capers.

In a separate bowl, whisk together olive oil, lemon juice, salt, and pepper.

Toss arugula with the dressing, then top with tuna-bean mixture.

Mix gently and serve.

Serving Tips

Serve chilled with whole grain crackers or a side of couscous.

Chickpea Shawarma Bowl

Servings: 2 | Prep Time: 10 min | Cook Time: 15 min | Total Time: 25 min



Nutrition (Per Serving)

Calories: 360 | Protein: 13g
Carbs: 38g | Fats: 17g
Fiber: 9g | Sugar: 4g
Cholesterol: 0 mg
Sodium: 260mg
Potassium: 540mg

Ingredients

For the Chickpeas:

1 ½ cups canned chickpeas, drained and rinsed
1 tbsp olive oil, ½ tsp ground cumin
½ tsp paprika, ¼ tsp garlic powder
¼ tsp turmeric. Salt to taste

For the Bowl: 1 cup cooked brown rice or quinoa

1 cup chopped lettuce or arugula
½ cup cherry tomatoes, halved
¼ cucumber, sliced
2 tbsp hummus. Optional: lemon wedges, tahini drizzle

Directions

Preheat oven to 400°F (200°C).

Toss chickpeas with olive oil and spices on a baking sheet.

Roast for 15 minutes, shaking halfway through.

Assemble bowls: base of rice/quinoa, then greens, veggies, chickpeas, and hummus. Add lemon or tahini if desired.

Serving Tips

Ideal for meal prep. Store each component separately to keep fresh.

Roasted Vegetable and Hummus Wrap

Servings: 2 | Prep Time: 10 min | Cook Time: 20 min | Total Time: 30 min



Nutrition (Per Serving)

Calories: 330 | Protein: 9g
Carbs: 34g | Fats: 18g
Fiber: 7g | Sugar: 6g
Cholesterol: 0mg
Sodium: 340mg
Potassium: 410mg

Ingredients

1 zucchini, sliced
1 red bell pepper, sliced
½ red onion, sliced
2 tbsp olive oil
½ tsp dried oregano
Salt and pepper to taste
½ cup hummus
2 whole wheat tortillas or flatbreads
Optional: arugula or spinach for crunch

Directions

Preheat oven to 400°F (200°C).

Toss zucchini, pepper, and onion with olive oil, oregano, salt, and pepper.

Roast on a baking sheet for 20 minutes.

Spread hummus on each wrap and layer with roasted veggies.

Add greens if using, then roll or fold and serve.

Serving Tips

Serve warm with a side of olives or cucumber-tomato salad.

Mediterranean Lentil Soup

Servings: 4 | Prep Time: 10 min | Cook Time: 30 min | Total Time: 40 min



Nutrition (Per Serving)

Calories: 240 | Protein: 12g
Carbs: 30g | Fats: 8g
Fiber: 9g | Sugar: 4g
Cholesterol: 0 mg
Sodium: 390mg
Potassium: 620mg

Ingredients

1 cup brown or green lentils, rinsed
1 carrot, diced
1 celery stalk, diced
½ onion, chopped
2 garlic cloves, minced
1 tbsp olive oil
4 cups vegetable broth
1 tsp cumin
½ tsp dried thyme
Salt and pepper to taste
Optional: lemon juice and fresh parsley for garnish

Directions

Heat olive oil in a large pot. Sauté onion, garlic, carrot, and celery for 5–6 minutes.

Add lentils, broth, cumin, thyme, salt, and pepper.

Bring to a boil, then reduce heat and simmer for 25–30 minutes.

Adjust seasoning and stir in lemon juice if using.

Garnish with parsley and serve hot.

Serving Tips

Pairs well with whole grain toast or a cucumber-feta salad.

Stuffed Bell Peppers with Quinoa and Feta

Servings: 4 halves (2 servings) | Prep Time: 10 min | Cook Time: 30 min | Total Time: 40 min



Nutrition (Per 2 halves)

Calories: 310 | Protein: 11g
Carbs: 28g | Fats: 18g
Fiber: 6g | Sugar: 7g
Cholesterol: 20mg
Sodium: 360mg
Potassium: 590mg

Ingredients

2 large bell peppers (any color), halved and deseeded
½ cup cooked quinoa
¼ cup canned chickpeas, drained and rinsed
¼ cup diced tomatoes
¼ cup crumbled feta cheese
1 tbsp chopped parsley
1 tbsp olive oil
½ tsp dried oregano
Salt and pepper to taste

Directions

Preheat oven to 375°F (190°C).

In a bowl, mix quinoa, chickpeas, tomatoes, feta, parsley, olive oil, oregano, salt, and pepper.

Place pepper halves in a baking dish. Stuff with the quinoa mixture.

Cover with foil and bake for 25–30 minutes, until peppers are soft.

Remove foil for last 5 minutes for a lightly golden top.

Serving Tips

Serve with a dollop of tzatziki or a side arugula salad with lemon dressing.

Pita Sandwich with Grilled Halloumi and Tomato

Servings: 2 | Prep Time: 5 min | Cook Time: 10 min | Total Time: 15 min



Nutrition (Per Sandwich)

Calories: 350 | Protein: 17g
Carbs: 26g | Fats: 21g
Fiber: 4g | Sugar: 3g
Cholesterol: 35 mg
Sodium: 490mg
Potassium: 270mg

Ingredients

2 whole wheat pita pockets
4 oz halloumi cheese, sliced
1 small tomato, sliced
½ cup baby spinach or arugula
1 tbsp olive oil
1 tbsp hummus (optional)
Black pepper to taste

Directions

Heat olive oil in a non-stick skillet over medium heat.
Add halloumi slices and cook 2–3 minutes per side until golden brown.

Warm pita slightly and spread inside with hummus (if using).
Stuff each pita with greens, tomato, and grilled halloumi.
Sprinkle with black pepper and serve warm.

Serving Tips

Delicious with a side of cucumber-mint yogurt or olives.

Farro Salad with Olives, Cucumbers, and Feta

Servings: 2 | Prep Time: 10 min | Cook Time: 20 min | Total Time: 30 min



Nutrition (Per Serving)

Calories: 310 | Protein: 10g
Carbs: 34g | Fats: 15g
Fiber: 6g | Sugar: 3g
Cholesterol: 20mg
Sodium: 370mg
Potassium: 380mg

Ingredients

½ cup dry farro
½ cup diced cucumber
¼ cup cherry tomatoes, halved
2 tbsp Kalamata olives, sliced
¼ cup crumbled feta cheese
1 tbsp red onion, minced
1 tbsp olive oil
1 tbsp lemon juice
½ tsp dried oregano
Salt and pepper to taste

Directions

Cook farro according to package instructions. Drain and let cool slightly.

In a large bowl, combine farro, cucumber, tomatoes, olives, onion, and feta.

In a small bowl, whisk olive oil, lemon juice, oregano, salt, and pepper.

Pour dressing over salad and toss gently to combine.

Chill for 10–15 minutes or serve at room temperature.

Serving Tips

Great as a light lunch or side dish for grilled fish or eggplant.

Spicy Eggplant and Chickpea Stew

Servings: 2 | Prep Time: 10 min | Cook Time: 30 min | Total Time: 40 min



Nutrition (Per Serving)

Calories: 290 | Protein: 9g
Carbs: 32g | Fats: 14g
Fiber: 8g | Sugar: 9g
Cholesterol: 0 mg
Sodium: 350mg
Potassium: 630mg

Ingredients

1 medium eggplant, cubed
1 cup canned chickpeas, drained and rinsed
1 cup crushed tomatoes
1 small onion, chopped
2 garlic cloves, minced
1 tbsp olive oil
½ tsp ground cumin
¼ tsp red pepper flakes (or to taste)
Salt and black pepper to taste
Optional: chopped parsley for garnish

Directions: Heat olive oil in a large saucepan. Sauté onion and garlic for 2–3 minutes.

Add eggplant and cook 5–7 minutes until lightly browned.

Stir in chickpeas, tomatoes, cumin, red pepper flakes, salt, and pepper.

Cover and simmer for 20 minutes until eggplant is soft.

Garnish with parsley and serve warm.

Serving Tips

Serve with brown rice, couscous, or warm pita bread.

Grilled Chicken Gyro Wrap

Servings: 2 | Prep Time: 10 min | Cook Time: 15 min | Total Time: 25 min



Nutrition (Per Serving)

Calories: 340 | Protein: 27g
Carbs: 24g | Fats: 15g
Fiber: 4g | Sugar: 3g
Cholesterol: 65mg
Sodium: 360mg
Potassium: 430mg

Ingredients

1 chicken breast, sliced
2 whole wheat pitas or flatbreads
½ cup chopped cucumber
½ tomato, diced
¼ red onion, thinly sliced
½ cup plain Greek yogurt
1 garlic clove, minced
1 tbsp olive oil
1 tbsp lemon juice
½ tsp oregano
Salt and pepper to taste

Directions: Marinate chicken in olive oil, lemon juice, garlic, oregano, salt, and pepper for 10 minutes.

Grill or pan-cook chicken until golden and fully cooked.

In a bowl, mix yogurt with a pinch of salt (or use tzatziki).

Assemble wraps with chicken, veggies, and a dollop of yogurt sauce.

Wrap tightly and serve.

Serving Tips: Delicious with a side of cucumber salad or baked sweet potato wedges.

Cucumber-Tomato Salad with Herb Vinaigrette

Servings: 2 | Prep Time: 10 min | Cook Time: 0 min | Total Time: 10 min



Nutrition (Per Serving)

Calories: 180 | Protein: 2g
Carbs: 8g | Fats: 15g
Fiber: 2g | Sugar: 4g
Cholesterol: 0 mg
Sodium: 120mg
Potassium: 320mg

Ingredients

1 cup cucumber, sliced
1 cup cherry tomatoes, halved
2 tbsp red onion, finely sliced
1 tbsp chopped parsley or mint
2 tbsp olive oil
1 tbsp red wine vinegar or lemon juice
½ tsp dried oregano
Salt and black pepper to taste

Directions

In a bowl, combine cucumber, tomatoes, onion, and herbs.
In a separate bowl, whisk olive oil, vinegar/lemon juice, oregano, salt, and pepper.
Toss salad with vinaigrette and serve fresh.

Serving Tips

Great as a light lunch or side with grilled fish or legumes.

Brown Rice Tabouli with Lemon Dressing

Servings: 2 | Prep Time: 15 min | Cook Time: 30 min (for rice) | Total Time: 45 min



Nutrition (Per Serving)

Calories: 250 | Protein: 5g
Carbs: 30g | Fats: 13g
Fiber: 4g | Sugar: 3g
Cholesterol: 0mg
Sodium: 160mg
Potassium: 360mg

Ingredients

1 cup cooked brown rice (cooled)
½ cup chopped parsley
¼ cup chopped mint
½ cup diced cucumber
½ cup cherry tomatoes, chopped
2 tbsp finely chopped red onion
2 tbsp olive oil
2 tbsp lemon juice
Salt and black pepper to taste

Directions

In a large bowl, combine cooked rice, herbs, cucumber, tomatoes, and onion.

In a small bowl, whisk together olive oil, lemon juice, salt, and pepper.

Pour dressing over salad and toss to combine.

Let sit for 10–15 minutes to allow flavors to meld. Serve chilled or at room temperature.

Serving Tips

Excellent with grilled chicken or falafel on the side.

Roasted Cauliflower and Tahini Grain Bowl

Servings: 2 | Prep Time: 10 min | Cook Time: 25 min | Total Time: 35 min



Nutrition (Per Serving)

Calories: 330 | Protein: 9g
Carbs: 35g | Fats: 17g
Fiber: 6g | Sugar: 4g
Cholesterol: 0 mg
Sodium: 190mg
Potassium: 470mg

Ingredients

2 cups cauliflower florets
1 tbsp olive oil
½ tsp ground cumin
1 cup cooked farro, quinoa, or brown rice
¼ cup chopped parsley
2 tbsp tahini
1 tbsp lemon juice
1 garlic clove, minced
2–3 tbsp water (to thin the dressing)
Salt and pepper to taste

Directions: Preheat oven to 400°F (200°C). Toss cauliflower with olive oil, cumin, salt, and pepper. Roast on a baking sheet for 20–25 minutes, until golden and tender. Whisk tahini, lemon juice, garlic, and water until smooth. Assemble bowls with grain base, roasted cauliflower, parsley, and drizzle with tahini sauce.
Serving Tips: Top with a handful of arugula or pomegranate seeds for extra color and flavor.

Spinach and Chickpea Patties with Yogurt Sauce

Servings: 2 (makes ~6 patties) | Prep Time: 15 min | Cook Time: 10 min | Total Time: 25 min



Nutrition (Per Serving)

Calories: 310 | Protein: 16g
Carbs: 22g | Fats: 18g
Fiber: 5g | Sugar: 3g
Cholesterol: 90mg
Sodium: 320mg
Potassium: 440mg

Ingredients

For the Patties: 1 egg, 1 cup canned chickpeas, mashed
1 cup fresh spinach, finely chopped
2 tbsp whole wheat breadcrumbs
1 garlic clove, minced
½ tsp cumin
Salt and pepper to taste. Olive oil for cooking

For the Yogurt Sauce:

½ cup plain Greek yogurt
1 tbsp lemon juice
1 tbsp chopped mint or dill. Salt to taste

Directions

Mix all patty ingredients in a bowl. Form into 6 small patties. Heat a skillet with a drizzle of olive oil over medium heat. Cook patties 3–4 minutes per side until golden and firm. Mix yogurt, lemon juice, herbs, and salt for the sauce. Serve patties warm with a dollop of yogurt sauce.

Serving Tips

Serve with a green salad or wrapped in a pita with tomatoes and cucumber.

Pesto Orzo Salad with Cherry Tomatoes

Servings: 2 | Prep Time: 10 min | Cook Time: 10 min | Total Time: 20 min



Nutrition (Per Serving)

Calories: 320 | Protein: 9g
Carbs: 30g | Fats: 18g
Fiber: 3g | Sugar: 2g
Cholesterol: 15 mg
Sodium: 290mg
Potassium: 270mg

Ingredients

1 cup cooked orzo pasta (whole wheat if possible)
¼ cup cherry tomatoes, halved
2 tbsp basil pesto (homemade or store-bought)
2 tbsp crumbled feta cheese
1 tbsp olive oil
1 tbsp lemon juice
Salt and pepper to taste

Directions

Cook orzo according to package directions. Drain and rinse with cool water.

In a bowl, mix orzo with pesto, tomatoes, olive oil, and lemon juice. Season with salt and pepper. Toss gently and top with feta. Chill or serve at room temperature.

Serving Tips

Perfect as a side dish or light main with grilled shrimp or tofu.

Falafel Bowl with Cucumber Yogurt Sauce

Servings: 2 | Prep Time: 15 min | Cook Time: 10 min | Total Time: 25 min



Nutrition (Per Serving)

Calories: 360 | Protein: 14g
Carbs: 34g | Fats: 20g
Fiber: 6g | Sugar: 4g
Cholesterol: 15mg
Sodium: 320mg
Potassium: 480mg

Ingredients

For the Bowl:

4–6 pre-made or homemade baked falafel
1 cup cooked couscous or quinoa
½ cup chopped cucumber
½ cup cherry tomatoes, halved
¼ cup shredded carrots
1 tbsp olive oil

For the Sauce:

½ cup Greek yogurt
¼ cup finely chopped cucumber
1 tsp lemon juice
Salt and chopped mint or dill to taste

Directions: Prepare your base grain and arrange in two bowls.

Add vegetables and falafel.

Mix sauce ingredients in a bowl.

Drizzle sauce over the bowls and finish with olive oil.

Serving Tips: Add pickled red onions or a dash of hot sauce for extra flavor

Sardine and Olive Tapenade Toasts

Servings: 2 | Prep Time: 10 min | Cook Time: 0 min | Total Time: 10 min



Nutrition (Per Serving)

Calories: 280 | Protein: 16g
Carbs: 15g | Fats: 18g
Fiber: 3g | Sugar: 1g
Cholesterol: 40 mg
Sodium: 350mg
Potassium: 310mg

Ingredients

2 slices whole grain or sourdough bread, toasted
1 small can sardines in olive oil (3.75 oz), drained
2 tbsp olive tapenade (store-bought or homemade)
¼ small red onion, thinly sliced
1 tbsp chopped parsley
Optional: squeeze of lemon juice, chili flakes

Directions

Spread tapenade on toasted bread.
Layer sardines evenly over each slice.
Top with red onion and parsley.
Add lemon juice or chili flakes for extra zing, if desired

Serving Tips

Pair with a green side salad or a handful of cherry tomatoes and cucumbers.

Warm Barley Salad with Roasted Tomatoes

Servings: 2 | Prep Time: 10 min | Cook Time: 30 min | Total Time: 40 min



Nutrition (Per Serving)

Calories: 240 | Protein: 6g
Carbs: 36g | Fats: 8g
Fiber: 6g | Sugar: 5g
Cholesterol: 0mg
Sodium: 120mg
Potassium: 350mg

Ingredients

½ cup pearl barley
1 cup cherry tomatoes, halved
1 tbsp olive oil
1 tbsp balsamic vinegar or lemon juice
1 tbsp chopped basil or parsley
Salt and pepper to taste

Directions

Cook barley according to package directions. Drain and set aside.
Preheat oven to 400°F (200°C). Roast cherry tomatoes with olive oil, salt, and pepper for 20–25 minutes.
Toss barley with roasted tomatoes, herbs, and balsamic/lemon juice.
Serve warm or at room temperature.

Serving Tips

Top with feta or serve alongside grilled fish or tofu for extra protein.

Lemon Lentil and Carrot Salad

Servings: 2 | Prep Time: 10 min | Cook Time: 25 min | Total Time: 35 min



Nutrition (Per Serving)

Calories: 260 | Protein: 13g
Carbs: 30g | Fats: 10g
Fiber: 9g | Sugar: 5g
Cholesterol: 0mg
Sodium: 140mg
Potassium: 540mg

Ingredients

¾ cup dry green or brown lentils
1 cup grated carrots
2 tbsp chopped parsley
1 tbsp olive oil
1 tbsp lemon juice
½ tsp cumin
Salt and pepper to taste

Directions

Cook lentils in water (no salt) for 20–25 minutes until tender.
Drain and cool.

In a bowl, combine lentils, grated carrots, parsley, olive oil, lemon juice, cumin, salt, and pepper.

Mix well and chill for 10 minutes before serving.

Serving Tips

Add a spoonful of hummus or some sliced avocado on the side.

Mediterranean Tuna Wrap with Artichoke Hearts

Servings: 2 | Prep Time: 10 min | Cook Time: 0 min | Total Time: 10 min



Nutrition (Per Serving)

Calories: 310 | Protein: 21g
Carbs: 20g | Fats: 17g
Fiber: 4g | Sugar: 2g
Cholesterol: 35mg
Sodium: 320mg
Potassium: 420mg

Ingredients

1 can tuna in water or olive oil, drained (5 oz)
¼ cup canned artichoke hearts, chopped
¼ cup diced cucumber
2 tbsp plain Greek yogurt or tahini
1 tsp lemon juice
2 whole wheat tortillas or wraps
Optional: baby spinach or arugula

Directions

In a bowl, combine tuna, artichokes, cucumber, yogurt or tahini, and lemon juice.

Mix until well combined.

Place filling in each wrap with optional greens. Roll tightly and slice in half.

Serving Tips

Pair with olives, cherry tomatoes, or a light couscous salad.

White Bean and Kale Soup

Servings: 2 | Prep Time: 10 min | Cook Time: 30 min | Total Time: 40 min



Ingredients

1 tbsp olive oil
1 garlic clove, minced
½ onion, diced
1 carrot, diced
1 ½ cups canned white beans, drained and rinsed
2 cups chopped kale
3 cups vegetable broth
½ tsp dried thyme
Salt and pepper to taste

Directions

In a pot, sauté onion, garlic, and carrot in olive oil for 5–6 minutes. Add beans, broth, thyme, salt, and pepper. Simmer for 15 minutes. Stir in kale and cook for 5–10 minutes more until tender. Serve hot with crusty bread.

Serving Tips

Garnish with a drizzle of olive oil or lemon zest for brightness.

Nutrition (Per Serving)

Calories: 270 | Protein: 12g
Carbs: 28g | Fats: 12g
Fiber: 8g | Sugar: 5g
Cholesterol: 0mg
Sodium: 390mg
Potassium: 620mg

Couscous-Stuffed Eggplants

Servings: 2 | Prep Time: 10 min | Cook Time: 30 min | Total Time: 40 min



Ingredients

11 medium eggplant, halved lengthwise
½ cup cooked whole wheat couscous
¼ cup diced tomatoes
2 tbsp chopped parsley
2 tbsp crumbled feta cheese
1 tbsp olive oil
½ tsp dried oregano
Salt and black pepper to taste

Directions

Preheat oven to 375°F (190°C). Scoop out a little flesh from the eggplant halves and brush the insides with olive oil. Roast eggplants on a baking tray, cut side up, for 25 minutes. Meanwhile, mix couscous, tomatoes, parsley, oregano, salt, and pepper in a bowl. Fill roasted eggplants with couscous mixture and top with feta. Return to oven for 5 more minutes. Serve warm.

Serving Tips

Pair with a side of Greek yogurt and fresh mint for cooling contrast.

Nutrition (Per Serving)

Calories: 290 | Protein: 8g
Carbs: 32g | Fats: 15g
Fiber: 8g | Sugar: 6g
Cholesterol: 15mg
Sodium: 230mg
Potassium: 580mg

Zucchini Noodle Salad with Lemon Vinaigrette

Servings: 2 | Prep Time: 10 min | Cook Time: 0 min | Total Time: 10 min



Nutrition (Per Serving)

Calories: 210 | Protein: 6g
Carbs: 9g | Fats: 18g
Fiber: 3g | Sugar: 5g
Cholesterol: 10mg
Sodium: 180mg
Potassium: 420mg

Ingredients

2 medium zucchinis, spiralized
½ cup cherry tomatoes, halved
¼ cup crumbled feta cheese
1 tbsp chopped fresh basil or parsley
2 tbsp olive oil
1 tbsp lemon juice
Salt and pepper to taste

Directions

In a bowl, toss spiralized zucchini, tomatoes, and herbs. Whisk together olive oil, lemon juice, salt, and pepper in a small bowl. Pour dressing over zucchini mixture and toss. Top with feta and serve immediately.

Serving Tips

Add grilled shrimp or chickpeas for a protein boost.

Grilled Shrimp and Quinoa Bowl

Servings: 2 | Prep Time: 10 min | Cook Time: 10 min | Total Time: 20 min



Nutrition (Per Serving)

Calories: 340 | Protein: 25g
Carbs: 22g | Fats: 18g
Fiber: 4g | Sugar: 2g
Cholesterol: 170mg
Sodium: 320mg
Potassium: 560mg

Ingredients

8 oz shrimp, peeled and deveined
1 tbsp olive oil
1 tsp lemon zest
1 cup cooked quinoa
½ cup diced cucumber
½ avocado, sliced
1 tbsp chopped dill or parsley
Salt and pepper to taste

Directions

Toss shrimp with olive oil, lemon zest, salt, and pepper. Grill or sauté shrimp for 2–3 minutes per side until opaque. In bowls, layer quinoa, cucumber, avocado, and grilled shrimp. Sprinkle with fresh herbs and serve warm.

Serving Tips

Drizzle with extra lemon juice or tahini sauce if desired.

Tomato Basil Soup with Olive Oil Drizzle

Servings: 2 | Prep Time: 10 min | Cook Time: 25 min | Total Time: 35 min



Nutrition (Per Serving)

Calories: 210 | Protein: 5g
Carbs: 18g | Fats: 14g
Fiber: 5g | Sugar: 10g
Cholesterol: 0mg
Sodium: 300mg
Potassium: 560mg

Ingredients

1 tbsp olive oil
½ onion, chopped
2 garlic cloves, minced
2 cups diced tomatoes (fresh or canned)
1 cup vegetable broth
½ tsp dried oregano
¼ cup chopped fresh basil
Salt and pepper to taste
Optional: extra virgin olive oil for drizzling

Directions

In a saucepan, heat olive oil and sauté onion and garlic for 5 minutes.
Add tomatoes, broth, oregano, salt, and pepper. Simmer 15–20 minutes.
Blend soup until smooth (using immersion blender or standard blender).
Stir in basil and adjust seasoning.
Serve hot with a drizzle of olive oil.

Serving Tips

Perfect with a slice of whole grain toast or a side salad.

Grilled Lemon-Oregano Chicken with Tzatziki

Servings: 2 | Prep Time: 10 min + 20 min marinating | Cook Time: 10 min | Total Time: 40 min



Nutrition (Per Serving)

Calories: 320 | Protein: 35g
Carbs: 4g | Fats: 17g
Fiber: 0g | Sugar: 2g
Cholesterol: 90mg
Sodium: 320mg
Potassium: 450mg

Ingredients

For the Chicken: 2 boneless, skinless chicken breasts

1 tbsp olive oil

Juice of 1 lemon

1 tsp dried oregano

2 garlic cloves, minced

Salt and black pepper to taste

For the Tzatziki: ½ cup plain Greek yogurt

¼ cup grated cucumber, squeezed dry

1 garlic clove, minced, 1 tsp lemon juice

1 tsp chopped fresh dill . Salt to taste

Directions

In a bowl, mix olive oil, lemon juice, oregano, garlic, salt, and pepper.

Coat chicken with marinade and let sit for 20 minutes.

Grill chicken over medium-high heat for 4–5 minutes per side or until cooked through.

Mix all tzatziki ingredients in a bowl.

Serve chicken with tzatziki on the side.

Serving Tips

Serve with a side of grilled vegetables or warm whole wheat pita.

Baked Cod with Cherry Tomatoes and Olives

Servings: 2 | Prep Time: 10 min | Cook Time: 20 min | Total Time: 30 min



Nutrition (Per Serving)

Calories: 280 | Protein: 29g
Carbs: 6g | Fats: 15g
Fiber: 2g | Sugar: 3g
Cholesterol: 60mg
Sodium: 330mg
Potassium: 550mg

Ingredients

2 cod fillets (4–6 oz each)

1 cup cherry tomatoes, halved

¼ cup Kalamata olives, halved

1 tbsp olive oil

1 garlic clove, minced

1 tsp lemon zest

1 tbsp fresh parsley, chopped

Salt and pepper to taste

Directions

Preheat oven to 400°F (200°C).

Place cod in a baking dish. Surround with tomatoes and olives.

Drizzle with olive oil, sprinkle with garlic, lemon zest, salt, and pepper.

Bake for 18–20 minutes until fish is opaque and flakes easily.

Garnish with parsley and serve.

Serving Tips: Serve with lemon couscous or steamed green beans.

One-Pot Mediterranean Chicken and Couscous

Servings: 2 | Prep Time: 10 min | Cook Time: 25 min | Total Time: 35 min



Nutrition (Per Serving)

Calories: 360 | Protein: 26g
Carbs: 28g | Fats: 18g
Fiber: 4g | Sugar: 4g
Cholesterol: 85mg
Sodium: 310mg
Potassium: 460mg

Ingredients

2 boneless chicken thighs
½ cup dry whole wheat couscous
1 cup low-sodium vegetable broth
½ cup chopped bell pepper
¼ cup chopped red onion
¼ cup chopped tomatoes
1 tbsp olive oil, 1 tsp paprika
½ tsp cumin. Salt and pepper to taste
Optional: chopped parsley for garnish

Directions

Season chicken with paprika, cumin, salt, and pepper.
In a skillet, heat olive oil and brown chicken on both sides (6–8 min total). Remove.
Sauté onion and bell pepper for 3 minutes. Add tomatoes and broth; bring to a simmer.
Stir in couscous, return chicken to pan, cover, and cook 5–7 min.
Remove from heat and let sit 5 minutes before fluffing couscous.
Garnish and serve.

Serving Tips

Add a spoonful of yogurt on the side for creaminess.

Stuffed Zucchini Boats with Quinoa and Feta

Servings: 2 | Prep Time: 10 min | Cook Time: 25 min | Total Time: 35 min



Nutrition (Per Serving)

Calories: 290 | Protein: 9g
Carbs: 22g | Fats: 18g
Fiber: 5g | Sugar: 5g
Cholesterol: 15mg
Sodium: 210mg
Potassium: 520mg

Ingredients

2 medium zucchinis, halved lengthwise
½ cup cooked quinoa
¼ cup crumbled feta cheese
¼ cup diced tomatoes
1 garlic clove, minced
1 tbsp chopped basil or parsley
1 tbsp olive oil
Salt and pepper to taste

Directions

Preheat oven to 375°F (190°C).
Scoop out the center of each zucchini to form boats.
Mix quinoa, tomatoes, garlic, feta, herbs, salt, and pepper in a bowl.
Fill zucchini halves with mixture and drizzle with olive oil.
Bake for 20–25 minutes until zucchini is tender. Serve warm.

Serving Tips

Enjoy with a simple arugula salad or lentil soup on the side.

Shrimp Saganaki (Shrimp in Tomato-Feta Sauce)

Servings: 2 | Prep Time: 10 min | Cook Time: 15 min | Total Time: 25 min



Nutrition (Per Serving)

Calories: 310 | Protein: 28g
Carbs: 9g | Fats: 18g
Fiber: 2g | Sugar: 5g
Cholesterol: 195mg
Sodium: 480mg
Potassium: 460mg

Ingredients

8 oz large shrimp, peeled and deveined
1 tbsp olive oil
2 garlic cloves, minced
½ cup diced onion
1 cup crushed tomatoes
¼ tsp chili flakes (optional)
¼ cup crumbled feta cheese
1 tbsp chopped parsley. Salt and pepper to taste

Directions

Heat olive oil in a skillet over medium heat. Sauté onion and garlic for 2–3 minutes.

Add crushed tomatoes, salt, pepper, and chili flakes. Simmer for 5 minutes.

Add shrimp and cook 4–5 minutes until opaque.

Sprinkle feta on top and cook another 1–2 minutes.

Garnish with parsley and serve.

Serving Tips

Serve with crusty whole grain bread or a bed of couscous.

Roasted Eggplant with Tahini and Pomegranate

Servings: 2 | Prep Time: 10 min | Cook Time: 30 min | Total Time: 40 min



Nutrition (Per Serving)

Calories: 280 | Protein: 6g
Carbs: 21g | Fats: 19g
Fiber: 7g | Sugar: 7g
Cholesterol: 0mg
Sodium: 120mg
Potassium: 530mg

Ingredients

1 medium eggplant, halved lengthwise
1 tbsp olive oil
2 tbsp tahini
1 tbsp lemon juice
1 garlic clove, minced
2 tbsp water (to thin tahini)
2 tbsp pomegranate seeds
1 tbsp chopped parsley. Salt and pepper to taste

Directions

Preheat oven to 400°F (200°C). Score eggplant flesh and brush with olive oil.

Place cut-side up on a baking sheet and roast for 30 minutes until tender.

Mix tahini, lemon juice, garlic, water, salt, and pepper in a bowl.

Drizzle sauce over roasted eggplant. Garnish with pomegranate seeds and parsley.

Serving Tips

Pairs beautifully with lentils or bulgur wheat.

Balsamic Chicken with Roasted Vegetables

Servings: 2 | Prep Time: 10 min | Cook Time: 30 min | Total Time: 40 min



Nutrition (Per Serving)

Calories: 360 | Protein: 30g
Carbs: 14g | Fats: 22g
Fiber: 4g | Sugar: 7g
Cholesterol: 90mg
Sodium: 280mg
Potassium: 580mg

Ingredients

2 boneless, skinless chicken thighs
1 tbsp olive oil
1 tbsp balsamic vinegar (non-alcoholic)
1 garlic clove, minced
1 cup zucchini, chopped
1 cup bell peppers, chopped
1 cup cherry tomatoes
½ tsp dried thyme
Salt and pepper to taste

Directions

Preheat oven to 400°F (200°C).
Whisk olive oil, vinegar, garlic, salt, pepper, and thyme in a bowl.
Toss chicken and veggies in marinade. Place on a baking sheet.
Roast for 25–30 minutes, turning once, until chicken is cooked through.
Serve hot with pan juices drizzled on top.

Serving Tip

Serve with a side of cooked farro or couscous for a complete meal.

Greek Meatballs (Keftedes) with Herbed Yogurt Dip

Servings: 2 (makes 8 meatballs) | Prep Time: 15 min | Cook Time: 15 min | Total Time: 30 min



Nutrition (Per Serving)

Calories: 340 | Protein: 27g
Carbs: 6g | Fats: 23g
Fiber: 1g | Sugar: 2g
Cholesterol: 120mg
Sodium: 310mg
Potassium: 430mg

Ingredients

For the Meatballs: 8 oz ground turkey or lean beef
2 tbsp grated red onion
1 garlic clove, minced
2 tbsp chopped parsley
1 tbsp breadcrumbs (whole wheat)
1 egg
1 tsp dried oregano
Salt and pepper to taste
Olive oil for cooking

For the Yogurt Dip: ½ cup Greek yogurt

1 tbsp lemon juice
1 tbsp chopped dill or mint. Salt to taste

Directions: Mix meatball ingredients in a bowl. Form into 8 small balls. Pan-fry in olive oil over medium heat, turning until browned and cooked through (about 12–15 minutes).

Mix dip ingredients in a small bowl.

Serve meatballs with yogurt dip.

Serving Tips:

Great with a warm pita or bulgur tabbouleh on the side.

Mediterranean Lentil & Spinach Stew

Servings: 2 | Prep Time: 10 min | Cook Time: 30 min | Total Time: 40 min



Nutrition (Per Serving)

Calories: 310 | Protein: 15g
Carbs: 32g | Fats: 13g
Fiber: 9g | Sugar: 6g
Cholesterol: 0mg
Sodium: 290mg
Potassium: 620mg

Ingredients

¾ cup dry brown lentils, rinsed
1 tbsp olive oil
½ onion, chopped
2 garlic cloves, minced
1 carrot, diced
2 cups baby spinach
3 cups vegetable broth
1 tsp cumin
Salt and pepper to taste
Optional: lemon wedges for serving

Directions

Heat olive oil in a pot. Sauté onion, garlic, and carrot for 5 minutes. Add lentils, broth, cumin, salt, and pepper. Bring to a boil, then simmer 25 minutes.

Stir in spinach and cook 5 more minutes.

Adjust seasoning and serve hot with lemon wedges.

Serving Tip

Serve with warm whole grain flatbread or brown rice.

Pan-Seared Salmon with Caper-Dill Sauce

Servings: 2 | Prep Time: 5 min | Cook Time: 10 min | Total Time: 15 min



Nutrition (Per Serving)

Calories: 390 | Protein: 32g
Carbs: 3g | Fats: 26g
Fiber: 0g | Sugar: 1g
Cholesterol: 85mg
Sodium: 200mg
Potassium: 560mg

Ingredients

2 salmon fillets (4–6 oz each)
1 tbsp olive oil
Salt and pepper to taste

For the Sauce:

¼ cup plain Greek yogurt
1 tbsp chopped dill
1 tsp capers, chopped
1 tsp lemon juice
Pinch of garlic powder or 1 small garlic clove, minced

Directions

Season salmon with salt and pepper.

Heat olive oil in a skillet over medium-high heat.

Cook salmon skin-side down for 3–4 minutes, then flip and cook another 3–4 minutes until done.

In a small bowl, mix all sauce ingredients.

Serve salmon topped with caper-dill sauce.

Serving Tips

Serve with sautéed greens or roasted potatoes.

Chickpea and Spinach Tagine

Servings: 2 | Prep Time: 10 min | Cook Time: 30 min | Total Time: 40 min



Ingredients

1 tbsp olive oil
1 small onion, chopped
1 garlic clove, minced
1 cup canned chickpeas, drained and rinsed
1 cup chopped tomatoes (canned or fresh)
2 cups spinach
½ tsp cumin
¼ tsp cinnamon
¼ tsp turmeric
Salt and pepper to taste

Nutrition (Per Serving)

Calories: 290 | Protein: 11g
Carbs: 30g | Fats: 14g
Fiber: 7g | Sugar: 6g
Cholesterol: 0mg
Sodium: 210mg
Potassium: 520mg

Directions

Heat olive oil in a pot. Sauté onion and garlic for 5 minutes.
Add chickpeas, tomatoes, and spices. Simmer for 20 minutes.
Stir in spinach and cook another 5 minutes.
Adjust seasoning and serve warm.

Serving Tip

Pair with couscous or warm whole wheat flatbread.

Lemon-Herb Grilled Lamb Skewers

Servings: 2 | Prep Time: 10 min + 30 min marinating | Cook Time: 10 min | Total Time: 50 min



Ingredients

8 oz lean lamb, cut into cubes
1 tbsp olive oil
Juice of ½ lemon
1 tsp dried oregano
1 garlic clove, minced
Salt and pepper to taste
Skewers, soaked if wooden

Directions

In a bowl, mix oil, lemon juice, oregano, garlic, salt, and pepper.
Toss lamb in marinade and refrigerate for 30 minutes.
Thread onto skewers and grill 4–5 minutes per side, until cooked to your liking.
Serve hot with lemon wedges.

Nutrition (Per Serving)

Calories: 360 | Protein: 29g
Carbs: 1g | Fats: 26g
Fiber: 0g | Sugar: 0g
Cholesterol: 95mg
Sodium: 210mg
Potassium: 420mg

Serving Tips

Serve with a cucumber yogurt dip or tomato-cucumber salad.

Vegetable Moussaka (Eggplant Casserole)

Servings: 4 | Prep Time: 20 min | Cook Time: 40 min | Total Time: 1 hr



Nutrition (Per Serving)

Calories: 280 | Protein: 8g
Carbs: 22g | Fats: 18g
Fiber: 6g | Sugar: 8g
Cholesterol: 20mg
Sodium: 240mg
Potassium: 530mg

Ingredients

2 medium eggplants, sliced into rounds
1 zucchini, chopped
1 cup crushed tomatoes
1 garlic clove, minced
1 tbsp olive oil
¼ cup crumbled feta or shredded mozzarella
½ tsp dried oregano
Salt and pepper to taste

Directions

Preheat oven to 375°F (190°C). Roast eggplant slices with olive oil, salt, and pepper for 20 minutes.

In a pan, sauté zucchini and garlic. Add crushed tomatoes and oregano. Simmer 10 minutes.

In a baking dish, layer eggplant, tomato-zucchini sauce, and cheese.

Repeat layers and finish with cheese on top.

Bake for 20–25 minutes until bubbly and golden.

Serving Tip

Let cool slightly before slicing. Serve with a green salad.

Falafel with Warm Pita and Tahini Sauce

Servings: 2 | Prep Time: 15 min | Cook Time: 10 min | Total Time: 25 min



Nutrition (Per Serving)

Calories: 330 | Protein: 12g
Carbs: 28g | Fats: 18g
Fiber: 6g | Sugar: 3g
Cholesterol: 0mg
Sodium: 290mg
Potassium: 440mg

Ingredients

1 cup canned chickpeas, drained and mashed
1 garlic clove, minced
2 tbsp chopped parsley
1 tbsp flour or breadcrumbs
½ tsp cumin
¼ tsp coriander
Salt and pepper to taste
Olive oil for cooking

For the Sauce: 2 tbsp tahini

1 tbsp lemon juice
1 tbsp water. Salt to taste

Extras: 2 whole wheat pitas. Tomato, cucumber, and lettuce (opt)

Directions

Mix falafel ingredients in a bowl and form into small patties.

Pan-fry in olive oil until golden (about 3–4 min per side).

Mix tahini, lemon juice, water, and salt for sauce.

Serve falafel in pita with sauce and optional veggies.

Serving Tips

Can also be served in a bowl with quinoa or bulgur.

Garlic Shrimp with Zoodles and Cherry Tomatoes

Servings: 2 | Prep Time: 10 min | Cook Time: 10 min | Total Time: 20 min



Nutrition (Per Serving)

Calories: 280 | Protein: 27g
Carbs: 9g | Fats: 16g
Fiber: 3g | Sugar: 5g
Cholesterol: 190mg
Sodium: 310mg
Potassium: 540mg

Ingredients

8 oz shrimp, peeled and deveined
2 medium zucchini, spiralized
1 cup cherry tomatoes, halved
2 garlic cloves, minced
1 tbsp olive oil
¼ tsp chili flakes (optional), Salt and pepper to taste
Fresh parsley or basil for garnish

Directions

Heat olive oil in a large skillet. Add garlic and chili flakes, sauté for 1 minute.

Add shrimp, season with salt and pepper, and cook for 2–3 min. per side until pink.

Stir in cherry tomatoes and cook for 2 min. until slightly softened.

Add zoodles and toss for 1–2 min until just warmed (don't overcook).

Garnish and serve immediately.

Serving Tip

Add a squeeze of lemon juice or a sprinkle of grated Parmesan if desired.

Whole Wheat Spaghetti with Olive Tapenade

Servings: 2 | Prep Time: 5 min | Cook Time: 10 min | Total Time: 15 min



Nutrition (Per Serving)

Calories: 320 | Protein: 10g
Carbs: 36g | Fats: 15g
Fiber: 7g | Sugar: 2g
Cholesterol: 0mg
Sodium: 380mg
Potassium: 320mg

Ingredients

4 oz whole wheat spaghetti
2 tbsp olive tapenade (store-bought or homemade)
1 tbsp olive oil
1 garlic clove, minced
¼ tsp crushed red pepper flakes (optional)
2 tbsp chopped parsley
Optional: lemon zest or grated Parmesan

Directions

Cook spaghetti according to package instructions. Reserve ¼ cup pasta water.

In a skillet, heat olive oil and garlic for 1 minute.

Add olive tapenade and red pepper flakes; stir well.

Add cooked pasta and reserved water to the skillet. Toss to coat.

Top with parsley and serve hot.

Serving Tips

Serve with a side arugula salad with lemon vinaigrette.

Moroccan-Spiced Chicken Thighs

Servings: 2 | Prep Time: 10 min | Cook Time: 25 min | Total Time: 35 min



Nutrition (Per Serving)

Calories: 330 | Protein: 26g
Carbs: 1g | Fats: 24g
Fiber: 0g | Sugar: 0g
Cholesterol: 90mg
Sodium: 260mg
Potassium: 370mg

Ingredients

2 skinless chicken thighs (bone-in or boneless)
1 tbsp olive oil
½ tsp ground cumin
½ tsp paprika
½ tsp ground coriander
¼ tsp cinnamon
Salt and pepper to taste
Lemon wedges for serving

Directions

Mix olive oil and spices in a bowl to create a marinade.
Rub chicken with marinade and let rest for 10 minutes.
Heat a skillet over medium heat and sear chicken for 5 minutes per side.
Cover and cook for another 10–15 minutes until fully cooked.
Serve hot with lemon wedges.

Serving Tip

Pair with herbed couscous or roasted root vegetables.

Baked Feta Pasta with Roasted Peppers

Servings: 2 | Prep Time: 10 min | Cook Time: 25 min | Total Time: 35 min



Nutrition (Per Serving)

Calories: 410 | Protein: 14g
Carbs: 36g | Fats: 24g
Fiber: 6g | Sugar: 6g
Cholesterol: 40mg
Sodium: 480mg
Potassium: 420mg

Ingredients

4 oz whole wheat pasta
1 small block feta cheese (~5 oz)
1 cup roasted red peppers, sliced
1 cup cherry tomatoes
2 garlic cloves, minced
1 tbsp olive oil
1 tsp dried oregano
Fresh basil for garnish. Salt and pepper to taste

Directions

Preheat oven to 400°F (200°C). In a baking dish, place feta in center and surround with tomatoes, peppers, garlic, oil, oregano, salt, and pepper.
Bake for 20–25 minutes until tomatoes are burst and feta is soft.
Meanwhile, cook pasta. Reserve some pasta water.
Mix pasta with the feta-tomato mixture, adding reserved water to loosen if needed.
Garnish with basil and serve.

Serving Tips

Add olives or spinach for extra Mediterranean flair.

Cauliflower Steaks with Olive Relish

Servings: 2 | Prep Time: 10 min | Cook Time: 30 min | Total Time: 40 min



Nutrition (Per Serving)

Calories: 260 | Protein: 6g
Carbs: 12g | Fats: 22g
Fiber: 5g | Sugar: 5g
Cholesterol: 0mg
Sodium: 340mg
Potassium: 620mg

Ingredients

1 large head of cauliflower
2 tbsp olive oil
¼ tsp garlic powder
Salt and pepper to taste

For the Relish: ¼ cup chopped green and black olives

1 tbsp capers (optional)
1 tbsp lemon juice
1 tbsp chopped parsley
1 tsp olive oil

Directions

Preheat oven to 425°F (220°C). Slice cauliflower into 1-inch steaks. Brush with olive oil, garlic powder, salt, and pepper. Roast for 25–30 minutes, flipping once.

Mix relish ingredients in a small bowl.

Top roasted cauliflower with relish and serve.

Serving Tip

Serve alongside lentils or chickpeas for a complete plant-based meal.

Turkey and Bulgur Stuffed Peppers

Servings: 2 (4 pepper halves) | Prep Time: 15 min | Cook Time: 30 min | Total Time: 45 min



Nutrition (Per Serving)

Calories: 340 | Protein: 28g
Carbs: 22g | Fats: 16g
Fiber: 5g | Sugar: 7g
Cholesterol: 75mg
Sodium: 320mg
Potassium: 580mg

Ingredients

2 large bell peppers, halved and seeds removed
½ lb ground turkey
½ cup cooked bulgur
½ cup diced tomatoes
1 garlic clove, minced
1 tsp olive oil
1 tsp dried oregano
Salt and pepper to taste
Optional: 2 tbsp crumbled feta

Directions

Preheat oven to 375°F (190°C).

In a skillet, heat olive oil. Cook turkey with garlic, oregano, salt, and pepper until browned.

Stir in bulgur and diced tomatoes. Cook for 3–4 minutes.

Fill each pepper half with the mixture. Top with feta if using.

Place in baking dish, cover with foil, and bake 25–30 minutes.

Serving Tips

Serve with a cucumber-yogurt salad or lemon-tahini drizzle.

Harissa-Rubbed Grilled Fish

Servings: 2 | Prep Time: 10 min | Cook Time: 10 min | Total Time: 20 min



Ingredients

2 white fish fillets (cod, snapper, or tilapia)
1 tbsp harissa paste (mild or spicy, as preferred)
1 tbsp olive oil
Juice of ½ lemon
Salt to taste

Directions

Mix harissa, olive oil, lemon juice, and a pinch of salt.
Rub over fish and let marinate for 10 minutes.
Grill or pan-sear fish for 3–4 minutes per side,
until flaky and fully cooked.
Serve hot with a squeeze of lemon.

Nutrition (Per Serving)

Calories: 270 | Protein: 30g
Carbs: 2g | Fats: 15g
Fiber: 1g | Sugar: 1g
Cholesterol: 65mg
Sodium: 300mg
Potassium: 460mg

Serving Tip

Pairs well with couscous or a tomato-cucumber salad.

Chickpea and Sweet Potato Curry

Servings: 2 | Prep Time: 10 min | Cook Time: 25 min | Total Time: 35 min



Ingredients

1 tbsp olive oil
1 garlic clove, minced
½ onion, chopped
1 cup sweet potato, peeled and cubed
1 cup canned chickpeas, rinsed
1 cup diced tomatoes
1 cup low-sodium vegetable broth
½ tsp cumin
½ tsp turmeric
1 cup spinach (optional). Salt and pepper to taste

Directions

Heat oil in a pot. Sauté onion and garlic for 3–4 minutes.
Add sweet potato, chickpeas, tomatoes, broth, and spices. Bring to a
boil.
Simmer for 20 minutes or until potatoes are tender.
Stir in spinach (if using) and cook 2 more minutes.
Serve warm with brown rice or quinoa.

Nutrition (Per Serving)

Calories: 330 | Protein: 11g
Carbs: 48g | Fats: 14g
Fiber: 9g | Sugar: 8g
Cholesterol: 0mg
Sodium: 300mg
Potassium: 620mg

Greek-Style Sheet Pan Chicken and Veggies

Servings: 2 | Prep Time: 10 min | Cook Time: 30 min | Total Time: 40 min



Nutrition (Per Serving)

Calories: 350 | Protein: 28g
Carbs: 12g | Fats: 22g
Fiber: 3g | Sugar: 5g
Cholesterol: 85mg
Sodium: 280mg
Potassium: 510mg

Ingredients

2 chicken thighs or breasts
1 cup zucchini, chopped
1 red bell pepper, chopped
1 small red onion, sliced
1 tbsp olive oil
1 tsp dried oregano
Juice of ½ lemon
Salt and pepper to taste

Directions

Preheat oven to 400°F (200°C).
Toss chicken and veggies with olive oil, oregano, lemon juice, salt, and pepper.
Spread on a sheet pan.
Roast for 25–30 minutes, stirring halfway, until chicken is cooked through and vegetables are golden.
Serve with pan juices spooned on top.

Serving Tip

Add a few Kalamata olives or crumbled feta for extra flavor.

Red Lentil and Tomato Ragù

Servings: 2 | Prep Time: 5 min | Cook Time: 25 min | Total Time: 30 min



Nutrition (Per Serving)

Calories: 280 | Protein: 13g
Carbs: 28g | Fats: 12g
Fiber: 8g | Sugar: 6g
Cholesterol: 0mg
Sodium: 220mg
Potassium: 580mg

Ingredients

½ cup dry red lentils
1 cup crushed tomatoes
½ onion, chopped
2 garlic cloves, minced
1 tbsp olive oil
½ tsp dried basil or oregano
Salt and pepper to taste
Optional: fresh parsley for garnish

Directions

Heat olive oil in a saucepan. Sauté onion and garlic for 3–4 minutes.
Add lentils, tomatoes, herbs, and 1 cup water. Bring to a boil.
Reduce heat and simmer 20–25 minutes, until lentils are soft.
Adjust seasoning and serve hot.

Serving Tips

Serve over whole wheat pasta, polenta, or grilled eggplant slices.

Orzo with Roasted Eggplant and Zucchini

Servings: 2 | Prep Time: 10 min | Cook Time: 25 min | Total Time: 35 min



Nutrition (Per Serving)

Calories: 330 | Protein: 9g
Carbs: 36g | Fats: 17g
Fiber: 6g | Sugar: 6g
Cholesterol: 0mg
Sodium: 180mg
Potassium: 490mg

Ingredients

½ cup dry whole wheat orzo
1 small eggplant, diced
1 small zucchini, diced
1 tbsp olive oil
½ tsp dried oregano
Salt and pepper to taste
Optional: crumbled feta and fresh basil for garnish

Directions

Preheat oven to 400°F (200°C). Toss eggplant and zucchini with olive oil, oregano, salt, and pepper. Roast for 20–25 minutes. Cook orzo according to package directions. Drain and set aside. Combine orzo and roasted vegetables in a bowl. Toss and top with optional feta and herbs.

Serving Tip

Delicious warm or chilled with a lemon-yogurt drizzle.

Tuna Steaks with Lemon-Olive Salsa

Servings: 2 | Prep Time: 10 min | Cook Time: 8 min | Total Time: 18 min



Nutrition (Per Serving)

Calories: 330 | Protein: 30g
Carbs: 2g | Fats: 20g
Fiber: 1g | Sugar: 0g
Cholesterol: 65mg
Sodium: 310mg
Potassium: 450mg

Ingredients

2 tuna steaks (4–6 oz each)
1 tbsp olive oil
Salt and pepper to taste
Lemon-Olive Salsa: ¼ cup chopped green olives
1 tbsp chopped parsley
1 tbsp lemon juice
1 tsp olive oil
Pinch of red pepper flakes

Directions

Season tuna with salt and pepper. Heat olive oil in a skillet over medium-high heat. Sear tuna 3–4 minutes per side (medium-rare) or to your liking. Mix salsa ingredients and spoon over cooked tuna.

Serving Tips

Serve with steamed farro or roasted asparagus.

Chickpea and Artichoke Paella

Servings: 2 | Prep Time: 10 min | Cook Time: 30 min | Total Time: 40 min



Ingredients

1 tbsp olive oil
½ onion, chopped
1 garlic clove, minced
½ red bell pepper, chopped
1 cup cooked brown rice or short-grain rice
1 cup canned chickpeas, rinsed
½ cup canned artichoke hearts, quartered
½ tsp paprika
¼ tsp turmeric
2 cups low-sodium vegetable broth
Salt and pepper to taste

Nutrition (Per Serving)

Calories: 370 | Protein: 12g
Carbs: 40g | Fats: 18g
Fiber: 8g | Sugar: 5g
Cholesterol: 0mg
Sodium: 300mg
Potassium: 540mg

Directions

Heat olive oil in a wide pan. Sauté onion, garlic, and bell pepper for 5 minutes.
Add rice, chickpeas, artichokes, spices, and broth.
Simmer uncovered 20–25 minutes until liquid is absorbed.
Do not stir.
Let rest 5 minutes before serving.

Roasted Tomato and Feta Stuffed Bell Peppers

Servings: 2 (4 halves) | Prep Time: 10 min | Cook Time: 30 min | Total Time: 40 min



Ingredients

2 bell peppers, halved and seeded
½ cup cooked quinoa or couscous
½ cup cherry tomatoes, halved
¼ cup crumbled feta
1 tbsp olive oil
1 garlic clove, minced
Salt and pepper to taste

Directions

Preheat oven to 375°F (190°C).
Mix quinoa, tomatoes, feta, garlic, olive oil, salt, and pepper in a bowl.
Fill pepper halves and place in a baking dish.
Cover with foil and bake 25 minutes. Uncover and bake 5 more.

Nutrition (Per Serving)

Calories: 310 | Protein: 9g
Carbs: 28g | Fats: 18g
Fiber: 5g | Sugar: 7g
Cholesterol: 15mg
Sodium: 210mg
Potassium: 510mg

Serving Tips

Top with fresh basil or serve with a light yogurt sauce.

Spinach and Ricotta Stuffed Shells

Servings: 2 | Prep Time: 15 min | Cook Time: 25 min | Total Time: 40 min



Ingredients

8 large whole wheat pasta shells
½ cup ricotta cheese
1 cup spinach, sautéed and chopped
1 garlic clove, minced
½ cup marinara sauce (low-sugar)
1 tbsp olive oil
Salt and pepper to taste

Directions

Cook shells until al dente. Preheat oven to 375°F (190°C).
Mix ricotta, spinach, garlic, salt, and pepper in a bowl.
Fill shells and place in a baking dish with marinara.
Drizzle with olive oil. Cover and bake for 20 minutes.

Nutrition (Per Serving)

Calories: 340 | Protein: 15g
Carbs: 28g | Fats: 18g
Fiber: 5g | Sugar: 4g
Cholesterol: 30mg
Sodium: 250mg
Potassium: 400mg

Grilled Vegetable Platter with Basil Drizzle

Servings: 2 | Prep Time: 10 min | Cook Time: 15 min | Total Time: 25 min



Ingredients

½ eggplant, sliced
1 zucchini, sliced
1 red bell pepper, quartered
1 tbsp olive oil
Salt and pepper to taste
Basil Drizzle: 2 tbsp olive oil
1 tbsp lemon juice
2 tbsp chopped fresh basil
Pinch of salt

Directions

Grill or roast vegetables until tender and lightly charred.
Blend basil drizzle ingredients until smooth.
Drizzle over grilled veggies and serve.

Nutrition (Per Serving)

Calories: 260 | Protein: 4g
Carbs: 14g | Fats: 22g
Fiber: 5g | Sugar: 7g
Cholesterol: 0mg
Sodium: 120mg
Potassium: 550mg

Swordfish Kebabs with Mint Yogurt

Servings: 2 | Prep Time: 15 min | Cook Time: 10 min | Total Time: 25 min



Ingredients

8 oz swordfish, cubed
1 tbsp olive oil
Juice of ½ lemon
Salt and pepper to taste
Mint Yogurt: ½ cup Greek yogurt
1 tbsp chopped mint
1 tsp lemon juice
Salt to taste

Directions

Marinate swordfish in olive oil, lemon juice, salt, and pepper. Thread onto skewers and grill for 8–10 minutes, turning once. Mix yogurt sauce and serve alongside.

Nutrition (Per Serving)

Calories: 350 | Protein: 30g
Carbs: 2g | Fats: 22g
Fiber: 0g | Sugar: 1g
Cholesterol: 60mg
Sodium: 190mg
Potassium: 420mg

Vegan Mediterranean Skillet with Olives and Chickpeas

Servings: 2 | Prep Time: 10 min | Cook Time: 20 min | Total Time: 30 min



Ingredients

1 tbsp olive oil
1 garlic clove, minced
½ onion, chopped
1 cup canned chickpeas
1 zucchini, chopped
¼ cup chopped olives
1 cup chopped tomatoes
½ tsp oregano
Salt and pepper to taste

Directions

Heat oil in skillet. Sauté onion and garlic 3 minutes. Add zucchini, chickpeas, olives, tomatoes, and oregano. Cook 15–20 minutes. Season and serve warm.

Nutrition (Per Serving)

Calories: 310 | Protein: 10g
Carbs: 28g | Fats: 18g
Fiber: 7g | Sugar: 6g
Cholesterol: 0mg
Sodium: 320mg
Potassium: 580mg

Chicken Piccata with Capers and Spinach

Servings: 2 | Prep Time: 10 min | Cook Time: 15 min | Total Time: 25 min



Ingredients

2 chicken breasts, thinly sliced
1 tbsp olive oil
1 tbsp lemon juice
1 tbsp capers
2 cups baby spinach
Salt and pepper to taste

Directions

Heat olive oil in skillet. Cook chicken 3–4 min per side until golden.
Add lemon juice, capers, and spinach.
Cover for 2–3 minutes to wilt.
Serve with juices spooned on top

Nutrition (Per Serving)

Calories: 330 | Protein: 34g
Carbs: 4g | Fats: 18g
Fiber: 2g | Sugar: 1g
Cholesterol: 85mg
Sodium: 300mg
Potassium: 510mg

Mushroom and Lentil Stuffed Cabbage Rolls

Servings: 2 | Prep Time: 20 min | Cook Time: 30 min | Total Time: 50 min



Ingredients

4 large cabbage leaves
½ cup cooked lentils
¼ cup chopped mushrooms
1 garlic clove, minced
1 tbsp olive oil
½ cup tomato sauce
Salt and pepper to taste

Directions

Steam cabbage leaves until soft and pliable.
Sauté garlic and mushrooms in olive oil. Add lentils, salt, and pepper.
Spoon filling into cabbage leaves, roll up, and place seam-side down in a baking dish.
Top with tomato sauce and bake at 375°F (190°C) for 25 minutes.

Nutrition (Per Serving)

Calories: 290 | Protein: 10g
Carbs: 28g | Fats: 14g
Fiber: 6g | Sugar: 5g
Cholesterol: 0mg
Sodium: 220mg
Potassium: 560mg

Classic Hummus with Olive Oil Drizzle

Servings: 4 | Prep Time: 10 min | Cook Time: 0 min | Total Time: 10 min



Nutrition (Per Serving)

Calories: 180 | Protein: 5g
Carbs: 16g | Fats: 10g
Fiber: 4g | Sugar: 2g
Cholesterol: 0mg
Sodium: 180mg
Potassium: 220mg

Ingredients

1 can (15 oz) chickpeas, drained and rinsed
¼ cup tahini
2 tbsp lemon juice
1 garlic clove, minced
2 tbsp cold water (more if needed)
½ tsp ground cumin
Salt to taste

1 tbsp extra virgin olive oil (for drizzling)

Optional toppings: paprika, chopped parsley

Directions: Add chickpeas, tahini, lemon juice, garlic, cumin, and salt to a food processor.

Blend until smooth, scraping down the sides.

Add cold water 1 tablespoon at a time until creamy.

Transfer to a serving bowl and use a spoon to create a small well in the center. Drizzle with olive oil and garnish with paprika or parsley.

Serving Tip

Serve with warm whole wheat pita, veggie sticks, or seed crackers.

Stuffed Grape Leaves (Dolmas)

Servings: 4 | Prep Time: 25 min | Cook Time: 20 min | Total Time: 45 min



Nutrition (Per Serving)

Calories: 160 | Protein: 4g
Carbs: 22g | Fats: 7g
Fiber: 2g | Sugar: 1g
Cholesterol: 0mg
Sodium: 210mg
Potassium: 180mg

Ingredients

16 grape leaves (from a jar, rinsed and drained)
½ cup uncooked short-grain rice
1 tbsp olive oil
1 tbsp lemon juice
1 tbsp chopped fresh parsley
1 tbsp chopped mint
1 garlic clove, minced
Salt and pepper to taste

Optional: extra lemon slices for garnish

Directions: Cook rice in water for 10 minutes (partially cooked). Drain and cool.

In a bowl, mix rice with herbs, garlic, lemon juice, olive oil, salt, and pepper. Lay grape leaf shiny side down, place 1 tbsp filling near stem, fold in sides and roll tightly.

Place rolls seam-side down in a pot. Add water to cover and weigh down with a plate.

Simmer for 20 minutes. Cool and chill before serving.

Serving Tips

Serve cold or room temp with lemon wedges or a side of Greek yogurt.

Baked Zucchini Fritters with Tzatziki

Servings: 2 (makes 6 fritters) | Prep Time: 15 min | Cook Time: 15 min | Total Time: 30 min



Nutrition (Per Serving)

Calories: 220 Protein: 9g
Carbs: 14g | Fats: 14g
Fiber: 3g | Sugar: 4g
Cholesterol: 60mg
Sodium: 250mg
Potassium: 310mg

Ingredients

For Fritters: 2 medium zucchinis, grated
¼ cup crumbled feta
2 tbsp chopped parsley, 1 egg
2 tbsp whole wheat flour
1 garlic clove, minced
Olive oil spray. Salt and pepper to taste.
For Tzatziki: ½ cup plain Greek yogurt
¼ cucumber, grated and squeezed dry
1 garlic clove, minced, 1 tbsp lemon juice
1 tbsp chopped dill or mint. Salt to taste

Directions: Preheat oven to 400°F (200°C).

Squeeze excess moisture from zucchini and mix with fritter ingredients.

Shape into small patties and place on a parchment-lined baking sheet. Lightly spray with oil and bake for 15 min., flipping halfway.

Mix tzatziki ingredients and serve with warm fritters.

Serving Tip

Delicious as a snack or light lunch with a cucumber-tomato salad.

Roasted Red Pepper and Walnut Dip (Muhammara)

Servings: 4 | Prep Time: 10 min | Cook Time: 5 min | Total Time: 15 min



Nutrition (Per Serving)

Calories: 190 | Protein: 3g
Carbs: 8g | Fats: 17g
Fiber: 2g | Sugar: 3g
Cholesterol: 0mg
Sodium: 180mg
Potassium: 210mg

Ingredients

1 cup roasted red peppers (jarred or homemade), drained
½ cup walnuts
1 tbsp olive oil
1 tbsp lemon juice
1 garlic clove
1 tbsp breadcrumbs (whole wheat)
½ tsp ground cumin
Salt and pepper to taste

Directions

Add all ingredients to a food processor and blend until mostly smooth.

Adjust seasoning to taste. Add more lemon juice or olive oil if needed.

Chill or serve immediately.

Serving Tips

Serve with warm pita, veggie sticks, or spread on toast.

Greek Yogurt Tzatziki with Pita Chips

Servings: 4 | Prep Time: 10 min | Cook Time: 5 min | Total Time: 15 min



Nutrition (Per Serving)

Calories: 170 Protein: 6g
Carbs: 12g | Fats: 10g
Fiber: 2g | Sugar: 2g
Cholesterol: 5mg
Sodium: 220 mg
Potassium: 240 mg

Ingredients

Tzatziki: 1 cup plain Greek yogurt
½ cucumber, grated and drained
1 garlic clove, minced
1 tbsp lemon juice
1 tbsp chopped dill
Salt to taste

Pita Chips: 2 whole wheat pitas, cut into wedges
1 tbsp olive oil
¼ tsp dried oregano
Salt to taste

Directions

Mix all tzatziki ingredients in a bowl. Chill for 10 minutes.
Preheat oven to 375°F (190°C).
Toss pita wedges with olive oil, oregano, and salt.
Bake on a tray for 8–10 minutes, flipping once, until crispy.
Serve chips with tzatziki.

Spicy Roasted Chickpeas

Servings: 4 | Prep Time: 5 min | Cook Time: 30 min | Total Time: 35 min



Nutrition (Per Serving)

Calories: 160 | Protein: 6g
Carbs: 17g | Fats: 8g
Fiber: 5g | Sugar: 1g
Cholesterol: 0mg
Sodium: 200 mg
Potassium: 240mg

Ingredients

1 can (15 oz) chickpeas, drained, rinsed, and dried
1 tbsp olive oil
½ tsp paprika
¼ tsp cumin
¼ tsp garlic powder
¼ tsp cayenne pepper (optional)
Salt to taste

Directions

Preheat oven to 400°F (200°C).
Toss chickpeas with olive oil, spices, and salt in a bowl.
Spread evenly on a baking sheet.
Roast for 30–35 minutes, shaking the pan halfway, until crisp.
Cool slightly before serving for extra crunch.
Serve as a snack, salad topper, or crunchy wrap filling.

Serving Tips

Serve as a snack, salad topper, or crunchy wrap filling.

Mini Cucumber-Feta Bites

Servings: 4 | Prep Time: 10 min | Cook Time: 0 min | Total Time: 10 min



Ingredients

1 large cucumber, sliced into ¼-inch rounds
¼ cup crumbled feta cheese
2 tbsp plain Greek yogurt
1 tsp lemon juice
1 tsp chopped fresh dill
Salt and black pepper to taste

Directions

In a bowl, mix feta, yogurt, lemon juice, dill, salt, and pepper until creamy.
Spoon or pipe a small dollop onto each cucumber slice.
Garnish with extra dill or a tiny piece of tomato if desired.

Nutrition (Per Serving)

Calories: 100 Protein: 4g
Carbs: 4g | Fats: 7g
Fiber: 1g | Sugar: 2g
Cholesterol: 10mg
Sodium: 150 mg
Potassium: 180 mg

Serving Tip

Serve chilled on a platter for a refreshing party appetizer.

Olive Tapenade Crostini

Servings: 4 | Prep Time: 10 min | Cook Time: 5 min | Total Time: 15 min



Ingredients

½ cup mixed olives (green & black), pitted
1 tbsp capers
1 garlic clove
1 tbsp lemon juice
1 tbsp olive oil
1 tsp chopped fresh thyme or parsley
8 slices whole grain baguette or bread

Directions

Pulse olives, capers, garlic, lemon juice, olive oil, and herbs in a food processor until chunky.
Lightly toast bread slices.
Spread olive tapenade on each crostini and serve.

Nutrition (Per Serving)

Calories: 170 | Protein: 3g
Carbs: 12g | Fats: 12g
Fiber: 2g | Sugar: 1g
Cholesterol: 0mg
Sodium: 300 mg
Potassium: 160mg

Serving Tips

Pair with cherry tomatoes or serve as part of a mezza board.

Tomato & Basil Bruschetta

Servings: 4 | Prep Time: 10 min | Cook Time: 5 min | Total Time: 15 min



Ingredients

1 cup cherry tomatoes, diced
1 tbsp chopped fresh basil
1 tbsp olive oil
1 tsp balsamic vinegar
Salt and pepper to taste
8 slices whole grain baguette or sourdough, toasted
Optional: 1 garlic clove, halved for rubbing toast

Directions

In a bowl, mix tomatoes, basil, olive oil, balsamic, salt, and pepper.
If desired, rub toast with garlic for flavor.
Spoon tomato mixture onto toasted bread and serve immediately.

Nutrition (Per Serving)

Calories: 150 Protein: 3g
Carbs: 14g | Fats: 9g
Fiber: 2g | Sugar: 3g
Cholesterol: 0mg
Sodium: 160 mg
Potassium: 220 mg

Serving Tip

Perfect for summer entertaining or a light starter.

Caprese Skewers with Balsamic Glaze

Servings: 4 (makes 12 skewers) | Prep Time: 10 min | Cook Time: 5 min | Total Time: 15 min



Ingredients

12 cherry tomatoes
12 small fresh mozzarella balls (bocconcini)
12 fresh basil leaves
2 tsp olive oil
2 tsp balsamic glaze (store-bought or reduced balsamic vinegar)
Salt and pepper to taste
12 small skewers or toothpicks

Directions

Thread one tomato, one basil leaf, and one mozzarella ball onto each skewer.

Drizzle with olive oil and balsamic glaze.

Sprinkle with salt and pepper and serve immediately.

Nutrition (Per Serving)

Calories: 140 | Protein: 6g
Carbs: 4g | Fats: 11g
Fiber: 1g | Sugar: 2g
Cholesterol: 15mg
Sodium: 170 mg
Potassium: 180mg

Serving Tips

Serve on a white platter for a beautiful color contrast.

Spinach and Feta Phyllo Triangles

Servings: 4 (makes ~8 triangles) | Prep Time: 20 min | Cook Time: 20 min | Total Time: 40 min



Ingredients

½ cup cooked spinach, squeezed dry
¼ cup crumbled feta cheese
1 egg, lightly beaten
1 tbsp chopped dill or parsley
4 phyllo sheets, cut lengthwise in half
2 tsp olive oil or melted butter (for brushing)
Salt and pepper to taste

Directions

Preheat oven to 375°F (190°C).
Mix spinach, feta, egg, herbs, salt, and pepper in a bowl.
Lay one phyllo strip flat, brush lightly with oil.
Place 1 tbsp filling at the bottom corner, fold up into triangles (like a flag) to enclose filling.
Place on a baking sheet, brush tops with more oil, and bake for 18–20 minutes until golden brown.

Nutrition (Per Serving)

Calories: 210 Protein: 7g
Carbs: 16g | Fats: 13g
Fiber: 1g | Sugar: 1g
Cholesterol: 45mg
Sodium: 260 mg
Potassium: 140 mg

Serving Tip

Serve warm with a side of tzatziki or lemon wedges.

Roasted Eggplant Dip (Baba Ganoush)

Servings: 4 | Prep Time: 10 min | Cook Time: 35 min | Total Time: 45 min



Ingredients

1 medium eggplant
2 tbsp tahini
1 garlic clove, minced
1 tbsp lemon juice
1 tbsp olive oil
Salt and pepper to taste
Optional: smoked paprika or parsley for garnish

Directions

Preheat oven to 425°F (220°C). Prick eggplant and roast whole for 35–40 minutes until collapsed.
Let cool, then scoop out flesh.
Blend or mash eggplant with tahini, garlic, lemon juice, olive oil, salt, and pepper.
Chill before serving. Garnish with paprika or parsley if desired.

Nutrition (Per Serving)

Calories: 120 | Protein: 2g
Carbs: 9g | Fats: 9g
Fiber: 3g | Sugar: 4g
Cholesterol: 0mg
Sodium: 150 mg
Potassium: 300mg

Serving Tips

Serve with warm pita, cucumber slices, or carrot sticks.

Marinated Olives with Lemon and Herbs

Servings: 4 | Prep Time: 5 min | Marinate Time: 1+ hour | Total Time: 1 hr 5 min



Ingredients

1 cup mixed olives (green and black), pitted if desired
1 tbsp olive oil
1 garlic clove, smashed
1 tsp lemon zest
1 tbsp lemon juice
1 tsp chopped rosemary or thyme
Optional: pinch of chili flakes

Directions

Combine all ingredients in a jar or bowl.
Toss well and refrigerate for at least 1 hour to marinate.
Bring to room temperature before serving.

Nutrition (Per Serving)

Calories: 110 Protein: 0g
Carbs: 2g | Fats: 11g
Fiber: 1g | Sugar: 0g
Cholesterol: 0mg
Sodium: 340 mg
Potassium: 60 mg

Serving Tip

Perfect for a meze platter or light snack with almonds and feta cubes.

Grilled Veggie Skewers with Garlic Dip

Servings: 4 | Prep Time: 15 min | Cook Time: 10 min | Total Time: 25 min



Ingredients

1 small zucchini, chopped
1 bell pepper, chopped
½ red onion, chopped
1 tbsp olive oil
Salt and pepper to taste
Skewers (wooden or metal)

Garlic Dip:

½ cup Greek yogurt
1 garlic clove, minced
1 tsp lemon juice
Salt to taste

Directions

Toss veggies with olive oil, salt, and pepper. Thread onto skewers.
Grill for 8–10 minutes, turning occasionally, until tender.
Mix garlic dip ingredients and serve with warm skewers.

Serving Tips

Add cherry tomatoes or mushrooms for variety.

Nutrition (Per Serving)

Calories: 130 | Protein: 4g
Carbs: 9g | Fats: 9g
Fiber: 2g | Sugar: 5g
Cholesterol: 5mg
Sodium: 100 mg
Potassium: 290mg

Stuffed Mini Bell Peppers with Goat Cheese

Servings: 4 | Prep Time: 10 min | Cook Time: 10 min | Total Time: 20 min



Ingredients

12 mini bell peppers, halved and deseeded
¼ cup goat cheese, softened
1 tbsp chopped basil or parsley
1 tsp olive oil
Salt and black pepper to taste

Directions

Preheat oven to 375°F (190°C).
In a bowl, mix goat cheese, herbs, olive oil, salt, and pepper.
Fill each pepper half with cheese mixture.
Place on a baking tray and bake for 8–10 minutes until just soft.
Serve warm or at room temperature.

Nutrition (Per Serving)

Calories: 140 Protein: 4g
Carbs: 6g | Fats: 11g
Fiber: 2g | Sugar: 4g
Cholesterol: 10mg
Sodium: 140 mg
Potassium: 220 mg

Serving Tip

Garnish with crushed walnuts or a drizzle of balsamic glaze for flair.

White Bean and Garlic Spread

Servings: 4 | Prep Time: 10 min | Cook Time: 0 min | Total Time: 10 min



Ingredients

1 can (15 oz) white beans, drained and rinsed
1 garlic clove, minced
1 tbsp lemon juice
2 tbsp olive oil
1 tsp chopped rosemary or thyme
Salt and pepper to taste
Optional: chili flakes for a spicy kick

Directions

Blend white beans, garlic, lemon juice, olive oil, herbs, salt, and pepper in a food processor until smooth.
Adjust texture with 1–2 tbsp water if needed.
Spoon into a bowl and drizzle with a touch more olive oil before serving.

Serving Tips

Perfect with whole wheat crackers, raw veggies, or as a sandwich spread.

Nutrition (Per Serving)

Calories: 180 | Protein: 6g
Carbs: 16g | Fats: 10g
Fiber: 5g | Sugar: 1g
Cholesterol: 0mg
Sodium: 160 mg
Potassium: 280mg

Smoked Salmon Cucumber Rounds

Servings: 4 | Prep Time: 10 min | Cook Time: 0 min | Total Time: 10 min



Ingredients

1 cucumber, sliced into ¼-inch rounds
3 oz smoked salmon, sliced
2 tbsp plain Greek yogurt
1 tsp lemon juice
1 tsp chopped dill
Black pepper to taste

Directions

Arrange cucumber slices on a platter.
Top each with a small piece of smoked salmon.
Mix yogurt, lemon juice, dill, and black pepper.
Add a small dollop of yogurt sauce on each round.

Nutrition (Per Serving)

Calories: 120 Protein: 9g
Carbs: 3g | Fats: 8g
Fiber: 1g | Sugar: 1g
Cholesterol: 20mg
Sodium: 230 mg
Potassium: 200 mg

Serving Tip

Garnish with microgreens or capers for elegance.

Mediterranean Deviled Eggs

Servings: 4 (8 halves) | Prep Time: 10 min | Cook Time: 10 min | Total Time: 20 min



Ingredients

4 hard-boiled eggs
2 tbsp plain Greek yogurt
1 tbsp finely chopped Kalamata olives
1 tsp lemon juice
½ tsp Dijon mustard
Salt and pepper to taste
Paprika and chopped parsley for garnish

Directions

Halve eggs lengthwise and remove yolks.
Mash yolks with yogurt, olives, lemon juice, mustard, salt, and pepper.
Spoon or pipe mixture back into egg whites.
Garnish with paprika and parsley.

Nutrition (Per Serving)

Calories: 110 | Protein: 8g
Carbs: 1g | Fats: 8g
Fiber: 0g | Sugar: 0g
Cholesterol: 185mg
Sodium: 160 mg
Potassium: 90mg

Serving Tips

Chill for 15–20 minutes before serving for best flavor.

Herbed Cheese-Stuffed Dates

Servings: 4 (8 dates) | Prep Time: 10 min | Cook Time: 0 min | Total Time: 10 min



Ingredients

8 Medjool dates, pitted
¼ cup soft goat cheese or cream cheese
1 tsp chopped fresh mint or thyme
Optional: chopped pistachios or walnuts

Directions

Mix cheese with herbs in a small bowl.
Gently stuff each date with 1–2 tsp cheese mixture.
Top with crushed nuts if desired.

Serving Tip

Serve as a sweet-savory bite on a mezze platter.

Nutrition (Per Serving)

Calories: 140 Protein: 3g
Carbs: 16g | Fats: 7g
Fiber: 2g | Sugar: 13g
Cholesterol: 5mg
Sodium: 60 mg
Potassium: 210 mg

Warm Pita with Olive Oil & Za'atar

Servings: 4 | Prep Time: 5 min | Cook Time: 5 min | Total Time: 10 min



Ingredients

2 whole wheat pitas, cut into wedges
1 tbsp extra virgin olive oil
1 tsp za'atar seasoning
Optional: sea salt to taste

Directions

Preheat oven or skillet to warm pitas slightly.
Brush with olive oil and sprinkle za'atar on top.
Toast for 3–5 minutes until just crisp and aromatic.

Serving Tips

Serve alongside hummus, baba ganoush, or lentil soup.

Nutrition (Per Serving)

Calories: 160 | Protein: 4g
Carbs: 18g | Fats: 8g
Fiber: 3g | Sugar: 1g
Cholesterol: 0mg
Sodium: 140 mg
Potassium: 140mg

Greek Lemon Chicken Soup (Avgolemono)

Servings: 4 | Prep Time: 10 min | Cook Time: 25 min | Total Time: 35 min



Nutrition (Per Serving)

Calories: 250 Protein: 21g
Carbs: 18g | Fats: 11g
Fiber: 1g | Sugar: 2g
Cholesterol: 95mg
Sodium: 350 mg
Potassium: 330 mg

Ingredients

1 tbsp olive oil
½ cup diced onion, 1 garlic clove, minced
½ cup uncooked orzo or brown rice
4 cups low-sodium chicken broth
1 cup cooked, shredded chicken breast
2 eggs
3 tbsp lemon juice. Salt and black pepper to taste
1 tbsp chopped parsley (optional)

Directions: In a large pot, heat olive oil over medium heat.

Sauté onion and garlic for 3–4 min.

Add broth and bring to a boil.

Stir in orzo and cook for 8–10 min. until tender.

Reduce heat to low and stir in cooked chicken.

In a separate bowl, whisk eggs and lemon juice together. Slowly add ½ cup of hot broth into the egg mixture while whisking to temper it.

Slowly stir egg-lemon mixture into the soup. Do not boil.

Season with salt and pepper. Garnish with parsley if desired.

Serving Tip: Serve with whole grain toast or a light side salad.

Hearty Lentil and Tomato Stew

Servings: 4 | Prep Time: 10 min | Cook Time: 35 min | Total Time: 45 min



Nutrition (Per Serving)

Calories: 280 | Protein: 14g
Carbs: 36g | Fats: 8g
Fiber: 10g | Sugar: 6g
Cholesterol: 0mg
Sodium: 310mg
Potassium: 620mg

Ingredients

1 tbsp olive oil
1 onion, chopped
2 garlic cloves, minced
2 carrots, diced
1 cup dry green or brown lentils
1 can (14 oz) diced tomatoes
4 cups low-sodium vegetable broth
1 tsp dried thyme
Salt and pepper to taste
Optional: chili flakes for heat

Directions: Heat olive oil in a large pot over medium heat.

Sauté onion, garlic, and carrots for 5 minutes.

Stir in lentils, tomatoes, broth, thyme, salt, and pepper.

Bring to a boil, then reduce heat and simmer for 30–35 minutes until lentils are soft.

Adjust seasoning and serve warm.

Serving Tips: Serve with a spoonful of yogurt or chopped parsley on top.

Chickpea and Spinach Soup

Servings: 4 | Prep Time: 10 min | Cook Time: 25 min | Total Time: 35 min



Nutrition (Per Serving)

Calories: 230 Protein: 10g
Carbs: 24g | Fats: 10g
Fiber: 6g | Sugar: 4g
Cholesterol: 0mg
Sodium: 280 mg
Potassium: 490 mg

Ingredients

1 tbsp olive oil
1 small onion, diced
2 garlic cloves, minced
1 tsp cumin
1 can (15 oz) chickpeas, drained and rinsed
3 cups vegetable broth
2 cups fresh spinach, chopped
Juice of ½ lemon
Salt and black pepper to taste

Directions

Heat olive oil in a pot. Sauté onion and garlic for 3–4 minutes. Stir in cumin, then add chickpeas and broth. Simmer for 15 minutes. Add spinach and cook until wilted, about 3 minutes. Stir in lemon juice, season to taste, and serve hot.

Serving Tip

Enjoy with a side of whole grain flatbread or roasted veggies.

Roasted Tomato Basil Soup

Servings: 4 | Prep Time: 10 min | Cook Time: 30 min | Total Time: 40 min



Nutrition (Per Serving)

Calories: 160 | Protein: 4g
Carbs: 16g | Fats: 9g
Fiber: 4g | Sugar: 9g
Cholesterol: 0mg
Sodium: 240mg
Potassium: 530mg

Ingredients

6 ripe tomatoes, halved
1 small onion, quartered
2 garlic cloves
1 tbsp olive oil
Salt and pepper to taste
2 cups vegetable broth
¼ cup fresh basil leaves

Directions

Preheat oven to 400°F (200°C). Place tomatoes, onion, and garlic on a baking sheet.

Drizzle with olive oil, season with salt and pepper, and roast for 25 minutes.

Transfer roasted vegetables to a pot. Add broth and simmer for 5 minutes.

Add basil and blend until smooth using an immersion blender.

Simmer for another 5 minutes and serve.

Serving Tips:

Top with a swirl of olive oil or a sprinkle of hemp seeds.

White Bean and Kale Stew

Servings: 4 | Prep Time: 10 min | Cook Time: 30 min | Total Time: 40 min



Nutrition (Per Serving)

Calories: 240 Protein: 11g
Carbs: 26g | Fats: 10g
Fiber: 7g | Sugar: 3g
Cholesterol: 0mg
Sodium: 220 mg
Potassium: 570 mg

Ingredients

1 tbsp olive oil
1 small onion, chopped
2 garlic cloves, minced
1 can (15 oz) white beans, drained and rinsed
2 cups chopped kale
3 cups vegetable broth
1 tsp dried thyme
Salt and black pepper to taste

Directions

Heat olive oil in a pot and sauté onion and garlic for 5 minutes. Add beans, broth, thyme, salt, and pepper. Simmer for 15 minutes. Add kale and cook for another 10–15 minutes until tender. Adjust seasoning and serve warm.

Serving Tip

Serve with a side of crusty whole grain bread or grilled polenta.

Classic Minestrone with Olive Oil

Servings: 4 | Prep Time: 15 min | Cook Time: 30 min | Total Time: 45 min



Nutrition (Per Serving)

Calories: 270 | Protein: 11g
Carbs: 34g | Fats: 9g
Fiber: 8g | Sugar: 6g
Cholesterol: 0mg
Sodium: 300mg
Potassium: 580mg

Ingredients

1 tbsp olive oil
1 small onion, diced
2 garlic cloves, minced
1 carrot, diced
1 celery stalk, diced
1 small zucchini, diced, 1 cup canned diced tomatoes
4 cups low-sodium vegetable broth
1 can (15 oz) cannellini or kidney beans, drained
½ cup small pasta (whole wheat ditalini or elbows)
1 tsp dried oregano
Salt and pepper to taste. Optional: 1 tbsp chopped basil or parsley

Directions

In a large pot, heat olive oil. Sauté onion, garlic, carrot, and celery for 5 minutes. Add zucchini, tomatoes, broth, oregano, salt, and pepper. Simmer for 10 minutes. Stir in beans and pasta. Cook for 10–12 minutes until pasta is tender. Garnish with herbs and serve warm.

Serving Tips: Drizzle with extra virgin olive oil or top with grated Parmesan if desired.

Mediterranean Vegetable Soup

Servings: 4 | Prep Time: 10 min | Cook Time: 25 min | Total Time: 35 min



Nutrition (Per Serving)

Calories: 190 Protein: 5g
Carbs: 22g | Fats: 9g
Fiber: 6g | Sugar: 7g
Cholesterol: 0mg
Sodium: 240 mg
Potassium: 500 mg

Ingredients

1 tbsp olive oil
1 onion, chopped
2 garlic cloves, minced
1 zucchini, chopped
1 cup green beans, chopped
1 can (14 oz) diced tomatoes
4 cups low-sodium vegetable broth
1 tsp dried thyme or herbes de Provence
Salt and black pepper to taste
Optional: ½ cup chopped spinach

Directions

In a large pot, sauté onion and garlic in olive oil for 4 minutes. Add remaining vegetables, tomatoes, broth, and herbs. Bring to a boil, then simmer for 20–25 minutes. Add spinach in the last few minutes (if using). Season and serve.

Serving Tip

Top with a dollop of pesto or serve with whole grain toast.

Spiced Carrot and Lentil Soup

Servings: 4 | Prep Time: 10 min | Cook Time: 30 min | Total Time: 40 min



Nutrition (Per Serving)

Calories: 260 | Protein: 13g
Carbs: 30g | Fats: 10g
Fiber: 9g | Sugar: 6g
Cholesterol: 0mg
Sodium: 280mg
Potassium: 560mg

Ingredients

1 tbsp olive oil
1 onion, chopped
2 garlic cloves, minced
4 carrots, sliced
1 cup red lentils
4 cups vegetable broth
½ tsp cumin
¼ tsp coriander
Salt and pepper to taste
Optional: lemon wedge for serving

Directions

Heat oil in a large pot. Sauté onion and garlic for 3–4 minutes. Add carrots, lentils, broth, and spices. Bring to a boil. Lower heat and simmer for 25–30 minutes until lentils are soft. Blend until smooth (optional), or leave chunky. Serve hot with a drizzle of olive oil or squeeze of lemon.

Serving Tips

Pairs perfectly with grilled flatbread or herbed couscous.

Eggplant and Zucchini Ratatouille

Servings: 4 | Prep Time: 15 min | Cook Time: 35 min | Total Time: 50 min



Nutrition (Per Serving)

Calories: 200 Protein: 4g
Carbs: 20g | Fats: 12g
Fiber: 6g | Sugar: 9g
Cholesterol: 0mg
Sodium: 230 mg
Potassium: 520 mg

Ingredients

1 tbsp olive oil
1 small eggplant, diced
1 zucchini, diced
1 bell pepper, diced
1 small onion, chopped
2 garlic cloves, minced
1 can (14 oz) diced tomatoes
1 tsp dried thyme
Salt and pepper to taste
Optional: chopped basil for garnish

Directions

In a large pan, heat olive oil. Sauté eggplant for 5 minutes. Add zucchini, pepper, onion, and garlic. Cook for 5 more minutes. Stir in tomatoes, thyme, salt, and pepper. Simmer uncovered for 20–25 minutes. Garnish with basil and serve.

Serving Tip

Great warm or room temp with couscous or lentils.

Herbed Couscous with Pine Nuts

Servings: 4 | Prep Time: 5 min | Cook Time: 10 min | Total Time: 15 min



Nutrition (Per Serving)

Calories: 220 | Protein: 6g
Carbs: 28g | Fats: 10g
Fiber: 4g | Sugar: 1g
Cholesterol: 0mg
Sodium: 160mg
Potassium: 190mg

Ingredients

1 cup whole wheat couscous
1 cup boiling water or vegetable broth
1 tbsp olive oil
2 tbsp chopped parsley
1 tbsp chopped mint (optional)
2 tbsp toasted pine nuts
½ tsp lemon zest
Salt and pepper to taste

Directions

Place couscous in a heatproof bowl. Add olive oil and salt. Pour boiling water/broth over, cover tightly, and let sit for 5 minutes. Fluff with a fork. Stir in herbs, lemon zest, and pine nuts. Adjust seasoning and serve warm or chilled.

Serving Tips

Pairs well with grilled fish, chicken, or roasted vegetables.

Roasted Cauliflower with Garlic & Paprika

Servings: 4 | Prep Time: 10 min | Cook Time: 25 min | Total Time: 35 min



Ingredients

1 medium head cauliflower, cut into florets
2 tbsp olive oil
2 garlic cloves, minced
1 tsp smoked or sweet paprika
Salt and black pepper to taste
Optional: chopped parsley for garnish

Directions

Preheat oven to 425°F (220°C).
Toss cauliflower with olive oil, garlic, paprika, salt, and pepper.
Spread on a baking sheet and roast for 25 minutes, turning once, until golden.
Garnish with parsley and serve.

Nutrition (Per Serving)

Calories: 150 Protein: 4g
Carbs: 11g | Fats: 10g
Fiber: 4g | Sugar: 3g
Cholesterol: 0mg
Sodium: 160 mg
Potassium: 410 mg

Serving Tip

Pairs well with grilled protein or mixed into grain bowls.

Lemon-Herb Quinoa Pilaf

Servings: 4 | Prep Time: 5 min | Cook Time: 15 min | Total Time: 20 min



Ingredients

1 cup dry quinoa, rinsed
2 cups water or vegetable broth
1 tbsp olive oil
Juice and zest of 1 lemon
2 tbsp chopped parsley
1 tbsp chopped mint (optional)
Salt and pepper to taste

Directions

In a saucepan, bring quinoa and water/broth to a boil.
Reduce heat, cover, and simmer for 15 minutes or until liquid is absorbed.
Fluff with a fork and stir in olive oil, lemon juice, zest, and herbs.
Season to taste and serve warm or chilled.

Nutrition (Per Serving)

Calories: 220 | Protein: 7g
Carbs: 28g | Fats: 9g
Fiber: 4g | Sugar: 1g
Cholesterol: 0mg
Sodium: 140mg
Potassium: 250mg

Serving Tips

Ideal as a base for roasted vegetables or grilled shrimp.

Grilled Asparagus with Feta Crumble

Servings: 4 | Prep Time: 5 min | Cook Time: 10 min | Total Time: 15 min



Ingredients

1 bunch asparagus, trimmed
1 tbsp olive oil
Salt and black pepper to taste
¼ cup crumbled feta cheese

Directions

Toss asparagus with olive oil, salt, and pepper.
Grill over medium heat for 4–5 minutes, turning occasionally.
Transfer to a plate and sprinkle with feta before serving.

Serving Tip

Add lemon zest or a drizzle of balsamic reduction for extra flavor.

Nutrition (Per Serving)

Calories: 140 Protein: 5g
Carbs: 6g | Fats: 11g
Fiber: 3g | Sugar: 2g
Cholesterol: 15mg
Sodium: 190 mg
Potassium: 300 mg

Warm Potato Salad with Dijon and Capers

Servings: 4 | Prep Time: 10 min | Cook Time: 15 min | Total Time: 25 min



Ingredients

1 lb baby potatoes, halved
1 tbsp olive oil
1 tbsp Dijon mustard
1 tbsp lemon juice
1 tbsp capers
2 tbsp chopped parsley
Salt and pepper to taste

Directions

Boil potatoes until fork-tender, about 12–15 minutes. Drain.
In a bowl, whisk olive oil, mustard, lemon juice, capers, salt, and pepper.
Toss warm potatoes with dressing and parsley.
Serve warm or at room temperature.

Nutrition (Per Serving)

Calories: 180 | Protein: 3g
Carbs: 20g | Fats: 10g
Fiber: 3g | Sugar: 1g
Cholesterol: 0mg
Sodium: 200mg
Potassium: 420mg

Stuffed Tomatoes with Brown Rice and Herbs

Servings: 4 | Prep Time: 15 min | Cook Time: 25 min | Total Time: 40 min



Ingredients

4 large tomatoes
1 cup cooked brown rice
2 tbsp chopped parsley
1 tbsp chopped mint
1 garlic clove, minced
1 tbsp olive oil
Salt and pepper to taste

Directions

Preheat oven to 375°F (190°C).
Cut tops off tomatoes and scoop out the flesh (save for other use).
Mix rice, herbs, garlic, olive oil, salt, and pepper.
Stuff tomatoes and place in a baking dish. Bake 25 minutes.

Nutrition (Per Serving)

Calories: 190 Protein: 4g
Carbs: 28g | Fats: 8g
Fiber: 5g | Sugar: 6g
Cholesterol: 0mg
Sodium: 160 mg
Potassium: 520 mg

Serving Tip

Serve with a side of greens or yogurt dip.

Roasted Sweet Potatoes with Tahini Drizzle

Servings: 4 | Prep Time: 10 min | Cook Time: 30 min | Total Time: 40 min



Ingredients

2 medium sweet potatoes, cubed
1 tbsp olive oil
½ tsp cumin
Salt and pepper to taste

Tahini Drizzle:

2 tbsp tahini
1 tbsp lemon juice
1 tbsp water
Pinch of salt

Directions

Preheat oven to 400°F (200°C).
Toss sweet potatoes with oil, cumin, salt, and pepper.
Roast for 30 minutes, turning once.
Mix tahini drizzle ingredients.
Drizzle over roasted potatoes before serving.

Nutrition (Per Serving)

Calories: 210 | Protein: 3g
Carbs: 26g | Fats: 11g
Fiber: 4g | Sugar: 7g
Cholesterol: 0mg
Sodium: 120mg
Potassium: 450mg

Stewed Okra with Tomatoes and Garlic

Servings: 4 | Prep Time: 10 min | Cook Time: 25 min | Total Time: 35 min



Ingredients

2 cups okra, trimmed
1 tbsp olive oil
1 small onion, diced
2 garlic cloves, minced
1 cup chopped tomatoes
½ tsp dried oregano
Salt and pepper to taste

Directions

Heat oil in a pot. Sauté onion and garlic for 5 minutes.
Add okra, tomatoes, oregano, salt, and pepper.
Cover and simmer for 20–25 minutes until okra is tender.
Serve warm.

Nutrition (Per Serving)

Calories: 120 Protein: 2g
Carbs: 10g | Fats: 8g
Fiber: 3g | Sugar: 3g
Cholesterol: 0mg
Sodium: 150 mg
Potassium: 300 mg

Marinated White Beans with Fresh Parsley

Servings: 4 | Prep Time: 5 min | Marinate Time: 30+ min | Total Time: 35 min



Ingredients

1 can (15 oz) white beans, drained and rinsed
2 tbsp olive oil
1 tbsp lemon juice
1 garlic clove, minced
2 tbsp chopped parsley
Salt and pepper to taste

Directions

Combine all ingredients in a bowl.
Let marinate in the refrigerator for at least 30 minutes.
Serve chilled or at room temperature.

Nutrition (Per Serving)

Calories: 170 | Protein: 6g
Carbs: 16g | Fats: 9g
Fiber: 5g | Sugar: 1g
Cholesterol: 0mg
Sodium: 180mg
Potassium: 300mg

Serving Tip

Add chopped tomatoes or red onion for variety.

Sautéed Green Beans with Cherry Tomatoes

Servings: 4 | Prep Time: 5 min | Cook Time: 10 min | Total Time: 15 min



Ingredients

1 tbsp olive oil
2 cups green beans, trimmed
1 cup cherry tomatoes, halved
1 garlic clove, minced
Salt and pepper to taste

Directions

Heat oil in a skillet over medium heat.
Add green beans and sauté for 5 minutes.
Add tomatoes and garlic; cook for 4–5 more minutes.
Season to taste and serve warm.

Nutrition (Per Serving)

Calories: 130 Protein: 3g
Carbs: 9g | Fats: 9g
Fiber: 4g | Sugar: 4g
Cholesterol: 0mg
Sodium: 140 mg
Potassium: 320 mg

Mediterranean Baked Artichokes

Servings: 4 | Prep Time: 10 min | Cook Time: 35 min | Total Time: 45 min



Ingredients

1 can (15 oz) artichoke hearts, halved
1 tbsp olive oil
1 garlic clove, minced
1 tbsp lemon juice
1 tsp dried oregano
Salt and pepper to taste

Directions

Preheat oven to 375°F (190°C).
Toss artichokes with olive oil, garlic, lemon juice, oregano, salt, and pepper.
Spread on a baking dish and bake for 30–35 minutes until golden.
Serve warm or room temperature.

Nutrition (Per Serving)

Calories: 130 | Protein: 3g
Carbs: 10g | Fats: 9g
Fiber: 5g | Sugar: 2g
Cholesterol: 0mg
Sodium: 190mg
Potassium: 280mg

Greek Yogurt with Honey and Pistachios

Servings: 2 | Prep Time: 5 min | Cook Time: 0 min | Total Time: 5 min



Ingredients

1 cup plain Greek yogurt (2% or whole milk)
2 tbsp honey
2 tbsp chopped pistachios
½ tsp ground cinnamon (optional)
Fresh berries or mint leaves (optional for garnish)

Directions

Spoon Greek yogurt into serving bowls.
Drizzle honey evenly over each portion.
Sprinkle with chopped pistachios and optional cinnamon.
Garnish with berries or mint, if using, and serve immediately.

Nutrition (Per Serving)

Calories: 220 Protein: 13g
Carbs: 20g | Fats: 10g
Fiber: 1g | Sugar: 17g
Cholesterol: 10mg
Sodium: 55 mg
Potassium: 280 mg

Serving Tip

Enjoy as a light dessert or energizing snack.

Olive Oil and Orange Cake

Servings: 8 | Prep Time: 15 min | Cook Time: 35 min | Total Time: 50 min



Ingredients

1 cup whole wheat pastry flour
1 tsp baking powder
½ tsp baking soda
¼ tsp salt, 2 eggs
½ cup extra virgin olive oil
½ cup orange juice
¼ cup honey or maple syrup
1 tbsp orange zest, 1 tsp vanilla extract

Directions

Preheat oven to 350°F (175°C). Lightly grease a loaf pan or line with parchment.

In a bowl, whisk dry ingredients: flour, baking powder, baking soda, salt.

In another bowl, whisk eggs, olive oil, orange juice, honey, zest, and vanilla.

Add wet ingredients to dry and mix until just combined.

Pour batter into the pan and bake for 30–35 minutes.

Cool before slicing.

Serving Tips

Sprinkle with powdered almonds or serve with citrus segments.

Almond-Stuffed Dates

Servings: 4 (8 dates) | Prep Time: 5 min | Cook Time: 0 min | Total Time: 5 min



Ingredients

8 Medjool dates, pitted
8 raw almonds
Optional: pinch of cinnamon or shredded coconut

Directions

Gently open each date and insert an almond.
Sprinkle with cinnamon or coconut if desired.
Chill briefly or serve at room temperature.

Serving Tip

Serve as a sweet after-meal bite or energy snack.

Nutrition (Per Serving)

Calories: 140 Protein: 2g
Carbs: 22g | Fats: 5g
Fiber: 3g | Sugar: 17g
Cholesterol: 0mg
Sodium: 0 mg
Potassium: 230 mg

Fig and Walnut Energy Bites

Servings: 6 (12 bites) | Prep Time: 10 min | Cook Time: 0 min | Total Time: 10 min



Ingredients

1 cup dried figs, stems removed
½ cup walnuts
1 tbsp chia seeds (optional)
1 tbsp orange juice
½ tsp cinnamon
Pinch of salt

Directions

In a food processor, blend all ingredients until mixture sticks together.
Roll into small 1-inch balls.
Refrigerate for 30 minutes to set.

Nutrition (Per Serving)

Calories: 180 | Protein: 3g
Carbs: 20g | Fats: 10g
Fiber: 4g | Sugar: 15g
Cholesterol: 0mg
Sodium: 25 mg
Potassium: 240mg

Serving Tips

Roll in crushed pistachios or sesame seeds for added crunch.

Lemon and Olive Oil Shortbread

Servings: 8 | Prep Time: 10 min | Cook Time: 15 min | Total Time: 25 min



Ingredients

1 cup almond flour
2 tbsp whole wheat flour
¼ cup extra virgin olive oil
2 tbsp honey or maple syrup
1 tsp lemon zest
½ tsp vanilla extract
Pinch of salt

Directions

Preheat oven to 350°F (175°C).
Mix all ingredients in a bowl until a dough forms.
Roll into small balls, flatten slightly on a baking sheet.
Bake for 12–15 minutes until edges are golden.
Cool on rack before serving.

Serving Tip

Sprinkle with crushed pistachios or a dusting of lemon zest.

Nutrition (Per Serving)

Calories: 160 Protein: 3g
Carbs: 10g | Fats: 12g
Fiber: 2g | Sugar: 5g
Cholesterol: 0mg
Sodium: 30 mg
Potassium: 80 mg

Baked Apples with Cinnamon and Raisins

Servings: 2 | Prep Time: 10 min | Cook Time: 30 min | Total Time: 40 min



Ingredients

2 medium apples (such as Honeycrisp or Gala), cored
2 tbsp raisins
1 tbsp chopped walnuts or almonds
½ tsp cinnamon
1 tsp honey or maple syrup
½ tbsp olive oil or melted coconut oil

Directions

Preheat oven to 375°F (190°C).
Mix raisins, nuts, cinnamon, and honey in a small bowl.
Stuff each apple with the mixture.
Drizzle with oil and place in a baking dish with ¼ inch of water.
Bake for 30–35 minutes until soft and golden. Serve warm.

Serving Tips

Top with a spoonful of Greek yogurt or a sprinkle of crushed nuts.

Nutrition (Per Serving)

Calories: 190 | Protein: 2g
Carbs: 28g | Fats: 8g
Fiber: 5g | Sugar: 22g
Cholesterol: 0mg
Sodium: 5 mg
Potassium: 280mg

Dark Chocolate-Dipped Apricots

Servings: 4 (8 apricots) | Prep Time: 10 min | Cook Time: 0 min + chill
Total Time: 20 min



Ingredients

8 dried apricots
2 oz dark chocolate (70% or higher), melted
1 tbsp chopped pistachios or almonds (optional)

Directions

8 dried apricots
2 oz dark chocolate (70% or higher), melted
1 tbsp chopped pistachios or almonds (optional)

Serving Tip

Serve as a sweet treat with tea or a post-dinner bite.

Nutrition (Per Serving)

Calories: 130 Protein: 2g
Carbs: 17g | Fats: 7g
Fiber: 3g | Sugar: 13g
Cholesterol: 0mg
Sodium: 2 mg
Potassium: 210 mg

Honey-Sesame Almond Bars

Servings: 6 (12 small bars) | Prep Time: 10 min | Cook Time: 5 min | Chill Time: 1 hr



Ingredients

½ cup sesame seeds
½ cup chopped almonds
¼ cup honey
1 tbsp tahini
Pinch of salt

Directions

Toast sesame seeds and almonds in a dry pan for 2–3 minutes.
In a saucepan, heat honey and tahini until smooth.
Stir in sesame-almond mixture and mix well.
Press into a parchment-lined dish. Chill for 1 hour.
Slice into bars and serve.

Nutrition (Per Serving)

Calories: 180 | Protein: 4g
Carbs: 14g | Fats: 12g
Fiber: 3g | Sugar: 9g
Cholesterol: 0mg
Sodium: 10 mg
Potassium: 140mg

Serving Tips

Keep refrigerated for a firmer texture and longer shelf life.

Pistachio and Fig Biscotti

Servings: 8 (16 biscotti) | Prep Time: 15 min | Cook Time: 30 min | Total Time: 45 min



Ingredients

1 cup whole wheat flour
1 tsp baking powder
¼ tsp salt
¼ cup chopped dried figs
¼ cup shelled pistachios
1 egg
2 tbsp olive oil
3 tbsp honey
½ tsp vanilla extract

Directions: Preheat oven to 350°F (175°C).

Mix flour, baking powder, salt, figs, and pistachios in a bowl.

In another bowl, whisk egg, oil, honey, and vanilla.

Combine both mixtures.

Shape into a log on a parchment-lined baking sheet.

Bake for 20 minutes, cool slightly, slice, and return to bake 10 more minutes for crunch.

Serving Tip: Perfect with coffee or herbal tea.

Nutrition (Per Serving)

Calories: 160 Protein: 4g
Carbs: 20g | Fats: 7g
Fiber: 2g | Sugar: 10g
Cholesterol: 20mg
Sodium: 90 mg
Potassium: 130 mg

Fresh Berry Parfait with Mint

Servings: 2 | Prep Time: 10 min | Cook Time: 0 min | Total Time: 10 min



Ingredients

1 cup plain Greek yogurt
1 cup mixed berries (strawberries, blueberries, raspberries)
2 tbsp granola or chopped nuts
1 tsp honey or maple syrup (optional)
1 tbsp chopped fresh mint

Directions

In a glass or bowl, layer yogurt, berries, and granola.

Repeat layers and drizzle with honey if using.

Sprinkle with fresh mint and serve immediately.

Serving Tips

Chill glasses in advance for a refreshing presentation.

Nutrition (Per Serving)

Calories: 190 | Protein: 10g
Carbs: 18g | Fats: 8g
Fiber: 3g | Sugar: 12g
Cholesterol: 5mg
Sodium: 50 mg
Potassium: 250mg

Pears Poached in Pomegranate Juice

Servings: 4 | Prep Time: 10 min | Cook Time: 30 min | Total Time: 40 min



Ingredients

4 firm pears, peeled and halved
2 cups unsweetened grape juice or pomegranate juice
1 cinnamon stick
2 whole cloves
1 strip of orange zest
1 tbsp honey or maple syrup (optional)

Directions

In a saucepan, combine juice, spices, zest, and honey. Bring to a simmer. Add pear halves, cover, and simmer gently for 20–25 minutes, flipping halfway. Remove pears and simmer the remaining liquid for another 5–10 minutes, until it thickens into a light syrup. Serve pears drizzled with the syrup.

Serving Tip

Delicious warm or chilled with a spoonful of Greek yogurt.

Nutrition (Per Serving)

Calories: 160 Protein: 1g
Carbs: 36g | Fats: 0g
Fiber: 5g | Sugar: 28g
Cholesterol: 0mg
Sodium: 5 mg
Potassium: 290 mg

Orange and Almond Flour Muffins

Servings: 6 | Prep Time: 10 min | Cook Time: 20 min | Total Time: 30 min



Ingredients

1 cup almond flour
2 eggs
¼ cup orange juice
2 tbsp honey
1 tbsp orange zest
1 tsp baking powder
Pinch of salt

Directions

Preheat oven to 350°F (175°C). Whisk eggs, juice, honey, zest, and salt. Add almond flour and baking powder; mix well. Divide into muffin liners. Bake for 18–20 minutes until golden and firm. Let cool before serving.

Serving Tips

Top with crushed pistachios or a dollop of Greek yogurt.

Nutrition (Per Serving)

Calories: 160 | Protein: 5g
Carbs: 10g | Fats: 12g
Fiber: 2g | Sugar: 6g
Cholesterol: 55mg
Sodium: 70 mg
Potassium: 100mg

Mediterranean Rice Pudding with Rose Water

Servings: 4 | Prep Time: 5 min | Cook Time: 25 min | Total Time: 30 min



Ingredients

½ cup short-grain white or brown rice
2 cups unsweetened almond milk or oat milk
2 tbsp honey or maple syrup
¼ tsp cinnamon
½ tsp rose water
1 tbsp chopped pistachios (optional)

Directions

In a saucepan, combine rice and milk. Bring to a boil.
Reduce heat and simmer for 20–25 minutes, stirring often, until thickened.
Stir in honey, cinnamon, and rose water.
Serve warm or chilled with optional pistachios.

Nutrition (Per Serving)

Calories: 180 Protein: 4g
Carbs: 28g | Fats: 5g
Fiber: 2g | Sugar: 10g
Cholesterol: 0mg
Sodium: 50 mg
Potassium: 170 mg

Serving Tip

Drizzle with a few drops of pomegranate molasses for flair.

Greek Semolina Cake (Revani)

Servings: 9 squares | Prep Time: 10 min | Cook Time: 30 min | Total Time: 40 min



Ingredients

1 cup fine semolina
½ cup whole wheat flour
1 tsp baking powder
2 eggs
⅓ cup olive oil
½ cup Greek yogurt
⅓ cup honey
1 tsp lemon zest
For syrup (optional): ¼ cup honey + ¼ cup warm water + ½ tsp lemon juice

Directions

Preheat oven to 350°F (175°C).
Whisk wet ingredients. Stir in dry ingredients until smooth.
Pour into greased 8x8 pan and bake 30 minutes.
If using syrup, pour over warm cake and let soak.

Serving Tips

Garnish with shredded coconut or crushed almonds.

Nutrition (Per Serving)

Calories: 200 | Protein: 5g
Carbs: 24g | Fats: 10g
Fiber: 2g | Sugar: 13g
Cholesterol: 35mg
Sodium: 100 mg
Potassium: 90mg

Tahini Chocolate Chip Cookies

Servings: 8 cookies | Prep Time: 10 min | Cook Time: 12 min | Total Time: 22 min



Ingredients

½ cup tahini
¼ cup maple syrup or honey
1 egg
½ tsp vanilla extract
¼ cup whole wheat flour
½ tsp baking soda
⅓ cup dark chocolate chips

Directions

Preheat oven to 350°F (175°C).

Mix all ingredients in a bowl. Form into 8 cookies on a baking sheet. Bake for 10–12 minutes until golden. Let cool before serving.

Nutrition (Per Cookie)

Calories: 180 Protein: 4g
Carbs: 14g | Fats: 12g
Fiber: 2g | Sugar: 9g
Cholesterol: 20mg
Sodium: 60 mg
Potassium: 110 mg

Serving Tip

Sprinkle lightly with sea salt before baking for contrast.

No-Bake Walnut and Date Bars

Servings: 6 bars | Prep Time: 10 min | Chill Time: 1 hour | Total Time: 1 hr 10 min



Ingredients

1 cup pitted Medjool dates
½ cup walnuts
2 tbsp oats
1 tbsp cocoa powder
½ tsp cinnamon
Pinch of salt

Directions

Blend all ingredients in a food processor until sticky. Press into a parchment-lined dish and refrigerate for 1 hour. Slice into bars and serve.

Nutrition (Per Serving)

Calories: 170 | Protein: 3g
Carbs: 20g | Fats: 9g
Fiber: 3g | Sugar: 15g
Cholesterol: 0mg
Sodium: 5 mg
Potassium: 240mg

Serving Tips

Dust with extra cocoa or roll into energy balls instead.

Grilled Peaches with Yogurt and Honey

Servings: 2 | Prep Time: 5 min | Cook Time: 6 min | Total Time: 11 min



Ingredients

2 ripe peaches, halved and pitted
½ cup plain Greek yogurt
2 tsp honey
½ tsp cinnamon
Olive oil spray

Directions

Lightly oil a grill pan and heat over medium.
Grill peach halves, cut side down, for 3 minutes.
Flip and grill 3 more minutes.
Serve warm peaches with a dollop of yogurt, honey drizzle, and cinnamon.

Nutrition (Per Serving)

Calories: 150 Protein: 5g
Carbs: 19g | Fats: 6g
Fiber: 2g | Sugar: 16g
Cholesterol: 5mg
Sodium: 25 mg
Potassium: 270 mg

Baklava-Inspired Oat Cups

Servings: 6 | Prep Time: 10 min | Cook Time: 15 min | Total Time: 25 min



Ingredients

1 cup rolled oats
½ tsp cinnamon
¼ cup chopped walnuts
¼ cup chopped pistachios
2 tbsp olive oil or melted coconut oil
2 tbsp honey
1 tbsp almond butter
Pinch of salt

Directions

Preheat oven to 350°F (175°C).
Mix all ingredients in a bowl. Press into mini muffin tins.
Bake 12–15 minutes until golden. Cool before removing.

Nutrition (Per Serving)

Calories: 170 | Protein: 3g
Carbs: 14g | Fats: 11g
Fiber: 2g | Sugar: 8g
Cholesterol: 0mg
Sodium: 35 mg
Potassium: 120mg

Serving Tips

Drizzle with extra honey or top with a fig slice.

Citrus-Infused Olive Oil Pound Cake

Servings: 8 | Prep Time: 15 min | Cook Time: 35 min | Total Time: 50 min



Ingredients

1 cup whole wheat pastry flour
½ tsp baking powder
¼ tsp salt
2 eggs
½ cup olive oil
¼ cup honey
Zest of 1 lemon or orange
1 tsp vanilla
2 tbsp orange or lemon juice

Directions

Preheat oven to 350°F (175°C).
Whisk eggs, oil, honey, zest, vanilla, and juice.
Mix dry ingredients and add to wet.
Pour into a greased loaf pan and bake 30–35 minutes.

Serving Tip

Dust with almond flour or serve with fruit preserves.

Nutrition (Per Serving)

Calories: 210 Protein: 4g
Carbs: 22g | Fats: 12g
Fiber: 2g | Sugar: 12g
Cholesterol: 35mg
Sodium: 90 mg
Potassium: 110 mg

Frozen Banana Bites with Almond Butter

Servings: 4 | Prep Time: 5 min | Freeze Time: 1 hour | Total Time: 1 hr 5 min



Ingredients

2 ripe bananas, sliced
2 tbsp almond butter
2 oz dark chocolate, melted

Directions

Spread almond butter on half of banana slices and top with another to make a sandwich.
Dip halfway into melted chocolate and place on parchment.
Freeze for 1 hour before serving.

Serving Tips

Keep in the freezer for a cool, post-dinner treat.

Nutrition (Per Serving)

Calories: 160 | Protein: 3g
Carbs: 19g | Fats: 9g
Fiber: 3g | Sugar: 13g
Cholesterol: 0mg
Sodium: 2 mg
Potassium: 290mg

Classic Greek Tzatziki Sauce

Yield: About 1 cup | Prep Time: 10 min | Chill Time (optional): 30 min | Total Time: 10–40 min



Ingredients

1 cup plain Greek yogurt (2% or full-fat)
½ cucumber, grated and squeezed dry
1 garlic clove, finely minced
1 tbsp olive oil
1 tbsp lemon juice
1 tbsp chopped fresh dill
Salt to taste

Directions

Combine all ingredients in a mixing bowl and stir until well incorporated.
Adjust salt and lemon juice to taste.
For best flavor, chill for 30 minutes before serving.

Nutrition (Per 2 tbsp serving)

Calories: 40 , Protein: 2g
Carbs: 1g | Fats: 3g
Fiber: 0g | Sugar: 1g
Cholesterol: 2mg
Sodium: 35 mg
Potassium: 60 mg

Serving Tip

Use as a dip for veggies, spread for wraps, or sauce for grilled meats and falafel.

Creamy Hummus with Garlic and Lemon

Yield: About 1½ cups | Prep Time: 10 min | Total Time: 10 min



Ingredients

1 can (15 oz) chickpeas, drained and rinsed
¼ cup tahini
2 tbsp lemon juice
1 garlic clove
2 tbsp olive oil
2–3 tbsp water (adjust for texture)
½ tsp cumin (optional)
Salt to taste

Directions

Combine all ingredients in a food processor. Blend until smooth and creamy.
Add more water for a thinner consistency.
Taste and adjust seasoning if needed.

Nutrition (Per 2 tbsp serving)

Calories: 80 | Protein: 2g
Carbs: 5g | Fats: 6g
Fiber: 1g | Sugar: 1g
Cholesterol: 0mg
Sodium: 90 mg
Potassium: 80mg

Serving Tips

Drizzle with olive oil and sprinkle with paprika or sumac before serving.

Roasted Red Pepper and Walnut Muhammara

Yield: About 1 cup | Prep Time: 10 min | Cook Time: 0–5 min | Total Time: 10–15 min



Ingredients

- 1 cup roasted red peppers (jarred or homemade)
- ½ cup walnuts
- 1 garlic clove
- 1 tbsp lemon juice
- 2 tbsp olive oil
- 1 tbsp whole wheat breadcrumbs
- ½ tsp cumin
- Salt and red pepper flakes to taste

Directions

Blend all ingredients in a food processor until mostly smooth. Add a splash of water or olive oil if a thinner texture is preferred. Adjust salt and spices to taste.

Nutrition (Per 2 tbsp serving)

Calories: 90 , Protein: 2g
Carbs: 3g | Fats: 8g
Fiber: 1g | Sugar: 1g
Cholesterol: 0mg
Sodium: 80 mg
Potassium: 90 mg

Serving Tip

Serve with warm pita, grilled veggies, or as a spread on sandwiches.

Lemon-Herb Vinaigrette

Yield: About ½ cup | Prep Time: 5 min | Total Time: 5 min



Ingredients

- ¼ cup extra virgin olive oil
- 2 tbsp fresh lemon juice
- 1 tsp Dijon mustard
- 1 garlic clove, finely minced
- 1 tbsp chopped fresh parsley or oregano
- Salt and pepper to taste

Directions

Whisk all ingredients in a bowl or shake in a jar with a tight lid until well combined. Taste and adjust seasoning as needed.

Nutrition (Per Serving)

Calories: 100 | Protein: 0g
Carbs: 1g | Fats: 10g
Fiber: 0g | Sugar: 0g
Cholesterol: 0mg
Sodium: 30 mg
Potassium: 10mg

Serving Tips

Use on leafy greens, grain bowls, or roasted vegetables.

Olive Tapenade with Capers and Garlic

Yield: About $\frac{3}{4}$ cup | Prep Time: 10 min | Total Time: 10 min



Ingredients

$\frac{1}{2}$ cup Kalamata olives, pitted
2 tbsp capers, drained
1 garlic clove
1 tbsp lemon juice
1 tbsp olive oil
Optional: 1 tsp chopped fresh thyme or basil

Directions

Pulse all ingredients in a food processor until finely chopped but not puréed.
Adjust lemon and oil for desired consistency and flavor.

Nutrition (Per 1 tbsp serving)

Calories: 60 , Protein: 0g
Carbs: 1g | Fats: 6g
Fiber: 0g | Sugar: 0g
Cholesterol: 0mg
Sodium: 160 mg
Potassium: 30 mg

Serving Tip

Serve on crostini, in wraps, or over grilled fish or vegetables.

Garlic Tahini Dressing

Yield: About $\frac{3}{4}$ cup | Prep Time: 5 min | Total Time: 5 min



Ingredients

$\frac{1}{4}$ cup tahini
2 tbsp lemon juice
1 garlic clove, finely minced
2–3 tbsp cold water (more as needed)
1 tbsp olive oil
Salt to taste
Optional: pinch of cumin or paprika

Directions

Whisk tahini, lemon juice, garlic, and salt in a small bowl.
Add water gradually until smooth and pourable.
Stir in olive oil and spices if using.

Serving Tips

Perfect over grain bowls, roasted veggies, or falafel.

Nutrition (Per tbsp)

Calories: 70 | Protein: 2g
Carbs: 2g | Fats: 6g
Fiber: 1g | Sugar: 0g
Cholesterol: 0mg
Sodium: 35 mg
Potassium: 40mg

Sun-Dried Tomato Pesto

Yield: About $\frac{3}{4}$ cup | Prep Time: 10 min | Total Time: 10 min



Ingredients

$\frac{1}{2}$ cup sun-dried tomatoes (packed in oil, drained)
 $\frac{1}{4}$ cup walnuts
1 garlic clove
1 tbsp lemon juice
2 tbsp olive oil
2 tbsp water (optional, for texture)
Salt and black pepper to taste

Directions

Combine all ingredients in a food processor. Blend until smooth or slightly chunky.
Add a splash of water if needed for a smoother texture.
Adjust seasoning to taste.

Nutrition (Per 1 tbsp serving)

Calories: 80 , Protein: 1g
Carbs: 2g | Fats: 7g
Fiber: 1g | Sugar: 1g
Cholesterol: 0mg
Sodium: 90 mg
Potassium: 100 mg

Serving Tip

Use as a pasta sauce, sandwich spread, or dip for veggies.

Yogurt and Dill Dressing

Yield: About $\frac{1}{2}$ cup | Prep Time: 5 min | Total Time: 5 min



Ingredients

$\frac{1}{2}$ cup plain Greek yogurt
1 tbsp lemon juice
1 tbsp chopped fresh dill
 $\frac{1}{2}$ garlic clove, grated or minced
Salt and pepper to taste
Optional: 1 tsp olive oil for richness

Directions

Whisk together yogurt, lemon juice, dill, and garlic until smooth.
Stir in olive oil if using. Season to taste with salt and pepper.

Serving Tips

Great for salads, grain bowls, grilled fish, or as a dip.

Nutrition (Per 2 tbsp)

Calories: 35 | Protein: 3g
Carbs: 2g | Fats: 2g
Fiber: 0g | Sugar: 1g
Cholesterol: 5mg
Sodium: 60 mg
Potassium: 80 mg

Spicy Harissa Sauce

Yield: About ½ cup | Prep Time: 10 min | Cook Time: 5 min (if toasting spices)
|Total Time: 10–15 min



Nutrition (Per 1 tbsp)

Calories: 60 , Protein: 0g
Carbs: 2g | Fats: 6g
Fiber: 0g | Sugar: 1g
Cholesterol: 0mg
Sodium: 70 mg
Potassium: 60 mg

Ingredients

2 dried chilies (soaked in warm water for 10 min)
1 garlic clove
2 tbsp tomato paste
2 tbsp olive oil
1 tsp ground cumin
½ tsp smoked paprika
½ tsp caraway seeds (optional)
Salt and lemon juice to taste

Directions

Blend all ingredients in a small food processor until smooth.
Adjust heat level with more or fewer chilies.
Store in the fridge up to 1 week.

Serving Tip

Use in marinades, soups, sandwiches, or with roasted veggies.

Basil and Walnut Pesto (No Pine Nuts)

Yield: About 1 cup | Prep Time: 5 min | Total Time: 5 min



Nutrition (Per 1 tbsp)

Calories: 80 | Protein: 1g
Carbs: 1g | Fats: 8g
Fiber: 1g | Sugar: 0g
Cholesterol: 1mg
Sodium: 60 mg
Potassium: 50 mg

Ingredients

1½ cups fresh basil leaves
½ cup walnuts
1 garlic clove
¼ cup olive oil
2 tbsp lemon juice
2 tbsp grated Parmesan (optional or use nutritional yeast)
Salt and pepper to taste

Directions

Blend all ingredients in a food processor until smooth.
Add a splash of water or more lemon juice for desired texture.

Serving Tips

Toss with pasta, drizzle on roasted veggies, or use in wraps.

Lemon-Caper Sauce for Fish and Veggies

Yield: About ½ cup | Prep Time: 5 min | Cook Time: 2 min | Total Time: 7 min



Nutrition (Per 1 tbsp)

Calories: 80 , Protein: 0g
Carbs: 1g | Fats: 8g
Fiber: 0g | Sugar: 0g
Cholesterol: 0mg
Sodium: 90 mg
Potassium: 20 mg

Ingredients

2 tbsp olive oil
2 tbsp lemon juice
1 tbsp capers, rinsed and chopped
1 garlic clove, minced
1 tsp Dijon mustard
Salt and black pepper to taste

Directions

Heat olive oil in a small skillet over low heat.
Add garlic and sauté for 30 seconds.
Remove from heat and stir in lemon juice, capers, mustard, salt, and pepper.
Let cool slightly before serving.

Serving Tip

Drizzle over grilled fish, steamed vegetables, or roasted potatoes.

Honey Mustard Mediterranean Dressing

Yield: About ½ cup | Prep Time: 5 min | Total Time: 5 min



Nutrition (Per 1 tbsp)

Calories: 90 | Protein: 0g
Carbs: 3g | Fats: 8g
Fiber: 0g | Sugar: 2g
Cholesterol: 0mg
Sodium: 45 mg
Potassium: 10 mg

Ingredients

2 tbsp olive oil
1 tbsp Dijon mustard
1 tbsp honey
1 tbsp lemon juice
1 tsp apple cider vinegar
Salt and black pepper to taste

Directions

Whisk all ingredients in a bowl until emulsified.
Adjust honey or lemon for desired sweetness or acidity.

Serving Tips

Ideal for green salads, chickpea bowls, or grilled chicken wraps.

Chimichurri with Fresh Parsley and Oregano

Yield: About ¼ cup | Prep Time: 10 min | Total Time: 10 min



Ingredients

1 cup fresh parsley, finely chopped
1 tbsp fresh oregano (or 1 tsp dried)
2 garlic cloves, minced
¼ cup olive oil
2 tbsp red wine vinegar or lemon juice
Salt and pepper to taste
Optional: pinch of red pepper flakes

Directions

Combine all ingredients in a bowl or blend for a smoother texture.
Let sit 10 minutes to allow flavors to meld.

Nutrition (Per 1 tbsp)

Calories: 80 , Protein: 0g
Carbs: 1g | Fats: 8g
Fiber: 0g | Sugar: 0g
Cholesterol: 0mg
Sodium: 40mg
Potassium: 30 mg

Serving Tip

Serve with grilled meats, vegetables, or as a bread dip.

Za'atar Olive Oil Dipping Sauce

Yield: About ¼ cup | Prep Time: 2 min | Total Time: 2 min



Ingredients

3 tbsp extra virgin olive oil
1 tbsp za'atar seasoning
Pinch of sea salt

Directions

Mix olive oil and za'atar in a small bowl.
Let sit for 5 minutes for flavors to infuse.

Serving Tips

Use as a dip for warm pita, or brush over flatbread before baking.

Nutrition (Per 1 tbsp)

Calories:90| Protein: 0g
Carbs: 1g | Fats: 9g
Fiber: 0g ,| Sugar: 0g
Cholesterol: 0mg
Sodium: 40 mg
Potassium: 10 mg

Sweet Fig Balsamic Glaze

Yield: About ½ cup | Prep Time: 5 min | Cook Time: 10–15 min | Total Time: 15–20 min



Ingredients

½ cup balsamic vinegar
2 tbsp chopped dried figs
1 tbsp honey
Pinch of salt

Directions

In a small saucepan, combine vinegar, figs, honey, and salt. Simmer over low heat for 10–15 minutes until thickened and figs are softened. Blend if a smooth glaze is preferred. Let cool before using.

Nutrition (Per 1 tbsp)

Calories: 40 , Protein: 0g
Carbs: 9g | Fats: 0g
Fiber: 1g | Sugar: 7g
Cholesterol: 0mg
Sodium: 5mg
Potassium: 40 mg

Serving Tip

Drizzle over roasted veggies, grilled chicken, or fruit and cheese platters.

Date & Banana Power Smoothie

Servings: 2 | Prep Time: 5 minutes | Cook Time: None | Total Time: 5 minutes



Ingredients

2 ripe bananas
4 Medjool dates, pitted
1 cup unsweetened almond milk (or milk of choice)
½ cup plain Greek yogurt
1 tbsp almond butter
½ tsp ground cinnamon
½ tsp vanilla extract
1 cup ice cubes (optional, for a chilled smoothie)

Directions

Add all ingredients to a blender: bananas, pitted dates, almond milk, Greek yogurt, almond butter, cinnamon, vanilla extract, and ice if using. Blend until smooth and creamy, about 1 minute. Taste and adjust sweetness or texture as desired by adding more dates or milk. Pour into glasses and serve immediately.

Equipment Needed:

High-speed blender
Measuring cups and spoons

Nutrition (Per Serving)

Calories: 280,
Protein: 9g
Carbs: 44g
Fats: 9g
Fiber: 6g
Sugar: 26g

Greek Yogurt & Berry Sunrise Shake

Servings: 2 | Prep Time: 5 minutes | Cook Time: None | Total Time: 5 minutes



Ingredients

1 cup frozen mixed berries (strawberries, blueberries, raspberries)
1 banana
¾ cup plain Greek yogurt
1 cup unsweetened oat milk (or milk of choice)
1 tbsp chia seeds
1 tsp honey or maple syrup (optional)
½ tsp fresh lemon juice
Ice (optional)

Directions

Combine all ingredients in a blender: berries, banana, Greek yogurt, oat milk, chia seeds, sweetener, lemon juice, and ice if desired. Blend until smooth and thick. Serve chilled in tall glasses.

Equipment Needed:

Blender
Measuring tools

Nutrition (Per Serving)

Calories: 280,
Protein: 9g
Carbs: 44g
Fats: 9g
Fiber: 6g
Sugar: 26g

Almond Fig Protein Shake

Servings: 2 | Prep Time: 5 minutes | Cook Time: None | Total Time: 5 minutes



Nutrition (Per Serving)

Calories: 260,
Protein: 18g
Carbs: 28g
Fats: 9g
Fiber: 5g
Sugar: 17g

Ingredients

4 dried figs, stems removed
1½ cups unsweetened almond milk
½ cup plain Greek yogurt
1 scoop vanilla plant-based protein powder (optional)
1 tbsp almond butter
½ tsp ground cinnamon
½ tsp vanilla extract
Ice cubes (optional)

Directions

Soak the dried figs in warm water for 5 minutes if they're too firm. Add all ingredients to a blender: figs, almond milk, yogurt, protein powder (if using), almond butter, cinnamon, vanilla, and ice. Blend until creamy and smooth. Serve immediately.

Equipment Needed:

High-speed blender
Measuring cups and spoons

Cucumber-Mint Detox Water

Servings: 4 (about 1 liter) | Prep Time: 5 minutes | Infusion Time: 1–4 hours (for best flavor)
Total Time: 5 minutes (+ infusion)



Nutrition (Per Serving)

Calories: 4,
Protein: 0g
Carbs: 1g
Fats: 0g
Fiber: 0g
Sugar: 0g

Ingredients

1 small cucumber, thinly sliced
10–12 fresh mint leaves
1 lemon, thinly sliced
4 cups filtered water
Ice cubes (optional)

Directions

Add cucumber, mint leaves, and lemon slices to a large pitcher. Pour in the water and stir gently. Refrigerate for at least 1 hour to allow flavors to infuse (up to 4 hours for stronger taste). Serve over ice and enjoy chilled.

Equipment Needed:

Pitcher or large jar
Knife and cutting board

Citrus & Rosemary Infused Sparkling Water

Servings: 4 | Prep Time: 5 minutes | Infusion Time: 30 minutes | Total Time: 35 minutes



Ingredients

1 orange, thinly sliced
1 lemon, thinly sliced
2 sprigs fresh rosemary
4 cups sparkling water (unsweetened)
Ice cubes

Directions

In a pitcher, combine orange and lemon slices with rosemary sprigs. Add sparkling water and let it sit for 30 minutes in the fridge. Serve over ice with a citrus slice for garnish.

Nutrition (Per Serving)

Calories: 3,
Protein: 0g
Carbs: 1g
Fats: 0g
Fiber: 0g
Sugar: 0.5g

Equipment Needed:

Pitcher
Knife & cutting board

Lemon-Lavender Hydration Tonic

Servings: 4 | Prep Time: 5 minutes | Infusion Time: 1–2 hours | Total Time: 5 minutes



Ingredients

1 lemon, thinly sliced
1 tsp dried culinary lavender or 2 tsp fresh
4 cups water
1 tsp honey (optional)
Ice cubes

Directions

Add lemon slices and lavender to a pitcher of water. Stir in honey if using, then refrigerate for 1–2 hours. Strain before serving (to remove lavender bits). Serve cold over ice.

Nutrition (Per Serving)

Calories: 6,
Protein: 0g
Carbs: 1.5g
Fats: 0g
Fiber: 0g
Sugar: 1.5g

Equipment Needed:

Pitcher
Strainer
Spoon

Pomegranate Basil Spa Water

Servings: 4 | Prep Time: 5 minutes | Infusion Time: 1-2 hours | Total Time: 5 minutes(+infusion)



Ingredients

½ cup pomegranate seeds
6–8 fresh basil leaves, gently torn
1 lime, thinly sliced
4 cups water
Ice cubes

Directions

Combine pomegranate seeds, lime slices, and basil leaves in a pitcher. Fill with water and chill for 1–2 hours to infuse. Stir and serve over ice.

Nutrition (Per Serving)

Calories: 5,
Protein: 0g
Carbs: 1.5g
Fats: 0g
Fiber: 0g
Sugar: 1g

Equipment Needed:

Pitcher
Knife & cutting board

Watermelon-Mint Refresher

Servings: 4 | Prep Time: 10 minutes | Total Time: 5 minutes



Ingredients

2 cups seedless watermelon, cubed
1 tbsp fresh lime juice
6 fresh mint leaves
1½ cups cold water
Ice cubes

Directions

In a blender, combine watermelon, lime juice, mint, and water. Blend until smooth. Strain through a fine mesh sieve if you prefer a smoother texture. Pour into glasses over ice and garnish with a mint leaf or watermelon wedge.

Nutrition (Per Serving)

Calories: 30,
Protein: 0.5g
Carbs: 7g
Fats: 0g
Fiber: 0.5g
Sugar: 6g

Equipment Needed:

Blender
Fine mesh strainer (optional)
Knife & cutting board

Fresh Orange & Carrot Glow Juice

Servings: 2 | Prep Time: 10 minutes | Total Time: 10 minutes



Ingredients

2 large oranges, peeled
2 medium carrots, peeled and chopped
½ inch piece of fresh ginger (optional, for a zesty kick)
½ lemon, juiced
½ cup cold water (or more, for desired consistency)

Directions

Add oranges, carrots, ginger (if using), lemon juice, and water to a blender.
Blend until smooth, then strain through a fine mesh sieve or cheesecloth for a clearer juice.
Pour into glasses and serve chilled.

Nutrition (Per Serving)

Calories: 90,
Protein: 1g
Carbs: 21g
Fats: 0g
Fiber: 3g
Sugar: 14g

Equipment Needed:

Blender or juicer
Fine mesh sieve (optional)
Knife and cutting board

Beet & Berry Antioxidant Juice

Servings: 2 | Prep Time: 10 minutes | Total Time: 10 minutes



Ingredients

1 small raw beet, peeled and chopped
1 cup mixed berries (fresh or frozen)
½ apple, cored
½ lemon, juiced
¾ cup water

Directions

Add all ingredients to a blender.
Blend until fully smooth, then strain if desired.
Serve over ice or chilled.

Nutrition (Per Serving)

Calories: 85,
Protein: 1g
Carbs: 19g
Fats: 0g
Fiber: 3g
Sugar: 14g

Equipment Needed:

Blender
Strainer (optional)
Knife & cutting board

Apple-Celery Lemon Elixir

Servings: 2 | Prep Time: 10 minutes | Total Time: 10 minutes



Ingredients

1 green apple, cored and chopped
2 celery stalks, chopped
½ cucumber
Juice of 1 lemon
½ cup cold water
3–4 ice cubes (optional)

Directions

Place all ingredients in a blender and blend until smooth.
Strain if you prefer a thinner juice.
Pour into glasses and serve immediately.

Nutrition (Per Serving)

Calories: 55,
Protein: 0.5g
Carbs: 14g
Fats: 0g
Fiber: 2g
Sugar: 9g

Equipment Needed:

Blender
Knife & cutting board
Strainer (optional)

Cantaloupe & Lime Cooler

Servings: 2 | Prep Time: 10 minutes | Total Time: 10 minutes



Ingredients

2 cups ripe cantaloupe, cubed
Juice of 1 lime
½ cup water or coconut water
4 fresh mint leaves
Ice cubes

Directions

Blend cantaloupe, lime juice, mint, and water until smooth.
Strain if preferred, then serve over ice.

Equipment Needed:

Blender
Knife & cutting board

Nutrition (Per Serving)

Calories: 60,
Protein: 1g
Carbs: 15g
Fats: 0g
Fiber: 1g
Sugar: 13g

Grapefruit & Thyme Tonic

Servings: 2 | Prep Time: 5 minutes | Infusion time: 15 minutes | Total Time: 20 minutes



Ingredients

1 large grapefruit, juiced
1 tsp fresh thyme leaves
1 tsp honey (optional)
1 cup sparkling water
Ice cubes

Directions

In a glass or small pitcher, muddle the thyme leaves gently to release flavor.
Add grapefruit juice and honey, stirring to combine.
Let it sit for 10–15 minutes.
Add sparkling water and serve over ice.

Nutrition (Per Serving)

Calories: 45,
Protein: 0.5g
Carbs: 11g
Fats: 0g
Fiber: 1g
Sugar: 8g

Equipment Needed:

Citrus juicer
Small pitcher or mixing glass
Muddler or spoon

Moroccan Mint Green Tea

Servings: 2 | Prep Time: 5 minutes | Steep time: 6 minutes | Total Time: 12 minutes



Ingredients

2 green tea bags or 2 tsp loose-leaf green tea
10–12 fresh mint leaves
2 cups water
1 tsp honey (optional)

Directions

Bring water to a near boil, then remove from heat.
Add tea bags and mint leaves. Steep for 5–7 minutes.
Remove tea and mint. Stir in honey if desired.
Serve hot or chilled over ice for an iced version.

Nutrition (Per Serving)

Calories: 8,
Protein: 0g
Carbs: 2g
Fats: 0g
Fiber: 0g
Sugar: 2g

Equipment Needed:

Small saucepan or kettle
Teacups
Fine mesh strainer (if using loose-leaf tea)

Cinnamon-Ginger Digestive Brew

Servings: 2 | Prep Time: 5 minutes | Simmer time: 10 minutes | Total Time: 15 minutes



Ingredients

2 cinnamon sticks
1-inch piece fresh ginger, sliced
2 cups water
1 tsp honey (optional)
Lemon wedge (optional, for serving)

Directions

Add cinnamon and ginger to a saucepan with water. Bring to a boil, then reduce heat and simmer for 10 minutes. Strain into cups. Add honey and a squeeze of lemon if desired. Serve warm.

Nutrition (Per Serving)

Calories: 10,
Protein: 0g
Carbs: 3g
Fats: 0g
Fiber: 0g
Sugar: 2g

Equipment Needed:

Small saucepan
Strainer
Knife and cutting board

Lemon Chamomile Calming Tea

Servings: 2 | Prep Time: 5 minutes | Steep time: 6 minutes | Total Time: 12 minutes



Ingredients

2 chamomile tea bags or 2 tsp loose chamomile flowers
1 tsp fresh lemon juice
1 tsp honey (optional)
2 cups water

Directions

Boil water and pour over tea bags or loose chamomile. Let steep 5–7 minutes, then strain if needed. Stir in lemon juice and honey. Enjoy warm for a calming sip.

Nutrition (Per Serving)

Calories: 8,
Protein: 0g
Carbs: 2g
Fats: 0g
Fiber: 0g
Sugar: 2g

Equipment Needed:

Kettle or teapot
Strainer (if using loose chamomile)

Saffron & Cardamom Herbal Tea

Servings: 2 | Prep Time: 5 minutes | Simmer time: 10 minutes | Total Time: 15 minutes



Nutrition (Per Serving)

Calories: 6,
Protein: 0g
Carbs: 1.5g
Fats: 0g
Fiber: 0g
Sugar: 1.5g

Ingredients

2 cups hot water
4–5 saffron threads
2 green cardamom pods, lightly crushed
1 tsp honey or maple syrup (optional)

Directions

Add saffron threads and cardamom pods to hot water.
Let steep for 10 minutes covered.
Strain and stir in sweetener if using.
Serve hot.

Equipment Needed:

Teacups or mugs
Small teapot or heatproof jar

Turmeric Honey Elixir

Servings: 2 | Prep Time: 5 minutes | Heat time: 5 minutes | Total Time: 10 minutes



Nutrition (Per Serving)

Calories: 60,
Protein: 1g
Carbs: 7g
Fats: 3g
Fiber: 0g
Sugar: 5g

Ingredients

2 cups unsweetened almond milk (or any milk of choice)
1 tsp ground turmeric
¼ tsp ground cinnamon
1 tsp honey
Pinch of black pepper (enhances turmeric absorption)

Directions

Warm the milk in a small saucepan over medium heat.
Whisk in turmeric, cinnamon, and black pepper.
Once warmed (not boiling), remove from heat and stir in honey.
Pour into mugs and enjoy warm.

Equipment Needed:

Small saucepan
Whisk
Mugs

What's in Your Kitchen? Recipe Index

A

Almond Butter

- Almond Butter Banana Toast with Chia Seeds, p.27
- Frozen Banana Bites with Almond Butter, p.90

Almond Flour

- Orange and Almond Flour Muffins, p.86

Almond Milk

- Breakfast Quinoa with Fresh Berries, p.23
- Lemon Blueberry Oatmeal, p.19
- Orange & Pistachio Overnight Oats, p.23
- Date & Banana Power Smoothie, p.99
- Greek Yogurt & Berry Sunrise Shake, p.99
- Almond Fig Protein Shake, p.100

Apple

- Apple & Cinnamon Barley Porridge, p.24
- Apple-Celery Lemon Elixir, p.104

Artichoke Hearts

- Mediterranean Tuna Wrap with Artichoke Hearts, p.40
- Chickpea and Artichoke Paella, p.57
- Mediterranean Baked Artichokes, p.80

Avocado

- Mediterranean Sweet Potato Breakfast Boats, p.27
- Warm Lentil and Egg Breakfast Bowl, p.26
- Whole Grain Avocado Toast with Za'atar, p.20

B

Banana

- Almond Butter Banana Toast with Chia Seeds, p.27
- Date & Walnut Greek Yogurt Smoothie, p.28
- Watermelon and Mint Smoothie Bowl, p.29
- Date & Banana Power Smoothie, p.99
- Frozen Banana Bites with Almond Butter, p.90

Barley

- Apple & Cinnamon Barley Porridge, p.24
- Warm Barley Salad with Roasted Tomatoes, p.39

C

Cabbage

- Mushroom and Lentil Stuffed Cabbage Rolls, p.60

Cantaloupe

- Cantaloupe & Lime Cooler, p.104

Capers

- Smoked Salmon and Caper Flatbread, p.24
- Tuna and White Bean Salad with Arugula, p.31
- Pan-Seared Salmon with Caper-Dill Sauce, p.48
- Chicken Piccata with Capers and Spinach, p.60
- Lemon-Caper Sauce for Fish and Veggies, p.96
- Olive Tapenade Crostini, p.64
- Warm Potato Salad with Dijon and Capers, p.77

Cardamom

- Pears Poached in Pomegranate Juice, p.86
- Saffron & Cardamom Herbal Tea, p.107

Cauliflower

- Roasted Cauliflower and Tahini Grain Bowl, p.37
- Cauliflower Steaks with Olive Relish, p.53

Chamomile

- Lemon Chamomile Calming Tea, p.106

Cheese (Feta, Goat, Halloumi)

- Baked Zucchini Fritters with Tzatziki, p.62
- Mini Cucumber-Feta Bites, p.64
- Spinach and Feta Phyllo Triangles, p.66
- Ricotta and Fig Toast, p.25
- Stuffed Mini Bell Peppers with Goat Cheese, p.68
- Pita Sandwich with Grilled Halloumi and Tomato, p.34
- Bell Pepper and Goat Cheese Mini Quiches, p.28

Chickpeas

- Chickpea Breakfast Hash, p.21
- Chickpea Shawarma Bowl, p.32
- Spicy Eggplant and Chickpea Stew, p.35
- Stuffed Bell Peppers with Quinoa and Feta, p.33
- Spinach and Chickpea Patties with Yogurt Sauce, p.37
- Falafel Bowl with Cucumber Yogurt Sauce, p.38
- Chickpea and Spinach Tagine, p.49
- Chickpea and Sweet Potato Curry, p.54
- Chickpea and Artichoke Paella, p.57
- Classic Hummus with Olive Oil Drizzle, p.61
- Spicy Roasted Chickpeas, p.63
- Chickpea and Spinach Soup, p.72

Couscous

- Breakfast Couscous with Dried Fruit and Almonds, p.22
- Couscous-Stuffed Eggplants, p.41
- Falafel Bowl with Cucumber Yogurt Sauce, p.38
- One-Pot Mediterranean Chicken and Couscous, p.45

D

Dates

- Date & Walnut Greek Yogurt Smoothie, p.28
- Herbed Cheese-Stuffed Dates, p.70
- No-Bake Walnut and Date Bars, p.88

Dill

- Spinach and Chickpea Patties with Yogurt Sauce, p.37
- Grilled Shrimp and Quinoa Bowl, p.42
- Falafel Bowl with Cucumber Yogurt Sauce, p.38
- Pan-Seared Salmon with Caper-Dill Sauce, p.48
- Greek Meatballs (Kefteades) with Herbed Yogurt Dip, p.47
- Yogurt and Dill Dressing, p.94

E

Eggplant

- Spicy Eggplant and Chickpea Stew, p.35
- Couscous-Stuffed Eggplants, p.41
- Roasted Eggplant with Tahini and Pomegranate, p.46
- Vegetable Moussaka (Eggplant Casserole), p.50
- Grilled Vegetable Platter with Basil Drizzle, p.58
- Orzo with Roasted Eggplant and Zucchini, p.56
- Eggplant and Zucchini Ratatouille, p.75
- Roasted Eggplant Dip (Baba Ganoush), p.66

Eggs

- Mediterranean Scrambled Eggs with Feta and Spinach, p.18
- Herbed Egg White Frittata, p.20
- Spinach and Sun-Dried Tomato Omelet, p.22
- Warm Lentil and Egg Breakfast Bowl, p.26
- Baked Eggs in Tomato-Pepper Sauce (Shakshuka), p.25
- Bell Pepper and Goat Cheese Mini Quiches, p.28
- Pita Pocket with Hummus and Boiled Egg, p.29
- Olive Tapenade Toast with Poached Egg, p.30
- Mediterranean Deviled Eggs, p.69

What's in Your Kitchen? Recipe Index

F

Falafel

- Falafel Bowl with Cucumber Yogurt Sauce, p.38
- Falafel with Warm Pita and Tahini Sauce, p.50

Farro

- Farro Salad with Olives, Cucumbers, and Feta, p.34

Figs

- Ricotta and Fig Toast, p.25
- Pistachio and Fig Biscotti, p.85
- Fig and Walnut Energy Bites, p.82
- Almond Fig Protein Shake, p.100

G

Ginger

- Cinnamon-Ginger Digestive Brew, p.106
- Fresh Orange & Carrot Glow Juice, p.103

Grape Leaves

- Stuffed Grape Leaves (Dolmas), p.61

Grapefruit

- Grapefruit & Thyme Tonic, p.105

Green Tea Leaves

- Moroccan Mint Green Tea, p.105

Greek Yogurt

- Greek Yogurt Tzatziki, p.62
- Grilled Peaches with Yogurt and Honey, p.89
- Greek Yogurt with Honey and Pistachios, p.81

H

Halloumi

- Pita Sandwich with Grilled Halloumi and Tomato, p.34

Harissa Paste

- Harissa-Rubbed Grilled Fish, p.54
- Spicy Harissa Sauce, p.95

Hummus

- Mediterranean Sweet Potato Breakfast Boats, p.27
- Pita Pocket with Hummus and Boiled Egg, p.29
- Chickpea Shawarma Bowl, p.32
- Roasted Vegetable and Hummus Wrap, p.32

K

Kale

- White Bean and Kale Soup, p.41
- White Bean and Kale Stew, p.73

Kalamata Olives

- Classic Greek Salad, p.31
- Farro Salad with Olives, Cucumbers, and Feta, p.34
- Baked Cod with Cherry Tomatoes and Olives, p.44
- Greek-Style Sheet Pan Chicken and Veggies, p.55
- Vegan Mediterranean Skillet with Olives and Chickpeas, p.59

L

Lamb

- Lemon-Herb Grilled Lamb Skewers, p.49

Lentils

- Warm Lentil and Egg Breakfast Bowl, p.26
- Mediterranean Lentil Soup, p.33
- Mediterranean Lentil & Spinach Stew, p.48
- Red Lentil and Tomato Ragù, p.55
- Mushroom and Lentil Stuffed Cabbage Rolls, p.60
- Hearty Lentil and Tomato Stew, p.71

M

Marinated Olives

- Marinated Olives with Lemon and Herbs, p.67

Mint

- Moroccan Mint Green Tea, p.105
- Cucumber-Mint Detox Water, p.100
- Watermelon-Mint Refresher, p.102

Mini Bell Peppers

- Stuffed Mini Bell Peppers with Goat Cheese, p.68

Mushrooms

- Mushroom and Lentil Stuffed Cabbage Rolls, p.60

O

Oats

- Orange & Pistachio Overnight Oats, p.23
- Lemon Blueberry Oatmeal, p.19

Olive Tapenade

- Sardine and Olive Tapenade Toasts, p.39
- Whole Wheat Spaghetti with Olive Tapenade, p.51
- Olive Tapenade Crostini, p.64

Orzo

- Orzo with Roasted Eggplant and Zucchini, p.56

P

Pasta (Whole Wheat)

- Baked Feta Pasta with Roasted Peppers, p.52
- Whole Wheat Spaghetti with Olive Tapenade, p.51
- Spinach and Ricotta Stuffed Shells, p.58

Pesto

- Pesto Orzo Salad with Cherry Tomatoes, p.38
- Basil and Walnut Pesto (No Pine Nuts), p.95
- Sun-Dried Tomato Pesto, p.94

Pistachios

- Orange & Pistachio Overnight Oats, p.23
- Ricotta and Fig Toast, p.25
- Greek Yogurt with Honey and Pistachios, p.81
- Pistachio and Fig Biscotti, p.85

Pomegranate

- Roasted Eggplant with Tahini and Pomegranate, p.46
- Pomegranate Basil Spa Water, p.102

Potatoes (Sweet)

- Chickpea Breakfast Hash, p.21
- Mediterranean Sweet Potato Breakfast Boats, p.27
- Chickpea and Sweet Potato Curry, p.54
- Roasted Sweet Potatoes with Tahini Drizzle, p.78

Q

Quinoa

- Breakfast Quinoa with Fresh Berries, p.23
- Chickpea Shawarma Bowl, p.32
- Stuffed Bell Peppers with Quinoa and Feta, p.33
- Grilled Shrimp and Quinoa Bowl, p.42
- Falafel Bowl with Cucumber Yogurt Sauce, p.38
- Stuffed Zucchini Boats with Quinoa and Feta, p.45
- Lemon-Herb Quinoa Pilaf, p.76

What's in Your Kitchen? Recipe Index

R

Red Lentils

- Red Lentil and Tomato Ragù, p.55
- Mushroom and Lentil Stuffed Cabbage Rolls, p.60

Red Onion

- Greek Meatballs (Keftedes), p.47
- Vegetable Moussaka (Eggplant Casserole), p.50
- Whole Wheat Spaghetti with Olive Tapenade, p.51

Rice

- Stuffed Grape Leaves (Dolmas), p.61

S

Salmon

- Smoked Salmon and Caper Flatbread, p.24
- Pan-Seared Salmon with Caper-Dill Sauce, p.48
- Smoked Salmon Cucumber Rounds, p.69

Sardines

- Sardine and Olive Tapenade Toasts, p.39

Shrimp

- Shrimp Saganaki (Shrimp in Tomato-Feta Sauce), p.46
- Garlic Shrimp with Zoodles and Cherry Tomatoes, p.51
- Grilled Shrimp and Quinoa Bowl, p.42

Sweet Potatoes

- Chickpea Breakfast Hash, p.21
- Mediterranean Sweet Potato Breakfast Boats, p.27
- Chickpea and Sweet Potato Curry, p.54
- Roasted Sweet Potatoes with Tahini Drizzle, p.78

Swordfish

- Swordfish Kebabs with Mint Yogurt, p.59

T

Tahini

- Roasted Cauliflower and Tahini Grain Bowl, p.37
- Falafel Bowl with Cucumber Yogurt Sauce, p.38
- Mediterranean Tuna Wrap with Artichoke Hearts, p.40
- Roasted Eggplant with Tahini and Pomegranate, p.46
- Falafel with Warm Pita and Tahini Sauce, p.50
- Garlic Tahini Dressing, p.93

Thyme

- Grapefruit & Thyme Tonic, p.105
- Greek-Style Sheet Pan Chicken and Veggies, p.55
- Mushroom and Lentil Stuffed Cabbage Rolls, p.60

Tuna

- Tuna and White Bean Salad with Arugula, p.31
- Mediterranean Tuna Wrap with Artichoke Hearts, p.40

Turkey

- Turkey and Bulgur Stuffed Peppers, p.53

Turmeric

- Turmeric Honey Elixir, p.107

V

Vanilla Extract

- Mediterranean Rice Pudding with Rose Water, p.87
- Tahini Chocolate Chip Cookies, p.88

Vinegar (Balsamic)

- Balsamic Chicken with Roasted Vegetables, p.47

W

White Beans

- Tuna and White Bean Salad with Arugula, p.31
- White Bean and Kale Soup, p.41
- White Bean and Garlic Spread, p.68

Whole Wheat Couscous

- One-Pot Mediterranean Chicken and Couscous, p.45

Whole Wheat Pasta

- Whole Wheat Spaghetti with Olive Tapenade, p.51
- Baked Feta Pasta with Roasted Peppers, p.52
- Spinach and Ricotta Stuffed Shells, p.58

Whole Wheat Pita

- Falafel with Warm Pita and Tahini Sauce, p.50

Y

Yogurt

- Greek Yogurt Tzatziki, p.63
- Yogurt and Dill Dressing, p.94

Z

Za'atar

- Whole Grain Avocado Toast with Za'atar, p.20
- Warm Pita with Olive Oil & Za'atar, p.70
- Za'atar Olive Oil Dipping Sauce, p.97

Zucchini

- Zucchini and Feta Muffins, p.26
- Couscous-Stuffed Eggplants, p.41
- Zucchini Noodle Salad with Lemon Vinaigrette, p.42
- Grilled Vegetable Platter with Basil Drizzle, p.58
- Orzo with Roasted Eggplant and Zucchini, p.56
- Eggplant and Zucchini Ratatouille, p.75
- Baked Zucchini Fritters with Tzatziki, p.62
- Grilled Veggie Skewers with Garlic Dip, p.67

