

# THE 5 INGREDIENTS MEDITERRANEAN DIET COOKBOOK

*SIMPLE RECIPES FOR EFFORTLESS COOKING*



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# INTRODUCTION

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Welcome to the “5 Ingredients Mediterranean Diet Cookbook: Simple Recipes for Effortless Cooking” your gateway to discovering the fresh, vibrant flavors of Mediterranean cooking with minimal ingredients. This cookbook is designed for anyone seeking to simplify healthy eating, whether you’re a seasoned home cook or just beginning your culinary journey.

In every chapter, you’ll find recipes that embrace the heart of Mediterranean cuisine, from light, refreshing salads to hearty, satisfying dishes – all made with just five key ingredients. This simplicity doesn’t just make the recipes easy to follow; it also makes them accessible, affordable, and adaptable to any kitchen or lifestyle.

What sets this cookbook apart is its emphasis on ease and flavor. Each recipe is crafted to bring out the best in simple, wholesome ingredients, ensuring every meal is packed with nutrients, bursting with flavor, and quick to prepare. You’ll discover how versatile the Mediterranean diet is – whether you’re looking to prepare a quick weeknight dinner, a delicious snack, or a hearty dish to share with family and friends.

The Mediterranean diet is more than just a way of eating; it’s a way of life. It celebrates fresh, wholesome foods, mindful eating, and a balanced lifestyle that nourishes both body and soul. Inside, you’ll learn how to incorporate olive oil, fresh herbs, fruits, vegetables, and lean proteins into every meal, creating dishes that support your health, boost energy, and taste delicious.

Join us on this flavorful journey, where every recipe is a step toward healthier, more vibrant living. Dive in and start cooking – your Mediterranean adventure begins here.

## **Discover the Mediterranean Diet: A Timeless Journey of Flavor and Wellness**

The Mediterranean diet has long been recognized as a path to health and longevity. It is based on simplicity and emphasizes using fresh, nutritious ingredients that nourish the body and the soul. This approach to food goes beyond mere dieting—it’s a way of life that fosters a deep connection to nature, the ocean, and rich cultural traditions. More than just a way of eating, the Mediterranean approach encourages long-term relationships with food, supporting balance, joy, and a healthy lifestyle.

The Mediterranean diet centers around whole foods, primarily plant-based, such as vegetables, fruits, whole grains, legumes, nuts, and seeds – combined with lean protein sources like fish, seafood, and poultry. Olive oil serves as the main source of fat, offering abundant monounsaturated fats that support heart health and enhance brain function. But the benefits don’t stop there.

- **Improved Cardiovascular Health:** The Mediterranean diet is abundant in omega-3 fatty acids from fatty fish like salmon, sardines, and tuna. These essential fats help decrease “bad” cholesterol (LDL) while boosting “good” cholesterol (HDL), lowering the risk of heart disease and stroke. For instance, regularly eating salmon can greatly reduce the likelihood of developing atherosclerosis.
- **Reduced Inflammation:** Olive oil, along with many other ingredients in the Mediterranean diet, is a powerful natural anti-inflammatory agent due to its high content of polyphenols. These nutrients help decrease inflammation markers in the body, lowering the risk of chronic conditions such as arthritis, type 2 diabetes, and some forms of cancer.
- **Improved Brain Function:** Foods rich in antioxidants, such as berries, leafy greens, and nuts, support brain health by slowing aging and reducing the risk of neurodegenerative diseases. Consumption of olive oil and omega-3-rich fish reduces the risk of Alzheimer’s disease and improves cognitive function. In Mediterranean countries, dementia is much less common than in countries that do not follow this diet.
- **Blood Sugar Balance & Diabetes Prevention:** Fiber-rich foods in the Mediterranean diet – vegetables, legumes, and whole grains – help stabilize blood sugar levels, which is an important factor in preventing type 2 diabetes. By focusing on low-glycemic foods, the Mediterranean diet enhances insulin sensitivity, stabilizes blood sugar levels, and reduces the risk of type 2 diabetes.
- **Gut Health:** A high intake of fiber from plant-based foods aids digestion, helps regulate bowel movements, and supports a balanced gut microbiome. Foods like lentils, chickpeas, and whole grains are crucial for maintaining healthy digestion. This dietary approach can reduce the risk of irritable bowel syndrome (IBS) and other digestive disorders.
- **Better Sleep:** Research shows that the Mediterranean diet positively impacts sleep quality. Foods rich in magnesium and B vitamins, such as leafy greens, fish, and nuts, support better sleep by helping to regulate sleep patterns and promote relaxation. A Mediterranean meal before bed may help unwind and contribute to a more restful night’s sleep.
- **Skin Health:** Thanks to its high content of antioxidants, such as vitamin C (found in citrus, peppers, and tomatoes) and vitamin E (found in nuts and seeds), the Mediterranean diet supports healthy skin. It helps reduce wrinkles and improves skin elasticity. The antioxidants in olive oil also protect the skin from sun damage, reducing the risk of premature aging.
- **Weight Management & Healthy Weight:** The Mediterranean diet promotes a healthy weight due to its emphasis on fiber-rich foods that provide lasting satiety and reduce overeating. It also consists of low-calorie foods like vegetables and fruits, making it an ideal choice for those looking to control their weight without restrictive dieting.

This way of eating is not about deprivation but celebration – celebrating the abundance of nature and the flavors it offers. Whether it’s the sweetness of fresh tomatoes, the richness of a delicate fish dish, or the earthy taste of olives, each meal is an opportunity to enjoy simple pleasures that nourish both body and soul.

# CHAPTER 1:

## BREAKFAST & BRUNCH



# Avocado Toast with Poached Egg

 **Prep Time:** 5 min

 **Cook Time:** 5 min

 **Servings:** 2

## Ingredients:

- Whole grain bread (2 slices)
- Avocado (2, mashed)
- Egg (2, poached)
- Cherry tomatoes (4 tbsp, halved)
- Extra virgin olive oil (1 tbsp)



## Instructions:

1. Toast the bread until it is golden brown.
2. Mash the avocado and spread it smoothly on the toast.
3. Place a poached egg on top.
4. Garnish with cherry tomatoes and drizzle with olive oil.
5. Serve immediately.

**Calories:** 500

**Proteins:** 16g

**Fats:** 28g

**Carbs:** 44g

# Greek Yogurt with Honey & Walnuts

 **Prep Time:** 5 min

 **Cook Time:** 0 min

 **Servings:** 2



## Ingredients:

- Greek yogurt (1 cup)
- Honey (1 tbsp)
- Walnuts (2 tbsp, chopped)
- Cinnamon (½ tbsp)
- Fresh berries (4 tbsp)

**Calories:** 440

**Proteins:** 20g

**Fats:** 24g

**Carbs:** 36g

## Instructions:

1. Place the Greek yogurt into a serving bowl.
2. Drizzle with honey and sprinkle with cinnamon.
3. Garnish with chopped walnuts and fresh berries.
4. Serve immediately

# Mediterranean Scrambled Eggs

⌚ Prep Time: 5 min

⌚ Cook Time: 5 min

🍴 Servings: 2

## Ingredients:

- Eggs (4, beaten)
- Feta cheese (4 tbsp, crumbled)
- Cherry tomatoes (4 tbsp, halved)
- Fresh basil (1 tbsp, chopped)
- Extra virgin olive oil (1 tbsp)



## Instructions:

1. Heat olive oil in a skillet over medium heat.
2. Add cherry tomatoes and cook for 2 minutes until softened.
3. Pour in the beaten eggs and cook, stirring gently.
4. Once nearly set, sprinkle with crumbled feta and fresh basil.
5. Serve immediately.

Calories: 445

Proteins: 24g

Fats: 32g

Carbs: 10g

# Smoked Salmon & Avocado Toast

⌚ Prep Time: 5 min

⌚ Cook Time: 0 min

🍴 Servings: 2



## Ingredients:

- Whole grain bread (2 slices, toasted)
- Avocado (1, mashed)
- Smoked salmon (4 oz / 115 g, thinly sliced)
- Capers (2 tbsp)
- Extra virgin olive oil (1 tbsp)

Calories: 500

Proteins: 24g

Fats: 28g

Carbs: 36g

## Instructions:

1. Toast the bread until it is golden and crispy.
2. Evenly spread the mashed avocado over the toast.
3. Arrange smoked salmon slices on top.
4. Top with capers and drizzle olive oil over it.
5. Serve immediately.

# Tomato & Olive Breakfast Bruschetta

 **Prep Time:** 5 min

 **Cook Time:** 5 min

 **Servings:** 2

## Ingredients:

- Whole grain bread (2 slices, toasted)
- Cherry tomatoes (½ cup, chopped)
- Kalamata olives (4 tbsp, chopped)
- Feta cheese (4 tbsp, crumbled)
- Extra virgin olive oil (1 tbsp)



## Instructions:

1. Toast the bread slice until it is golden and crispy.
2. Mix chopped cherry tomatoes, olives, and feta cheese in a bowl.
3. Pour olive oil over the mixture and stir lightly.
4. Scoop the mixture and spread it evenly on the toasted bread.
5. Serve immediately.

**Calories:** 460

**Proteins:** 14g

**Fats:** 28g

**Carbs:** 36g

# Almond & Date Smoothie

 **Prep Time:** 5 min

 **Cook Time:** 0 min

 **Servings:** 2



## Ingredients:

- Almond milk (2 cups)
- Dates (4, pitted)
- Banana (1, sliced)
- Almond butter (2 tbsp)
- Cinnamon (½ tsp)

**Calories:** 360

**Proteins:** 10g

**Fats:** 12g

**Carbs:** 56g

## Instructions:

1. Place all the ingredients into a blender and blend until well combined.
2. Mix thoroughly until the texture is smooth and creamy.
3. Transfer to a glass and enjoy right away.

## Ricotta & Honey Toast

 Prep Time: 5 min

 Cook Time: 0 min

 Servings: 2

### Ingredients:

- Whole grain bread (2 slices, toasted)
- Ricotta cheese (½ cup)
- Honey (1 tbsp)
- Almonds (2 tbsp, sliced)
- Cinnamon (½ tbsp)



### Instructions:

1. Lightly toast the bread until it turns golden and develops a crispy texture.
2. Evenly spread a layer of ricotta cheese over the toasted bread.
3. Lightly drizzle honey on top and finish with a sprinkle of cinnamon.
4. Top with sliced almonds.
5. Serve immediately.

**Calories:** 380

**Proteins:** 12g

**Fats:** 16g

**Carbs:** 44g

## Zucchini & Feta Fritters

 Prep Time: 10 min

 Cook Time: 6 min

 Servings: 2



### Ingredients:

- Zucchini (2, grated and drained)
- Feta cheese (½ cup, crumbled)
- Egg (2, beaten)
- Whole wheat flour (4 tbsp)
- Extra virgin olive oil (2 tbsp)

**Calories:** 400

**Proteins:** 14g

**Fats:** 20g

**Carbs:** 36g

### Instructions:

1. Press out the liquid content from the grated zucchini to remove any extra moisture.
2. In a bowl, mix zucchini, feta cheese, egg, and whole wheat flour.
3. Place a pan over medium heat and add olive oil until warmed through.
4. Shape the mixture into small fritters and cook each side for 2–3 minutes until golden brown.
5. Serve warm.

# Mediterranean Chia Pudding

⌚ Prep Time: 5 min

⌚ Rest Time: 2 hours

🍽 Servings: 2

## Ingredients:

- Chia seeds (6 tbsp)
- Almond milk (2 cups)
- Honey (2 tbsp)
- Fresh berries (½ cup)
- Crushed pistachios (2 tbsp)



## Instructions:

- Combine chia seeds, almond milk, and honey in a bowl and mix well.
- Mix thoroughly and place in the refrigerator for a minimum of 2 hours or overnight until it thickens.
- Stir again before serving.
- Garnish with fresh berries and a sprinkle of crushed pistachios.
- Serve chilled.

**Calories:** 380

**Proteins:** 12g

**Fats:** 20g

**Carbs:** 36g

# Savory Oatmeal with Feta & Olives

⌚ Prep Time: 5 min

⌚ Cook Time: 5 min

🍽 Servings: 2



## Ingredients:

- Rolled oats (1 cup)
- Water (2 cups)
- Feta cheese (4 tbsp, crumbled)
- Kalamata olives (4 tbsp, sliced)
- Extra virgin olive oil (2 tbsp)

**Calories:** 440

**Proteins:** 16g

**Fats:** 20g

**Carbs:** 48g

## Instructions:

1. Heat oats in water on medium flame, stirring occasionally, until the mixture becomes thick and creamy.
2. Take off the heat and mix in the crumbled feta cheese.
3. Transfer to serving bowls and top with sliced Kalamata olives.
4. Pour a light stream of olive oil over the mixture and stir gently to combine.
5. Serve warm.

# Caramelized Pear & Yogurt Parfait

 Prep Time: 5 min

 Cook Time: 5 min

 Servings: 2

## Ingredients:

- Pear (2, sliced)
- Greek yogurt (1 cup)
- Honey (2 tbsp)
- Walnuts (2 tbsp, chopped)
- Cinnamon (½ tbsp)



## Instructions:

1. Warm a pan over medium heat and gently sauté pear slices with ½ tablespoon of honey until they become caramelized and golden.
2. In a serving glass, layer Greek yogurt, caramelized pears, and chopped walnuts.
3. Drizzle with remaining honey and sprinkle with cinnamon.
4. Repeat layers if desired.
5. Serve immediately or chill for a refreshing breakfast.

**Calories:** 440

**Proteins:** 16g

**Fats:** 14g

**Carbs:** 56g

# Tahini & Banana Toast

 Prep Time: 5 min

 Cook Time: 0 min

 Servings: 2



## Ingredients:

- Whole grain bread (2 slices, toasted)
- Tahini (2 tbsp)
- Banana (1, sliced)
- Honey (1 tbsp)
- Sesame seeds (1 tbsp)

**Calories:** 420

**Proteins:** 12g

**Fats:** 20g

**Carbs:** 48g

## Instructions:

1. Toast the bread until golden.
2. Spread tahini evenly over the toast.
3. Arrange banana slices on top.
4. Lightly drizzle with honey and finish with a sprinkle of sesame seeds.
5. Serve immediately.

# Baked Eggs with Tomatoes & Olives

 Prep Time: 5 min

 Cook Time: 12 min

 Servings: 2

## Ingredients:

- Eggs (4)
- Cherry tomatoes (1 cup, halved)
- Kalamata olives (4 tbsp, sliced)
- Feta cheese (4 tbsp, crumbled)
- Extra virgin olive oil (2 tbsp)



## Instructions:

1. Preheat oven to 375°F (190°C).
2. Grease a small baking dish with olive oil.
3. Arrange cherry tomatoes and olives in the dish.
4. Crack eggs on top and sprinkle with feta.
5. Place in the oven and bake for 10 to 12 minutes or until the eggs are fully set. Serve warm.

**Calories:** 460

**Proteins:** 24g

**Fats:** 32g

**Carbs:** 16g

# Orange & Almond Ricotta Pancakes

 Prep Time: 5 min

 Cook Time: 6 min

 Servings: 2



## Ingredients:

1. Ricotta cheese (1 cup)
2. Egg (2, beaten)
3. Almond flour (4 tbsp)
4. Orange zest (2 tbsp)
5. Honey (2 tbsp)

**Calories:** 440

**Proteins:** 18g

**Fats:** 24g

**Carbs:** 36g

## Instructions:

1. Combine ricotta cheese, a beaten egg, almond flour, and orange zest in a mixing bowl, stirring until well blended.
2. Warm a non-stick pan over medium heat and lightly coat it with olive oil.
3. Place small scoops of the batter onto the pan and cook for 2 to 3 minutes on each side or until they turn a golden color.
4. Drizzle pancakes with honey before serving.
5. Serve warm

# Pistachio & Honey Greek Yogurt Tart

 **Prep Time:** 5 min

 **Cook Time:** 0 min

 **Servings:** 2

## Ingredients:

- Greek yogurt (1 cup)
- Honey (2 tbsp)
- Crushed pistachios (4 tbsp)
- Whole grain crackers (4, crushed)
- Orange zest (1 tbsp)



## Instructions:

1. Combine Greek yogurt, honey, and orange zest in a small bowl, stirring until smooth and well blended.
2. Place the crushed crackers at the bottom of a serving dish.
3. Spoon the yogurt mixture over the crackers.
4. Sprinkle with crushed pistachios.
5. Serve immediately or chill for a refreshing breakfast.

**Calories:** 400

**Proteins:** 18g

**Fats:** 20g

**Carbs:** 36g

# Mediterranean Quinoa Bowl

 **Prep Time:** 5 min

 **Cook Time:** 0 min

 **Servings:** 2



## Ingredients:

- Cooked quinoa (1 cup)
- Greek yogurt (½ cup)
- Dried apricots (4, chopped)
- Almonds (2 tbsp, sliced)
- Honey (1 tbsp)

**Calories:** 420

**Proteins:** 16g

**Fats:** 14g

**Carbs:** 52g

## Instructions:

1. In a mixing bowl, stir together the cooked quinoa and Greek yogurt until fully combined.
2. Stir in chopped dried apricots.
3. Pour a drizzle of honey over the top and finish with a scattering of sliced almonds.
4. Stir the mixture lightly, then allow it to rest for 5 minutes.
5. Enjoy it either chilled or at room temperature, depending on your preference.

# Sun-Dried Tomato & Olive Egg Muffins

⌚ Prep Time: 5 min

⌚ Cook Time: 15 min

🍽 Servings: 2

## Ingredients:

- Eggs (4, beaten)
- Sun-dried tomatoes (4 tbsp, chopped)
- Kalamata olives (4 tbsp, chopped)
- Feta cheese (4 tbsp, crumbled)
- Extra virgin olive oil (2 tbsp)



## Instructions:

1. Preheat oven to 375°F (190°C) and lightly coat a muffin tin with olive oil to prevent sticking.
2. In a bowl, mix beaten eggs, sun-dried tomatoes, olives, and feta cheese.
3. Divide the mixture evenly among the muffin cups, ensuring each one is filled to about halfway.
4. Place in the oven and bake for 12 to 15 minutes or until the mixture is firm and lightly golden.
5. Allow it to rest for one minute before serving warm.

**Calories:** 360

**Proteins:** 20g

**Fats:** 24g

**Carbs:** 10g

# Caramelized Banana & Yogurt Bowl

⌚ Prep Time: 5 min

⌚ Cook Time: 5 min

🍽 Servings: 2



## Ingredients:

- Banana (2, sliced)
- Greek yogurt (1 cup)
- Honey (2 tbsp)
- Walnuts (2 tbsp, chopped)
- Cinnamon (½ tbsp)

**Calories:** 420

**Proteins:** 16g

**Fats:** 14g

**Carbs:** 52g

## Instructions:

1. Place a pan over medium heat, then add banana slices and ½ tablespoon of honey. Sauté until the bananas become golden and caramelized.
2. Add a generous scoop of Greek yogurt into a bowl, ready for serving.
3. Place the caramelized banana slices on top of the yogurt and finish with a generous sprinkle of chopped walnuts.
4. Finish by drizzling the leftover honey over the top and dusting with a touch of cinnamon for added flavor.
5. Serve immediately.

# Smoked Salmon & Avocado Roll

 **Prep Time:** 5 min

 **Cook Time:** 0 min

 **Servings:** 2

## Ingredients:

- Whole wheat tortilla (2)
- Smoked salmon (6 oz / 170g, sliced)
- Avocado (1, sliced)
- Cucumber (½, julienned)
- Cream cheese (4 tbsp)



## Instructions:

1. Spread cream cheese evenly over the tortilla.
2. Arrange smoked salmon slices on top.
3. Add avocado slices and julienned cucumber.
4. Cut into portions or roll firmly and cut into small, bite-sized rounds.
5. Serve immediately or chill for a refreshing snack.

**Calories:** 500

**Proteins:** 24g

**Fats:** 28g

**Carbs:** 44g

# Savory Baklava with Spinach & Feta

 **Prep Time:** 5 min

 **Cook Time:** 15 min

 **Servings:** 2



## Ingredients:

- Phyllo dough (4 sheets, cut in half)
- Fresh spinach (1 cup, chopped)
- Feta cheese (4 tbsp, crumbled)
- Extra virgin olive oil (1 tbsp)
- Sesame seeds (½ tbsp)

**Calories:** 536

**Proteins:** 13g

**Fats:** 33g

**Carbs:** 59g

## Instructions:

1. Preheat oven to 375°F (190°C).
2. Brush a sheet of phyllo dough with olive oil and layer another sheet on top.
3. Spread a small portion of spinach and feta mixture along one edge, then roll into a log.
4. Repeat this with the remaining sheets, place them on a baking sheet, and brush the tops with olive oil.
5. Evenly scatter sesame seeds over the top, then place in the oven and bake for 12–15 minutes or until the surface turns golden and crisp.

# CHAPTER 2:

## APPETIZERS & SNACKS



# Muhammara – Roasted Red Pepper & Walnut Dip

⌚ Prep Time: 5 min

⌚ Cook Time: 0 min

🍽 Servings: 2

## Ingredients:

- Roasted red peppers (½ cup, chopped)
- Walnuts (¼ cup, toasted)
- Garlic (1 clove, minced)
- Lemon juice (1 tbsp)
- Extra virgin olive oil (1 tbsp)

## Instructions:

1. Place the roasted red peppers, toasted walnuts, and garlic into a food processor and blend until the mixture becomes smooth and well combined.
2. Add lemon juice and blend again until combined.
3. Slowly drizzle in olive oil while blending to create a creamy texture.
4. Scoop the mixture into a serving bowl and allow it to sit for 10 minutes so the flavors can fully develop.
5. Serve with pita bread, crackers, or fresh vegetables.



**Calories:** 180

**Proteins:** 4g

**Fats:** 14g

**Carbs:** 10g

# Stuffed Mini Peppers with Herbed Ricotta

⌚ Prep Time: 5 min

⌚ Cook Time: 12 min

🍽 Servings: 2



## Ingredients:

- Mini bell peppers (4, halved and deseeded)
- Ricotta cheese (½ cup)
- Fresh basil (1 tbsp, chopped)
- Garlic (1 clove, minced)
- Extra virgin olive oil (1 tbsp)

## Instructions:

1. Preheat oven to 375°F (190°C).
2. In a bowl, mix ricotta cheese, chopped basil, and minced garlic.
3. Fill each mini bell pepper half with the ricotta mixture.
4. Arrange on a baking sheet, drizzle with olive oil, and bake for 12 minutes.
5. Serve warm.

**Calories:** 190

**Proteins:** 7g

**Fats:** 10g

**Carbs:** 10g

# Mediterranean Hummus with Pine Nuts

⌚ Prep Time: 5 min

⌚ Cook Time: 0 min

🍽 Servings: 2

## Ingredients:

- Canned chickpeas (½ cup, drained)
- Tahini (1 tbsp)
- Lemon juice (1 tbsp)
- Extra virgin olive oil (1 tbsp)
- Pine nuts (1 tbsp, toasted)

## Instructions:

1. Blend chickpeas, tahini, lemon juice, and olive oil until smooth in a food processor.
2. Add a splash of water if needed for a creamier texture.
3. Spoon the mixture into a serving bowl and finish with a generous drizzle of olive oil on top.
4. Sprinkle toasted pine nuts on top.
5. Serve with pita bread or vegetable sticks.



Calories: 200

Proteins: 6g

Fats: 12g

Carbs: 14g

# Zucchini & Feta Patties with Yogurt Dip

⌚ Prep Time: 10 min

⌚ Cook Time: 10 min

🍽 Servings: 2



## Ingredients:

- Zucchini (1 medium, grated and drained)
- Feta cheese (2 tbsp, crumbled)
- Egg (1, beaten)
- Rice flour (2 tbsp)
- Olive oil (1 tbsp for frying)

## Instructions:

1. Grate the zucchini and use a clean kitchen towel or cheesecloth to press out any remaining moisture.
2. Place the grated zucchini, crumbled feta, and beaten

Calories: 180

Proteins: 8g

Fats: 14g

Carbs: 10g

3. Gradually incorporate the rice flour into the mixture, stirring until everything is evenly mixed. If the consistency is too moist, add more rice flour until the mixture binds properly. Be sure to mix thoroughly.
4. Add salt to taste.
5. Warm olive oil in a skillet over medium heat. When the oil is ready, scoop small amounts of the mixture into the pan and gently press them down with a spatula to shape into patties. Cook until golden on each side.
6. Fry the patties for 3 to 4 minutes per side or until they turn golden and develop a crispy texture.
7. Serve the patties warm alongside a dollop of yogurt or a crisp, fresh salad for a complete meal.

## Grilled Halloumi & Tomato Skewers

 **Prep Time:** 5 min

 **Cook Time:** 6 min

 **Servings:** 2

### Ingredients:

- Halloumi cheese (8 oz / 125g, cubed)
- Cherry tomatoes (10, whole)
- Extra virgin olive oil (1 tbsp)
- Fresh oregano (1 tbsp, chopped)
- Lemon juice (1 tbsp)

### Instructions:

1. Preheat the grill pan over medium-high heat until it reaches the desired temperature.
2. Arrange the halloumi cubes and cherry tomatoes on skewers, alternating between the two for an even distribution.
3. Lightly coat the skewers with olive oil, then dust them with a sprinkle of oregano for added flavor.
4. Grill each side for 2–3 minutes or until the halloumi develops a golden crust and the tomatoes are gently blistered.
5. Squeeze fresh lemon juice over the skewers just before serving for a bright, tangy finish.



**Calories:** 240

**Proteins:** 11g

**Fats:** 20g

**Carbs:** 8g

## Rice Paper Rolls with Feta & Herbs

 **Prep Time:** 10 min

 **Cook Time:** 0 min

 **Servings:** 2



### Ingredients:

- Rice paper sheets (4)
- Cooked rice (½ cup)
- Feta cheese (2 tbsp, crumbled)
- Fresh parsley (2 tbsp, chopped)
- Lemon juice (1 tbsp)

### Instructions:

1. Immerse each rice paper sheet in warm water briefly until it softens and becomes flexible.
2. In a bowl, mix cooked rice, crumbled feta, chopped parsley, and lemon juice.
3. Spoon a small amount of the prepared filling onto each rice paper sheet and roll it tightly like a spring roll.
4. Serve fresh or lightly pan-sear for a crispy texture.
5. Serve with yogurt or tahini sauce.

**Calories:** 200

**Proteins:** 6g

**Fats:** 9g

**Carbs:** 22g

# Spiced Chickpea & Spinach Sauté

⌚ Prep Time: 5 min

⌚ Cook Time: 5 min

🍽 Servings: 2

## Ingredients:

- Canned chickpeas (½ cup, drained)
- Fresh spinach (½ cup, chopped)
- Garlic (1 clove, minced)
- Extra virgin olive oil (1 tbsp)
- Paprika (½ tbsp)

## Instructions:

1. Warm a pan over medium heat and add a drizzle of olive oil, allowing it to heat through before cooking.
2. Stir in the minced garlic for about 30 seconds or until it releases a fragrant aroma.
3. Add the chickpeas, sprinkle in the paprika, and toss in the fresh spinach, stirring everything together until well combined.
4. Cook for 3 to 4 minutes, allowing the spinach to wilt and the chickpeas to develop a light crisp.
5. Enjoy warm as a flavorful side or spooned over slices of toasted bread.



**Calories:** 180

**Proteins:** 6g

**Fats:** 9g

**Carbs:** 18g

# Garlic & Walnut Stuffed Eggplant with Feta

⌚ Prep Time: 10 min

⌚ Cook Time: 30 min

🍽 Servings: 2



## Ingredients:

- Eggplant (1 small, halved, and hollowed out)
- Garlic (2 cloves, minced)
- Feta cheese (2 tbsp, crumbled)
- Walnuts (2 tbsp, chopped)
- Extra virgin olive oil (1 tbsp)

## Instructions:

1. Slice the eggplant in half and carefully hollow out the center, creating a boat-like shell while leaving enough flesh around the edges for stability.
2. Lightly coat the cut sides of the eggplant halves with olive oil, season with a pinch of salt, and arrange them on a baking tray. Roast in the oven for about 20 minutes or until the flesh becomes soft and tender.
3. As the eggplant roasts, warm the remaining olive oil in a skillet over medium heat. Add the minced garlic and sauté for 1 to 2 minutes, until it releases a rich, aromatic fragrance.
4. Finely chop the eggplant flesh that was set aside and add it to the pan with the sautéed garlic. Cook for about 5 minutes, stirring now and then, until the mixture softens and blends well.
5. Take the pan off the heat and gently fold the crumbled feta cheese and chopped walnuts, mixing until everything is evenly combined.
6. Stuff the roasted eggplant halves with garlic, walnut, and feta mixture.
7. Place the filled eggplant halves back into the oven and bake for an additional 5–10 minutes or until the feta turns lightly golden on top.
8. If desired, serve warm, garnished with extra walnuts or a drizzle of olive oil.

**Calories:** 250

**Proteins:** 9g

**Fats:** 20g

**Carbs:** 12g

# Crispy Baked Feta with Honey & Thyme

 **Prep Time:** 5 min

 **Cook Time:** 15 min

 **Servings:** 2

## Ingredients:

- Feta cheese (4 oz /115g, block)
- Honey (1 tbsp)
- Fresh thyme (1 tbsp, chopped)
- Sesame seeds (1 tbsp)
- Extra virgin olive oil (1 tbsp)

## Instructions:

1. Preheat oven to 375°F (190°C).
2. Place the block of feta in a small baking dish and drizzle with olive oil and honey.
3. Sprinkle with sesame seeds and chopped thyme.
4. Bake for 12-15 minutes until the feta is warm and slightly golden.
5. Serve immediately with toasted bread or crackers.



**Calories:** 220

**Proteins:** 8g

**Fats:** 14g

**Carbs:** 12g

# Garlic & Herb Roasted Chickpeas

 **Prep Time:** 5 min

 **Cook Time:** 25 min

 **Servings:** 2



## Ingredients:

- Canned chickpeas (½ cup, drained and patted dry)
- Extra virgin olive oil (1 tbsp)
- Garlic powder (½ tbsp)
- Dried oregano (½ tbsp)
- Sea salt (to taste)

## Instructions:

1. Preheat oven to 375°F (190°C).
2. Combine chickpeas with olive oil, garlic powder, oregano, and sea salt, tossing well to coat each with

**Calories:** 180

**Proteins:** 6g

**Fats:** 9g

**Carbs:** 18g

- the seasoning mixture evenly.
3. Arrange the seasoned chickpeas across a baking sheet, spreading them evenly for consistent roasting.
4. Roast in the oven for 20-25 minutes, shaking the baking sheet halfway through, until the chickpeas turn crispy and golden brown.
5. Serve as a crunchy snack or salad topping.

# Tuna Patties

 **Prep Time:** 5 min

 **Cook Time:** 8 min

 **Servings:** 2

## Ingredients:

- Canned tuna (1 can / 160g, drained)
- Egg (1 large, beaten)
- All-purpose flour (2 tbsp / 20g)
- Garlic powder (½ tbsp)
- Paprika (½ tbsp)

## Instructions:

1. In a bowl, combine the drained tuna, beaten egg, flour, garlic powder, and paprika. Mix well until fully combined.
2. Form the mixture into small, round patties approximately 2 inches wide.
3. Warm a non-stick skillet over medium heat and lightly coat it with oil or cooking spray.
4. Fry the patties on each side for 3-4 minutes or until golden brown and crispy.
5. Serve warm with a side of salad or your favorite dipping sauce.



**Calories:** 220

**Proteins:** 20g

**Fats:** 10g

**Carbs:** 8g

# Mediterranean Meatballs with Yogurt Dip

 **Prep Time:** 5 min

 **Cook Time:** 8 min

 **Servings:** 2



## Ingredients:

- Ground lamb or beef (4 oz / 115g)
- Garlic (1 clove, minced)
- Fresh mint (1 tbsp, chopped)
- Cumin (½ tbsp)
- Greek yogurt (¼ cup for dipping)

## Instructions:

1. In a mixing bowl, combine ground meat with minced garlic, chopped mint, and cumin. Season with salt and pepper to taste, ensuring all ingredients are well incorporated.
2. Form into small meatballs.
3. Warm a pan over medium heat and add a drizzle of olive oil, ensuring an even coating.
4. Cook the meatballs in the pan for 6-8 minutes, rotating them occasionally until they are evenly browned and fully cooked.
5. Serve with Greek yogurt as a dipping sauce.

**Calories:** 250

**Proteins:** 22g

**Fats:** 16g

**Carbs:** 3g

# Shrimp & Avocado Bites

 **Prep Time:** 5 min

 **Cook Time:** 4 min

 **Servings:** 2

## Ingredients:

- Shrimp (6, peeled and deveined)
- Avocado (½, mashed)
- Whole grain crackers (6, large)
- Lemon juice (½ tbsp)
- Extra virgin olive oil (½ tbsp)



## Instructions:

1. Warm a pan over medium heat and add olive oil, allowing it to heat up evenly.
2. Cook the shrimp in the heated pan for 1-2 minutes on each side until they turn pink and become opaque.
3. Spread mashed avocado evenly over crackers and drizzle with lemon juice.
4. Top each cracker with cooked shrimp.
5. Serve immediately as a light appetizer.

**Calories:** 200

**Proteins:** 15g

**Fats:** 10g

**Carbs:** 14g

# Smoked Trout & Cucumber Bites

 **Prep Time:** 5 min

 **Cook Time:** 0 min

 **Servings:** 2



## Ingredients:

- Smoked trout (3 oz / 85g, flaked)
- Cucumber (½, sliced into rounds)
- Greek yogurt (2 tbsp)
- Fresh dill (1 tbsp, chopped)
- Lemon juice (½ tbsp)

**Calories:** 180

**Proteins:** 14g

**Fats:** 8g

**Carbs:** 6g

## Instructions:

1. In a small bowl, mix smoked trout with Greek yogurt, lemon juice, and fresh dill.
2. Spoon the mixture onto cucumber slices.
3. Garnish with extra dill.
4. Serve immediately as a refreshing appetizer.

# Grilled Lamb Skewers with Rosemary

 **Prep Time:** 5 min

 **Cook Time:** 8 min

 **Servings:** 2

## Ingredients:

- Lamb (4 oz / 115g, cubed)
- Fresh rosemary (1 tbsp, chopped)
- Garlic (1 clove, minced)
- Extra virgin olive oil (1 tbsp)
- Lemon juice (½ tbsp)



## Instructions:

1. In a bowl, toss lamb cubes with olive oil, rosemary, garlic, and lemon juice.
2. Thread onto skewers.
3. Grill for 3-4 minutes per side until golden and cooked to your preference.
4. Serve warm with a side of yogurt or flatbread.

**Calories:** 240

**Proteins:** 20g

**Fats:** 14g

**Carbs:** 2g

# Stuffed Dates with Almonds & Goat Cheese

 **Prep Time:** 5 min

 **Cook Time:** 0 min

 **Servings:** 2



## Ingredients:

- Medjool dates (8, pitted). Fresh dates can be substituted with dried dates
- Goat cheese (4 tbsp, crumbled)
- Almonds (8, whole)
- Honey (1 tbsp)
- Fresh thyme (1 tbsp, chopped)

## Instructions:

1. Slice dates open and stuff each with goat cheese.
2. Insert an almond into each stuffed date.
3. Lightly drizzle honey over the dish and finish with a sprinkle of fresh thyme.
4. Serve immediately as a sweet and savory snack.

**Calories:** 420

**Proteins:** 10g

**Fats:** 18g

**Carbs:** 56g

# Spicy Tuna Tartare with Avocado

 **Prep Time:** 5 min

 **Cook Time:** 0 min

 **Servings:** 2

## Ingredients:

- Fresh tuna (6 oz / 170g, finely diced)
- Avocado (1, diced)
- Soy sauce (2 tbsp)
- Sesame seeds (2 tbsp)
- Sriracha or chili flakes (1 tbsp for spice)
- Lemon juice (1 tbsp)



## Instructions:

1. In a bowl, combine diced tuna, soy sauce, sesame seeds, sriracha or chili flakes, and lemon juice.
2. Gently fold in avocado.
3. Spoon the mixture onto a serving plate or crackers.
4. Drizzle with extra lemon juice before serving.
5. Serve immediately as a fresh appetizer.

**Calories:** 380

**Proteins:** 36g

**Fats:** 20g

**Carbs:** 12g

# Baked Mussels with Garlic & Herbs

 **Prep Time:** 5 min

 **Cook Time:** 10 min

 **Servings:** 2



## Ingredients:

- Fresh mussels (20, cleaned)
- Garlic (1 clove, minced)
- Fresh parsley (1 tbsp, chopped)
- Extra virgin olive oil (1 tbsp)
- Lemon zest (½ tbsp)

**Calories:** 298

**Proteins:** 24g

**Fats:** 18g

**Carbs:** 9g

## Instructions:

1. Preheat oven to 375°F (190°C).
2. Place the mussels evenly on a baking sheet, ensuring they are well-spaced.
3. Combine olive oil, minced garlic, chopped parsley, and lemon zest in a small bowl, stirring well to blend the flavors.
4. Spoon mixture over mussels and bake for 8-10 minutes until mussels open.
5. Serve right away, accompanied by extra lemon wedges for added freshness.

# Prosciutto-Wrapped Melon with Balsamic Glaze

 Prep Time: 5 min

 Cook Time: 0 min

 Servings: 2

## Ingredients:

- Cantaloupe (muskmelon) (4 slices)
- Prosciutto (4 thin slices)
- Balsamic glaze (1 tbsp)
- Fresh basil (1 tbsp, chopped)
- Black pepper (to taste)



## Instructions:

1. Take a slice of melon and carefully wrap it with a piece of prosciutto.
2. Drizzle with balsamic glaze.
3. Sprinkle with fresh basil and black pepper.
4. Serve immediately as a sweet and savory appetizer.

**Calories:** 180

**Proteins:** 9g

**Fats:** 8g

**Carbs:** 18g

# Crispy Calamari with Lemon & Oregano

 Prep Time: 5 min

 Cook Time: 4 min

 Servings: 2



## Ingredients:

- Calamari rings (8 oz / 230g)
- Whole wheat flour (½ cup)
- Dried oregano (1 tbsp)
- Lemon wedges (for serving)
- Extra virgin olive oil (2 tbsp for frying)

## Instructions:

1. Heat olive oil in a pan over medium-high heat.
2. Toss calamari rings with flour and dried oregano.
3. Cook in small batches, frying each side for 1-2 minutes until crisp and golden brown.
4. Place on paper towels to remove excess oil, then serve with fresh lemon wedges.
5. Serve immediately with yogurt or another dipping sauce of your choice.

**Calories:** 220

**Proteins:** 15g

**Fats:** 10g

**Carbs:** 15g

# CHAPTER 3:

## SALADS



# Mediterranean Tomato & Feta Salad

⌚ Prep Time: 5 min

⌚ Cook Time: 0 min

🍽 Servings: 2

## Ingredients:

- Ripe tomatoes – 2 medium, diced
- Feta cheese – ¼ cup / 40g, crumbled
- Fresh basil – 1 tbsp, chopped
- Extra virgin olive oil – 2 tbsp
- Balsamic vinegar – 1 tbsp



## Instructions:

1. In a mixing bowl, toss together diced tomatoes, crumbled feta cheese, and freshly chopped basil.
2. Pour a drizzle of olive oil and balsamic vinegar over the mixture, ensuring an even coating.
3. Gently stir the ingredients to combine them evenly without crushing the tomatoes.
4. Serve immediately or refrigerate for 10 minutes to enhance the flavors.

Calories: 220

Proteins: 6g

Fats: 18g

Carbs: 10g

# Roasted Eggplant & Pomegranate Salad

⌚ Prep Time: 5 min

⌚ Cook Time: 30 min

🍽 Servings: 2



## Ingredients:

- Eggplant (1 small, roasted and diced)
- Pomegranate seeds (2 tbsp)
- Feta cheese (2 tbsp, crumbled)
- Fresh mint (1 tbsp, chopped)
- Extra virgin olive oil (1 tbsp)

Calories: 190

Proteins: 6g

Fats: 12g

Carbs: 18g

## Instructions:

1. Preheat oven to 400°F (200°C). Roast whole eggplant for 25-30 minutes until soft. Let cool, then dice.
2. In a mixing bowl, toss together the roasted eggplant, pomegranate seeds, and crumbled feta until well combined.
3. Garnish with fresh mint leaves and finish with a drizzle of olive oil.
4. Toss gently and serve immediately.

# Orange & Fennel Salad with Almonds

 Prep Time: 5 min

 Cook Time: 0 min

 Servings: 2

## Ingredients:

- Orange (1, peeled and sliced)
- Fennel bulb (½, thinly sliced)
- Almonds (2 tbsp, sliced)
- Fresh parsley (1 tbsp, chopped)
- Extra virgin olive oil (1 tbsp)



## Instructions:

1. In a mixing bowl, toss together fresh orange slices and finely sliced fennel.
2. Sprinkle with sliced almonds and chopped parsley.
3. Lightly drizzle extra virgin olive oil over the mixture.
4. Add a pinch of salt and adjust to taste.
5. Toss gently and serve immediately.

**Calories:** 170

**Proteins:** 4g

**Fats:** 10g

**Carbs:** 18g

# Chickpea & Sundried Tomato Salad

 Prep Time: 5 min

 Cook Time: 0 min

 Servings: 2



## Ingredients:

- Canned chickpeas (½ cup, drained)
- Sundried tomatoes (2 tbsp, chopped)
- Red onion (2 tbsp, finely chopped)
- Garlic (1 clove, minced)
- Extra virgin olive oil (1 tbsp)

**Calories:** 190

**Proteins:** 6g

**Fats:** 9g

**Carbs:** 22g

## Instructions:

1. In a mixing bowl, toss together chickpeas, finely chopped red onion, minced garlic, and sundried tomatoes.
2. Pour a generous drizzle of extra virgin olive oil over the mixture.
3. Toss gently and serve immediately.
4. Sprinkle with fresh herbs (basil, dill, parsley)
5. Adjust seasoning with salt according to taste.

## Strawberry & Cucumber Salad with Balsamic Glaze

 Prep Time: 5 min

 Cook Time: 0 min

 Servings: 2

### Ingredients:

- Strawberries (½ cup, sliced)
- Cucumber (½, thinly sliced)
- Feta cheese (2 tbsp, crumbled)
- Fresh basil (1 tbsp, chopped)
- Balsamic glaze (1 tbsp)



### Instructions:

1. In a mixing bowl, toss together sliced strawberries and cucumbers.
2. Add crumbled feta cheese and freshly chopped basil to the bowl, then sprinkle evenly over the strawberries and cucumbers.
3. Lightly drizzle balsamic glaze and olive oil over the mixture for added flavor.
4. Toss gently and serve immediately.
5. Adjust the seasoning with salt to taste.

**Calories: 160**

**Proteins: 5g**

**Fats: 7g**

**Carbs: 18g**

## Grilled Halloumi & Fig Salad

 Prep Time: 5 min

 Cook Time: 4 min

 Servings: 2



### Ingredients:

- Halloumi cheese (4 oz / 115g, sliced)
- Fresh figs (2, quartered, can be substituted with dried figs)
- Arugula (1 cup)
- Walnuts (2 tbsp, chopped)
- Extra virgin olive oil (1 tbsp)

**Calories: 220**

**Proteins: 9g**

**Fats: 14g**

**Carbs: 15g**

### Instructions:

1. Warm a grill pan over medium-high heat until it's hot and ready for grilling.
2. Grill halloumi slices for 1-2 minutes per side until golden and slightly crispy.
3. In a mixing bowl, toss together fresh arugula, chopped walnuts, and quartered figs.
4. Place the grilled halloumi on top and drizzle with extra virgin olive oil.
5. Lightly toss the mixture, adjust the salt to your preference, and serve immediately.

# Avocado & Radish Salad with Lemon Dressing

 Prep Time: 5 min

 Cook Time: 0 min

 Servings: 2

## Ingredients:

- Avocado (1, sliced)
- Radishes (3, thinly sliced)
- Arugula (1 cup)
- Lemon juice (1 tbsp)
- Extra virgin olive oil (1 tbsp)



## Instructions:

1. In a bowl, mix together sliced avocado, radishes, and arugula.
2. Squeeze lemon juice over the mixture and drizzle with extra virgin olive oil.
3. Toss gently to coat.
4. Add salt to taste and serve right away.

**Calories:** 180

**Proteins:** 3g

**Fats:** 14g

**Carbs:** 10g

# Watermelon & Olive Salad with Mint

 Prep Time: 5 min

 Cook Time: 0 min

 Servings: 2



## Ingredients:

- Watermelon (1 cup, cubed)
- Kalamata olives (2 tbsp, sliced)
- Feta cheese (2 tbsp, crumbled)
- Fresh mint (1 tbsp, chopped)
- Extra virgin olive oil (1 tbsp)

**Calories:** 160

**Proteins:** 4g

**Fats:** 9g

**Carbs:** 18g

## Instructions:

1. Place watermelon cubes and thinly sliced olives together in a mixing bowl.
2. Top the mixture with crumbled feta and a handful of freshly chopped mint leaves.
3. Finish by lightly drizzling extra virgin olive oil over the top.
4. Toss gently and serve immediately.
5. Add a pinch of salt, adjusting to your preferred taste.

## Roasted Pepper & Anchovy Salad

 Prep Time: 5 min

 Cook Time: 0 min

 Servings: 2

### Ingredients:

- Roasted red bell pepper (2, sliced)
- Anchovy fillets (4, chopped)
- Kalamata olives (2 tbsp, sliced)
- Shallot (1 tbsp, finely chopped)
- Extra virgin olive oil (1 tbsp)



### Instructions:

1. Place the roasted bell pepper strips and finely chopped anchovy fillets into a mixing bowl and stir gently to combine.
2. Sprinkle with capers and fresh parsley.
3. Drizzle a light stream of extra virgin olive oil over the mixture to enhance its flavor and texture.
4. Toss gently, season with salt to taste, and serve immediately.

**Calories:** 200

**Proteins:** 8g

**Fats:** 14g

**Carbs:** 16g

## Lentil & Roasted Carrot Salad with Tahini Dressing

 Prep Time: 5 min

 Cook Time: 20 min

 Servings: 2



### Ingredients:

- Cooked lentils (½ cup)
- Roasted carrots (1, sliced)
- Tahini (1 tbsp)
- Fresh parsley (1 tbsp, chopped)
- Lemon juice (1 tbsp)

**Calories:** 200

**Proteins:** 9g

**Fats:** 7g

**Carbs:** 24g

### Instructions:

1. Preheat oven to 400°F (200°C). Roast sliced carrot for 20 minutes until tender.
2. Place the cooked lentils and roasted carrot pieces into a mixing bowl, blending them together evenly.
3. Pour a generous drizzle of tahini and a splash of fresh lemon juice over the lentil and carrot mixture.
4. Sprinkle with fresh parsley.
5. Gently mix the ingredients, add salt to taste, and serve right away for the best flavor.

## Shaved Zucchini & Parmesan Salad with Pine Nuts

 Prep Time: 5 min

 Cook Time: 5 min

 Servings: 2

### Ingredients:

- Zucchini (1, thinly shaved into ribbons)
- Parmesan cheese (2 tbsp, shaved)
- Pine nuts (1 tbsp, toasted)
- Lemon juice (1 tbsp)
- Extra virgin olive oil (1 tbsp)



### Instructions:

1. Carefully slice the zucchini into long, thin, ribbon-like strips with a vegetable peeler.
2. Toss the zucchini ribbons together with the shaved Parmesan cheese in a bowl.
3. Sprinkle with toasted pine nuts.
4. Squeeze fresh lemon juice over the mixture and drizzle with olive oil.
5. Gently toss the ingredients, add salt to taste, and serve right away.

**Calories:** 170

**Proteins:** 6g

**Fats:** 12g

**Carbs:** 10g

## Spinach, Feta & Pear Salad with Walnuts

 Prep Time: 5 min

 Cook Time: 0 min

 Servings: 2



### Ingredients:

- Spinach (2 cups, fresh)
- Feta cheese (2 tbsp, crumbled)
- Walnuts (1 tbsp, chopped)
- Pear (1, thinly sliced)
- Extra virgin olive oil (1 tbsp)

**Calories:** 200

**Proteins:** 6g

**Fats:** 14g

**Carbs:** 18g

### Instructions:

1. In a large bowl, place the fresh spinach.
2. Add crumbled feta cheese, chopped walnuts, and thinly sliced pear.
3. Pour a light stream of extra virgin olive oil over the dish to enhance its flavor.
4. Gently mix all the ingredients, then season with salt and pepper according to your preference. Serve right away for the best flavor and freshness.
5. Optionally, drizzle with lemon juice for added freshness.

# Tuna, Tomato & Cucumber Salad with Feta

 **Prep Time:** 5 min

 **Cook Time:** 0 min

 **Servings:** 2

## Ingredients:

- Canned tuna (1 can / 160g, drained)
- Cherry tomatoes (1 cup, halved)
- Cucumber (½, sliced)
- Feta cheese (2 tbsp, crumbled)
- Extra virgin olive oil (1 tbsp)



## Instructions:

1. In a mixing bowl, add the drained tuna, cherry tomatoes cut in half, and thinly sliced cucumber. Stir gently to combine all the ingredients.
2. Sprinkle the crumbled feta cheese over the tuna and vegetable mixture.
3. Pour a generous splash of extra virgin olive oil over the mixture, then lightly toss until all the ingredients are evenly combined.
4. Add salt and pepper according to your taste, then serve right away.

**Calories:** 250

**Proteins:** 20g

**Fats:** 16g

**Carbs:** 8g

# CHAPTER 4:

## SOUPS



# Classic Mediterranean Tomato Soup

 **Prep Time:** 5 min

 **Cook Time:** 20 min

 **Servings:** 2

## Ingredients:

- Ripe tomatoes (2, chopped)
- Garlic (1 clove, minced)
- Vegetable broth (2 cups)
- Extra virgin olive oil (1 tbsp)
- Fresh basil (1 tbsp, chopped)



## Instructions:

1. Warm olive oil in a pot set over medium heat, then gently sauté the minced garlic for about a minute until it becomes fragrant.
2. Add the diced tomatoes to the pot and simmer for approximately 5 minutes, stirring occasionally, until they become tender.
3. Pour in vegetable broth and let simmer for 15 minutes.
4. Blend until smooth, then stir in fresh basil.
5. Season with salt and lemon to taste and serve warm.

**Calories:** 120

**Proteins:** 3g

**Fats:** 7g

**Carbs:** 12g

# Creamy Seafood & Vegetable Soup

 **Prep Time:** 5 min

 **Cook Time:** 12 min

 **Servings:** 2



## Ingredients:

- Shrimp (4 oz / 115g, peeled and deveined)
- Fish fillet (4 oz / 115g, cubed)
- Frozen mixed vegetables (½ cup)
- Heavy cream (¼ cup)
- Fish or vegetable broth (2 cups / 500 ml)

**Calories:** 250

**Proteins:** 28g

**Fats:** 12g

**Carbs:** 6g

## Instructions:

1. In a pot, heat broth over medium heat and add frozen mixed vegetables. Let simmer for 5 minutes.
2. Add shrimp and fish cubes, cooking for another 5-7 minutes until fully cooked.
3. Pour in the heavy cream and stir slowly until fully incorporated.
4. Add salt and squeeze lemon juice to enhance the flavor, then serve the dish warm.
5. If desired, top with freshly chopped herbs just before serving for added flavor.

# Ancient Barley and Lentil Soup

 **Prep Time:** 10 min

 **Cook Time:** 40 min

 **Servings:** 4

## Ingredients:

- Pearl barley (½ cup)
- Green lentils (½ cup)
- Butternut squash (1 cup, peeled and diced)
- Olive oil (2 tablespoons)
- Fresh sage leaves (5-6, finely chopped)

## Instructions:

1. Rinse the pearl barley and green lentils under cold water.
2. In a large saucepan, warm the olive oil over medium heat. Add the chopped sage and sauté for 1 to 2 minutes, releasing the aroma and the leaves to crisp slightly.
3. Add the diced butternut squash to the pot and cook for another 3-4 minutes, stirring occasionally.
4. Stir in the rinsed barley and lentils, then add 4 cups of water. Bring to a boil.
5. After the soup boils, lower the heat to a gentle simmer. Cover the pot and let it cook for 30 to 35 minutes, or until the lentils and barley are soft and fully cooked.
6. Add salt according to your taste preferences just before serving the soup.
7. Add lemon juice or heavy cream to taste.



**Calories:** 220

**Proteins:** 8g

**Fats:** 7g

**Carbs:** 35g

# Saffron Chickpea & Almond Soup

 **Prep Time:** 5 min

 **Cook Time:** 15 min

 **Servings:** 2



## Ingredients:

- Chickpeas (1 can, drained and rinsed)
- Blanched almonds (¼ cup / 30g)
- Saffron threads (a pinch)
- Extra virgin olive oil (2 tbsp)
- Chicken or vegetable broth (2 cups / 500ml)

## Instructions:

1. Place the saffron threads in a small bowl with 2 tablespoons of warm water and let them soak for a few minutes. Set aside.
2. Heat the olive oil in a pot over medium heat, then add the blanched almonds. Sauté for 2-3 minutes or until they turn lightly golden.
3. Add the chickpeas (drained) to the pan and cook, stirring occasionally, for 2 more minutes.
4. Add the broth to the pan and bring it to a simmer. Let it cook for 10 minutes.
5. Use an immersion blender to puree the soup until smooth. Stir in the saffron-infused water and mix thoroughly.
6. Season with salt and adjust the flavor by adding lemon juice or heavy cream to your liking before serving.

**Calories:** 280

**Proteins:** 10g

**Fats:** 15g

**Carbs:** 28g

# Roasted Garlic & White Bean Soup with Carrot and Celery

⌚ Prep Time: 5 min

⌚ Cook Time: 40 min

🍽 Servings: 2

## Ingredients:

- White beans (1 can, drained and rinsed)
- Garlic (1 whole head)
- Carrot (1 small, diced)
- Celery (1 small stalk, diced)
- Extra virgin olive oil (2 tbsp)

## Instructions:

1. Preheat oven to 400°F (200°C). Trim the top of the garlic head, drizzle with 1 tbsp of olive oil, wrap it in foil, and roast for 30-35 minutes until tender. Allow it to cool slightly before handling.
2. Heat the remaining 1 tbsp of olive oil in a pot over medium heat. Squeeze the roasted garlic cloves into the pot and sauté gently for 1-2 minutes, allowing the garlic to become fragrant.
3. Add the diced carrot and celery to the pot, and cook for 3-4 minutes until they begin to soften slightly.
4. Add the drained white beans and pour 2 cups (500ml) of water or broth. Bring the mixture to a gentle simmer and cook for 10 minutes.
5. Use an immersion blender to blend the soup until smooth. Season with salt to taste before serving.



**Calories:** 250

**Proteins:** 9g

**Fats:** 10g

**Carbs:** 34g

# Sweet & Tangy Pomegranate Lentil Soup

⌚ Prep Time: 5 min

⌚ Cook Time: 25 min

🍽 Servings: 2

## Ingredients:

- Red lentils (1 cup / 200g)
- Pomegranate juice (1 cup / 250ml, unsweetened)
- Onion (1 small, finely chopped)
- Extra virgin olive oil (2 tbsp)
- Honey (1 tbsp)

## Instructions:

1. Warm the olive oil in a pot over medium heat, and sauté the chopped onion for 3-4 minutes until soft and translucent.
2. Add the red lentils and stir for 1 minute to coat them in the oil.
3. Pour in the pomegranate juice and 2 cups (500ml) of water. Increase the heat to bring the mixture to a gentle boil, then lower the heat and let it simmer for 15-20 minutes, stirring occasionally.
4. Stir in the honey and mix well. Blend with an immersion blender for a smooth consistency, or leave it slightly chunky for texture.
5. Adjust the seasoning by adding salt to your preference just before serving.

**Calories:** 350

**Proteins:** 9.75g

**Fats:** 14g

**Carbs:** 50g



# Orange & Olive Chickpea Soup

 **Prep Time:** 5 min

 **Cook Time:** 20 min

 **Servings:** 2

## Ingredients:

- Chickpeas (1 can, drained and rinsed)
- Orange zest and juice (1 orange)
- Kalamata olives (¼ cup / 40g, sliced)
- Extra virgin olive oil (2 tbsp)
- Onion (1 small, finely chopped)



## Instructions:

1. Warm the olive oil in a pot over medium heat and sauté the chopped onion for 3-4 minutes until soft and translucent.
2. Add the drained chickpeas and stir for 2 minutes to coat them in the oil.
3. Add 2 cups (500ml) of water to the pot and let the mixture gently simmer. Let cook for 10 minutes.
4. Mix in the orange juice and grated zest, then add the sliced olives, stirring until evenly combined. Let simmer for another 5 minutes.
5. Add salt according to your preference, then serve while warm. Add lemon to taste.

**Calories:** 270

**Proteins:** 9g

**Fats:** 12g

**Carbs:** 34g

# Creamy Feta & Zucchini Soup

 **Prep Time:** 5 min

 **Cook Time:** 20 min

 **Servings:** 2



## Ingredients:

- Zucchini (1 medium, diced)
- Feta cheese (½ cup / 50g, crumbled)
- Garlic (2 cloves, minced)
- Extra virgin olive oil (2 tbsp)
- Vegetable broth (2 cups / 500ml)

**Calories:** 240

**Proteins:** 9g

**Fats:** 17g

**Carbs:** 12g

## Instructions:

1. Warm the olive oil in a pot over medium heat, and sauté the minced garlic for 1-2 minutes until fragrant.
2. Add the zucchini, stirring occasionally, and cook for about 5 minutes until slightly tender.
3. Add the vegetable broth, bring it to a gentle simmer, and cook for 10 minutes until the zucchini becomes tender.
4. Use an immersion blender to puree the soup until smooth, then mix in the crumbled feta cheese, stirring until it melts and creates a creamy texture.
5. Season with salt to taste before serving.

# Spiced Pear & Blue Cheese Soup

⌚ Prep Time: 5 min

⌚ Cook Time: 20 min

🍽 Servings: 2

## Ingredients:

- Pear (1 large, peeled and diced)
- Blue cheese (½ cup / 50g, crumbled)
- Potato (1 medium, diced)
- Extra virgin olive oil (2 tbsp)
- Vegetable broth (2 cups / 500ml)



## Instructions:

1. Warm the olive oil and sauté the diced pear and potato in a pot over medium heat for 5 minutes until slightly softened.
2. Add the vegetable broth, bring to a gentle simmer, and let it cook for 15 minutes until the potato becomes tender.
3. Use an immersion blender to puree the mixture until it reaches a smooth and creamy consistency.
4. Stir in the crumbled blue cheese and let it melt into the soup, mixing well.
5. Adjust seasoning with salt to taste before serving.
6. Optionally drizzle with fresh lemon juice or add yogurt before serving.

**Calories:** 270

**Proteins:** 8g

**Fats:** 15g

**Carbs:** 28g

# Saffron Mussel & Leek Soup

⌚ Prep Time: 5 min

⌚ Cook Time: 15 min

🍽 Servings: 2



## Ingredients:

- Fresh mussels (8 oz / 225g, cleaned and debearded)
- Leek (1 medium, sliced)
- Saffron threads (a pinch, soaked in 2 tbsp warm water)
- Extra virgin olive oil (2 tbsp)
- Fish or vegetable broth (2 cups / 500ml)

**Calories:** 220

**Proteins:** 18g

**Fats:** 10g

**Carbs:** 10g

## Instructions:

1. Heat olive oil in a pot over medium heat, then sauté the sliced leek for 3-4 minutes until softened and fragrant.
2. Add the saffron water and stir well to release its aroma and color.
3. Add the broth and bring it to a gentle simmer, allowing it to cook for 5 minutes.
4. Cover the pot and steam the mussels for 5-7 minutes or until they open. Discard any mussels that remain closed.
5. Season with salt to taste and optionally drizzle with fresh lemon juice before serving.

# CHAPTER 5:

## FISH, SEAFOOD & MEAT DISHES



# Mediterranean Fish with Olive-Tomato Salsa

 **Prep Time:** 5 min

 **Cook Time:** 8 min

 **Servings:** 2

## Ingredients:

- White fish fillets (such as cod or sea bass) – 2 fillets (about 6 oz / 170g each)
- Cherry tomatoes – 1 cup / 150g, chopped
- Kalamata olives – ¼ cup / 30g, pitted and sliced
- Red onion – ¼, finely chopped
- Extra virgin olive oil – 2 tbsp



## Instructions:

1. Preheat the grill or grill pan to medium-high temperature.
2. Brush the fish fillets with 1 tbsp of olive oil and season with salt and black pepper. Grill for 3-4 minutes on each side or until the fish flakes easily with a fork.
3. While the fish grills make the salsa by combining chopped cherry tomatoes, sliced olives, red onion, and olive oil in a small bowl. Toss to mix well.
4. After the fish is cooked, transfer it to a serving plate and spoon the olive-tomato salsa on top.
5. If desired, garnish with fresh basil or parsley and serve with a squeeze of lemon juice.

**Calories:** 290

**Proteins:** 28g

**Fats:** 20g

**Carbs:** 10g

# Baked Cod with Olives, Cherry Tomatoes & Vanilla Oil

 **Prep Time:** 5 min

 **Cook Time:** 15 min

 **Servings:** 2



## Ingredients:

- Cod fillet (2 pieces, about 6 oz / 170g each)
- Cherry tomatoes (1 cup, halved)
- Kalamata olives (¼ cup, sliced)
- Extra virgin olive oil (2 tbsp)
- Vanilla extract (½ tsp)

**Calories:** 280

**Proteins:** 35g

**Fats:** 12g

**Carbs:** 6g

## Instructions:

1. Preheat the oven to 400°F (200°C). In a small bowl, combine olive oil and vanilla extract.
2. Arrange the cod fillets in a baking dish and drizzle with the olive oil infused with vanilla.
3. Scatter cherry tomatoes and olives around the fish.
4. Bake for 12-15 minutes or until the cod flakes easily and is tender.
5. Season with salt to taste and optionally drizzle with fresh lemon juice before serving.

# Pan-Seared Tuna with Caper & Dark Chocolate Sauce

 Prep Time: 5 min

 Cook Time: 5 min

 Servings: 2

## Ingredients:

- Fresh tuna steak (2 pieces, about 6 oz / 170g each)
- Capers (1 tbsp, drained)
- Dark chocolate (85% cocoa, 1 square / 10g, finely chopped)
- Extra virgin olive oil (2 tbsp)
- Balsamic vinegar (1 tbsp)



## Instructions:

1. Heat 1 tbsp of olive oil in a hot pan. Cook the tuna steaks on each side for 1-2 minutes, ensuring the center remains pink. Take them off the heat and allow them to rest.
2. Lower the heat to medium and pour in the remaining olive oil. Sauté the capers for about a minute.
3. Pour in the balsamic vinegar and let it reduce slightly.
4. Take the pan off the heat and add the finely chopped dark chocolate, allowing it to melt into the sauce. Stir until well combined.
5. Season with salt to taste and optionally drizzle with fresh lemon juice before serving. Spoon the sauce over the tuna and serve immediately.

**Calories:** 350

**Proteins:** 40g

**Fats:** 18g

**Carbs:** 4g

# Mediterranean Fish Stew with Saffron & Orange Zest

 Prep Time: 5 min

 Cook Time: 15 min

 Servings: 2



## Ingredients:

- White fish fillet (cod, sea bass, or halibut, 8 oz / 225g, cut into chunks)
- Saffron threads (a pinch, soaked in 2 tbsp warm water)
- Orange zest (1 tbsp, freshly grated)
- Extra virgin olive oil (2 tbsp)
- Tomato puree (1 cup / 250ml)

**Calories:** 280

**Proteins:** 35g

**Fats:** 12g

**Carbs:** 10g

## Instructions:

1. Heat olive oil in a pot over medium heat, then add the saffron-infused water and sauté for 30 seconds to enhance its aroma.
2. Stir in the tomato puree and orange zest, letting the flavors meld for 2-3 minutes.
3. Pour 1 cup (250ml) of water or fish broth, bring to a simmer, and let it cook for 5 minutes.
4. Carefully add the fish chunks and simmer for 7-10 minutes or until the fish is tender and flakes easily.
5. Adjust the seasoning with salt to your liking, and if desired, drizzle with fresh lemon juice before serving.

## Lemon-Garlic Butter Salmon with Pistachios

⌚ Prep Time: 5 min

⌚ Cook Time: 8 min

🍽 Servings: 2

### Ingredients:

- Salmon fillet (2 pieces, about 6 oz / 170g each)
- Garlic (2 cloves, minced)
- Unsalted butter (2 tbsp)
- Lemon zest (1 tbsp, freshly grated)
- Crushed pistachios (2 tbsp)



### Instructions:

1. Melt the butter in a pan over medium heat, then sauté the minced garlic for 1-2 minutes or until it becomes fragrant.
2. Place the salmon fillets in the pan, skin-side down, and cook for 4-5 minutes until the skin is crispy. Flip the fillets and cook for an additional 2-3 minutes.
3. Sprinkle the lemon zest over the fillets and remove from heat.
4. Top with crushed pistachios for a crunchy contrast.
5. Season with salt to your preference and, if desired, finish with a drizzle of fresh lemon juice before serving.

**Calories:** 380

**Proteins:** 35g

**Fats:** 24g

**Carbs:** 5g

## Halibut with Saffron-Infused Cream & Caramelized Shallot

⌚ Prep Time: 5 min

⌚ Cook Time: 15 min

🍽 Servings: 2



### Ingredients:

- Halibut fillets (or other firm white fish like cod, sea bass, or grouper) – 2 pieces, about 6 oz / 170g each
- Heavy cream (½ cup / 120ml)
- Saffron threads (a pinch, soaked in 2 tbsp warm water)
- Shallots (2 small, thinly sliced)
- Unsalted butter (2 tbsp)

**Calories:** 380

**Proteins:** 36g

**Fats:** 24g

**Carbs:** 6g

### Instructions:

1. In a small saucepan, combine the saffron-infused water with the heavy cream. Warm gently over low heat for 5 minutes, making sure not to bring it to a boil.
2. In a separate pan, melt 1 tbsp of butter over medium heat. Sauté the sliced shallots for 5-6 minutes or until golden and caramelized. Remove from the pan and set aside.
3. Add the remaining butter to the same pan and sear the halibut (or any white fish) for 3-4 minutes on each side, until golden and fully cooked.
4. Drizzle the warm saffron cream over the fish, ensuring the fillets are well coated. Simmer for 1 minute to allow the flavors to combine.
5. Season with salt to taste and optionally drizzle with fresh lemon juice before serving. Top with caramelized shallots.

## Grilled Swordfish with Orange-Basil Glaze

 **Prep Time:** 5 min

 **Cook Time:** 8 min

 **Servings:** 2

### Ingredients:

- Swordfish steaks (or substitute with tuna or mahi-mahi) – 2 pieces, about 6 oz / 170g each
- Fresh orange juice (¼ cup / 60ml)
- Honey (1 tbsp)
- Fresh basil (2 tbsp, finely chopped)
- Extra virgin olive oil (2 tbsp)



### Instructions:

1. In a small bowl, whisk together the orange juice, honey, and 1 tbsp of olive oil. Set aside.
2. Preheat a grill or grill pan to medium-high. Brush the swordfish steaks with the additional olive oil.
3. Grill the fish on each side for 3-4 minutes until golden and lightly charred.
4. In the last minute of cooking, brush the fish with the orange-honey glaze, allowing it to caramelize slightly.
5. Remove from heat, sprinkle with fresh basil, season with salt to taste, and optionally drizzle with fresh lemon juice before serving.

**Calories:** 320

**Proteins:** 35g

**Fats:** 14g

**Carbs:** 10g

## Shrimp with Saffron & Roasted Almond Sauce

 **Prep Time:** 5 min

 **Cook Time:** 8 min

 **Servings:** 2



### Ingredients:

- Large shrimp (peeled and deveined) – 10 pieces (about 6 oz / 170g)
- Saffron threads (a pinch, soaked in 2 tbsp warm water)
- Roasted almonds (¼ cup / 30g, finely chopped)
- Extra virgin olive oil (2 tbsp)
- Garlic (2 cloves, minced)

**Calories:** 290

**Proteins:** 28g

**Fats:** 18g

**Carbs:** 5g

### Instructions:

1. In a pan over medium heat, heat 1 tbsp of olive oil. Add the minced garlic and sauté for 1-2 minutes or until it becomes fragrant.
2. Add the shrimp to the pan and cook for 2-3 minutes on each side until they turn pink and opaque. Take the shrimp out of the pan and set them aside.
3. Add the saffron water and remaining olive oil to the same pan, stirring gently to release the aroma.
4. Stir in the roasted almonds and let the sauce thicken slightly.
5. Return the shrimp to the pan, coat it in the saffron-almond sauce, season it with salt to taste, and optionally drizzle it with fresh lemon juice before serving.

## Grilled Sardines with Lemon, Honey & Smoked Paprika

⌚ Prep Time: 5 min

⌚ Cook Time: 8 min

🍽 Servings: 2

### Ingredients:

- Fresh sardines (6 whole, cleaned)
- Lemon (1, thinly sliced)
- Extra virgin olive oil (2 tbsp)
- Honey (1 tbsp)
- Smoked paprika (1 tbsp)



### Instructions:

1. Preheat a grill to medium-high heat. In a small bowl, whisk together olive oil, honey, and smoked paprika.
2. Rub the sardines with the mixture, making sure they are evenly coated.
3. Grill the sardines on each side for 3-4 minutes until the skin becomes crispy and slightly charred.
4. Add the lemon slices to the grill for the last 2 minutes, allowing them to caramelize.
5. Season with salt to taste and optionally drizzle with fresh lemon juice before serving.

**Calories:** 300

**Proteins:** 25g

**Fats:** 18g

**Carbs:** 8g

## Octopus with Smoked Paprika & Caramelized Figs

⌚ Prep Time: 5 min

⌚ Cook Time: 10 min

🍽 Servings: 2



### Ingredients:

- Cooked octopus tentacles (2 pieces, about 8 oz / 225g)
- Fresh figs (2, quartered) or substitute with 3 dried figs, rehydrated in warm water for 10 minutes, and sliced
- Smoked paprika (1 tbsp)
- Extra virgin olive oil (2 tbsp)
- Balsamic vinegar (1 tbsp)

**Calories:** 320

**Proteins:** 30g

**Fats:** 14g

**Carbs:** 15g

### Instructions:

1. Warm 1 tbsp of olive oil in a pan over medium heat. If using dried figs, soak in warm water for 10 minutes before slicing. Add the sliced figs to the pan and sauté for 3-4 minutes until they become golden and caramelized. Transfer to a plate and set aside.
2. Heat the remaining olive oil using the same pan and sear the octopus tentacles for 2 minutes on each side until they develop a light char.
3. Dust with smoked paprika and drizzle with balsamic vinegar, letting it reduce slightly.
4. Add the caramelized figs back to the pan and gently toss to coat them in the glaze.
5. Season with salt to taste and optionally drizzle with fresh lemon juice before serving.

# Mussels in Coconut-Ginger Broth

 **Prep Time:** 5 min

 **Cook Time:** 10 min

 **Servings:** 2

## Ingredients:

- Fresh mussels (1 lb / 450g, cleaned)
- Coconut milk (1 cup / 250ml)
- Fresh ginger (1-inch piece, grated)
- Garlic (2 cloves, minced)
- Extra virgin olive oil (2 tbsp)



## Instructions:

1. In a large pot over medium heat, warm the olive oil. Add the minced garlic and grated ginger, then sauté for 1-2 minutes until aromatic.
2. Add the coconut milk and stir, then allow the mixture to come to a gentle simmer.
3. Add the cleaned mussels to the pot, cover, and steam for 5-7 minutes or until they open. Discard any mussels that stay closed.
4. Stir the broth gently to coat the mussels in the fragrant sauce.
5. Season with salt to your preference and, if desired, drizzle with fresh lemon juice before serving.

**Calories:** 350

**Proteins:** 28g

**Fats:** 22g

**Carbs:** 8g

# Scallops with Pomegranate Glaze & Roasted Hazelnuts

 **Prep Time:** 5 min

 **Cook Time:** 10 min

 **Servings:** 2



## Ingredients:

- Large scallops (6 pieces, about 6 oz / 170g)
- Pomegranate juice (¼ cup / 60ml, unsweetened)
- Honey (1 tbsp)
- Roasted hazelnuts (2 tbsp, chopped)
- Extra virgin olive oil (2 tbsp)

**Calories:** 320

**Proteins:** 24g

**Fats:** 18g

**Carbs:** 10g

## Instructions:

1. Combine the pomegranate juice and honey in a small saucepan over medium heat. Simmer for 5-7 minutes until slightly thickened into a glaze. Set aside.
2. Warm 1 tbsp of olive oil in a pan over medium-high heat. Dry the scallops with a paper towel, then sear them on each side for 1-2 minutes until golden and caramelized. Remove from the heat.
3. Drizzle the pomegranate glaze over the scallops.
4. Sprinkle with chopped roasted hazelnuts for added crunch.
5. Season with salt to taste and optionally drizzle with fresh lemon juice before serving.

## Calamari Rings with Sun-Dried Tomatoes & Pine Nuts

⌚ Prep Time: 5 min

⌚ Cook Time: 10 min

🍽 Servings: 2

### Ingredients:

- Calamari rings (8 oz / 225g, cleaned)
- Sun-dried tomatoes (¼ cup / 30g, finely chopped)
- Pine nuts (2 tbsp, toasted)
- Extra virgin olive oil (2 tbsp)
- Garlic (2 cloves, minced)



### Instructions:

1. In a pan over medium heat, warm 1 tbsp of olive oil. Add the minced garlic and sauté for 1-2 minutes or until fragrant.
2. Add the chopped sun-dried tomatoes and toasted pine nuts, stirring for an additional 2 minutes. Remove from heat.
3. Add the remaining olive oil and sauté the calamari rings in the same pan for 2-3 minutes per side until lightly golden and tender.
4. Place the tomato and pine nut mixture back into the pan and gently toss to coat the calamari rings. Remove from the heat.
5. Season with salt to taste and optionally drizzle with fresh lemon juice before serving.

**Calories:** 290

**Proteins:** 28g

**Fats:** 16g

**Carbs:** 7g

## Mediterranean Seafood Medley in White Wine & Caramelized Pear

⌚ Prep Time: 5 min

⌚ Cook Time: 12 min

🍽 Servings: 2



### Ingredients:

- Mixed seafood (shrimp, mussels, squid, and scallops) – 12 oz / 340g
- White wine (½ cup / 120ml)
- Garlic (3 cloves, minced)
- Extra virgin olive oil (2 tbsp)
- Pear (1 small, diced)

**Calories:** 320

**Proteins:** 35g

**Fats:** 14g

**Carbs:** 10g

### Instructions:

1. In a large pan, heat 1 tbsp of olive oil over medium heat. Add the diced pear and cook for 3-4 minutes, allowing it to caramelize and turn slightly golden. Once done, remove from heat and set aside.
2. Add the remaining olive oil and sauté the minced garlic in the same pan for 1-2 minutes until fragrant.
3. Pour in the white wine and bring to a gentle simmer. Let it reduce slightly for 2-3 minutes.
4. Add the mixed seafood to the pan, cover, and cook for 5-7 minutes, or until the mussels open and the shrimp turn pink. Discard any mussels that remain closed.
5. Stir in the caramelized pear, letting its sweetness blend into the dish.
6. Season with salt to taste and optionally drizzle with fresh lemon juice before serving.

# Lamb Chops with Fig & Rosemary Glaze

 Prep Time: 5 min

 Cook Time: 10 min

 Servings: 2

## Ingredients:

- Lamb chops (4 pieces, about 12 oz / 340g total)
- Dried figs (3, finely chopped)
- Fresh rosemary (1 tbsp, chopped)
- Extra virgin olive oil (2 tbsp)
- Balsamic vinegar (1 tbsp)



## Instructions:

1. Place the chopped figs, balsamic vinegar, and 1 tablespoon of water in a small saucepan over medium heat. Let it simmer for 3-4 minutes until it thickens into a glaze. Stir in the chopped rosemary and set the mixture aside.
2. In a pan over medium-high heat, warm 1 tbsp of olive oil. Season the lamb chops with salt and sear them for 3-4 minutes on each side or until browned and cooked to your preferred level of doneness.
3. Brush the fig and rosemary glaze over the lamb chops in the last minute of cooking.
4. Remove the lamb chops from the heat and let them rest for 3 minutes to allow the juices to redistribute.
5. Season with salt to your liking and, if desired, drizzle with fresh lemon juice before serving.

**Calories:** 420

**Proteins:** 38g

**Fats:** 26g

**Carbs:** 9g

# Slow-Cooked Beef with Dates & Cinnamon

 Prep Time: 5 min

 Cook Time: 1.5-2 hours

 Servings: 2



## Ingredients:

- Beef chuck (12 oz / 340g, cut into chunks)
- Medjool dates (4, pitted and chopped)
- Ground cinnamon (½ tbsp)
- Extra virgin olive oil (2 tbsp)
- Beef broth (1 cup / 250ml)

**Calories:** 480

**Proteins:** 42g

**Fats:** 24g

**Carbs:** 15g

## Instructions:

1. In a pot over medium-high heat, warm 1 tbsp of olive oil. Add the beef chunks and sear for 3-4 minutes, turning to brown on all sides. Remove from the heat.
2. Add the remaining olive oil and sauté the chopped dates with cinnamon in the same pot for 2 minutes.
3. Place the seared beef back into the pot and add the beef broth. Bring to a gentle simmer.
4. Cover the pot and let it cook over low heat for 1.5 to 2 hours, stirring occasionally, until the beef becomes tender and absorbs the flavors of the spiced sauce.
5. Season with salt to taste and optionally drizzle with fresh lemon juice before serving.

# Roasted Duck Breast with Cranberry & Black Pepper Glaze

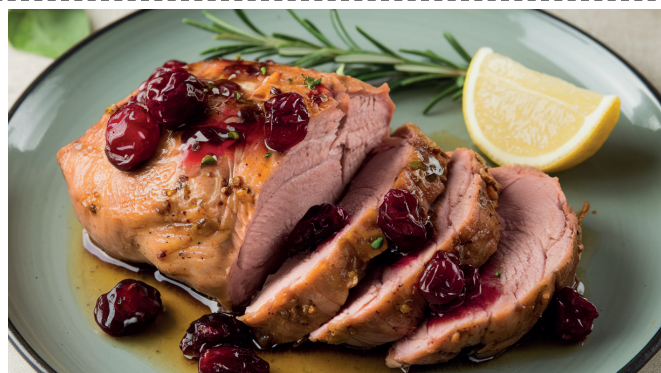
⌚ Prep Time: 5 min

⌚ Cook Time: 20 min

🍽 Servings: 2

## Ingredients:

- Duck breast (2 pieces, about 8 oz / 225g each)
- Fresh or frozen cranberries (¼ cup / 30g)
- Honey (1 tbsp)
- Black pepper (½ tbsp, freshly ground)
- Extra virgin olive oil (1 tbsp)



## Instructions:

1. Preheat the oven to 375°F (190°C). Score the skin of the duck breast in a crosshatch pattern.
2. Place a dry pan over medium heat and lay the duck breast skin-side down. Cook for 5-7 minutes until the fat melts and the skin develops a golden, crispy texture. Flip the duck and sear for an additional 2 minutes.
3. Transfer the duck to a baking dish. In a small saucepan, heat the cranberries, honey, and black pepper over low heat until the berries soften and release their juices (about 5 minutes).
4. Brush the cranberry glaze over the duck breasts and roast for 8-10 minutes until the duck reaches medium-rare or desired doneness.
5. Season with salt to taste and optionally drizzle with fresh lemon juice before serving. Let the duck rest for 5 minutes before slicing.

**Calories:** 450

**Proteins:** 38g

**Fats:** 26g

**Carbs:** 10g

# Beef Tenderloin with Dark Chocolate & Red Wine Sauce

⌚ Prep Time: 5 min

⌚ Cook Time: 10 min

🍽 Servings: 2



## Ingredients:

- Beef tenderloin steaks (2 pieces, about 6 oz / 170g each)
- Dark chocolate (85% cocoa, 1 square / 10g, finely grated)
- Dry red wine (¼ cup / 60ml)
- Unsalted butter (1 tbsp)
- Black pepper (½ tbsp, freshly ground)

**Calories:** 420

**Proteins:** 38g

**Fats:** 24g

**Carbs:** 6g

## Instructions:

1. Preheat a pan over medium-high heat. Sprinkle the beef tenderloin steaks with salt and black pepper for seasoning.
2. Sear the steaks for 3-4 minutes on each side until they develop a rich brown crust and reach your preferred doneness. Take them off the heat and allow them to rest.
3. In the same pan, add the red wine and let it simmer while deglazing the pan by scraping up any browned bits. Allow the liquid to reduce by half, which should take about 3 minutes.
4. Reduce the heat, then whisk in the butter and grated dark chocolate, stirring continuously until the mixture becomes smooth and well combined.
5. Season with salt to your liking and, if desired, drizzle with fresh lemon juice. Spoon the sauce over the steaks and serve immediately.

## Spiced Lamb Kofta with Pomegranate & Mint Yogurt

 Prep Time: 5 min

 Cook Time: 10 min

 Servings: 2

### Ingredients:

- Ground lamb (12 oz / 340g)
- Pomegranate molasses (1 tbsp)
- Fresh mint (1 tbsp, finely chopped)
- Greek yogurt (¼ cup / 60g)
- Ground cumin (1 tbsp)



### Instructions:

1. In a bowl, mix the ground lamb with ground cumin and a pinch of salt. Shape into small oval kofta patties.
2. Preheat a grill pan or skillet over medium-high heat. Cook the kofta for 3-4 minutes on each side until browned and fully cooked.
3. In a small bowl, mix the Greek yogurt with pomegranate molasses and chopped mint.
4. Serve the kofta with a drizzle of mint yogurt sauce.
5. Season with salt to taste and optionally drizzle with fresh lemon juice before serving.

**Calories:** 380

**Proteins:** 36g

**Fats:** 22g

**Carbs:** 8g

## Grilled Veal Chops with Apricot & Mustard Glaze

 Prep Time: 5 min

 Cook Time: 12 min

 Servings: 2



### Ingredients:

- Veal chops (2 pieces, about 10 oz / 280g each)
- Dried apricots (3, finely chopped)
- Dijon mustard (1 tbsp)
- Extra virgin olive oil (2 tbsp)
- White wine vinegar (1 tbsp)

**Calories:** 430

**Proteins:** 42g

**Fats:** 24g

**Carbs:** 10g

### Instructions:

1. In a small saucepan over medium heat, combine the chopped dried apricots, Dijon mustard, and white wine vinegar. Let it simmer for 3-4 minutes, allowing the mixture to soften and thicken slightly. Set aside.
2. Warm 1 tbsp of olive oil in a grill pan over medium-high heat. Sprinkle salt on the veal chops and grill them for 4-5 minutes on each side or until they are beautifully charred and cooked to your liking.
3. In the last minute of grilling, brush the apricot-mustard glaze over the veal chops, allowing it to caramelize slightly.
4. Take off the heat and allow the dish to rest for 5 minutes before serving.
5. Adjust the seasoning with salt as desired, and if preferred, add a drizzle of fresh lemon juice before serving.

# Spiced Duck Legs with Orange & Cardamom

⌚ Prep Time: 5 min

⌚ Cook Time: 50 min

🍽 Servings: 2

## Ingredients:

- Duck legs (2 pieces, about 10 oz / 280g each)
- Fresh orange juice (½ cup / 120ml)
- Ground cardamom (½ tsp)
- Honey (1 tbsp)
- Extra virgin olive oil (1 tbsp)



## Instructions:

1. Preheat the oven to 350°F (175°C). Pat the duck legs dry and rub them with ground cardamom and salt.
2. Place a dry, oven-safe pan over medium heat and add the duck legs, skin-side down. Cook for 5-7 minutes, allowing the fat to render and the skin to become golden. Flip the legs and cook for an additional 2 minutes.
3. In a small bowl, whisk together the orange juice, honey, and olive oil. Drizzle the mixture over the duck legs.
4. Transfer the pan to the oven and roast for 40-45 minutes, occasionally basting with the juices.
5. Season with salt to taste and optionally drizzle with fresh lemon juice before serving. Let the duck rest for 5 minutes before serving.

**Calories:** 480

**Proteins:** 38g

**Fats:** 28g

**Carbs:** 12g

# Herb-Crusted Lamb Loin with Olive, Lemon & Roasted Grapes Tapenade

⌚ Prep Time: 5 min

⌚ Cook Time: 15 min

🍽 Servings: 2



## Ingredients:

- Lamb loin (10 oz / 280g, trimmed)
- Mixed olives (¼ cup / 40g, finely chopped)
- Red grapes (¼ cup / 40g, roasted until slightly caramelized)
- Lemon zest (1 tbsp, freshly grated)
- Extra virgin olive oil (2 tbsp)

**Calories:** 430

**Proteins:** 42g

**Fats:** 26g

**Carbs:** 8g

## Instructions:

1. Preheat the oven to 400°F (200°C). Toss the grapes with ½ tsp of olive oil and roast for 8-10 minutes until slightly caramelized and bursting.
2. Coat the lamb loin with 1 tbsp of olive oil and season with salt. Sear it in a pan over medium-high heat for 2 minutes on each side until it develops a golden-brown crust.
3. Mix the roasted grapes, chopped olives, lemon zest, and olive oil in a small bowl to create a chunky, sweet-savory tapenade.
4. Place the lamb on a baking sheet and roast for 10-12 minutes for medium-rare or longer if a different level of doneness is preferred.
5. Let the lamb rest for 5 minutes before slicing. Spoon the roasted grape & olive tapenade over the top and serve.

## Pistachio-Crusted Chicken with Pickled Cucumber Yogurt Sauce

 Prep Time: 5 min

 Cook Time: 15 min

 Servings: 2

### Ingredients:

- Chicken breasts (2 pieces, about 8 oz / 225g each)
- Pistachios (¼ cup / 30g, finely chopped)
- Greek yogurt (¼ cup / 60g)
- Pickled cucumber (1 small, finely grated)
- Extra virgin olive oil (2 tbsp)



### Instructions:

1. Preheat the oven to 375°F (190°C). Coat the chicken breasts with 1 tbsp of olive oil, then press the finely chopped pistachios onto the surface, ensuring they stick.
2. In a pan, heat the remaining olive oil over medium heat and cook the chicken for 2 minutes on each side until it becomes golden brown.
3. Transfer to a baking dish and roast for 12-15 minutes until the chicken is fully cooked.
4. In a small bowl, combine the Greek yogurt with the grated pickled cucumber and allow the mixture to sit for a few minutes to blend the flavors.
5. Season with salt to taste and optionally drizzle with fresh lemon juice before serving. Cut the chicken into slices and serve with the pickled cucumber yogurt sauce on the side.

**Calories:** 380

**Proteins:** 42g

**Fats:** 22g

**Carbs:** 6g

## Sumac-Spiced Lamb Meatballs with Roasted Eggplant Puré

 Prep Time: 5 min

 Cook Time: 10 min

 Servings: 2



### Ingredients:

- Ground lamb (12 oz / 340g)
- Sumac (1 tbsp)
- Roasted eggplant (1 small, mashed)
- Greek yogurt (¼ cup / 60g)
- Extra virgin olive oil (2 tbsp)

**Calories:** 410

**Proteins:** 36g

**Fats:** 26g

**Carbs:** 6g

### Instructions:

1. In a bowl, mix the ground lamb with sumac and a pinch of salt. Shape into small meatballs.
2. Add 1 tbsp of olive oil to a pan over medium heat and cook the meatballs on each side for 3-4 minutes until they are browned and cooked.
3. In a separate bowl, mix the roasted, mashed eggplant with Greek yogurt and 1 tbsp of olive oil to create a smooth purée.
4. Serve the lamb meatballs over the roasted eggplant purée.
5. Season with salt to taste and optionally drizzle with fresh lemon juice before serving.

# Veal Medallions with Walnut & Fig Butter

 **Prep Time:** 5 min

 **Cook Time:** 10 min

 **Servings:** 2

## Ingredients:

- Veal medallions (2 pieces, about 6 oz / 170g each)
- Dried figs (3, finely chopped)
- Walnuts (2 tbsp, finely chopped)
- Unsalted butter (2 tbsp)
- Extra virgin olive oil (1 tbsp)



## Instructions:

1. Add 1 tbsp of olive oil to a pan over medium-high heat. Season the veal medallions with salt and sear each side for 2-3 minutes until golden brown and cooked to your preferred doneness. Remove from heat and allow the meat to rest.
2. In the same pan, lower the heat and add butter, chopped figs, and walnuts. Stir for 2 minutes until the butter is infused with the fig and nut flavors.
3. Spoon the walnut-fig butter over the veal medallions.
4. Season with salt to taste and optionally drizzle with fresh lemon juice before serving.
5. Let the veal rest for 5 minutes before serving to retain its juiciness.

**Calories:** 420

**Proteins:** 42g

**Fats:** 24g

**Carbs:** 8g

# Spiced Beef Short Ribs with Date & Espresso Glaze

 **Prep Time:** 5 min

 **Cook Time:** 3 hours

 **Servings:** 2



## Ingredients:

- Beef short ribs (1 lb / 450g, bone-in)
- Espresso (½ cup / 120ml, freshly brewed)
- Medjool dates (3, finely chopped)
- Ground coriander (1 tbsp)
- Extra virgin olive oil (2 tbsp)

**Calories:** 520

**Proteins:** 45g

**Fats:** 32g

**Carbs:** 10g

## Instructions:

1. Preheat the oven to 325°F (160°C). Rub the beef short ribs with ground coriander and a pinch of salt.
2. Add 1 tbsp of olive oil to a Dutch oven and heat over medium-high heat. Sear the ribs on each side for 3-4 minutes until they develop a rich brown crust. Remove the ribs from the pot and set aside.
3. In the same pan, add the chopped dates and espresso. Simmer for 2 minutes, stirring to dissolve the dates into the sauce.
4. Return the ribs to the pan, cover, and transfer to the oven. Slow-roast for 2.5-3 hours until the meat is fork-tender.
5. Season with salt to taste and optionally drizzle with fresh lemon juice before serving. Spoon the thickened espresso-date glaze over the ribs before serving.

# CHAPTER 6: MEDITERRANEAN GRAINS & VEGETABLES



## Spiced Bulgur with Roasted Fennel & Blackberries

⌚ Prep Time: 5 min

⌚ Cook Time: 20 min

🍽 Servings: 2

### Ingredients:

- Bulgur wheat (¾ cup / 150g, cooked)
- Fennel bulb (1 small, thinly sliced)
- Fresh blackberries (¼ cup / 40g)
- Extra virgin olive oil (2 tbsp)
- Ground cinnamon (½ tsp)



### Instructions:

1. Preheat the oven to 400°F (200°C). Toss the sliced fennel with 1 tbsp of olive oil and roast for 15-20 minutes until golden and tender.
2. In a large bowl, mix the cooked bulgur with roasted fennel.
3. Gently fold in the fresh blackberries for a juicy, slightly tart contrast.
4. Drizzle the remaining olive oil and sprinkle with ground cinnamon for a warm, aromatic touch.
5. Season with salt to taste and optionally drizzle with fresh lemon juice before serving.

**Calories:** 290

**Proteins:** 7g

**Fats:** 12g

**Carbs:** 40g

## Roasted Quinoa with Grapes & Almonds

⌚ Prep Time: 5 min

⌚ Cook Time: 20 min

🍽 Servings: 2



### Ingredients:

- Quinoa (¾ cup / 150g, uncooked)
- Red grapes (½ cup / 75g, roasted)
- Sliced almonds (2 tbsp, toasted)
- Extra virgin olive oil (2 tbsp)
- Ground nutmeg (½ tsp)

### Instructions:

1. Preheat the oven to 375°F (190°C). Drizzle 1 tbsp of olive oil over the red grapes, then roast them for 12-15 minutes or until they are soft and lightly caramelized.
2. Rinse the quinoa under cold water, then cook it according to package instructions (about 12-15 minutes). Drain if needed and fluff with a fork.
3. Transfer the cooked quinoa to a baking sheet, drizzle with 1 tbsp of olive oil, and roast in the oven for 5-7 minutes at 375°F (190°C) until slightly crispy.
4. Stir in the roasted grapes and toasted almonds, mixing well.
5. Season with salt to taste and optionally drizzle with fresh lemon juice before serving.

**Calories:** 320

**Proteins:** 9g

**Fats:** 14g

**Carbs:** 38g

## Couscous with Roasted Zucchini & Dried Apricots

⌚ Prep Time: 5 min

⌚ Cook Time: 20 min

🍽 Servings: 2

### Ingredients:

- Couscous (¾ cup / 150g, cooked)
- Zucchini (2 small, cut into rounds)
- Dried apricots (4, finely chopped)
- Extra virgin olive oil (2 tbsp)
- Ground coriander (1 tbsp)



### Instructions:

1. Preheat the oven to 400°F (200°C). Toss the zucchini rounds with 1 tbsp of olive oil and a sprinkle of ground coriander. Roast for 15-20 minutes until tender and lightly caramelized.
2. Cook the couscous according to package instructions (about 5 minutes). Fluff with a fork.
3. In a large bowl, combine the cooked couscous with the roasted zucchini and chopped dried apricots.
4. Drizzle with the remaining olive oil and toss gently.
5. Season with salt to taste and optionally drizzle with fresh lemon juice before serving.

**Calories:** 320

**Proteins:** 7g

**Fats:** 14g

**Carbs:** 42g

## Pearl Barley with Roasted Beets & Feta

⌚ Prep Time: 5 min

⌚ Cook Time: 40 min

🍽 Servings: 2



### Ingredients:

- Pearl barley (¾ cup / 150g, cooked)
- Beets (2 small, roasted and diced)
- Feta cheese (¼ cup / 40g, crumbled)
- Extra virgin olive oil (2 tbsp)
- Fresh dill (1 tbsp, chopped)

**Calories:** 320

**Proteins:** 10g

**Fats:** 18g

**Carbs:** 36g

### Instructions:

1. Preheat the oven to 400°F (200°C). Wrap the beets in aluminum foil and roast for 30-40 minutes until soft. Allow them to cool, then peel and chop into cubes.
2. Cook the pearl barley according to package instructions (about 20-25 minutes). Drain if needed and fluff with a fork.
3. In a large bowl, mix the cooked pearl barley with the roasted beet cubes.
4. Gently fold in the crumbled feta cheese and fresh chopped dill.
5. Lightly drizzle with extra virgin olive oil and toss to combine. Season with salt to your liking and, if desired, add a splash of fresh lemon juice just before serving.

# Millet with Roasted Sweet Potatoes & Cranberries

⌚ Prep Time: 5 min

⌚ Cook Time: 30 min

🍽 Servings: 2

## Ingredients:

- Millet (¾ cup / 150g, cooked)
- Sweet potatoes (2 small, peeled and cubed)
- Fresh cranberries (¼ cup / 40g)
- Extra virgin olive oil (2 tbsp)
- Ground cinnamon (½ tbsp)



## Instructions:

1. Preheat the oven to 400°F (200°C). Toss the cubed sweet potatoes with 1 tbsp of olive oil and ground cinnamon. Roast for 25-30 minutes until tender and slightly caramelized.
2. Prepare the millet following the package directions, which typically takes around 15 minutes. Once cooked, use a fork to fluff the grains.
3. In a large bowl, combine the cooked millet, roasted sweet potatoes, and fresh cranberries.
4. Drizzle with the remaining olive oil and toss gently.
5. Season with salt to taste and optionally drizzle with fresh lemon juice before serving.

**Calories:** 350

**Proteins:** 8g

**Fats:** 14g

**Carbs:** 50g

# Farro with Roasted Brussels Sprouts & Dried Cherries

⌚ Prep Time: 5 min

⌚ Cook Time: 30 min

🍽 Servings: 2

## Ingredients:

- Farro (¾ cup / 150g, cooked)
- Brussels sprouts (10, halved)
- Dried cherries (¼ cup / 40g)
- Extra virgin olive oil (2 tbsp)
- Balsamic vinegar (1 tbsp)



**Calories:** 350

**Proteins:** 8g

**Fats:** 14g

**Carbs:** 48g

## Instructions:

1. Preheat the oven to 400°F (200°C). Toss the halved Brussels sprouts with 1 tbsp of olive oil and roast for 20-25 minutes until golden brown and crispy on the edges.
2. Prepare the farro as directed on the package, usually for about 20 minutes. If necessary, drain any excess liquid, then fluff with a fork.
3. In a large bowl, mix the cooked farro with the roasted Brussels sprouts and dried cherries.
4. Drizzle with the remaining olive oil and balsamic vinegar.
5. Season with salt to taste and optionally drizzle with fresh lemon juice before serving.

## Greek-Style Rice Pilaf with Lemon & Dill

 Prep Time: 5 min

 Cook Time: 20 min

 Servings: 2

### Ingredients:

- Long-grain rice (¾ cup / 150g)
- Fresh dill (1 tbsp, chopped)
- Lemon zest (1 tbsp)
- Extra virgin olive oil (2 tbsp)
- Chicken or vegetable broth (1 cup / 250ml)

### Instructions:

1. Heat 1 tbsp of olive oil in a pan over medium heat, then sauté the rice for 2-3 minutes until it becomes slightly toasted.
2. Pour in the broth, stir in the lemon zest, and add a pinch of salt. Bring the mixture to a boil. Lower the heat, cover the pan, and let it simmer for 15-18 minutes until the rice is fully cooked and the liquid has been absorbed.
3. After cooking, use a fork to fluff the rice, then mix in the fresh dill and the rest of the olive oil.
4. Season with salt to taste and optionally drizzle with fresh lemon juice before serving.



**Calories:** 270

**Proteins:** 6g

**Fats:** 10g

**Carbs:** 40g

## Creamy Polenta with Roasted Mushrooms & Parmesan

 Prep Time: 5 min

 Cook Time: 20 min

 Servings: 2

### Ingredients:

- Polenta (¾ cup / 150g)
- Mixed mushrooms (1 cup / 100g, sliced)
- Parmesan cheese (¼ cup / 30g, grated)
- Extra virgin olive oil (2 tbsp)
- Fresh thyme (1 tbsp, chopped)

### Instructions:

1. In a pot, heat 3 cups of water until it comes to a vigorous boil. Gradually whisk the polenta into the boiling water, then reduce the heat to low. Cook for 15-20 minutes, stirring occasionally, until it reaches a smooth and creamy consistency. Stir 1 tbsp of olive oil and half of the grated Parmesan cheese.
2. As the polenta simmers, warm the remaining olive oil in a pan over medium heat. Add the sliced mushrooms and cook for 5-7 minutes, stirring occasionally, until they become tender and develop a golden-brown color.
3. Stir in the fresh thyme and cook for another minute.
4. Spoon the creamy polenta onto plates and top with the sautéed mushrooms.
5. Top with the remaining Parmesan cheese and serve while hot.

**Calories:** 360

**Proteins:** 10g

**Fats:** 22g

**Carbs:** 35g



# Creamy Vegetable Risotto with Asparagus & Peas

⌚ Prep Time: 5 min

⌚ Cook Time: 25 min

🍽 Servings: 2

## Ingredients:

- Arborio rice (¾ cup / 150g)
- Fresh asparagus (½ bunch, cut into 1-inch pieces)
- Fresh peas (¼ cup / 40g)
- Vegetable broth (3 cups / 750ml)
- Parmesan cheese (¼ cup / 30g, grated)

## Instructions:

1. Heat 1 tbsp of olive oil in a pan over medium heat. Add the asparagus and peas, cooking for 4-5 minutes until tender. Remove from heat and set aside.
2. In a separate pot, gently heat the vegetable broth and keep it warm.
3. In a separate large pan, heat 2 tbsp of olive oil over medium heat. Add the Arborio rice and stir for 2-3 minutes until the rice is lightly toasted.
4. Slowly incorporate the warm vegetable broth, adding ½ cup at a time, and stir continuously until the liquid is fully absorbed before adding more. Continue this process until the rice becomes tender and creamy, which should take about 20 minutes.
5. Stir in the sautéed asparagus and peas, followed by the grated Parmesan cheese.
6. Taste and adjust the seasoning with salt and pepper, then finish by drizzling with olive oil before serving.



**Calories:** 380

**Proteins:** 12g

**Fats:** 14g

**Carbs:** 50g

# Pappardelle with Lemon, Garlic, and Roasted Tomatoes & Parmesan

⌚ Prep Time: 5 min

⌚ Cook Time: 20 min

🍽 Servings: 2



## Ingredients:

- Pappardelle pasta (8 oz / 225g)
- Cherry tomatoes (1 cup / 150g, halved)
- Garlic (3 cloves, thinly sliced)
- Parmesan cheese (¼ cup / 30g, grated)
- Extra virgin olive oil (2 tbsp)

## Instructions:

1. Preheat the oven to 375°F (190°C). Drizzle 1 tbsp of olive oil over the halved cherry tomatoes and roast them for 15-20 minutes or until they are tender and lightly caramelized.
2. Boil the pappardelle following the package directions (approximately 8-10 minutes). Drain, saving a little pasta water.
3. In a large pan, heat the remaining olive oil over medium heat. Add the garlic and sauté for 1-2 minutes until fragrant and golden.
4. Add the roasted tomatoes and cooked pasta to the pan, tossing gently. If needed, add a bit of pasta water to loosen the sauce.
5. Mix in the grated Parmesan and adjust the seasoning with salt and pepper. Serve right away, topped with a splash of olive oil.

**Calories:** 380

**Proteins:** 12g

**Fats:** 20g

**Carbs:** 40g

# Spicy Pumpkin & Chickpea Ragù with Garlic, Cumin & Coriander

⌚ Prep Time: 5 min

⌚ Cook Time: 30 min

🍽 Servings: 2

## Ingredients:

- Pumpkin (1 small, peeled and diced)
- Chickpeas (1 can / 240g, drained and rinsed)
- Canned tomatoes (1 cup / 240ml)
- Garlic (3 cloves, minced)
- Ground spices - cumin and coriander (1 tbsp each)

## Instructions:

1. Heat 1 tbsp of olive oil in a large pan over medium heat. Add the cubed pumpkin and cook for 5-7 minutes, stirring occasionally, until it begins to soften.
2. Add the minced garlic and sauté for another 1-2 minutes until fragrant.
3. Add the ground cumin and coriander, and stir for 1 minute to release the flavors.
4. Add the canned tomatoes and chickpeas, and stir everything together.
5. Cover and simmer for 20-25 minutes, stirring occasionally, until the pumpkin is tender and the sauce has thickened.
6. Adjust the seasoning with salt and pepper as needed, then serve hot, garnished with a sprinkle of fresh parsley or cilantro.



**Calories:** 350

**Proteins:** 12g

**Fats:** 14g

**Carbs:** 45g

# Creamy Pasta with Spinach, Garlic, and Parmesan

⌚ Prep Time: 5 min

⌚ Cook Time: 15 min

🍽 Servings: 2



## Ingredients:

- Pasta (8 oz / 225g, your choice, preferably fettuccine or pappardelle)
- Fresh spinach (2 cups / 60g, chopped)
- Garlic (3 cloves, minced)
- Heavy cream (½ cup / 120ml)
- Parmesan cheese (¼ cup / 30g, grated)

## Instructions:

1. Prepare the pasta as directed on the package, then drain, saving a bit of the pasta water.
2. Heat 1 tbsp of olive oil in a large pan over medium heat. Add the minced garlic and cook for 1-2 minutes until it becomes fragrant.
3. Add the chopped spinach to the pan and cook until wilted, about 2-3 minutes.
4. Pour in the heavy cream and stir, cooking for another 3-4 minutes until the sauce thickens slightly.
5. Combine the cooked pasta with the contents of the pan, tossing gently to coat. If the sauce is too thick, gradually add a splash of the reserved pasta water to achieve the desired consistency.
6. Add the grated Parmesan cheese and stir until it melts, creating a smooth and creamy sauce.
7. Adjust the seasoning with salt and pepper, then serve right away, garnished with additional Parmesan if preferred.

**Calories:** 420

**Proteins:** 12g

**Fats:** 25g

**Carbs:** 38g

# Roasted Cauliflower with Tahini & Pomegranate Molasses

⌚ Prep Time: 5 min

⌚ Cook Time: 25 min

🍽 Servings: 2

## Ingredients:

- Cauliflower (1 small, cut into florets)
- Pomegranate molasses (2 tbsp)
- Tahini (2 tbsp)
- Lemon juice (1 tbsp)
- Extra virgin olive oil (2 tbsp)

## Instructions:

1. Preheat the oven to 400°F (200°C). Toss the cauliflower florets with 1 tbsp of olive oil and season with salt and pepper. Roast for 20-25 minutes until golden brown and tender.
2. In a small bowl, whisk together tahini, lemon juice, and 1 tbsp of olive oil until smooth. Add a little water if the sauce is too thick.
3. Once the cauliflower is roasted, drizzle the tahini sauce over the top.
4. Drizzle the pomegranate molasses on top for a sweet, tangy finish.
5. Adjust the seasoning with more salt and pepper to taste, then serve immediately.



**Calories:** 270

**Proteins:** 7g

**Fats:** 20g

**Carbs:** 23g

# Caramelized Shallots & Roasted Carrots with Honey Balsamic Glaze

⌚ Prep Time: 5 min

⌚ Cook Time: 25 min

🍽 Servings: 2



## Ingredients:

- Carrots (3 medium, peeled and cut into sticks)
- Shallots (2, peeled and halved)
- Honey (1 tbsp)
- Balsamic vinegar (2 tbsp)
- Extra virgin olive oil (2 tbsp)

## Instructions:

1. Preheat the oven to 400°F (200°C). Combine the carrots and shallots with 1 tbsp of olive oil, then season with salt and pepper to your preference.
2. Arrange the carrots and shallots in a single layer on a baking sheet. Roast for 20-25 minutes until caramelized and tender.
3. In a small saucepan, mix the honey and balsamic vinegar, then heat over medium heat. Stir occasionally and simmer for 2-3 minutes until the glaze thickens slightly.
4. Once the carrots and shallots are roasted, drizzle the honey balsamic glaze over the vegetables.
5. Adjust the seasoning with more salt and pepper as needed, then serve right away.

**Calories:** 280

**Proteins:** 2g

**Fats:** 14g

**Carbs:** 35g

# CHAPTER 7:

## SAUCES



## Spicy Mango & Ginger Sauce

⌚ Prep Time: 5 min

⌚ Cook Time: 0 min

🍽 Servings: 2-3

### Ingredients:

- Mango (1 ripe, peeled and diced)
- Fresh ginger (1-inch piece, peeled and grated)
- Honey (1 tbsp)
- Rice vinegar (2 tbsp)
- Red chili flakes (½ tsp)



### Instructions:

1. Combine the diced mango, grated ginger, honey, rice vinegar, and red chili flakes in a blender.
2. Blend until the mixture is smooth, adding water gradually if the sauce is too thick.
3. Taste the sauce and adjust the sweetness or spice level by adding more honey or chili flakes as desired.
4. Serve as a dipping sauce, drizzle over grilled chicken or vegetables, or use as a dressing for salads.

Calories: 70

Proteins: 1g

Fats: 0g

Carbs: 18g

## Smoky Chipotle & Tomato Sauce

⌚ Prep Time: 5 min

⌚ Cook Time: 15 min

🍽 Servings: 2



### Ingredients:

- Canned tomatoes (1 can / 240g)
- Chipotle peppers in adobo sauce (2, chopped)
- Garlic (2 cloves, minced)
- Olive oil (1 tbsp)
- Lime juice (1 tbsp)

Calories: 90

Proteins: 2g

Fats: 5g

Carbs: 10g

### Instructions:

1. Heat the olive oil in a pan over medium heat. Add the minced garlic and sauté for 1-2 minutes until fragrant.
2. Add the chopped chipotle peppers and sauté for another 2 minutes.
3. Add the canned tomatoes to the pan and let it simmer for 10-12 minutes, allowing the flavors to combine and develop.
4. Add lime juice and stir.
5. Blend the sauce with an immersion blender for a smooth consistency, or leave it chunky if preferred.

# Creamy Avocado & Cilantro Sauce

 **Prep Time:** 5 min

 **Cook Time:** 0 min

 **Servings:** 2-3

## Ingredients:

- Ripe avocado (1, peeled and pitted)
- Fresh cilantro (2 tbsp, chopped)
- Greek yogurt (¼ cup / 60g)
- Lime juice (1 tbsp)
- Olive oil (1 tbsp)



## Instructions:

1. In a blender or food processor, combine the avocado, fresh cilantro, Greek yogurt, lime juice, and olive oil.
2. Blend until creamy, adding a small amount of water if the sauce is too thick.
3. Taste and modify the seasoning, adding more salt or lime juice if preferred.
4. Serve immediately as a dip, dressing, or drizzle over tacos, grilled vegetables, or salads.

**Calories:** 120

**Proteins:** 3g

**Fats:** 9g

**Carbs:** 12g

# Roasted Red Pepper & Almond Sauce

 **Prep Time:** 5 min

 **Cook Time:** 5 min

 **Servings:** 2-3



## Ingredients:

- Roasted red peppers (1 cup / 150g, peeled and chopped)
- Almonds (¼ cup / 30g, toasted)
- Garlic (2 cloves, minced)
- Olive oil (2 tbsp)
- Lemon juice (1 tbsp)

**Calories:** 150

**Proteins:** 4g

**Fats:** 12g

**Carbs:** 10g

## Instructions:

1. Combine the roasted red peppers, toasted almonds, minced garlic, olive oil, and lemon juice in a food processor or blender.
2. Blend until silky and smooth, adding water gradually to achieve your preferred thickness.
3. Taste and modify the seasoning, adding more salt or lemon juice as desired.
4. Serve immediately with grilled vegetables, as a dip for bread, or drizzled over pasta.

# Creamy Tahini & Lemon Sauce

 **Prep Time:** 5 min

 **Cook Time:** 0 min

 **Servings:** 2-3

## Ingredients:

- Tahini (½ cup / 120g)
- Lemon juice (2 tbsp)
- Garlic (1 clove, minced)
- Olive oil (2 tbsp)
- Water (2 tbsp)



## Instructions:

1. In a bowl, whisk together the tahini, lemon juice, garlic, and olive oil.
2. Slowly add water and whisk until the sauce becomes smooth and creamy.
3. Taste the mixture and adjust the seasoning by adding more salt or lemon juice if necessary.
4. Serve immediately as a dressing for salads, drizzle over roasted vegetables, or use as a dip for bread or falafel.

**Calories:** 230

**Proteins:** 5g

**Fats:** 22g

**Carbs:** 6g

# Roasted Garlic & Herb Yogurt Sauce

 **Prep Time:** 5 min

 **Cook Time:** 25 min

 **Servings:** 2-3



## Ingredients:

- Greek yogurt (½ cup / 120g)
- Garlic (4 cloves, roasted and mashed)
- Fresh parsley (2 tbsp, chopped)
- Fresh lemon juice (1 tbsp)
- Olive oil (1 tbsp)

**Calories:** 150

**Proteins:** 6g

**Fats:** 10g

**Carbs:** 12g

## Instructions:

1. Preheat the oven to 375°F (190°C). Wrap the garlic cloves in foil and roast for 20-25 minutes until soft and golden.
2. Remove the roasted garlic from its skins and mash it using a fork.
3. In a bowl, mix together the mashed garlic, Greek yogurt, chopped parsley, lemon juice, and olive oil.
4. Stir well until smooth and creamy.
5. Adjust the seasoning with salt and pepper to taste, if needed. Serve right away or refrigerate for a short period before serving.

# Cranberry & Orange Sauce

 **Prep Time:** 5 min

 **Cook Time:** 15 min

 **Servings:** 2-3

## Ingredients:

- Fresh cranberries (1 cup / 120g)
- Orange juice (½ cup / 120ml)
- Honey (2 tbsp)
- Fresh ginger (1 tbsp, grated)
- Cinnamon (¼ tbsp)



## Instructions:

1. In a saucepan, mix the cranberries with orange juice, honey, grated ginger, and cinnamon.
2. Simmer on medium heat for about 10-12 minutes, stirring from time to time, until the cranberries break open and the sauce reaches a thicker consistency.
3. Once the sauce reaches your desired consistency, remove it from the heat.
4. Let it cool before serving, or store it in the fridge for later use.

**Calories:** 80

**Proteins:** 0g

**Fats:** 0g

**Carbs:** 20g

# Pesto Sauce

 **Prep Time:** 5 min

 **Cook Time:** 0 min

 **Servings:** 2



## Ingredients:

- Fresh basil (½ cup / 15g)
- Garlic (1 clove, minced)
- Pine nuts (2 tbsp / 15g)
- Parmesan cheese (2 tbsp / 15g, grated)
- Olive oil (3 tbsp / 45ml)

**Calories:** 250

**Proteins:** 7g

**Fats:** 22g

**Carbs:** 5g

## Instructions:

1. Place fresh basil, minced garlic, pine nuts, and Parmesan cheese into a blender or food processor and blend until combined.
2. Process the ingredients in short intervals until finely minced.
3. Slowly drizzle in olive oil while blending until the mixture becomes smooth and creamy.
4. Adjust the seasoning with salt and pepper to taste, if necessary.
5. Serve with pasta, spread on sandwiches, or as a drizzle over grilled vegetables.

# Mediterranean Tomato & Olive Sauce

⌚ **Prep Time:** 5 min

⌚ **Cook Time:** 10 min

🍽️ **Servings:** 2

## Ingredients:

- Tomatoes (2 medium, diced)
- Kalamata olives (¼ cup / 30g, pitted and chopped)
- Olive oil (2 tbsp / 30ml)
- Garlic (1 clove, minced)
- Fresh basil (1 tbsp / 2g, chopped)



## Instructions:

1. Heat olive oil in a saucepan over medium heat, then add the minced garlic and sauté for 1-2 minutes, until fragrant.
2. Stir in the diced tomatoes and cook for 5-7 minutes, allowing them to soften and release their juices.
3. Stir in the chopped olives and cook for another 3 minutes.
4. Remove the sauce from the heat and stir in the chopped fresh basil.
5. Season with salt according to your preference.
6. Serve the sauce warm with pasta, grilled vegetables, or as a dip.

**Calories:** 180

**Proteins:** 2g

**Fats:** 14g

**Carbs:** 12g

# CHAPTER 8:

## DESSERTS



# Baklava with Honey

 **Prep Time:** 10 min

 **Cook Time:** 30 min

 **Servings:** 6

## Ingredients:

- Phyllo dough (8 sheets)
- Walnuts (1 cup / 120g, chopped)
- Cinnamon (½ tbsp)
- Butter (¼ cup / 60g, melted)
- Honey (¼ cup / 60ml)

## Instructions:

1. Preheat the oven to 350°F (175°C). Grease a baking dish with melted butter and layer 4 sheets of phyllo dough, ensuring each sheet is brushed with butter.
2. In a bowl, combine the chopped walnuts and cinnamon. Sprinkle half of the walnut mixture over the phyllo dough.
3. Place 4 additional sheets of phyllo dough over the walnut mixture, brushing each sheet with butter. Then, sprinkle the remaining walnut-cinnamon mixture evenly on top.
4. Top with the final 4 sheets of phyllo dough, brushing each with butter.
5. With a sharp knife, carefully slice the layered phyllo into squares or diamond shapes.
6. Bake for 25-30 minutes or until the pastry is golden brown and crisp.
7. As the pastry bakes, gently warm the honey in a saucepan over low heat.
8. Once the baklava is done, pour the warm honey over the baked pastry and let it cool before serving.



**Calories:** 330

**Proteins:** 4g

**Fats:** 22g

**Carbs:** 35g

# Greek Yogurt & Honey Panna Cotta with Figs

 **Prep Time:** 5 min

 **Chill Time:** 2-3 hours

 **Servings:** 2



## Ingredients:

- Greek yogurt (1 cup / 240g)
- Heavy cream (1 cup / 240ml)
- Honey (2 tbsp)
- Fresh figs (3-4, sliced) (can be substituted with dried figs)
- Agar-agar powder (1 tbsp)

## Instructions:

1. In a saucepan, mix together the heavy cream and honey. Warm the mixture over medium heat, stirring until the honey dissolves, making sure it doesn't come to a boil.
2. Sprinkle the agar-agar powder over the warm cream mixture and stir well until completely dissolved.
3. Take the saucepan off the heat and allow it to cool for some minutes.
4. Stir in the Greek yogurt until smooth and creamy.
5. Divide the mixture into small ramekins or serving glasses and chill in the refrigerator for 2-3 hours or until firm.
6. Once set, top with sliced fresh figs (or dried figs, chopped) just before serving.

**Calories:** 180

**Proteins:** 7g

**Fats:** 10g

**Carbs:** 20g

# Prune & Walnut Yogurt Mousse

 **Prep Time:** 10 min

 **Chill Time:** 2 hours

 **Servings:** 2

## Ingredients:

- Greek yogurt (1 cup / 120g)
- Prunes (4-5, pitted and chopped)
- Walnuts (2 tbsp / 15g, chopped)
- Powdered sugar (2 tbsp / 20g)
- Gelatin (1 tbsp / 3g)

## Instructions:

1. In a small bowl, combine the gelatin with 2 tablespoons of cold water and allow it to sit for 5 minutes to hydrate.
2. In a saucepan, heat the prunes with a tablespoon of water over low heat for 3-4 minutes until softened. Mash them lightly to form a chunky puree.
3. In a different bowl, combine the Greek yogurt and powdered sugar, whisking until smooth.
4. Dissolve the bloomed gelatin in 1-2 tablespoons of warm water and stir it into the yogurt mixture.
5. Fold in the prune puree and chopped walnuts.
6. Spoon the mixture into individual serving cups or bowls and chill for a minimum of 2 hours or until firm.
7. Once set, serve chilled and optionally top with extra walnuts or a dusting of powdered sugar.



**Calories:** 280

**Proteins:** 10g

**Fats:** 15g

**Carbs:** 28g

# Semolina Pudding with Honey & Raspberry Jam

 **Prep Time:** 5 min

 **Cook Time:** 10 min

 **Servings:** 4



## Ingredients:

- Semolina (½ cup / 75g)
- Milk (2 cups / 480ml)
- Honey (3 tbsp)
- Raspberry jam (2 tbsp)
- Ground cinnamon (½ tbsp)

## Instructions:

1. Pour the milk into a saucepan and heat it over medium heat. When the milk is warm, gradually whisk in the semolina, continuously stirring to avoid any lumps.
2. Cook the semolina mixture for 5-7 minutes, stirring constantly until it reaches a thick, creamy texture.
3. Stir in the honey and ground cinnamon, mixing until smooth.
4. Take the pudding off the heat and allow it to cool for a few minutes before serving.
5. Top with a spoonful of raspberry jam, swirling it through the pudding for sweetness and color.
6. Serve warm or at room temperature for a delicious dessert.

**Calories:** 190

**Proteins:** 6g

**Fats:** 6g

**Carbs:** 30g

# No-Bake Cheesecake with Biscuit Crust and Berries

🕒 **Prep Time:** 10 min

🕒 **Chill Time:** 3-4 hours

🍴 **Servings:** 6

## Ingredients:

- Mascarpone cheese (1 cup / 240g)
- Powdered sugar (¼ cup / 50g)
- Biscuit crumbs (1 ½ cups / 180g)
- Butter (¼ cup / 60g, melted)
- Fresh berries (½ cup / 100g for topping)

## Instructions:

1. In a food processor, crush the biscuits until you get fine crumbs.
2. In a bowl, mix the biscuit crumbs with melted butter until the mixture resembles wet sand.
3. Press the biscuit mixture firmly into the bottom of a springform pan or pie dish to form a crust. Refrigerate for 15-20 minutes to set.
4. In a separate bowl, mix the mascarpone cheese with powdered sugar until smooth and creamy.
5. Evenly spread the mascarpone mixture over the cooled biscuit crust, using a spatula to smooth the surface.
6. Refrigerate the cheesecake for at least 3-4 hours or until fully set.
7. Top the cheesecake with fresh berries just before serving.



**Calories:** 280

**Proteins:** 8g

**Fats:** 18g

**Carbs:** 25g

# Ricotta & Honey Cannoli

🕒 **Prep Time:** 10 min

🕒 **Chill Time:** 30 min

🍴 **Servings:** 4-6



## Ingredients:

- Cannoli shells (6-8, store-bought or homemade, fried or baked)
- Ricotta cheese (1 cup / 240g)
- Powdered sugar (¼ cup / 50g)
- Honey (2 tbsp)
- Dark chocolate chips (¼ cup / 40g for dipping)

## Instructions:

1. In a bowl, combine the ricotta cheese, powdered sugar, and honey. Mix until smooth and creamy.
2. If using store-bought fried or baked cannoli shells, make sure they are completely cool before filling.
3. Fill a pastry bag with the ricotta mixture and pipe it into the cannoli shells, filling them evenly.
4. Dip the ends of the filled cannoli in the dark chocolate chips to add a rich, chocolatey touch.
5. Arrange the cannoli on a plate, drizzling with a little extra honey for sweetness.
6. Serve immediately or chill for 30 minutes for a firmer filling.

**Calories:** 220

**Proteins:** 6g

**Fats:** 12g

**Carbs:** 26g

## Fig & Honey Ricotta Tart

 **Prep Time:** 10 min

 **Cook Time:** 25 min

 **Servings:** 2

### Ingredients:

- Ricotta cheese (1 cup / 250g)
- Fresh figs (4, sliced) (can substitute with dried figs)
- Honey (2 tbsp / 30g)
- Almond flour (½ cup / 60g) (can be substituted with whole wheat flour)
- Butter (2 tbsp / 30g, melted)

### Instructions:

1. Preheat the oven to 350°F (175°C).
2. In a small bowl, mix almond flour and melted butter until it forms a crumbly dough. Press the mixture firmly into the base of a tart pan to create an even crust.
3. Bake the crust for 10-12 minutes or until it reaches a golden brown color. Set aside to cool.
4. In a separate bowl, combine ricotta cheese and honey, mixing until smooth.
5. After the crust has cooled, evenly spread the ricotta mixture over the top.
6. Arrange the sliced figs on top of the ricotta layer.
7. Drizzle with extra honey for sweetness, if desired.
8. Continue baking for another 10 minutes to heat the figs through.
9. Let cool before serving. Optionally, garnish with chopped nuts or a drizzle of olive oil.



**Calories:** 280

**Proteins:** 9g

**Fats:** 18g

**Carbs:** 26g

## Cinnamon & Almond Rice Pudding

 **Prep Time:** 5 min

 **Cook Time:** 20 min

 **Servings:** 2



### Ingredients:

- Arborio rice (½ cup / 80g)
- Almond milk (1 cup / 250ml)
- Honey (4 tbsp / 30g)
- Ground cinnamon (1 tbsp)
- Almonds (4 tbsp / 20g, chopped)

### Instructions:

1. Add almond milk and rice in a small saucepan, then simmer over medium heat.
2. Cook, stirring frequently, for 15-20 minutes or until the rice is soft and the mixture thickens.
3. Stir in honey and ground cinnamon, continuing to cook for another 2 minutes until well combined.
4. Take the saucepan off the heat and allow it to cool slightly before serving.
5. Before serving, top with chopped almonds and a dash of cinnamon for garnish.

**Calories:** 460

**Proteins:** 10g

**Fats:** 18g

**Carbs:** 60g

## Date & Pistachio Energy Bites

 **Prep Time:** 10 min

 **Chill Time:** 30 min

 **Servings:** 2

### Ingredients:

- Medjool dates (8, pitted) (can be substituted with dried fruits such as raisins or apricots)
- Pistachios (4 tbsp / 40g, chopped)
- Almond butter (2 tbsp / 30g)
- Honey (2 tbsp / 30g)
- Chia seeds (2 tbsp / 10g)

### Instructions:

1. Using a food processor, blend together the dates (or alternative dried fruits like raisins or apricots), finely chopped pistachios, almond butter, and honey. Blend until the mixture is sticky and well combined.
2. Add the chia seeds and pulse a few times to incorporate.
3. Roll the mixture into small bite-sized balls about 1 inch (2.5 cm) in diameter.
4. Refrigerate the energy bites for at least 30 minutes to firm up.
5. Serve chilled. Optionally, roll the bites in extra chopped pistachios or shredded coconut for extra flavor.



**Calories:** 250

**Proteins:** 6g

**Fats:** 14g

**Carbs:** 30g

## Mango & Coconut Sorbet

 **Prep Time:** 5 min

 **Freeze Time:** 3 hours

 **Servings:** 2



### Ingredients:

- Mango (1 ripe, peeled and chopped)
- Coconut milk (½ cup / 120ml)
- Honey (2 tbsp / 30g)
- Lime juice (1 tbsp / 15ml)
- Fresh mint (1 tbsp / 2g, chopped for garnish)

### Instructions:

1. In a blender, combine the chopped mango, coconut milk, honey, and lime juice. Blend until smooth.
2. Pour the mixture into a shallow dish and freeze for 2-3 hours, stirring every 30 minutes to break up any ice crystals.
3. When the sorbet reaches a firm and smooth consistency, serve in bowls and top with fresh mint for garnish.
4. Serve immediately and enjoy a refreshing tropical treat.

**Calories:** 180

**Proteins:** 1g

**Fats:** 9g

**Carbs:** 28g

# Carrot & Walnut Cake

 **Prep Time:** 10 min

 **Cook Time:** 25 min

 **Servings:** 2

## Ingredients:

- Carrots (2 small, grated)
- Almond flour (¼ cup / 30g)
- Walnuts (2 tbsp / 20g, chopped)
- Honey (2 tbsp / 30g)
- Eggs (1 large)

## Instructions:

1. Preheat the oven to 350°F (175°C). Grease a small cake pan.
2. In a bowl, whisk together almond flour and a pinch of salt.
3. In a separate bowl, beat the egg, then add honey and grated carrots. Mix well.
4. Slowly incorporate the dry ingredients into the wet ingredients until smooth.
5. Stir in the chopped walnuts.
6. Transfer the batter to the pre-greased cake pan.
7. Bake for 20–25 minutes, or until golden brown and a toothpick inserted into the middle comes out clean.
8. Allow the cake to cool completely before serving. Optionally, drizzle with extra honey or top with additional walnuts.



**Calories:** 280

**Proteins:** 7g

**Fats:** 18g

**Carbs:** 26g

# Chia & Coconut Pudding

 **Prep Time:** 5 min

 **Chill Time:** 2 hours

 **Servings:** 2



## Ingredients:

- Chia seeds (4 tbsp / 60g)
- Coconut milk (1 cup / 250ml)
- Honey (4 tbsp / 30g)
- Vanilla extract (1 tbsp)
- Shredded coconut (2 tbsp / 20g, for garnish)

## Instructions:

1. In a bowl, mix together chia seeds, coconut milk, honey, and vanilla extract. Stir well to combine.
2. Cover the mixture and refrigerate for a minimum of 2 hours, or overnight, to let the chia seeds absorb the liquid and thicken.
3. Before serving, stir the pudding to ensure it's creamy and smooth.
4. Garnish with shredded coconut for added texture and flavor.
5. Serve chilled, and enjoy.

**Calories:** 420

**Proteins:** 8g

**Fats:** 28g

**Carbs:** 36g

# Pastéis de Nata (Portuguese Egg Custard Tarts)

🕒 Prep Time: 15 min

🕒 Cook Time: 20 min

🍽 Servings: 2

## Ingredients:

- 1 cup sugar (200g)
- ½ cup whole milk (120ml)
- 2 tablespoons all-purpose flour (15g)
- 4 large egg yolks
- 2 sheets puff pastry (about ½ lb / 230g), thawed

## Instructions:

1. Preheat the oven to 400°F (200°C). Grease two tart pans or muffin tins.
2. In a saucepan, combine sugar, milk, and flour. Heat over medium heat, whisking continuously until the mixture thickens (about 5 minutes).
3. In another bowl, whisk the egg yolks. Slowly pour a small portion of the hot milk mixture into the egg yolks while whisking continuously to temper them.
4. Slowly pour the egg yolk mixture back into the saucepan with the remaining milk mixture, whisking continuously until smooth.
5. Once the custard is thickened and smooth, remove it from heat. Add 1 teaspoon of vanilla extract and a pinch of cinnamon or lemon rind for extra flavor if desired.
6. Place the puff pastry on a lightly floured surface and roll it out. Cut out circles that are slightly larger than the tart pans and fit them into the pans.
7. Spoon the custard mixture into the pastry shells, filling them about three-quarters full.
8. Bake for 15-20 minutes or until the pastry is golden brown and the custard is set with a slight golden top.
9. Optionally, garnish with cinnamon or lemon rind for extra flavor.
10. Allow the tarts to cool for a few minutes before serving.



**Calories:** 500

**Proteins:** 12g

**Fats:** 36g

**Carbs:** 48g

# Tiramisu

🕒 Prep Time: 10 min

🕒 Chill Time: 2 hours

🍽 Servings: 2



## Ingredients:

- Mascarpone cheese (½ cup / 120g)
- Heavy cream (¼ cup / 60ml)
- Espresso (¼ cup / 60ml, cooled)
- Ladyfinger biscuits (6-8 pieces)
- Cocoa powder (1 tbsp / 5g for dusting)

## Instructions:

1. In a mixing bowl, whisk together mascarpone cheese and heavy cream until smooth and creamy.
2. In a shallow dish, pour the cooled espresso. Quickly

**Calories:** 330

**Proteins:** 6g

**Fats:** 22g

**Carbs:** 28g

dip the ladyfinger biscuits into the espresso, making sure they don't become too soggy.

3. Arrange the dipped ladyfingers in the bottom of two serving glasses or a small dish.
4. Spoon a layer of the mascarpone mixture over the ladyfingers.
5. Repeat the layers of dipped ladyfingers and mascarpone mixture.
6. Refrigerate the tiramisu for at least 2 hours to allow the flavors to meld together.
7. Before serving, dust with cocoa powder for a finishing touch.

## Orange & Almond Cake

 **Prep Time:** 5 min

 **Cook Time:** 25 min

 **Servings:** 2

### Ingredients:

- Almond flour (½ cup / 60g)
- Orange (½, zested and juiced)
- Eggs (2 large)
- Honey (2 tbsp / 30g)
- Baking powder (½ tbsp / 2g)

### Instructions:

1. Preheat the oven to 350°F (175°C). Grease a small cake pan.
2. In a bowl, whisk together the almond flour, baking powder, and a pinch of salt.
3. In another bowl, beat the eggs, then add honey, orange zest, and orange juice. Mix well.
4. Gradually incorporate the dry ingredients into the wet mixture, stirring until smooth.
5. Transfer the batter to the prepared cake pan.
6. Bake for 20-25 minutes, or until the cake turns golden brown and a toothpick inserted in the middle comes out clean.
7. Let the cake cool before serving. Optionally, drizzle with extra honey or garnish with fresh orange slices.



**Calories:** 280

**Proteins:** 6g

**Fats:** 18g

**Carbs:** 28g

## Coconut & Honey Madeleines

 **Prep Time:** 10 min

 **Cook Time:** 12 min

 **Servings:** 2



### Ingredients:

- All-purpose flour (½ cup / 60g)
- Honey (4 tbsp / 60g)
- Unsalted butter (4 tbsp / 60g, melted)
- Eggs (2 large)
- Shredded coconut (2 tbsp / 5g)

### Instructions:

1. Preheat the oven to 350°F (175°C). Grease a madeleine pan.
2. In a bowl, whisk together the egg and honey until smooth and well combined.
3. Add the melted butter and mix until well incorporated.
4. In another bowl, sift together the flour and shredded coconut. Gradually add the dry ingredients to the wet ingredients, stirring until smooth.
5. Carefully fill each mold of the madeleine pan with the batter, ensuring each is approximately two-thirds full.
6. Bake for 10-12 minutes until the madeleines are golden brown and a toothpick inserted into the center comes out clean.
7. Let the madeleines cool slightly before serving. Optionally, drizzle with extra honey for added sweetness.

**Calories:** 440

**Proteins:** 12g

**Fats:** 28g

**Carbs:** 36g

# Apple & Cinnamon Crumble

 **Prep Time:** 10 min

 **Cook Time:** 25 min

 **Servings:** 2

## Ingredients:

- Apples (2 medium, peeled and sliced)
- Rolled oats (¼ cup / 25g)
- Ground cinnamon (½ tbsp / 2g)
- Butter (2 tbsp / 30g, melted)
- Honey (2 tbsp / 30g)

## Instructions:

1. Preheat the oven to 350°F (175°C). Grease a small baking dish.
2. In a bowl, mix the sliced apples with ground cinnamon and honey. Set aside.
3. In a different bowl, mix the rolled oats with the melted butter. Stir until the oats are coated and the mixture forms a crumbly texture.
4. Spread the oat mixture evenly in the prepared baking dish. Then, layer the apple mixture on top of the oats.
5. Bake for 20-25 minutes or until the topping is golden brown and the apples are soft.
6. Allow the crumble to cool for several minutes before serving. Optionally, serve with a scoop of vanilla ice cream.



**Calories:** 280

**Proteins:** 2g

**Fats:** 18g

**Carbs:** 35g

# Lemon & Mint Sorbet

 **Prep Time:** 5 min

 **Freeze Time:** 3 hours

 **Servings:** 2



## Ingredients:

- Fresh lemon juice (½ cup / 120ml)
- Sugar (¼ cup / 50g)
- Water (½ cup / 120ml)
- Fresh mint leaves (1 tbsp / 3g, chopped)
- Lemon zest (1 tbsp / 2g)

## Instructions:

1. In a small saucepan, combine water, sugar, and mint leaves. Warm over medium heat, stirring occasionally, until the sugar has fully dissolved. Take off the heat

**Calories:** 150

**Proteins:** 0g

**Fats:** 0g

**Carbs:** 38g

- and let it sit for 5 minutes to allow the mint to infuse, then strain out the mint leaves.
2. Add the fresh lemon juice and lemon zest to the mint syrup and stir well.
3. Place the mixture in a shallow dish in the freezer. Every 30 minutes, stir the mixture with a fork to break up the ice crystals until the sorbet is fully frozen and has a fluffy texture (about 3 hours).
4. Once ready, scoop the sorbet into bowls or glasses and serve immediately.

# Yogurt & Berry Ice Cream

 **Prep Time:** 5 min

 **Freeze Time:** 3 hours

 **Servings:** 2

## Ingredients:

- Greek yogurt (1 cup / 240g)
- Mixed berries (1 cup / 150g, fresh or frozen)
- Honey (4 tbsp / 60g)
- Vanilla extract (1 tbsp)
- Lemon juice (2 tbsp / 10ml)

## Instructions:

1. In a blender or food processor, blend together Greek yogurt, mixed berries, honey, vanilla extract, and lemon juice. Blend until smooth.
2. Transfer the mixture into a shallow container, using a spatula to smooth the surface.
3. Cover and freeze for at least 3 hours or until firm.
4. Once ready to serve, scoop the ice cream into bowls or cones. Optionally, garnish with extra fresh berries or a drizzle of honey.



**Calories:** 180

**Proteins:** 6g

**Fats:** 6g

**Carbs:** 26g

# Coconut & Raspberry Chia Pudding

 **Prep Time:** 5 min

 **Chill Time:** 2 hours

 **Servings:** 2



## Ingredients:

- Chia seeds (4 tbsp / 60g)
- Coconut milk (1 cup / 240ml)
- Fresh raspberries (½ cup / 70g)
- Honey (4 tbsp / 60g)
- Vanilla extract (1 tbsp)

## Instructions:

1. In a bowl, blend together chia seeds, coconut milk, honey, and vanilla extract. Stir well to combine.
2. Cover and refrigerate for at least 2 hours, or overnight, to let the chia seeds absorb the liquid and thicken.
3. Stir the pudding well before serving to ensure it reaches a smooth and creamy consistency.
4. Top with fresh raspberries and an extra drizzle of honey if desired.
5. Serve chilled, and enjoy.

**Calories:** 230

**Proteins:** 4g

**Fats:** 16g

**Carbs:** 22g

# WEEK 1 MEAL PLAN

## Monday

**Breakfast:** Mediterranean Scrambled Eggs

**Lunch:** Saffron Chickpea & Almond Soup. Herb-Crusted Lamb Loin with Olive, Lemon & Roasted Grapes Tapenade

**Dinner:** Creamy Polenta with Roasted Mushrooms & Parmesan Roasted Garlic & Herb Yogurt Sauce

**Snack or Dessert:** Yogurt & Berry Ice Cream

## Tuesday

**Breakfast:** Mediterranean Chia Pudding

**Lunch:** Mediterranean Fish Stew with Saffron & Orange Zest. Avocado & Radish Salad with Lemon Dressing

**Dinner:** Mediterranean Meatballs with Yogurt. Dip Greek-Style Rice Pilaf with Lemon & Dill

**Snack or Dessert:** Chia & Coconut Pudding

## Wednesday

**Breakfast:** Zucchini & Feta Fritters

**Lunch:** Creamy Seafood & Vegetable Soup

**Dinner:** Caramelized Shallots & Roasted Carrots with Honey Balsamic Glaze. Spiced Lamb Kofta with Pomegranate & Mint Yogurt

**Snack or Dessert:** Stuffed Dates with Almonds & Goat Cheese

## Thursday

**Breakfast:** Pistachio & Honey Greek Yogurt Tart

**Lunch:** Grilled Veal Chops with Apricot & Mustard Glaze. Strawberry & Cucumber Salad with Balsamic Glaze

**Dinner:** Pappardelle with Lemon, Garlic, and Roasted Tomatoes & Parmesan. Prosciutto-Wrapped Melon with Balsamic Glaze

**Snack or Dessert:** Tiramisu

## Friday

**Breakfast:** Greek Yogurt with Honey & Walnuts

**Lunch:** Greek-Style Rice Pilaf with Lemon & Dill. Mediterranean Meatballs with Yogurt Dip

**Dinner:** Pistachio-Crusted Chicken with Pickled Cucumber Yogurt Sauce. Roasted Pepper & Anchovy Salad.

**Snack or Dessert:** Crispy Baked Feta with Honey & Thyme

## Saturday

**Breakfast:** Avocado Toast with Poached Egg

**Lunch:** Grilled Halloumi & Fig Salad. Crispy Calamari with Lemon & Oregano

**Dinner:** Spiced Lamb Kofta with Pomegranate & Mint Yogurt. Caramelized Shallots & Roasted Carrots with Honey Balsamic Glaze

**Snack or Dessert:** Date & Pistachio Energy Bites

## Sunday

**Breakfast:** Almond & Date Smoothie

**Lunch:** Shaved Zucchini & Parmesan Salad with Pine Nuts. Lemon-Garlic Butter Salmon with Pistachios

**Dinner:** Lamb Chops with Fig & Rosemary Glaze. Orange & Fennel Salad with Almonds

**Snack or Dessert:** Coconut & Raspberry Chia Pudding

# WEEK 2 MEAL PLAN

## Monday

**Breakfast:** Tomato & Olive Breakfast Bruschetta

**Lunch:** Grilled Halloumi & Fig Salad. Grilled Veal Chops with Apricot & Mustard Glaze

**Dinner:** Creamy Polenta with Roasted Mushrooms & Parmesan

**Snack or Dessert:** No-Bake Cheesecake with Biscuit Crust and Berries

## Tuesday

**Breakfast:** Almond & Date Smoothie

**Lunch:** Mediterranean Seafood Medley in White Wine & Caramelized Pear. Creamy Pasta with Spinach, Garlic, and Parmesan

**Dinner:** Millet with Roasted Sweet Potatoes & Cranberries. Roasted Garlic & Herb Yogurt Sauce

**Snack or Dessert:** Chia & Coconut Pudding

## Wednesday

**Breakfast:** Grilled Halloumi & Tomato Skewers

**Lunch:** Roasted Duck Breast with Cranberry & Black Pepper Glaze. Spiced Pear & Blue Cheese Soup

**Dinner:** Garlic & Walnut Stuffed Eggplant with Feta. Roasted Red Pepper & Almond Sauce

**Snack or Dessert:** Tiramisu

## Thursday

**Breakfast:** Savory Oatmeal with Feta & Olives

**Lunch:** Herb-Crusted Lamb Loin with Olive, Lemon & Roasted Grapes Tapenade. Orange & Fennel Salad with Almonds

**Dinner:** Creamy Vegetable Risotto with Asparagus & Peas

**Snack or Dessert:** Mango & Coconut Sorbet

## Friday

**Breakfast:** Orange & Almond Ricotta Pancakes

**Lunch:** Creamy Feta & Zucchini Soup. Rice Paper Rolls with Feta & Herbs

**Dinner:** Lentil & Roasted Carrot Salad with Tahini Dressing. Veal Medallions with Walnut & Fig Butter

**Snack or Dessert:** Stuffed Dates with Almonds & Goat Cheese

## Saturday

**Breakfast:** Avocado Toast with Poached Egg

**Lunch:** Shaved Zucchini & Parmesan Salad with Pine Nuts. Lemon-Garlic Butter Salmon with Pistachios

**Dinner:** Spicy Pumpkin & Chickpea Ragù with Garlic, Cumin & Coriander

**Snack or Dessert:** Mango & Coconut Sorbet

## Sunday

**Breakfast:** Baked Eggs with Tomatoes & Olives

**Lunch:** Spiced Beef Short Ribs with Date & Espresso Glaze. Pearl Barley with Roasted Beets & Feta

**Dinner:** Roasted Pepper & Anchovy Salad. Pappardelle with Lemon, Garlic, and Roasted Tomatoes & Parmesan

**Snack or Dessert:** Coconut & Raspberry Chia Pudding

# WEEK 3 MEAL PLAN

## Monday

**Breakfast:** Pistachio & Honey Greek Yogurt Tart

**Lunch:** Creamy Seafood & Vegetable Soup

**Dinner:** Sumac-Spiced Lamb Meatballs with Roasted Eggplant Purée. Chickpea & Sundried Tomato Salad. Creamy Tahini & Lemon Sauce

**Snack or Dessert:** Mango & Coconut Sorbet

## Tuesday

**Breakfast:** Smoked Salmon & Avocado Roll

**Lunch:** Sweet & Tangy Pomegranate Lentil Soup. Grilled Halloumi & Tomato Skewers

**Dinner:** Beef Tenderloin with Dark Chocolate & Red Wine Sauce. Avocado & Radish Salad with Lemon Dressing

**Snack or Dessert:** Semolina Pudding with Honey & Raspberry Jam

## Wednesday

**Breakfast:** Sun-Dried Tomato & Olive Egg Muffins

**Lunch:** Farro with Roasted Brussels Sprouts & Dried Cherries. Mediterranean Hummus with Pine Nuts

**Dinner:** Scallops with Pomegranate Glaze & Roasted Hazelnuts. Watermelon & Olive Salad with Mint

**Snack or Dessert:** Ricotta & Honey Cannoli

## Thursday

**Breakfast:** Savory Baklava with Spinach & Feta

**Lunch:** Herb-Crusted Lamb Loin with Olive, Lemon & Roasted Grapes Tapenade. Orange & Fennel Salad with Almonds

**Dinner:** Creamy Vegetable Risotto with Asparagus & Peas

**Snack or Dessert:** Crispy Baked Feta with Honey & Thyme

## Friday

**Breakfast:** Greek Yogurt with Honey & Walnuts

**Lunch:** Creamy Pasta with Spinach, Garlic, and Parmesan. Baked Cod with Olives, Cherry Tomatoes & Vanilla Oil

**Dinner:** Orange & Olive Chickpea Soup

**Snack or Dessert:** Pastéis de Nata (Portuguese Egg Custard Tarts)

## Saturday

**Breakfast:** Avocado Toast with Poached Egg

**Lunch:** Grilled Swordfish with Orange-Basil Glaze. Strawberry & Cucumber Salad with Balsamic Glaze

**Dinner:** Slow-Cooked Beef with Dates & Cinnamon. Spicy Pumpkin & Chickpea Ragù with Garlic, Cumin & Coriander

**Snack or Dessert:** Greek Yogurt & Honey Panna Cotta with Figs

## Sunday

**Breakfast:** Zucchini & Feta Fritters

**Lunch:** Calamari Rings with Sun-Dried Tomatoes & Pine Nuts. Roasted Quinoa with Grapes & Almonds. Roasted Garlic & Herb Yogurt Sauce

**Dinner:** Lamb Chops with Fig & Rosemary Glaze. Caramelized Shallots & Roasted Carrots with Honey Balsamic Glaze

**Snack or Dessert:** Coconut & Raspberry Chia Pudding

# WEEK 4 MEAL PLAN

## Monday

**Breakfast:** Mediterranean Scrambled Eggs

**Lunch:** Saffron Chickpea & Almond Soup. Smoked Trout & Cucumber Bites

**Dinner:** Couscous with Roasted Zucchini & Dried Apricots. Spiced Lamb Kofta with Pomegranate & Mint Yogurt

**Snack or Dessert:** Orange & Almond Cake

## Tuesday

**Breakfast:** Mediterranean Quinoa Bowl

**Lunch:** Mediterranean Fish Stew with Saffron & Orange Zest. Avocado & Radish Salad with Lemon Dressing

**Dinner:** Creamy Polenta with Roasted Mushrooms & Parmesan

**Snack or Dessert:** Chia & Coconut Pudding

## Wednesday

**Breakfast:** Savory Oatmeal with Feta & Olives

**Lunch:** Ancient Barley and Lentil Soup. Pistachio-Crusted Chicken with Pickled Cucumber Yogurt Sauce

**Dinner:** Crispy Baked Feta with Honey & Thyme. Roasted Pepper & Anchovy Salad

**Snack or Dessert:** Tiramisu

## Thursday

**Breakfast:** Pistachio & Honey Greek Yogurt Tart

**Lunch:** Creamy Pasta with Spinach, Garlic, and Parmesan. Baked Cod with Olives, Cherry Tomatoes & Vanilla Oil

**Dinner:** Millet with Roasted Sweet Potatoes & Cranberries. Muhammara – Roasted Red Pepper & Walnut Dip

**Snack or Dessert:** Mango & Coconut Sorbet

## Friday

**Breakfast:** Greek Yogurt with Honey & Walnuts

**Lunch:** Roasted Garlic & White Bean Soup with Carrot and Celery

**Dinner:** Beef Tenderloin with Dark Chocolate & Red Wine Sauce. Caramelized Shallots & Roasted Carrots with Honey Balsamic Glaze

**Snack or Dessert:** Stuffed Dates with Almonds & Goat Cheese

## Saturday

**Breakfast:** Avocado Toast with Poached Egg

**Lunch:** Roasted Cauliflower with Tahini & Pomegranate Molasses. Grilled Veal Chops with Apricot & Mustard Glaze

**Dinner:** Grilled Halloumi & Fig Salad. Crispy Calamari with Lemon & Oregano

**Snack or Dessert:** Greek Yogurt & Honey Panna Cotta with Figs

## Sunday

**Breakfast:** Almond & Date Smoothie

**Lunch:** Shaved Zucchini & Parmesan Salad with Pine Nuts. Lemon-Garlic Butter Salmon with Pistachios

**Dinner:** Garlic & Walnut Stuffed Eggplant with Feta. Roasted Garlic & Herb Yogurt Sauce

**Snack or Dessert:** Coconut & Raspberry Chia Pudding



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