QUICK & TASTY 1200-CALORIE DIET COOKBOOK FOR BEGINNERS & SENIORS 60+

35-Day No-Stress Meal Plan with 100 Recipes Ready in 5–20 Min to Boost Energy, Support Weight Goals, and Build Healthy Habits — Without Starving

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How to Use This Cookbook

1) Your Daily Formula at 1,200 Calories

This book follows a simple, senior-friendly structure: **3 balanced meals + optional planned snack + plenty of water.** Recipes aim for the macronutrient split from Chapter 2: **~40% protein, 35% low-GI carbs, 25% healthy fats** to protect muscle, provide steady energy, and support safe weight loss.

Per day targets (approx.):

Protein
<120 g
(e.g, 30-40 g per meal)

Low-GI Carbs
<105 g total
Prioritizing non-starchy vegetables, modest fruit, occasional whole grains

Healthy Fats
<33 g
(from olive oil, avocado, etc.)

Meal structure: choose **1 breakfast, 1 lunch, 1 dinner** from the chapters; add **1 planned snack** if needed. Drink water or the hydration ideas from the bonus drinks section.

2) Visual Portion Guide (Hand Method)

Use your hand for quick, repeatable portions (no scales needed):

Palm (women/men):	~3–4 oz cooked lean protein (≈ 21–28 g protein)
Fist:	~1 cup leafy or non-starchy vegetables
Cupped hand:	~½ cup cooked grains/beans or chopped fruit
Thumb:	~1 tbsp oils or nut butter
Two thumbs:	~2 tbsp sauces/yogurt/dressings

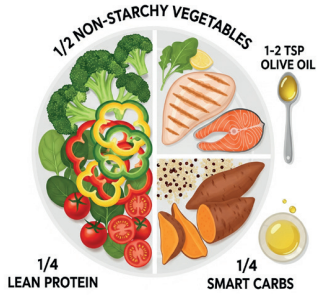

Plate picture: fill **½ plate** with non-starchy veg, **¼ plate** with lean protein, **¼ plate** with smart carbs; add **1–2 tsp** olive oil or similar.

3) Sodium & Seasoning

This is a **low-sodium cookbook**. Aim for ≤ **400 mg sodium per serving** whenever possible. Season generously with herbs, citrus, garlic, pepper, vinegar, and spices. Each recipe already includes **Storage & Reheat** and **Nutrition per serving**—use these to plan your day.

4) Smart Swaps

If an ingredient isn't available, use the **Ultimate Smart Swaps Table** at the back of the book to keep flavor high and sodium low while staying within calories/macros.

5) Scaling, Units & Batch-Cooking

- All recipes are written **for 2 servings** with **US + metric** units. Halve for 1 or double for 4.
- Look for **Make-Ahead** and **Freezer-Friendly** icons to batch-cook busy weeks.
- Follow each recipe's **Storage & Reheat** instructions for best quality and food safety.

Nutrition Key:

Every recipe lists: **Calories, Protein, Fat, Carbohydrates, Saturated Fat, Sodium, Phosphorus, Fiber, Sugar, Cholesterol** (per serving, approx.).

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INTRODUCTION

Let's be honest for a moment. Does the person you see in the mirror always match the vibrant, experienced, and energetic person you feel like on the inside? For many of us navigating life beyond sixty, a disconnect begins to appear. It's not about vanity. It's about the way a few extra pounds can make kneeling in the garden a chore, turn a flight of stairs into a challenge, or make playing with the grandkids feel just a little more exhausting than it used to be.

This isn't just a feeling; it's a physical reality. Extra weight after 60 isn't merely a number on the scale; it's a catalyst that can aggravate the aches of arthritis, nudge blood pressure readings into the red zone, and push blood sugar levels toward a place none of us wants to go. It can dim our energy, cloud our focus, and quietly steal the effortless mobility we once took for granted.

If you're reading this, chances are you've already tried to address it. You've likely been on the frustrating rollercoaster of modern dieting. One month, it's cutting out all carbs, leaving you craving a simple piece of toast. The next, it's a complicated point-counting system that requires a mathematics degree just to pack a lunch. These restrictive fad diets come with a whirlwind of promises but often leave older adults in a state of metabolic whiplash—tired, perpetually hungry, and, most dangerously, short on the very nutrients essential for bone strength, a robust immune system, and the preservation of precious muscle mass.

But what if there was another way? What if you could find a path that wasn't about restriction, but about renewal?

That is the promise of this book. Inspired by the time-tested, no-nonsense protocols of physicians like Dr. Younan Nowzaradan and Dr. Now, this guide distills their clear, results-driven methods into an easy-to-follow blueprint. We've stripped away the complexity and the punishing rules to create a plan tailored specifically for the unique needs of the adult body after sixty. This isn't a diet. It's a strategy for a healthier, more energetic life.

The aim of this guide is simple, and it rests on three foundational pillars.

1. Create a Gentle, Sustainable Calorie Deficit.

The number "1,200 calories" wasn't chosen at random. It represents a scientifically recognized "sweet spot" for safe and effective weight loss for most women and many men in this age group. It's enough to create a modest energy deficit, prompting your body to tap into stored fat for fuel. But—and this is the crucial part—it's not so low that it sends your body into starvation mode. It provides enough energy to prevent fatigue, muscle loss, and nutrient deficiencies that plague more extreme diets. Think of it as gently turning down the thermostat, not shutting off the furnace.

2. Pack Every Calorie with Maximum Nutrition.

This is where we shift the focus from what you can't eat to the wonderful, delicious, and powerful foods you can. When your daily energy budget is 1,200 calories, every bite matters. This plan is built on the principle of nutrient density, ensuring that every meal is a powerful investment in your health. We'll fill your plate with:

- Lean Protein: The building block of muscle, protein is your best friend in this journey. It helps you feel full and satisfied for longer, stabilizes blood sugar, and provides the essential amino acids your body needs to maintain and even rebuild lean muscle tissue, which is the engine of your metabolism. We're talking about delicious baked fish, tender chicken breast, protein-packed Greek yogurt, and hearty legumes.
- Fiber-Rich Vegetables and Fruits: These are the vibrant, life-giving foods that should dominate your plate. Loaded with vitamins, minerals, and antioxidants, they protect your cells from damage and support every system in your body. Their high fiber content is key for digestive health, managing cholesterol, and creating a feeling of fullness that makes a lower-calorie plan feel abundant.

- Healthy Fats: The era of fearing fat is over. The right fats—from sources like olive oil, avocados, nuts, and seeds—are essential for brain health, reducing inflammation, and absorbing certain vitamins. They also add incredible flavor and satisfaction to meals, making your food taste rich and delicious.

3. Keep the Plan Practical for Real Life.

A plan is only effective if you can stick with it. We know you have a life to live that doesn't revolve around counting every almond or weighing every spinach leaf. That's why practicality is woven into the fabric of this book. You won't need any fancy gadgets or hard-to-find ingredients. The recipes are designed with 4 or 5 simple, recognizable ingredients you can find in any supermarket in the USA or Europe. Most meals come together in 20 minutes or less. We've included meal prep tips and storage instructions to make your weeks smoother, grocery lists to make shopping a breeze, and mindset tips that slot neatly into your real, everyday life.

By the time you reach the final page, you will have more than just a collection of recipes. You will understand why the 1,200-calorie framework is so effective for seniors and how to adjust it for your own individual needs and activity levels. You will have a full 12-week plan showing you exactly what to eat—and enjoy!—every single day.

Beyond the plate, you'll also discover how the "three amplifiers"—gentle movement, smart hydration, and restorative sleep—can turbo-charge your results without turning your life into a part-time job. This is a holistic approach that honors your body, respects your time, and empowers you to reclaim the health and vitality you deserve.

This is your invitation to step off the diet rollercoaster for good. It's time for a sensible, satisfying, and sustainable approach that nourishes your body and fits your life. Let's begin this journey to a lighter, stronger, and more vibrant you—together.

Chapter 1: Understanding How Your Metabolism Evolves After 60

Think of your metabolism as the body's invisible, silent engine. It's always running, tirelessly turning the food you eat—that morning toast, that lunchtime soup, that evening fish—into the raw energy required for everything you do. It fuels your beating heart, powers your thinking brain, and meticulously repairs your cells while you sleep. Even when you're lounging in a recliner enjoying a good book, thousands of these tiny biochemical reactions are humming along, quietly burning calories. This 24/7 energy burn, known as your basal metabolic rate (BMR), is the baseline for your body's entire operating system.

For many years, that engine likely ran at a predictable speed. But beginning around age 30 and noticeably accelerating after 60, you may have noticed something frustrating: that reliable engine starts to idle lower. The same lifestyle and eating habits that kept you at a steady weight for decades may now be causing the numbers on the scale to slowly creep upward. This isn't your imagination, and it certainly isn't a failure of willpower. It's a natural, biological shift. Let's unpack the four key reasons why this happens, so we can build a smarter strategy to work *with* your body, not against it.

1. The Slow Shrink of Muscle Mass (Sarcopenia)

In the world of your body's energy budget, muscle tissue is a luxury item. It is metabolically "expensive," burning roughly three times more calories at rest than the same amount of fat tissue. Think of it as the V8 engine of your metabolism—it consumes more fuel just by being there. Fat, in contrast, is more like a storage shed; it's passive and requires very little energy to maintain.

As we age, we naturally experience a gradual loss of this precious, calorie-hungry muscle. This process has a clinical name: sarcopenia. It's a silent, creeping change that begins in our 30s, with most adults losing 3% to 8% of their muscle mass each decade. After age 60, that pace can quicken significantly. This isn't necessarily due to illness or injury; it's a fundamental part of the aging process if we don't actively intervene. The direct consequence is simple but profound: less muscle means a lower BMR. Your body's engine is smaller, so it burns fewer calories around the clock, every single day, whether you're walking, sleeping, or reading.

2. The Unseen Influence of Hormonal Shifts

Hormones are the body's master communicators, sending signals that regulate everything from our mood to our appetite to how we store energy. As we move past 60, the volume and clarity of these signals change for both men and women, directly impacting our metabolism.

For women, the transition through menopause brings a significant drop in estrogen. This hormonal shift does more than just signal the end of fertility; it changes the body's entire fat-storage strategy. The body becomes more inclined to store fat, particularly in the abdominal area—the stubborn "belly fat" that can be so frustrating and is linked to greater health risks.

For men, the change is more gradual but just as real. Testosterone levels begin a slow, steady decline, which also encourages the body to store more fat and makes it more difficult to maintain muscle mass. For both sexes, the result is the same: the hormonal landscape is rewired to favor fat storage and slow down the rate of metabolic turnover. It's a natural process, but one that requires a new approach to eating and exercise.

3. The Quiet Disappearance of Daily Movement

Remember when your days were naturally filled with more motion? Rushing to work, carrying heavy briefcases, chasing after children, or spending weekends on ambitious home improvement projects. As we get older, our lifestyles often become more sedentary, and not always by choice. Joint aches, concerns about balance, or simply settling into a more relaxed routine can dramatically reduce our overall daily movement without us even noticing.

This isn't about formal exercise at the gym. This is about something exercise scientists call NEAT, or Non-Exercise Activity Thermogenesis. NEAT is the energy we burn from all the little things we do throughout the day: walking to the mailbox, doing housework, gardening, fidgeting in a chair,

or choosing the stairs over the elevator. These small, seemingly insignificant activities can add up to hundreds of calories burned each day. When we stop doing them, those calories are no longer spent; they're stored. Every skipped stair climb or garden session is another small deposit into the body's fat reserves.

4. The Power Plants Within (Mitochondrial Efficiency)

Inside almost every cell in your body are tiny structures called mitochondria. These are the microscopic "power plants" that convert calories from food into usable energy. As we age, these power plants undergo a fascinating change: they don't necessarily break down, but they become more efficient. They learn to produce the same amount of energy while consuming less fuel.

While efficiency sounds like a good thing, in the context of weight management, it presents a challenge. It means your body simply requires fewer calories to perform the same basic functions. The cellular machinery has become so good at its job that its fuel requirements decrease, further contributing to a lower overall metabolic rate.

Why This All Matters for Your Weight and Your Health

When you put these four factors together—less muscle, shifting hormones, decreased daily movement, and more efficient cells—a clear picture emerges. Your body in your 60s and beyond is running on a different operating system than it did in your 40s. This is why the same sandwich that held your weight steady at 40 might cause it to inch upward at 65.

This isn't just about fitting into your favorite pair of pants. That extra weight places a direct strain on your body, raising the likelihood of developing or worsening conditions like insulin resistance (a precursor to type 2 diabetes), hypertension (high blood pressure), sleep apnea, and painful mobility issues from the increased load on your joints.

Understanding this cascade is incredibly empowering. It transforms weight management from a battle of willpower—a fight you might feel you're losing—into a matter of intelligence. The solution isn't to just "try harder." The solution is to adopt a smarter strategy that is precisely calibrated for your body *today*.

Your Action Plan: A Smarter Strategy in Motion

Countering this metabolic slowdown doesn't require extreme measures. It requires a few consistent, targeted actions that directly address the changes we've just discussed.

- **Rebuild Your Metabolic Engine with Light Strength Training.** The most powerful tool you have against sarcopenia is resistance. Using light weights, resistance bands, or even your own body weight 2–3 times a week sends a powerful signal to your body to build and maintain that calorie-hungry muscle. You don't need to become a bodybuilder. **Quick Tip:** Keep a pair of light dumbbells next to the sofa. During a commercial break or while listening to the radio, do a 10-minute mini-session of simple exercises like bicep curls and overhead presses.
- **Prioritize Protein for Muscle Repair and Fullness.** Protein has a dual power in this plan. First, it provides the essential building blocks your body needs to repair and support muscle tissue. Second, it is the most satiating of all the macronutrients, meaning it helps you feel fuller for longer after a meal, crushing cravings. Aiming for a steady intake throughout the day is key. **Quick Tip**: Start your day with a protein advantage. Adding a scoop of plain Greek yogurt to your breakfast or blending a simple protein shake can set you up for success and keep you satisfied until lunch.
- **Stay "NEAT" to Weave Movement Back into Your Day.** Actively look for small opportunities to move. This is about fighting back against the pull of a sedentary lifestyle by consciously re-integrating motion into the fabric of your day. Remember, consistency beats intensity. **Quick Tip:** Set a timer on your phone or watch for every 30–45 minutes. When it goes off, simply stand up, stretch, walk a lap around the room, or do a few gentle knee bends. It breaks up long periods of sitting and keeps your metabolism from falling asleep.

Armed with these insights, a 1,200-calorie plan stops feeling random or restrictive. It starts to look like what it truly is: a precision tool, carefully calibrated to give the 60+ metabolism exactly what it needs to release excess weight safely, effectively, and for good.

Chapter 2: Why 1,200 Calories is the Sweet Spot for Safety and Success

At first glance, the number "1,200" can seem intimidating. In a world of endless buffets and super-sized portions, aiming for 1,200 calories a day can sound drastic, even punishing. But this number wasn't pulled from thin air. It is the result of decades of clinical observation and scientific understanding, carefully chosen to be a powerful tool for adults over 60. Think of it not as a limit, but as a target—one that is high enough to nourish your body with everything it needs, yet low enough to create the gentle energy deficit required for meaningful, sustainable weight loss. It's the sweet spot where safety and success meet.

1. The Science of a "Goldilocks" Deficit

When it comes to weight loss, especially after 60, the amount of your calorie deficit is everything. It needs to be just *right*.

Cutting calories too aggressively—what we might call the "too hot" approach—is a recipe for failure and can be actively harmful. Dropping below 1,000 calories a day sends your body into a panic. It perceives a famine and slams on the metabolic emergency brake, slowing your engine down to conserve energy. In this state, your body will start sacrificing precious muscle tissue for fuel and may even draw minerals from your bones, increasing the risk of osteoporosis. You're left feeling exhausted, irritable, and constantly hungry, all while your metabolism grinds to a halt.

On the other hand, shaving off too few calories—the "too cold" approach—is an exercise in frustration. A tiny deficit of less than 200 calories a day drags the weight loss process into glacial territory. The scale barely budges, motivation plummets, and it's easy to conclude that "nothing works." It's like trying to bail out a boat with a teaspoon; the effort feels monumental, but the results are negligible.

The 1,200-calorie target is the "just right" solution. For most seniors, this creates a meaningful daily deficit of 300 to 500 calories. It's significant enough to prompt your body to consistently tap into its fat stores for energy, leading to steady and visible progress. Yet, it's gentle enough that your body never feels threatened, allowing your metabolism to keep running smoothly while you preserve your vital muscle and bone mass. Reams of data from bariatric and geriatric clinics confirm that for older adults, the 1,200-calorie framework is the most reliable path to success.

2. The Power of Nutrient Density Over Empty Calories

Think of your 1,200 calories as a daily budget. You can spend it on "empty" calories that provide a fleeting moment of pleasure but leave you nutritionally bankrupt and low on energy, or you can invest it in high-value foods that pay dividends for your health all day long. At 1,200 calories, every bite truly counts.

Consider this: half a sugary donut and a cup of protein-rich Greek yogurt with berries might have a similar calorie count. But their impact on your body is worlds apart. The donut delivers a rush of sugar, causing your blood glucose to spike and then crash, leaving you tired, foggy, and craving more sugar within an hour. The yogurt and berries, however, provide high-quality protein to support your muscles, fiber to keep you full and your digestion smooth, and a host of vitamins and antioxidants to protect your health. It delivers sustained energy and deep satisfaction.

This plan is built around maximizing the nutritional value of every calorie. The recipes in the chapters ahead are all designed around this powerful macronutrient split:

- **40% Protein (approx. 120 g):** Protein is the hero of this story. It is essential for preserving the calorie-burning muscle we talked about in Chapter 1. It also takes more energy for your body to digest than fats or carbs (a small metabolic bonus!) and is incredibly satiating, which is the secret to curbing hunger and preventing mindless snacking. We'll get our protein from lean sources like chicken breast, fish, eggs, tofu, and Greek yogurt.
- **35% Low-Glycemic Carbs (approx. 105 g):** Forget the "no-carb" myths. Your body and brain need carbohydrates for fuel. The key

is choosing the *right* kind. We focus on low-glycemic-index (Low-GI) carbs, which release their energy slowly and steadily. This means loading your plate with non-starchy vegetables of every color, enjoying modest portions of fruit, and occasionally including nutrient-packed whole grains like quinoa or oats. This approach provides essential fiber and nutrients while keeping your blood sugar stable and your energy levels even.

- **25% Healthy Fats (approx. 33 g):** For decades, we were told to fear fat. We now know that healthy fats are absolutely essential for our well-being. They are vital for brain health, hormone production, and reducing inflammation. Plus, they add rich flavor and a sense of satisfaction to meals that are crucial for long-term adherence. We'll incorporate healthy fats from sources like olive oil, avocado, nuts, and seeds.

3. The "Keep-It-Simple" Playbook

The most scientifically perfect diet plan in the world is useless if it's too complicated to follow in real life. This is a core principle championed by physicians like Dr. Nowzaradan, whose success is built on stripping away complexity. The philosophy is simple: three balanced meals, maybe one planned snack, and plenty of water in between.

There is no complex macro-micromanagement, no weighing every morsel of food, and no long, intimidating ingredient lists. Simplicity is the key that unlocks consistency, and research shows that *adherence*—not the perfect nutrient ratio—is the number one predictor of long-term success. As Dr. Now famously says, **"If you can't follow it, it doesn't matter how good the plan looks on paper."** This plan is designed to be followed, freeing you from the mental burden of complex rules so you can focus on enjoying your food and your life.

4. Built-In Safeguards for Senior Health

A responsible eating plan for adults over 60 must do more than just facilitate weight loss; it must actively protect and promote health by addressing the unique nutritional needs of this life stage. This plan has several safeguards built right in:

- **Calcium & Vitamin D for Bone Health:** Bone density is a primary concern as we age. Our plan incorporates dairy products like Greek yogurt, and we encourage the use of fortified plant milks to ensure you're getting the calcium needed to maintain a strong skeletal framework.
- **B-12 & Folate for Energy and Mind:** As we get older, our ability to absorb certain vitamins, particularly B-12, can decline. Deficiencies can lead to fatigue and cognitive issues. Our recipes are rich in foods that contain these vital nutrients, such as eggs, fish, and leafy greens.
- **Hydration Cues for Optimal Function:** The body's thirst mechanism becomes less reliable with age, making it easy to become dehydrated without even realizing it. Dehydration can cause fatigue, confusion, and constipation. This plan emphasizes hydration, including creative ideas for infused waters and herbal teas to help you easily reach the recommended two liters per day.

5. Measuring Progress Beyond the Scale

While the number on the scale will go down, we encourage you to measure your success in ways that are far more meaningful. An older body can undergo a wonderful transformation called "recomposition," where it sheds fat while gaining or maintaining lean muscle. This might not always show up as a dramatic drop on the scale, but it will show up in your life. Your true victory markers are things like: your clothes fitting more loosely around the waist, having the energy to get through the afternoon without a nap, or being able to kneel in the garden without your joints aching. These are the real rewards.

Putting It All Together

A 1,200-calorie framework, inspired by the proven success of physicians like Dr. Now, works because it is a masterful blend of science and simplicity. It marries a safe and effective calorie deficit with robust nutrient security and real-world practicality. It is precisely the tool that adults over 60 need to achieve sustainable, health-first weight loss and step into a more vibrant and energetic chapter of life.

Bright & Easy Breakfasts

"Breakfast is your first chance of the day to treat your body like it's worth the effort—because it is."

Breakfast sets the tone for the day—use it to front-load protein, fiber, and hydration so energy stays steady and cravings stay quiet. In this chapter, you'll find 5–15-minute options and make-ahead picks; most breakfasts deliver 15–30 g protein per serving while keeping sodium modest. Every recipe is written for 2 servings with US + metric units and includes **Storage & Reheat** so you can batch once and enjoy twice. Start strong; the rest of your day gets easier.

Greek Yogurt with Chia & Kiwi

Creamy Greek yogurt blended with chia seeds, topped with fresh kiwi slices, crunchy almond flakes, and a sprinkle of cinnamon for a refreshing, nutrient-packed treat.

Prep Time 10 minutes | **Cook Time** 0 minutes | **Yield** Serves 2

Ingredients
- Nonfat Greek yogurt, plain — 2 cups / 480 g
- Chia seeds — 3 tbsp / 30 g
- Kiwi, peeled and sliced — 2 medium / 150 g
- Almonds, sliced — 4 tbsp / 28 g
- Ground cinnamon — ½ tsp / 1 g

Directions
1. In a medium bowl, combine the Greek yogurt with chia seeds and mix well. Let sit for 5 minutes so the chia begins to swell slightly.
2. Spoon half of the yogurt-chia mixture into two bowls or glasses.
3. Layer with kiwi slices, then sprinkle with almond flakes.
4. Add the remaining yogurt mixture on top and finish with extra kiwi slices and almonds.
5. Dust lightly with ground cinnamon before serving.

Storage & Reheat
Refrigerate (covered) up to 24 hours; add almonds just before serving for crunch. Not freezer-friendly. No reheating required.

Nutrition (per serving, approx.):
- Calories: 295 kcal
- Fat: 10 g
- Saturated Fat: 2 g
- Phosphorus: 380 mg
- Sugar: 14 g
- Protein: 22 g
- Carbohydrates: 30 g
- Sodium: 110 mg
- Fiber: 7 g
- Cholesterol: 5 mg

Allergen note
Contains dairy (yogurt) and tree nuts (almonds).

Egg White Spinach & Feta Wrap

Fluffy egg whites paired with tender baby spinach and tangy reduced-fat feta, all tucked into a warm whole-grain tortilla for a quick, protein-rich breakfast.

Prep Time 5 minutes | **Cook Time** 8 minutes | **Yield** Serves 2

Ingredients
- Egg whites — 1 cup / 240 g
- Baby spinach, fresh — 2 cups / 60 g
- Reduced-fat feta cheese, crumbled — ¼ cup / 38 g
- Whole-grain tortillas (8-inch) — 2 tortillas / 120 g
- Olive oil, extra virgin — 1 tsp / 5 ml
- Black pepper, freshly ground — ⅛ tsp / 0.25 g
- Fine sea salt — 0 tsp (no added salt)

Directions
1. Place a medium-sized nonstick skillet over medium heat and add the olive oil.
2. Incorporate the fresh baby spinach and cook for 1–2 minutes, stirring intermittently, until the leaves are wilted but still bright green.
3. Add egg whites to the skillet and cook, stirring softly, for 3–4 minutes until firm and airy.
4. Stir in the crumbled reduced-fat feta cheese and freshly ground black pepper, mixing just until the cheese is evenly distributed.
5. Warm the whole-grain tortillas in a dry skillet or microwave until pliable. Divide the egg mixture evenly between them, fold or roll tightly, and serve immediately.

Storage & Reheat
Refrigerate (wrapped) up to 1 day. Reheat in a dry skillet 2–3 minutes or microwave 30 seconds. Not freezer-friendly.

Nutrition (per serving, approx.):
- Calories: 305 kcal
- Fat: 10 g
- Saturated Fat: 4 g
- Phosphorus: 160 mg
- Sugar: 3 g
- Protein: 23 g
- Carbohydrates: 32 g
- Sodium: 490 mg
- Fiber: 5 g
- Cholesterol: 15 mg

Allergen note
Contains dairy (feta) and gluten (tortilla).

Creamy avocado and delicate low-sodium smoked salmon on hearty whole-grain rye bread with fresh lemon and dill.

Smoked Salmon & Avocado Rye Toast

Prep Time 5 minutes
Cook Time 0 minutes
Yield Serves 2

Ingredients
- Whole-grain rye bread, sliced — 2 slices / 60 g
- Avocado, ripe — ½ medium / 70 g
- Low-sodium smoked salmon — 3 oz / 85 g
- Lemon, fresh — 2 wedges / 30 g
- Fresh dill, chopped — 1 tsp / 1 g
- Black pepper, freshly ground — ⅛ tsp / 0.25 g
- Fine sea salt — 0 tsp (no added salt)

Directions
1. Toast the rye bread slices until lightly crisp and golden, about 1–2 minutes.
2. Mash the avocado in a small bowl until smooth, then spread evenly over the warm toast.
3. Layer the smoked salmon on top, arranging it to cover most of the surface.
4. Squeeze lemon juice over each toast, then sprinkle with fresh dill and black pepper.
5. Best served immediately while the avocado is fresh and the toast crisp.

Storage & Reheat
Best fresh. Store avocado separately (with lemon) up to 12 hours; assemble before serving.

Nutrition (per serving, approx.):
- Calories: 295 kcal
- Fat: 14 g
- Saturated Fat: 3 g
- Phosphorus: 130 mg
- Sugar: 2 g
- Protein: 17 g
- Carbohydrates: 26 g
- Sodium: 260 mg
- Fiber: 6 g
- Cholesterol: 30 mg

Allergen note
Contains fish (salmon) and gluten (rye bread).

A silky mix of low-fat cottage cheese and Greek yogurt, lightly sweetened with stevia or honey, layered with juicy peaches and crunchy walnuts for a protein-rich, creamy dessert or snack.

Protein Cream with Peach & Walnuts

Prep Time 10 minutes
Cook Time 0 minutes
Yield Serves 2

Ingredients
- Low-fat cottage cheese — 1 cup / 225 g
- Nonfat Greek yogurt, plain — 1 cup / 240 g
- Peach, ripe, diced — 1 medium / 150 g
- Walnuts, chopped — 4 tbsp / 28 g
- Stevia or honey — 1–2 tsp / 5–10 g (to taste)

Directions
1. In a medium bowl, whisk together the cottage cheese and Greek yogurt until smooth and creamy.
2. Add stevia or honey and stir until evenly incorporated.
3. Divide half of the cream mixture between two serving glasses.
4. Layer with diced peach and a sprinkle of walnuts.
5. Top with the remaining cream mixture and finish with extra peach cubes and walnuts for garnish.
6. Serve immediately for the best texture.

Storage & Reheat
Refrigerate (covered) up to 24 hours. Not freezer-friendly. No reheating required.

Nutrition (per serving, approx.):
- Calories: 280 kcal
- Fat: 9 g
- Saturated Fat: 2 g
- Phosphorus: 360 mg
- Sugar: 14 g
- Protein: 26 g
- Carbohydrates: 23 g
- Sodium: 150 mg
- Fiber: 3 g
- Cholesterol: 8 mg

Allergen note
Contains dairy (cottage cheese, yogurt) and tree nuts (walnuts).

Vanilla Berry Chia Pudding

Creamy vanilla chia pudding made with almond or dairy milk, layered with sweet berries and topped with crunchy almonds—a refreshing, fiber-rich breakfast or snack.

Prep Time
10 minutes (plus chilling time)

Cook Time
0 minutes

Yield
Serves 2

Ingredients
- Rolled oats — 1 cup / 80 g
- Chia seeds — 2 tbsp / 16 g
- Unsweetened almond milk — 2 cups / 480 ml
- Blueberries, fresh — 1 cup / 150 g
- Fine sea salt — $^{1}/_{16}$ tsp / 0.3 g
- Ground cinnamon — ¼ tsp / 0.6 g

Directions
1. In a medium bowl, whisk together the almond milk, chia seeds, and vanilla extract until evenly combined.
2. Cover and refrigerate for at least 2–3 hours, or overnight, until the mixture thickens to a pudding-like consistency. Stir once after the first 30 minutes to prevent clumping.
3. When ready to serve, divide half of the chia pudding into two glasses or bowls.
4. Add a layer of fresh berries, then top with the remaining chia pudding.
5. Finish with extra berries and a sprinkle of sliced almonds for garnish.

Storage & Reheat
Refrigerate (covered) up to 3 days. Stir well before serving. Not freezer-friendly. No reheating required.

Nutrition (per serving, approx.):
- Calories: 265 kcal
- Protein: 9 g
- Fat: 13 g
- Carbohydrates: 27 g
- Saturated Fat: 1 g
- Sodium: 120 mg
- Phosphorus: 310 mg
- Fiber: 12 g
- Sugar: 9 g
- Cholesterol: 0 mg (with almond milk)

Allergen note
Contains tree nuts (almonds). If using dairy milk, also contains dairy.

Blender Protein Pancakes

Fluffy, protein-packed pancakes blended from egg whites, cottage cheese, oats, and banana.

Prep Time
5 minutes

Cook Time
8 minutes

Yield
Serves 2

Ingredients
- Egg whites — 1 cup / 240 g
- Low-fat cottage cheese — ½ cup / 120 g
- Rolled oats — 1 cup / 80 g
- Banana, ripe — 1 medium / 120 g
- Ground cinnamon — ½ tsp / 1 g
- Fine sea salt — $^{1}/_{16}$ tsp / 0.3 g

Directions
1. Add the egg whites, low-fat cottage cheese, rolled oats, banana, ground cinnamon, and fine sea salt to a blender. Process on high for 30–45 seconds until the oats are fully blended and the mixture is silky.
2. Place a nonstick skillet or griddle over medium heat and warm until hot. Lightly coat with cooking spray if needed.
3. Pour the batter onto the skillet in ¼-cup portions, spacing them slightly apart. Cook for 2–3 minutes, or until small bubbles form on the surface and the edges start to look set.
4. Flip each pancake carefully with a spatula and cook for another 1–2 minutes, or until golden brown on both sides and cooked through.
5. Transfer to a plate and serve warm, plain, or topped with a few fresh berries if desired.

Storage & Reheat
Keep refrigerated for up to 2 days, or freeze for as long as 1 month. Reheat in a toaster or a dry skillet.

Nutrition (per serving, approx.):
- Calories: 320 kcal
- Protein: 22 g
- Fat: 4 g
- Carbohydrates: 52 g
- Saturated Fat: 1 g
- Sodium: 270 mg
- Phosphorus: 270 mg
- Fiber: 6 g
- Sugar: 15 g
- Cholesterol: 10 mg

Allergen note
Contains dairy (cottage cheese).

Avocado Egg & Spinach Bowl

A simple and satisfying protein-packed bowl of boiled eggs, creamy avocado, and fresh spinach, finished with lemon juice and olive oil for a light yet nourishing meal.

Prep Time 10 minutes
Cook Time 10 minutes
Yield Serves 2

Ingredients
- Eggs, hard-boiled — 2 large / 100 g
- Avocado, ripe, sliced — 1 medium / 150 g
- Fresh spinach, washed — 2 cups / 60 g
- Lemon juice, freshly squeezed — 1 tbsp / 15 ml
- Extra virgin olive oil — 1 tbsp / 15 ml
- Salt — to taste
- Freshly ground black pepper — to taste

Directions
1. Boil the eggs for 10 minutes until hard-cooked, then peel and slice them.
2. Arrange the spinach leaves evenly in two serving bowls.
3. Add avocado slices on top of the spinach.
4. Place the boiled egg slices over the avocado.
5. Drizzle with lemon juice and olive oil.
6. Season with salt and freshly ground black pepper to taste. Serve immediately.

Storage & Reheat
Best served fresh. If needed, refrigerate (covered) up to 12 hours without dressing; add lemon juice and olive oil just before serving. Not freezer-friendly.

Nutrition (per serving, approx.):
- Calories: 245 kcal
- Fat: 20 g
- Saturated Fat: 3 g
- Phosphorus: 190 mg
- Sugar: 1 g
- Protein: 9 g
- Carbohydrates: 7 g
- Sodium: 160 mg
- Fiber: 5 g
- Cholesterol: 185 mg

Allergen note
Contains eggs.

Apple Walnut Chia Pudding

A cozy chia pudding blended with unsweetened applesauce and warm cinnamon, topped with crunchy walnuts for a wholesome, fall-inspired treat.

Prep Time 10 minutes (plus chilling time)
Cook Time 0 minutes
Yield Serves 2

Ingredients
- Chia seeds — 6 tbsp / 60 g
- Unsweetened applesauce — 1 cup / 240 g
- Ground cinnamon — ½ tsp / 1 g
- Walnuts, chopped — 4 tbsp / 28 g
- Almond milk — 1½ cups / 360 ml

Directions
1. In a medium bowl, whisk together the almond milk, chia seeds, applesauce, and cinnamon until well combined.
2. Cover and refrigerate for at least 2–3 hours or overnight until the pudding thickens. Stir once after 30 minutes to avoid clumps.
3. When ready to serve, divide the pudding into two bowls or glasses.
4. Sprinkle chopped walnuts evenly on top.
5. Optionally garnish with a light dusting of extra cinnamon.

Storage & Reheat
Refrigerate (covered) up to 3 days. Not freezer-friendly. No reheating required.

Nutrition (per serving, approx.):
- Calories: 270 kcal
- Fat: 14 g
- Saturated Fat: 1 g
- Phosphorus: 280 mg
- Sugar: 11 g
- Protein: 8 g
- Carbohydrates: 28 g
- Sodium: 110 mg
- Fiber: 11 g
- Cholesterol: 0 mg

Allergen note
Contains tree nuts (walnuts).

Golden Tofu Scramble

Bright, savory tofu scramble with spinach, cherry tomatoes, and turmeric.

Prep Time 5 minutes
Cook Time 8 minutes
Yield Serves 2

Ingredients
- Firm tofu, drained and crumbled — 7 oz / 200 g
- Baby spinach, fresh — 2 cups / 60 g
- Cherry tomatoes, halved — 1 cup / 150 g
- Turmeric powder — ½ tsp / 1 g
- Olive oil, extra virgin — 1 tsp / 5 ml
- Black pepper, freshly ground — ⅛ tsp / 0.25 g
- Fine sea salt — $^{1}/_{16}$ tsp / 0.3 g

Directions
1. Heat the olive oil in a nonstick skillet over moderate heat until just warm.
2. Add the crumbled tofu to the skillet and cook for 2–3 minutes, stirring intermittently, until it begins to heat through and release a little moisture.
3. Sprinkle in the turmeric, fine sea salt, and freshly ground black pepper. Stir well until the tofu is evenly coated with the yellow color of the turmeric.
4. Incorporate the cherry tomatoes and cook for 2–3 minutes until they begin to soften and juice.
5. Gently fold in the baby spinach and cook for about 1 minute, or until wilted but still bright green.
6. Serve warm, either on its own or with a slice of whole-grain toast if desired.

Storage & Reheat
Refrigerate up to 2 days. Reheat in a skillet over low heat 2–3 minutes.

Nutrition (per serving, approx.):
- Calories: 260 kcal
- Fat: 13 g
- Saturated Fat: 2 g
- Phosphorus: 200 mg
- Sugar: 7 g
- Protein: 16 g
- Carbohydrates: 18 g
- Sodium: 115 mg
- Fiber: 6 g
- Cholesterol: 0 mg

Allergen note
Contains soy (tofu).

Skyr with Berries & Flax

Thick, creamy skyr layered with fresh berries, nutty ground flaxseed for extra omega-3, and a hint of lemon zest, topped with crunchy almonds for a refreshing and nourishing bowl.

Prep Time 10 minutes
Cook Time 0 minutes
Yield Serves 2

Ingredients
- Skyr, plain — 2 cups / 450 g
- Mixed berries (blueberries, raspberries, strawberries) — 1 cup / 150 g
- Ground flaxseed — 2 tbsp / 14 g
- Lemon zest — 1 tsp / 2 g
- Almonds, sliced — 4 tbsp / 28 g

Directions
1. Divide the skyr evenly into two serving bowls.
2. Sprinkle each portion with ground flaxseed and stir gently to mix.
3. Add a generous topping of fresh berries.
4. Grate lemon zest over the bowls for brightness.
5. Finish with sliced almonds for crunch. Serve immediately.

Storage & Reheat
Best served fresh. Can be refrigerated (covered) up to 24 hours; add almonds just before serving to maintain crunch. Not freezer-friendly. No reheating required.

Nutrition (per serving, approx.):
- Calories: 260 kcal
- Fat: 9 g
- Saturated Fat: 2 g
- Phosphorus: 290 mg
- Sugar: 11 g
- Protein: 24 g
- Carbohydrates: 19 g
- Sodium: 65 mg
- Fiber: 5 g
- Cholesterol: 5 mg

Allergen note
Contains dairy (skyr) and tree nuts (almonds).

A light and fluffy omelet filled with juicy tomato and fresh herbs, gently cooked in olive oil for a simple yet flavorful start to the day.

Tomato Herb Omelet

Prep Time 5 minutes

Cook Time 10 minutes

Yield Serves 2

Ingredients
- Eggs, large — 4 pcs / 200 g
- Tomato, diced — 1 medium / 120 g
- Fresh parsley, chopped — 2 tbsp / 8 g
- Fresh dill, chopped — 2 tbsp / 8 g
- Extra virgin olive oil — 1 tbsp / 15 ml
- Salt — to taste
- Freshly ground black pepper — to taste

Directions
1. Crack the eggs into a bowl, season with salt and pepper, and whisk until smooth.
2. Heat olive oil in a nonstick skillet over medium heat.
3. Add the diced tomato and cook for 2–3 minutes until softened.
4. Pour the beaten eggs into the skillet and swirl to spread evenly.
5. Sprinkle with parsley and dill, then cook undisturbed until the edges are set.
6. Gently fold the omelet in half and cook for another 1–2 minutes until just cooked through.
7. Slide onto a plate and serve warm.

Storage & Reheat
Best enjoyed fresh. Can be refrigerated (covered) up to 12 hours; reheat gently in a skillet over low heat. Not freezer-friendly.

Nutrition (per serving, approx.):
- Calories: 210 kcal
- Fat: 16 g
- Saturated Fat: 3 g
- Phosphorus: 190 mg
- Sugar: 2 g
- Protein: 13 g
- Carbohydrates: 4 g
- Sodium: 160 mg
- Fiber: 1 g
- Cholesterol: 370 mg

Allergen note
Contains eggs.

Greek yogurt layered with fluffy quinoa, strawberries, and nutty hemp hearts.

Strawberry Quinoa Breakfast Bowl

Prep Time 5 minutes

Cook Time 0 minutes (using pre-cooked quinoa)

Yield Serves 2

Ingredients
- Cooked quinoa, cooled — 1 cup / 185 g
- Greek yogurt, plain, nonfat — 1 cup / 240 g
- Strawberries, fresh, sliced — 1 cup / 150 g
- Hemp hearts — 2 tbsp / 20 g
- Fine sea salt — $^{1}/_{16}$ tsp / 0.3 g

Directions
1. Spoon the cooled, cooked quinoa evenly into two serving bowls, spreading it out to create a flat base.
2. Add the Greek yogurt on top of the quinoa, dividing it evenly between the bowls. Smooth it gently with the back of a spoon for an even layer.
3. Arrange the sliced fresh strawberries neatly over the yogurt, slightly overlapping the slices for visual appeal.
4. Sprinkle the hemp hearts evenly over the top, followed by the measured pinch of fine sea salt.
5. Serve immediately while the strawberries are fresh and the quinoa is cool.

Storage & Reheat
Refrigerate up to 1 day. No freezer. No reheating required.

Nutrition (per serving, approx.):
- Calories: 320 kcal
- Fat: 8 g
- Saturated Fat: 1 g
- Phosphorus: 200 mg
- Sugar: 15 g
- Protein: 20 g
- Carbohydrates: 44 g
- Sodium: 105 mg
- Fiber: 6 g
- Cholesterol: 5 mg

Allergen note
Contains dairy (yogurt).

Avocado Egg & Arugula Bowl

A fresh and energizing bowl of creamy avocado, peppery arugula, and protein-rich eggs, finished with a drizzle of olive oil and lemon juice.

Prep Time 10 minutes
Cook Time 10 minutes
Yield Serves 2

Ingredients
- Eggs, hard-boiled — 2 large / 100 g
- Avocado, ripe, sliced — 1 medium / 150 g
- Fresh arugula — 2 cups / 50 g
- Extra virgin olive oil — 1 tbsp / 15 ml
- Lemon juice, freshly squeezed — 1 tbsp / 15 ml
- Salt — to taste
- Freshly ground black pepper — to taste

Directions
1. Boil the eggs for 10 minutes until hard-cooked, then peel and slice them.
2. Arrange the arugula evenly between two serving bowls.
3. Add avocado slices on top of the greens.
4. Place the sliced boiled eggs over the avocado.
5. Drizzle each bowl with olive oil and lemon juice.
6. Season lightly with salt and black pepper. Serve fresh.

Storage & Reheat
Best served immediately. If needed, refrigerate (covered) up to 12 hours without dressing; add lemon and oil just before serving. Not freezer-friendly.

Nutrition (per serving, approx.):
- Calories: 240 kcal
- Fat: 20 g
- Saturated Fat: 3 g
- Phosphorus: 185 mg
- Sugar: 1 g
- Protein: 9 g
- Carbohydrates: 6 g
- Sodium: 160 mg
- Fiber: 5 g
- Cholesterol: 185 mg

Allergen note
Contains eggs.

Cottage Cheese Protein Waffles

Light, high-protein waffles made with cottage cheese, egg whites, oats, and vanilla.

Prep Time 5 minutes
Cook Time 8 minutes
Yield Serves 2

Ingredients
- Low-fat cottage cheese — 1 cup / 240 g
- Egg whites — 1 cup / 240 g
- Rolled oats — 1 cup / 80 g
- Vanilla extract — 1 tsp / 5 ml
- Fine sea salt — 0 tsp (no added salt)

Directions
1. Preheat the waffle iron according to the directions provided by the manufacturer.
2. Place the low-fat cottage cheese, egg whites, rolled oats, and vanilla extract into a blender. Blend on high speed until the mixture is completely smooth, about 30–45 seconds.
3. Lightly grease the waffle iron plates with cooking spray or a small amount of oil if needed. Pour in enough batter to cover the cooking surface without overflowing.
4. Close the waffle iron and cook for 4–5 minutes, until golden brown and cooked through.
5. Remove carefully, serve warm, and enjoy plain or with your preferred healthy toppings.

Storage & Reheat
Keep refrigerated for two days, or freeze for 1 month. Reheat in toaster/oven.

Nutrition (per serving, approx.):
- Calories: 325 kcal
- Fat: 6 g
- Saturated Fat: 2 g
- Phosphorus: 300 mg
- Sugar: 4 g
- Protein: 29 g
- Carbohydrates: 40 g
- Sodium: 370 mg
- Fiber: 5 g
- Cholesterol: 15 mg

Allergen note
Contains dairy (cottage cheese).

Savory Veggie Egg Muffins

Fluffy baked egg muffins with sautéed onion, bell pepper, and spinach.

Prep Time 10 minutes | **Cook Time** 20 minutes | **Yield** Serves 2

Ingredients
- Eggs — 4 large / 200 g
- Baby spinach, chopped — 1 cup / 30 g
- Red bell pepper, diced — ½ cup / 75 g
- Onion, finely chopped — ¼ cup / 40 g
- Olive oil, extra virgin — 1 tsp / 5 ml
- Black pepper, freshly ground — ⅛ tsp / 0.25 g
- Fine sea salt — 1/16 tsp / 0.3 g

Directions
1. Set the oven's temperature to 350°F / 175°C and lightly grease 4 muffin cups with olive oil or cooking spray.
2. Warm olive oil in a small skillet over medium heat. Incorporate onion and red bell pepper, cooking 3–4 minutes until softened. Mix in baby spinach and cook 1 more minute until wilted.
3. Using a medium mixing bowl, whisk the eggs until smooth. Stir in the cooked vegetables, along with the measured fine sea salt and freshly ground black pepper.
4. Evenly portion the mixture into the prepared muffin cups, filling each about three-quarters full.
5. Bake for 18–20 minutes, or until the muffins are set in the center and lightly golden on top.
6. Let cool for 2–3 minutes before removing from the muffin tin. Serve warm.

Storage & Reheat
Keep refrigerated for 3 days, or freeze for 1 month. Reheat 30–40 seconds in the microwave or 5 minutes at 300°F / 150°C.

Nutrition (per serving, approx.):
- Calories: 295 kcal
- Fat: 20 g
- Saturated Fat: 5 g
- Phosphorus: 200 mg
- Sugar: 4 g
- Protein: 18 g
- Carbohydrates: 9 g
- Sodium: 270 mg
- Fiber: 2 g
- Cholesterol: 370 mg

Allergen note
Contains eggs.

Ricotta & Fig Toast

Creamy part-skim ricotta spread on toasted whole-grain bread, topped with sweet figs and fresh mint for a light, elegant breakfast.

Prep Time 5 minutes | **Cook Time** 2 minutes | **Yield** Serves 2

Ingredients
- Part-skim ricotta cheese — ½ cup / 120 g
- Fresh figs, sliced — 4 medium / 200 g
- Whole-grain bread, sliced — 2 slices / 60 g
- Fresh mint leaves, chopped — 1 tbsp / 3 g
- Black pepper, freshly ground — ⅛ tsp / 0.25 g
- Fine sea salt — 1/16 tsp / 0.3 g

Directions
1. Toast the whole-grain bread slices until golden and crisp, either in a toaster or under a broiler for about 1–2 minutes per side.
2. Spread the part-skim ricotta evenly over each slice, covering the surface completely for a smooth layer.
3. Arrange the sliced fresh figs neatly on top of the ricotta, slightly overlapping for visual appeal.
4. Sprinkle the chopped fresh mint evenly across each toast, then add the measured pinch of fine sea salt and a light dusting of freshly ground black pepper.
5. Serve right away while the toast is warm and the figs are fresh.

Storage & Reheat
Best enjoyed fresh. If storing, keep ricotta and figs separate from the bread and assemble just before serving.

Nutrition (per serving, approx.):
- Calories: 300 kcal
- Fat: 9 g
- Saturated Fat: 4 g
- Phosphorus: 250 mg
- Sugar: 21 g
- Protein: 12 g
- Carbohydrates: 45 g
- Sodium: 180 mg
- Fiber: 6 g
- Cholesterol: 20 mg

Allergen note
Contains dairy (ricotta) and gluten (bread).

Savory Spinach Oatmeal

Creamy oatmeal simmered with baby spinach, topped with a soft-cooked egg and a sprinkle of Parmesan for a hearty, savory twist on breakfast.

Prep Time 5 minutes
Cook Time 10 minutes
Yield Serves 2

Ingredients
- Rolled oats — 1 cup / 80 g
- Water — 2 cups / 480 ml
- Baby spinach, fresh — 2 cups / 60 g
- Egg — 2 large / 100 g
- Parmesan cheese, grated — 2 tbsp / 14 g
- Olive oil, extra virgin — 1 tsp / 5 ml
- Black pepper, freshly ground — ⅛ tsp / 0.25 g
- Fine sea salt — ⅛ tsp / 0.6 g

Directions
1. In a small saucepan, bring the water and measured fine sea salt to a boil over medium-high heat.
2. Stir in the rolled oats and reduce the heat to medium. Cook for 4–5 minutes, stirring intermittently, until the mixture begins to thicken.
3. Add the fresh baby spinach and continue cooking for 1–2 minutes, stirring gently, until wilted and evenly mixed into the oatmeal.
4. While the oats cook, heat the olive oil in a nonstick skillet over medium heat. Crack in the eggs and cook to your preferred doneness—about 3–4 minutes for sunny-side up or 4–5 minutes for over-easy.
5. Divide the spinach oatmeal evenly between two serving bowls. Top each portion with a cooked egg.
6. Sprinkle the grated Parmesan cheese and freshly ground black pepper over the top.

Storage & Reheat
Refrigerate oatmeal (without egg) up to 2 days. Reheat with a splash of water over low heat. Cook eggs fresh before serving.

Nutrition (per serving, approx.):
- Calories: 340 kcal
- Fat: 14 g
- Saturated Fat: 4 g
- Phosphorus: 200 mg
- Sugar: 2 g
- Protein: 16 g
- Carbohydrates: 37 g
- Sodium: 260 mg
- Fiber: 6 g
- Cholesterol: 190 mg

Allergen note
Contains eggs and dairy (Parmesan).

Banana-Walnut Yogurt Bowl

Creamy nonfat Greek yogurt topped with sweet banana slices, crunchy walnuts, and a sprinkle of cinnamon for a simple, satisfying breakfast.

Prep Time 5 minutes
Cook Time 0 minutes
Yield Serves 2

Ingredients
- Nonfat Greek yogurt, plain — 2 cups / 480 g
- Banana, ripe, sliced — 1 medium / 120 g
- Walnuts, chopped — ¼ cup / 30 g
- Ground cinnamon — ½ tsp / 1 g
- Fine sea salt — 1/16 tsp / 0.3 g

Directions
1. Spoon the nonfat Greek yogurt evenly into two serving bowls, smoothing the tops with the back of a spoon.
2. Arrange the banana slices evenly over the yogurt so that each bite has fruit.
3. Sprinkle the chopped walnuts evenly over the bananas for crunch.
4. Finish by dusting with ground cinnamon and adding the measured pinch of fine sea salt.
5. Serve immediately while the bananas are fresh and the yogurt is chilled.

Storage & Reheat
Best enjoyed fresh. If storing, keep fruit and nuts separate from yogurt for up to 1 day. No reheating required.

Nutrition (per serving, approx.):
- Calories: 310 kcal
- Fat: 11 g
- Saturated Fat: 2 g
- Phosphorus: 300 mg
- Sugar: 18 g
- Protein: 21 g
- Carbohydrates: 35 g
- Sodium: 125 mg
- Fiber: 4 g
- Cholesterol: 10 mg

Allergen note
Contains dairy (yogurt) and tree nuts (walnuts).

Blueberry Skyr "Muffin" Bowl

Thick, creamy skyr topped with fresh blueberries, nutty ground flaxseed, and bright lemon zest for a muffin-inspired breakfast without the baking.

Prep Time 5 minutes
Cook Time 0 minutes
Yield Serves 2

Ingredients
- Plain skyr — 1½ cups / 360 g
- Blueberries, fresh — 1 cup / 150 g
- Ground flaxseed — 2 tbsp / 14 g
- Lemon zest — ½ tsp / 1 g
- Fine sea salt — 1/16 tsp / 0.3 g

Directions
1. Spoon the plain skyr evenly into two serving bowls, smoothing the surface with the back of a spoon.
2. Arrange the fresh blueberries on top of the skyr, spreading them evenly for balanced flavor in each bite.
3. Sprinkle the ground flaxseed evenly over the blueberries.
4. Finish with the lemon zest and the measured pinch of fine sea salt, distributing them evenly across each bowl.
5. Serve immediately while the blueberries are fresh and the skyr is chilled.

Storage & Reheat
Best enjoyed fresh. Store components separately for up to 1 day. No reheating required.

Nutrition (per serving, approx.):
- Calories: 280 kcal
- Fat: 8 g
- Saturated Fat: 4 g
- Phosphorus: 250 mg
- Sugar: 18 g
- Protein: 22 g
- Carbohydrates: 30 g
- Sodium: 115 mg
- Fiber: 6 g
- Cholesterol: 15 mg

Allergen note
Contains dairy (skyr).

Chicken & Apple Breakfast Lettuce Wraps

Tender no-salt chicken breast mixed with crisp apple and creamy Greek yogurt, wrapped in fresh butter lettuce for a light, protein-packed breakfast.

Prep Time 5 minutes
Cook Time 0 minutes (using pre-cooked chicken)
Yield Serves 2

Ingredients
- Cooked chicken breast, diced (no-salt) — 4 oz / 115 g
- Apple, sweet-crisp, diced — 1 medium / 150 g
- Greek yogurt, plain, nonfat — ¼ cup / 60 g
- Butter lettuce leaves — 6 large / 60 g
- Black pepper, freshly ground — ⅛ tsp / 0.25 g
- Fine sea salt — 1/16 tsp / 0.3 g

Directions
1. Using a medium mixing bowl, combine the diced cooked chicken breast, diced apple, plain Greek yogurt, measured fine sea salt, and freshly ground black pepper.
2. Mix gently with a spoon until the chicken and apple are evenly coated in the yogurt.
3. Arrange the butter lettuce leaves flat on a serving plate.
4. Spoon the chicken-apple mixture evenly into the center of each lettuce leaf.
5. Serve at once while the lettuce stays crisp and the filling fresh.

Vegetarian Adaptation:
Replace the chicken with 4 oz of mashed chickpeas, cubed firm tofu, or chopped hard-boiled eggs for similar protein content. Add a pinch of fresh herbs, such as dill or chives, to enhance the flavor of your chosen protein substitute.

Storage & Reheat
Refrigerate filling in an airtight container for up to 1 day. Store lettuce separately. No reheating required.

Nutrition (per serving, approx.):
- Calories: 255 kcal
- Fat: 3 g
- Saturated Fat: 1 g
- Phosphorus: 280 mg
- Sugar: 18 g
- Protein: 27 g
- Carbohydrates: 29 g
- Sodium: 160 mg
- Fiber: 4 g
- Cholesterol: 65 mg

Allergen note
Contains dairy (yogurt).

Quick-Fix Lunches

"Pack once, lunch all week—your wallet and waistline will both thank you."

Midday meals should be calm, quick, and portable. These lunches lean on batch-friendly soups, wraps, bowls, and big-veg salads that keep protein high, colors bright, and sodium in check—perfect for "pack once, lunch all week." Use the **Storage & Reheat** notes and, when shown, the Make-Ahead/Freezer-Friendly cues to turn one cooking session into multiple effortless meals.

Lentil & Spinach Soup

Hearty green lentils simmered with aromatic vegetables and fresh spinach for a warming, protein-rich lunch.

Prep Time 10 minutes | **Cook Time** 20 minutes | **Yield** Serves 2

Ingredients
- Green lentils, dried, no-salt, rinsed — ½ cup / 100 g
- Water — 3 cups / 720 ml
- Baby spinach, fresh — 2 cups / 60 g
- Celery, diced — ½ cup / 50 g
- Onion, chopped — ½ cup / 80 g
- Garlic, minced — 2 cloves / 6 g
- Olive oil, extra virgin — 1 tsp / 5 ml
- Ground cumin — ¼ tsp / 0.5 g
- Black pepper, freshly ground — ⅛ tsp / 0.25 g
- Fine sea salt — ⅛ tsp / 0.6 g

Directions
1. Place lentils in a fine mesh sieve and rinse thoroughly under cold running water for 30–40 seconds to remove any dust or debris. Set aside to drain.
2. Heat olive oil in a medium saucepan over medium heat for about 30 seconds.
3. Add chopped onion, diced celery, and minced garlic. Sauté for 3–4 minutes, stirring intermittently, until vegetables begin to soften and onion turns translucent.
4. Sprinkle in cumin, black pepper, and salt. Stir continuously for 30 seconds to allow the spices to release their aroma.
5. Incorporate the rinsed lentils into the pot and stir well so they are coated with the aromatics and oil.
6. Pour in the water and stir once to ensure nothing is stuck to the bottom. Increase the heat to high and bring to a rolling boil.
7. After reaching a boil, turn the heat down to low, cover loosely, and simmer for 25 minutes. Stir once halfway through cooking to prevent sticking.
8. Test lentils for tenderness—they should be soft but still hold their shape.
9. Add fresh spinach to the pot, stir gently, and cook uncovered for 1–2 minutes until the spinach wilts completely.
10. Sample and adjust seasoning if needed before serving hot.

Storage & Reheat
Let it cool to room temperature, transfer to an airtight container, and keep refrigerated for up to 3 days or freeze for up to 1 month. To reheat, warm gently on the stovetop over low heat, stirring intermittently, until piping hot.

Nutrition (per serving, approx.):
- Calories: 320 kcal
- Fat: 5 g
- Saturated Fat: 1 g
- Phosphorus: 250 mg
- Sugar: 6 g
- Protein: 16 g
- Carbohydrates: 54 g
- Sodium: 190 mg
- Fiber: 20 g
- Cholesterol: 0 mg

Allergen note: Naturally gluten-free and dairy-free.

Smoked Salmon Zucchini Noodles

Low-sodium smoked salmon tossed with tender zucchini noodles, briny capers, fresh dill, and bright lemon juice for a light, refreshing lunch.

Prep Time 8 minutes | **Cook Time** 3 minutes | **Yield** Serves 2

Ingredients
- Zucchini, spiralized into noodles — 4 cups / 400 g
- Smoked salmon, low-sodium, torn into pieces — 4 oz / 115 g
- Capers, drained — 1 tbsp / 10 g
- Lemon juice, fresh — 1 tbsp / 15 ml
- Fresh dill, chopped — 1 tbsp / 3 g
- Olive oil, extra virgin — 1 tsp / 5 ml
- Black pepper, freshly ground — ⅛ tsp / 0.25 g
- Fine sea salt — 0 tsp (no added salt)

Directions
1. Heat olive oil in a spacious nonstick skillet over medium heat for 30 seconds.
2. Add zucchini noodles and sauté for 2–3 minutes, stirring gently, until just tender but not mushy.
3. Remove skillet from heat and transfer noodles to a mixing bowl.
4. Add smoked salmon pieces, capers, dill, lemon juice, and black pepper.
5. Toss carefully to combine, being careful not to break the salmon into very small pieces.
6. Serve immediately, warm or at room temperature.

Storage & Reheat
Best enjoyed fresh. If storing, keep salmon separate from zucchini noodles to maintain texture; keep refrigerated for up to 1 day. Gently reheat noodles before combining with salmon.

Nutrition (per serving, approx.):
- Calories: 300 kcal
- Fat: 15 g
- Saturated Fat: 3 g
- Phosphorus: 300 mg
- Sugar: 8 g
- Protein: 25 g
- Carbohydrates: 14 g
- Sodium: 310 mg
- Fiber: 4 g
- Cholesterol: 40 mg

Allergen note: Contains fish (salmon).

Greek Chicken Pita Pocket

Juicy grilled chicken breast tucked into a whole-wheat pita with crisp cucumber, tomato, and creamy low-fat tzatziki for a Mediterranean-inspired lunch.

Prep Time 10 minutes
Cook Time 8 minutes
Yield Serves 2

Ingredients

- Chicken breast, grilled, sliced — 4 oz / 115 g
- Whole-wheat pita bread — 2 halves / 60 g
- Cucumber, diced — ½ cup / 75 g
- Tomato, diced — ½ cup / 75 g
- Tzatziki sauce, low-fat — 4 tbsp / 60 g
- Dried oregano — ¼ tsp / 0.5 g
- Black pepper, freshly ground — ⅛ tsp / 0.25 g
- Fine sea salt — 1/16 tsp / 0.3 g

Directions

1. If using pre-cooked chicken, slice it thinly across the grain. If cooking fresh chicken breast, season lightly with salt and pepper, grill over medium heat for 3–4 minutes per side until cooked through (internal temperature should reach 165°F / 74°C), then slice.
2. Dice the cucumber and tomato into small, even pieces for easier eating. Place in a small bowl and toss together.
3. Toast pita halves in a skillet over medium heat for 20 seconds per side, or soften in the microwave for 10–15 seconds wrapped in a damp paper towel.
4. Spread 1 tablespoon of tzatziki sauce inside each pita half, coating the inner surface.
5. Layer sliced chicken evenly inside the pita, followed by the cucumber-tomato mixture.
6. Top with the remaining tzatziki sauce.
7. Sprinkle with dried oregano, the measured pinch of salt, and freshly ground black pepper.
8. Serve immediately while the pita is still warm.

Vegetarian Adaptation: Replace the grilled chicken with 4 oz of seasoned grilled tofu, marinated tempeh, or roasted chickpeas for a plant-based protein option. Add extra oregano and a squeeze of lemon juice to enhance the Mediterranean flavors with your chosen protein substitute.

Storage & Reheat: Best eaten fresh. If preparing ahead, store chicken, vegetables, pita, and tzatziki separately in airtight containers for up to 1 day. Assemble just before serving to prevent sogginess.

Nutrition (per serving, approx.):

- Calories: 345 kcal
- Fat: 9 g
- Saturated Fat: 2 g
- Phosphorus: 3000 mg
- Sugar: 5 g
- Protein: 26 g
- Carbohydrates: 38 g
- Sodium: 260 mg
- Fiber: 6 g
- Cholesterol: 55 mg

Allergen note: Contains gluten (pita) and dairy (tzatziki).

Mediterranean Tuna Salad

A protein-rich tuna salad with crisp cucumber, sweet pepper, and briny olives, tossed with olive oil for a light Mediterranean-inspired meal.

Prep Time 10 minutes
Cook Time 0 minutes
Yield Serves 2

Ingredients

- Tuna, canned in water, drained — 1 can / 5 oz / 140 g
- Cucumber, diced — 1 medium / 120 g
- Sweet pepper, diced — 1 medium / 120 g
- Olives, sliced — ¼ cup / 35 g
- Extra virgin olive oil — 2 tbsp / 30 ml
- Salt — to taste
- Freshly ground black pepper — to taste

Directions

1. Place the drained tuna in a mixing bowl and break it into chunks with a fork.
2. Add diced cucumber, diced sweet pepper, and sliced olives.
3. Drizzle with olive oil and season with salt and black pepper.
4. Toss gently until well combined.
5. Serve immediately as a salad or light wrap filling.

Storage & Reheat

Refrigerate (covered) up to 24 hours. Best enjoyed chilled. Not freezer-friendly. No reheating required.

Nutrition (per serving, approx.):

- Calories: 220 kcal
- Fat: 12 g
- Saturated Fat: 2 g
- Phosphorus: 220 mg
- Sugar: 3 g
- Protein: 22 g
- Carbohydrates: 7 g
- Sodium: 320 mg
- Fiber: 2 g
- Cholesterol: 35 mg

Allergen note: Contains fish (tuna).

Shrimp & Yogurt Lettuce Boats

Juicy shrimp and crisp apple folded with creamy Greek yogurt, scooped into cool lettuce leaves for a light, protein-forward bite.

Prep Time 10 minutes
Cook Time 5 minutes
Yield Serves 2

Ingredients
- Shrimp, cooked and chopped — 4 oz / 115 g (about 6 large)
- Romaine or iceberg lettuce leaves — 4 large / 60 g
- Apple, sweet-crisp, diced — ½ small / 70 g
- Greek yogurt, plain, nonfat — 3 tbsp / 45 g
- Black pepper, freshly ground — 1/16 tsp / 0.2 g

Directions
1. Bring a small pot of water to a gentle boil and cook the shrimp for 2–3 minutes (or lightly sauté in a non-stick pan) until pink and opaque. Let cool slightly, then chop into bite-sized pieces.
2. Dice the apple into small cubes.
3. In a mixing bowl, combine chopped shrimp, diced apple, Greek yogurt, and freshly ground black pepper. Mix gently to coat.
4. Arrange the lettuce leaves on a plate and spoon the mixture evenly into each leaf to form "boats."
5. Serve immediately while the lettuce is crisp and the filling is fresh.

Vegetarian Adaptation
Replace the shrimp with 4 oz / 115 g of cubed extra-firm tofu or mashed chickpeas. Add a pinch of fresh dill or lemon zest to brighten the flavor.

Storage & Reheat
Refrigerate the filling in an airtight container for up to 1 day. Store lettuce separately. No reheating required.

Nutrition (per serving, approx.)
- Calories: 95 kcal
- Fat: 1 g
- Saturated Fat: 0.1 g
- Phosphorus: 150 mg
- Sugar: 4.7 g
- Protein: 16 g
- Carbohydrates: 7 g
- Sodium: 75 mg
- Fiber: 1.5 g
- Cholesterol: 110 mg

Allergen note: Contains shellfish (shrimp) and dairy (yogurt).

Mini Greek Quinoa Salad

A wholesome twist on the classic Greek salad with fluffy quinoa, crisp cucumber, juicy tomato, and creamy feta, all tossed in olive oil.

Prep Time 10 minutes
Cook Time 15 minutes (for quinoa)
Yield Serves 2

Ingredients
- Quinoa, dry — ½ cup / 90 g
- Cucumber, diced — 1 medium / 120 g
- Tomato, diced — 1 medium / 120 g
- Feta cheese, crumbled — ¼ cup / 40 g
- Extra virgin olive oil — 2 tbsp / 30 ml
- Salt — to taste
- Freshly ground black pepper — to taste

Directions
1. Rinse quinoa under cold water. Cook according to package instructions (about 15 minutes), then let it cool slightly.
2. In a large bowl, combine the cooked quinoa, diced cucumber, and diced tomato.
3. Add crumbled feta and drizzle with olive oil.
4. Season with salt and freshly ground black pepper.
5. Toss gently until everything is evenly mixed.
6. Serve slightly chilled or at room temperature.

Storage & Reheat
Refrigerate (covered) up to 24 hours. Best served cold or at room temperature. Not freezer-friendly.

Nutrition (per serving, approx.):
- Calories: 260 kcal
- Fat: 12 g
- Saturated Fat: 4 g
- Phosphorus: 200 mg
- Sugar: 4 g
- Protein: 9 g
- Carbohydrates: 28 g
- Sodium: 280 mg
- Fiber: 4 g
- Cholesterol: 15 mg

Allergen note: Contains dairy (feta).

Turkey & Hummus Collard Wraps

Low-sodium turkey breast layered with creamy hummus, crisp vegetables, and wrapped in fresh collard greens for a crunchy, high-protein lunch.

Prep Time 8 minutes | **Cook Time** 0 minutes | **Yield** Serves 2

Ingredients
- Sliced turkey breast, low-sodium — 4 oz / 115 g
- Hummus — 4 tbsp / 60 g
- Collard green leaves, large — 4 leaves / 80 g
- Carrot, shredded — ½ cup / 50 g
- Cucumber, julienned — ½ cup / 75 g
- Black pepper, freshly ground — ⅛ tsp / 0.25 g
- Paprika, sweet — ⅛ tsp / 0.25 g
- Fine sea salt — 1/16 tsp / 0.3 g

Directions
1. Rinse the collard greens under cold water and gently pat dry with a clean towel.
2. Using a sharp knife, cut away the thick center stems without damaging the leaves to make rolling easier.
3. Lay one leaf flat on a cutting board with the stem side facing you.
4. Spread 1 tablespoon of hummus evenly over the center of the leaf.
5. Lay 1 ounce (about 28 g) of turkey slices over the hummus.
6. Add 2 tablespoons of shredded carrot and 2 tablespoons of julienned cucumber in a neat pile across the center.
7. Sprinkle the measured salt, pepper, and paprika evenly over the filling.
8. Bring the leaf edges to the center and roll from the stem end, keeping the filling contained.
9. Repeat with the remaining leaves and filling.
10. Slice each wrap in half on a diagonal if desired and serve immediately.

Vegetarian Adaptation: Replace the turkey with 4 oz of sliced marinated tofu, tempeh strips, or additional hummus with roasted red pepper for extra protein and flavor. Consider adding avocado slices or hemp seeds to boost the nutritional content and maintain the satisfying texture.

Storage & Reheat: Best eaten fresh. If storing, wrap each roll tightly in parchment or plastic wrap and keep refrigerated for up to 1 day. No reheating required.

Nutrition (per serving, approx.):
- Calories: 310 kcal
- Fat: 12 g
- Saturated Fat: 2 g
- Phosphorus: 280 mg
- Sugar: 5 g
- Protein: 23 g
- Carbohydrates: 28 g
- Sodium: 260 mg
- Fiber: 7 g
- Cholesterol: 35 mg

Allergen note: Contains sesame (hummus).

Mediterranean Chickpea Salad

A light and refreshing salad with protein-rich chickpeas, crisp cucumber, juicy tomato, and briny olives tossed in olive oil for a true Mediterranean flavor.

Prep Time 10 minutes | **Cook Time** 0 minutes | **Yield** Serves 2

Ingredients
- Cooked chickpeas (drained & rinsed if canned) — 1 cup / 160 g
- Cucumber, diced — 1 medium / 120 g
- Tomato, diced — 1 medium / 120 g
- Olives, sliced — ¼ cup / 35 g
- Extra virgin olive oil — 2 tbsp / 30 ml
- Salt — to taste
- Freshly ground black pepper — to taste

Directions
1. Place the chickpeas in a large bowl.
2. Add diced cucumber, tomato, and sliced olives.
3. Drizzle with olive oil.
4. Season with salt and black pepper.
5. Toss gently until everything is well combined.
6. Serve fresh, slightly chilled if preferred.

Storage & Reheat:
Refrigerate (covered) up to 24 hours. Best enjoyed cold. Not freezer-friendly. No reheating required.

Nutrition (per serving, approx.):
- Calories: 260 kcal
- Fat: 14 g
- Saturated Fat: 2 g
- Phosphorus: 165 mg
- Sugar: 5 g
- Protein: 8 g
- Carbohydrates: 26 g
- Sodium: 280 mg
- Fiber: 7 g
- Cholesterol: 0 mg

Allergen note: Contains olives. Suitable for vegan and vegetarian diets.

Soft whole-grain tortilla filled with creamy white beans, smoky grilled vegetables, and fresh spinach for a satisfying, fiber-rich lunch.

Grilled Veggie & White Bean Wrap

Prep Time 10 minutes | **Cook Time** 15 minutes | **Yield** Serves 2

Ingredients

- White beans, cooked, no-salt, rinsed and drained — 1 cup / 165 g
- Eggplant, sliced — 1 cup / 130 g
- Zucchini, sliced — 1 cup / 150 g
- Olive oil, extra virgin — 1 tbsp / 15 ml
- Spinach, fresh — 1 cup / 30 g
- Whole-grain tortillas (10-inch) — 2 tortillas / 120 g
- Garlic powder — ¼ tsp / 0.5 g
- Smoked paprika — ¼ tsp / 0.5 g
- Black pepper, freshly ground — ⅛ tsp / 0.25 g
- Fine sea salt — ⅛ tsp / 0.6 g

Directions

1. Preheat your grill pan or outdoor grill to medium heat.
2. Using a small bowl, combine olive oil, garlic powder, smoked paprika, salt, and pepper. Brush this mixture evenly over the eggplant and zucchini slices.
3. Grill the vegetables for 3–4 minutes per side until tender and grill marks appear. Transfer to a plate.
4. Place white beans in a small bowl and mash lightly with a fork, leaving some texture.
5. Warm tortillas in a dry skillet for 10–15 seconds per side to make them pliable.
6. Spread mashed beans evenly over each tortilla.
7. Layer grilled vegetables and fresh spinach on top of the beans.
8. Roll the tortillas tightly, folding in the sides to seal.
9. Slice each wrap in half and serve.

Storage & Reheat

Wrap tightly in parchment or foil and keep refrigerated for up to 1 day. Best enjoyed at room temperature; if desired, reheat briefly in a dry skillet.

Nutrition (per serving, approx.):

- Calories: 345 kcal
- Fat: 12 g
- Saturated Fat: 2 g
- Phosphorus: 300 mg
- Sugar: 6 g
- Protein: 13 g
- Carbohydrates: 49 g
- Sodium: 220 mg
- Fiber: 12 g
- Cholesterol: 0 mg

Allergen note: Contains gluten (tortilla).

Juicy shrimp paired with creamy avocado, crisp cucumber, and fresh herbs, all brightened with zesty lime for a light and refreshing dish.

Shrimp with Lime & Avocado

Prep Time 10 minutes | **Cook Time** 5 minutes | **Yield** Serves 2

Ingredients

- Shrimp, peeled and deveined — 8 oz / 225 g
- Avocado, ripe, diced — 1 medium / 150 g
- Cucumber, diced — 1 medium / 120 g
- Lime juice, freshly squeezed — 2 tbsp / 30 ml
- Fresh cilantro or dill, chopped — 2 tbsp / 8 g
- Salt — to taste
- Freshly ground black pepper — to taste

Directions

1. Bring a small pot of water to a boil, add shrimp, and cook for 2–3 minutes until pink and opaque. Drain and let cool slightly.
2. In a medium bowl, combine diced avocado and cucumber.
3. Add the cooked shrimp and drizzle with lime juice.
4. Sprinkle with chopped cilantro or dill.
5. Season lightly with salt and black pepper. Toss gently and serve fresh.

Storage & Reheat

Best enjoyed immediately. Refrigerate (covered) up to 12 hours. Not freezer-friendly. Do not reheat.

Nutrition (per serving, approx.):

- Calories: 240 kcal
- Fat: 12 g
- Saturated Fat: 2 g
- Phosphorus: 210 mg
- Sugar: 2 g
- Protein: 24 g
- Carbohydrates: 9 g
- Sodium: 280 mg
- Fiber: 5 g
- Cholesterol: 160 mg

Allergen note: Contains shellfish (shrimp).

Turkey & Cranberry Quinoa Salad

Colorful and satisfying salad with nutty quinoa, lean turkey breast, tart cranberries, fresh spinach, and crunchy walnuts for a wholesome lunch.

Prep Time 10 minutes
Cook Time 15 minutes (for quinoa)
Yield Serves 2

Ingredients

- Quinoa, cooked — 1 cup / 185 g
- Turkey breast, cooked, sliced, low-sodium — 4 oz / 115 g
- Dried cranberries, unsweetened — 2 tbsp / 16 g
- Baby spinach — 2 cups / 60 g
- Walnuts, chopped — 2 tbsp / 15 g
- Olive oil — 2 tsp / 10 ml
- Lemon juice, fresh — 1 tbsp / 15 ml
- Fine sea salt — ⅛ tsp / 0.6 g
- Black pepper, freshly ground — ⅛ tsp / 0.25 g

Directions

1. If not already cooked, prepare quinoa according to package directions, then let it cool slightly.
2. In a large bowl, combine quinoa, sliced turkey, cranberries, spinach, and walnuts.
3. Drizzle with olive oil and lemon juice.
4. Season with salt and pepper.
5. Toss gently until all ingredients are evenly mixed.
6. Enjoy right away, or refrigerate for a cool, refreshing salad.

Vegetarian Adaptation: Replace the turkey with 4 oz of cubed firm tofu, tempeh, or extra walnuts and pumpkin seeds for added protein and crunch. Consider adding crumbled goat cheese or feta for a creamy element that pairs beautifully with the cranberries and spinach.

Storage & Reheat

Store in a tightly closed container in the refrigerator for up to 2 days. Best served cold or at room temperature; do not freeze.

Nutrition (per serving, approx.):

- Calories: 370 kcal
- Fat: 16 g
- Saturated Fat: 2 g
- Phosphorus: 280 mg
- Sugar: 6 g
- Protein: 22 g
- Carbohydrates: 37 g
- Sodium: 240 mg
- Fiber: 5 g
- Cholesterol: 40 mg

Allergen note: Contains tree nuts (walnuts).

Sweet Potato & Black Bean Bowl

Hearty and colorful bowl with roasted sweet potato, tender black beans, fresh baby spinach, creamy avocado, and a touch of salsa for a flavorful plant-based lunch.

Prep Time 15 minutes
Cook Time 10 minutes
Yield Serves 2

Ingredients

- Sweet potato, peeled and diced — 10 oz / 280 g
- Black beans, cooked, no-salt — 1 cup / 170 g
- Baby spinach — 2 cups / 60 g
- Avocado, diced — ½ medium / 70 g
- Salsa, no added sugar — 3 tbsp / 45 g
- Olive oil — 2 tsp / 10 ml
- Fine sea salt — ⅛ tsp / 0.6 g
- Black pepper, freshly ground — ⅛ tsp / 0.25 g

Directions

1. Set the oven's temperature to 400°F (200°C). Line a baking sheet with parchment paper.
2. Coat the sweet potato cubes with olive oil, salt, and pepper, and arrange them in one layer on the baking sheet.
3. Cook in the oven for 20–25 minutes, flipping once halfway through, until golden and tender.
4. While the sweet potato roasts, rinse and drain the black beans.
5. Divide the spinach between two serving bowls.
6. Top with roasted sweet potato, black beans, diced avocado, and salsa.
7. Serve immediately while the sweet potato is warm.

Storage & Reheat:

Store roasted sweet potato and beans separately in airtight containers for up to 2 days. Reheat sweet potato before serving; assemble bowls just before eating.

Nutrition (per serving, approx.):

- Calories: 365 kcal
- Fat: 15 g
- Saturated Fat: 2.5 g
- Phosphorus: 350 mg
- Sugar: 10 g
- Protein: 10 g
- Carbohydrates: 51 g
- Sodium: 220 mg
- Fiber: 13 g
- Cholesterol: 0 mg

Allergen note: Gluten-free, dairy-free, vegan.

Rabbit & Yogurt Lettuce Boats

Crunchy lettuce leaves filled with tender rabbit meat, creamy Greek yogurt, and crisp apple, seasoned simply with black pepper for a fresh and light bite.

Prep Time 10 minutes | **Cook Time** 15 minutes | **Yield** Serves 2

Ingredients
- Rabbit meat, cooked (boiled or grilled) and diced — 6 oz / 170 g
- Romaine or iceberg lettuce leaves — 6 leaves / 90 g
- Nonfat Greek yogurt, plain — ½ cup / 4 oz / 120 g
- Apple, diced — 1 medium / 150 g
- Freshly ground black pepper — ¼ tsp / 1 g
- Salt — to taste

Directions
1. Cook the rabbit meat (boiled or grilled) until fully done, then dice it into small cubes.
2. In a medium bowl, mix the diced rabbit with Greek yogurt, diced apple, salt, and black pepper until evenly coated.
3. Lay out the lettuce leaves on a serving plate.
4. Spoon the rabbit-yogurt mixture evenly into each leaf to form "boats."
5. Serve immediately as a light lunch or snack.

Storage & Reheat
Refrigerate filling (covered) up to 24 hours. Assemble just before serving for the best crunch. Not freezer-friendly.

Nutrition (per serving, approx.):
- Calories: 230 kcal
- Fat: 4 g
- Saturated Fat: 1 g
- Phosphorus: 245 mg
- Sugar: 12 g
- Protein: 27 g
- Carbohydrates: 18 g
- Sodium: 180 mg
- Fiber: 3 g
- Cholesterol: 65 mg

Allergen note: Contains dairy (Greek yogurt).

Asian Duck Lettuce Cups

Juicy ground duck sautéed with crisp water chestnuts and green onions, seasoned with low-sodium soy sauce, and served in fresh romaine leaves for a rich, flavorful twist.

Prep Time 10 minutes | **Cook Time** 12 minutes | **Yield** Serves 2

Ingredients
- Water chestnuts, finely diced — ½ cup / 75 g
- Green onions, chopped — ¼ cup / 25 g
- Romaine lettuce leaves — 6 large / 90 g
- Ground duck (skinless) — 8 oz / 225 g
- Garlic, minced — 1 clove / 3 g
- Low-sodium soy sauce — 2 tbsp / 30 ml
- Ginger, fresh, minced — ½ tsp / 2 g
- Toasted sesame oil — 1 tsp / 5 ml
- Black pepper, freshly ground — ⅛ tsp / 0.25 g
- Fine sea salt — 1⁄16 tsp / 0.3 g

Directions
1. Separate and rinse the romaine lettuce leaves; pat dry and keep chilled until serving.
2. Heat sesame oil in a spacious nonstick skillet over medium heat for 30 seconds.
3. Add minced garlic and ginger; sauté for 30 seconds until fragrant.
4. Add ground duck and cook for 5–6 minutes, breaking it apart with a spatula, until no pink remains.
5. Stir in diced water chestnuts and cook for another 2 minutes.
6. Incorporate soy sauce, green onions, salt, and pepper. Stir well and cook for 1 minute to blend flavors.
7. Spoon the hot duck mixture evenly into lettuce leaves and serve immediately.

Vegetarian Adaptation
Replace the ground duck with 8 oz / 225 g of crumbled firm tofu, cooked lentils, or finely chopped mushrooms sautéed until golden for a similar texture and umami flavor. Add an extra teaspoon of sesame oil and a pinch of nutritional yeast to enhance the savory depth.

Storage & Reheat: Refrigerate duck filling in an airtight container for up to 2 days. Reheat gently in a skillet before serving in fresh lettuce leaves.

Nutrition (per serving, approx.)
- Calories: 370 kcal
- Fat: 18 g
- Saturated Fat: 5 g
- Phosphorus: 290 mg
- Sugar: 5 g
- Protein: 29 g
- Carbohydrates: 17 g
- Sodium: 370 mg
- Fiber: 4 g
- Cholesterol: 115 mg

Allergen note: Contains soy (soy sauce).

Pork Tenderloin & Mango Salad

Juicy grilled pork tenderloin paired with sweet mango, crisp cucumber, and fresh mixed greens, all brightened with tangy lime juice for a refreshing lunch.

Prep Time 10 minutes | **Cook Time** 8 minutes | **Yield** Serves 2

Ingredients
- Pork tenderloin, grilled, sliced — 4 oz / 115 g
- Mango, ripe, diced — 1 cup / 165 g
- Mixed salad greens — 4 cups / 120 g
- Cucumber, diced — 1 cup / 150 g
- Lime juice, fresh — 2 tbsp / 30 ml
- Olive oil, extra virgin — 1 tbsp / 15 ml
- Black pepper, freshly ground — ⅛ tsp / 0.25 g
- Fine sea salt — ⅛ tsp / 0.6 g

Directions
1. If using fresh pork tenderloin, season lightly with salt and pepper and grill over moderate heat for 3–4 minutes per side, until fully cooked (internal temp 145°F / 63°C). Rest 3 minutes before slicing into thin strips.
2. Peel the mango, remove the pit, and dice the flesh into small cubes.
3. Wash and dry mixed greens thoroughly. Place them in a large salad bowl.
4. Dice the cucumber into bite-sized pieces and add to the greens along with the diced mango.
5. Using a small bowl, whisk together lime juice, olive oil, the measured salt, and black pepper.
6. Incorporate the sliced pork tenderloin into the salad bowl. Pour the dressing over the top.
7. Toss gently until everything is evenly coated. Serve immediately.

Vegetarian Adaptation: Replace the grilled pork with 4 oz / 115 g of grilled halloumi cheese, marinated tofu cubes, or a mix of chickpeas and sunflower seeds for protein and crunch. The sweet mango and tangy lime dressing will complement any of these plant-based alternatives beautifully.

Storage & Reheat

Best eaten fresh. If storing, keep dressing separate and toss just before serving. Refrigerate components for up to 1 day. No reheating required.

Nutrition (per serving, approx.):
- Calories: 345 kcal
- Fat: 15 g
- Saturated Fat: 4 g
- Phosphorus: 275 mg
- Sugar: 20 g
- Protein: 26 g
- Carbohydrates: 29 g
- Sodium: 240 mg
- Fiber: 5 g
- Cholesterol: 75 mg

Allergen note: Naturally gluten-free and dairy-free.

Roasted Cauliflower & Tahini Plate

Warm roasted cauliflower paired with creamy tahini sauce, fresh parsley, and tender chickpeas for a hearty, plant-based lunch.

Prep Time 10 minutes | **Cook Time** 20 minutes | **Yield** Serves 2

Ingredients
- Cauliflower florets — 4 cups / 400 g
- Chickpeas, cooked, no-salt — 1 cup / 170 g
- Tahini — 2 tbsp / 30 g
- Lemon juice, fresh — 1½ tbsp / 22 ml
- Parsley, fresh, chopped — 2 tbsp / 6 g
- Olive oil — 2 tsp / 10 ml
- Fine sea salt — ⅛ tsp / 0.6 g
- Black pepper, freshly ground — ⅛ tsp / 0.25 g

Directions
1. Set the oven's temperature to 400°F (200°C). Prepare a baking sheet by lining it with parchment paper.
2. Coat cauliflower florets with olive oil, salt, and pepper, and arrange in a single layer on the prepared baking sheet.
3. Roast for 20–25 minutes, flipping once halfway, until golden and tender.
4. While the cauliflower roasts, rinse and drain the chickpeas.
5. Using a small bowl, whisk together tahini and lemon juice until smooth. If too thick, add 1–2 tsp of water.
6. Divide roasted cauliflower and chickpeas between two plates.
7. Spoon tahini sauce over the top, then scatter with chopped parsley.
8. Serve warm.

Storage & Reheat

Store roasted cauliflower and chickpeas separately in airtight containers in the refrigerator for up to 2 days. Reheat before serving; add sauce and parsley just before eating.

Nutrition (per serving, approx.):
- Calories: 365 kcal
- Fat: 17 g
- Saturated Fat: 2 g
- Phosphorus: 250 mg
- Sugar: 8 g
- Protein: 13 g
- Carbohydrates: 44 g
- Sodium: 190 mg
- Fiber: 11 g
- Cholesterol: 0 mg

Allergen note: Contains sesame (tahini).

Rich, fragrant stew with tender chickpeas, juicy tomatoes, garlic, cumin, and fresh spinach for a warming and protein-packed lunch.

Zesty Chickpea & Tomato Stew

Prep Time 10 minutes
Cook Time 20 minutes
Yield Serves 2

Ingredients
- Chickpeas, cooked, no-salt — 1½ cups / 255 g
- Tomatoes, fresh diced or no-salt canned — 2 cups / 360 g
- Garlic, minced — 2 cloves / 6 g
- Ground cumin — 1 tsp / 2 g
- Fresh spinach — 2 cups / 60 g
- Olive oil — 2 tsp / 10 ml
- Fine sea salt — ⅛ tsp / 0.6 g
- Black pepper, freshly ground — ⅛ tsp / 0.25 g

Directions
1. Warm olive oil in a medium-sized saucepan over moderate heat.
2. Incorporate minced garlic and cook for 30 seconds until fragrant.
3. Stir in cumin and cook for another 30 seconds to release the aroma.
4. Place the chopped tomatoes into the skillet and cook for 5 minutes, giving them an occasional stir.
5. Add chickpeas and ½ cup (120 ml) of water, then bring to a gentle simmer.
6. Turn the heat down and cook for 15 minutes until flavors meld and the sauce thickens slightly.
7. Stir in fresh spinach just before serving, allowing it to wilt for 1–2 minutes.
8. Season with salt and pepper to taste.

Storage & Reheat
Keep in a sealed container in the fridge for up to 3 days. Warm slowly on the stovetop over low heat.

Nutrition (per serving, approx.):
- Calories: 370 kcal
- Fat: 9 g
- Saturated Fat: 1.5 g
- Phosphorus: 300 mg
- Sugar: 13 g
- Protein: 15 g
- Carbohydrates: 60 g
- Sodium: 200 mg
- Fiber: 15 g
- Cholesterol: 0 mg

Allergen note: Gluten-free, dairy-free, vegan.

Crunchy and creamy wrap filled with tender grilled chicken, crisp apple, fresh cabbage slaw, and tangy Greek yogurt in a wholesome tortilla.

Chicken & Apple Slaw Wrap

Prep Time 10 minutes
Cook Time 10 minutes (for grilling chicken)
Yield Serves 2

Ingredients
- Chicken breast, grilled and sliced — 5 oz / 140 g
- Apple, julienned — 1 medium / 180 g
- Cabbage slaw mix — 2 cups / 140 g
- Greek yogurt, plain, low-fat — 3 tbsp / 45 g
- Whole-grain tortilla — 2 medium / 120 g
- Lemon juice, fresh — 1 tsp / 5 ml
- Fine sea salt — ⅛ tsp / 0.6 g
- Black pepper, freshly ground — ⅛ tsp / 0.25 g

Directions
1. Grill or pan-cook the chicken breast until fully cooked (internal temperature 165°F / 74°C), then slice thinly.
2. In a bowl, combine cabbage slaw mix, julienned apple, Greek yogurt, lemon juice, salt, and pepper. Toss well.
3. Warm the tortillas slightly in a dry skillet or microwave to make them pliable.
4. Lay the slaw mixture in the center of each tortilla.
5. Add sliced chicken on top of the slaw.
6. Bring the sides over and roll securely to make wraps.
7. Slice in half and serve immediately.

Vegetarian Adaptation: Replace the grilled chicken with 5 oz of seasoned chickpeas, sliced hard-boiled eggs, or marinated tofu strips for plant-based protein. Add a tablespoon of chopped nuts or seeds to the slaw for extra crunch and nutritional value.

Storage & Reheat
Best eaten fresh. If storing, keep filling and tortillas separate to avoid sogginess. Refrigerate filling for up to 1 day.

Nutrition (per serving, approx.):
- Calories: 380 kcal
- Fat: 8 g
- Saturated Fat: 2 g
- Phosphorus: 280 mg
- Sugar: 12 g
- Protein: 27 g
- Carbohydrates: 49 g
- Sodium: 410 mg
- Fiber: 8 g
- Cholesterol: 55 mg

Allergen note: Contains gluten (tortilla) and dairy (Greek yogurt)

Grilled Halloumi & Watermelon Salad

Sweet watermelon and salty grilled halloumi meet fresh mint and peppery arugula, finished with a drizzle of balsamic glaze for a refreshing summer lunch.

Prep Time 10 minutes
Cook Time 5 minutes
Yield Serves 2

Ingredients
- Halloumi cheese, sliced — 4 oz / 115 g
- Watermelon, cubed — 2 cups / 300 g
- Arugula — 2 cups / 60 g
- Fresh mint leaves, chopped — 2 tbsp / 6 g
- Balsamic glaze — 2 tsp / 10 ml
- Olive oil — 1 tsp / 5 ml
- Fine sea salt — ⅛ tsp / 0.6 g
- Black pepper, freshly ground — ⅛ tsp / 0.25 g

Directions
1. Heat a grill pan or skillet over moderate heat.
2. Brush the halloumi slices with olive oil. Grill for 1–2 minutes on each side until golden and slightly softened.
3. Arrange arugula on two serving plates.
4. Top with cubed watermelon and grilled halloumi slices.
5. Sprinkle with chopped mint.
6. Drizzle with balsamic glaze.
7. Season lightly with salt and pepper. Serve immediately.

Storage & Reheat
Best served fresh. If storing, keep halloumi, watermelon, and greens separate. Keep refrigerated for up to 1 day; reheat halloumi before serving.

Nutrition (per serving, approx.):
- Calories: 370 kcal
- Fat: 21 g
- Saturated Fat: 11 g
- Phosphorus: 250 mg
- Sugar: 25 g
- Protein: 15 g
- Carbohydrates: 31 g
- Sodium: 700 mg
- Fiber: 2 g
- Cholesterol: 50 mg

Allergen note: Contains dairy (halloumi).

Quinoa & Roasted Beet Salad

Earthy roasted beets, nutty quinoa, creamy goat cheese, peppery arugula, and crunchy pumpkin seeds create a colorful and satisfying lunch.

Prep Time 10 minutes
Cook Time 20 minutes (for roasting beets)
Yield Serves 2

Ingredients
- Quinoa, cooked — 1 cup / 185 g
- Roasted beets, diced — 1½ cups / 240 g
- Goat cheese, crumbled — 2 oz / 56 g
- Arugula — 2 cups / 60 g
- Pumpkin seeds — 2 tbsp / 18 g
- Olive oil — 2 tsp / 10 ml
- Lemon juice, fresh — 1 tbsp / 15 ml
- Fine sea salt — ⅛ tsp / 0.6 g
- Black pepper, freshly ground — ⅛ tsp / 0.25 g

Directions
1. If not already roasted, wrap beets in foil and roast at 400°F (200°C) for 30–40 minutes until tender. Cool, peel, and dice.
2. Using a large bowl, combine quinoa, roasted beets, arugula, and pumpkin seeds.
3. Add crumbled goat cheese on top.
4. Drizzle with olive oil and lemon juice.
5. Season with salt and pepper.
6. Toss gently to mix, keeping some cheese pieces intact.
7. Serve immediately.

Storage & Reheat
Place in a tightly closed container and store in the refrigerator for 2 days. Best served cold or at room temperature.

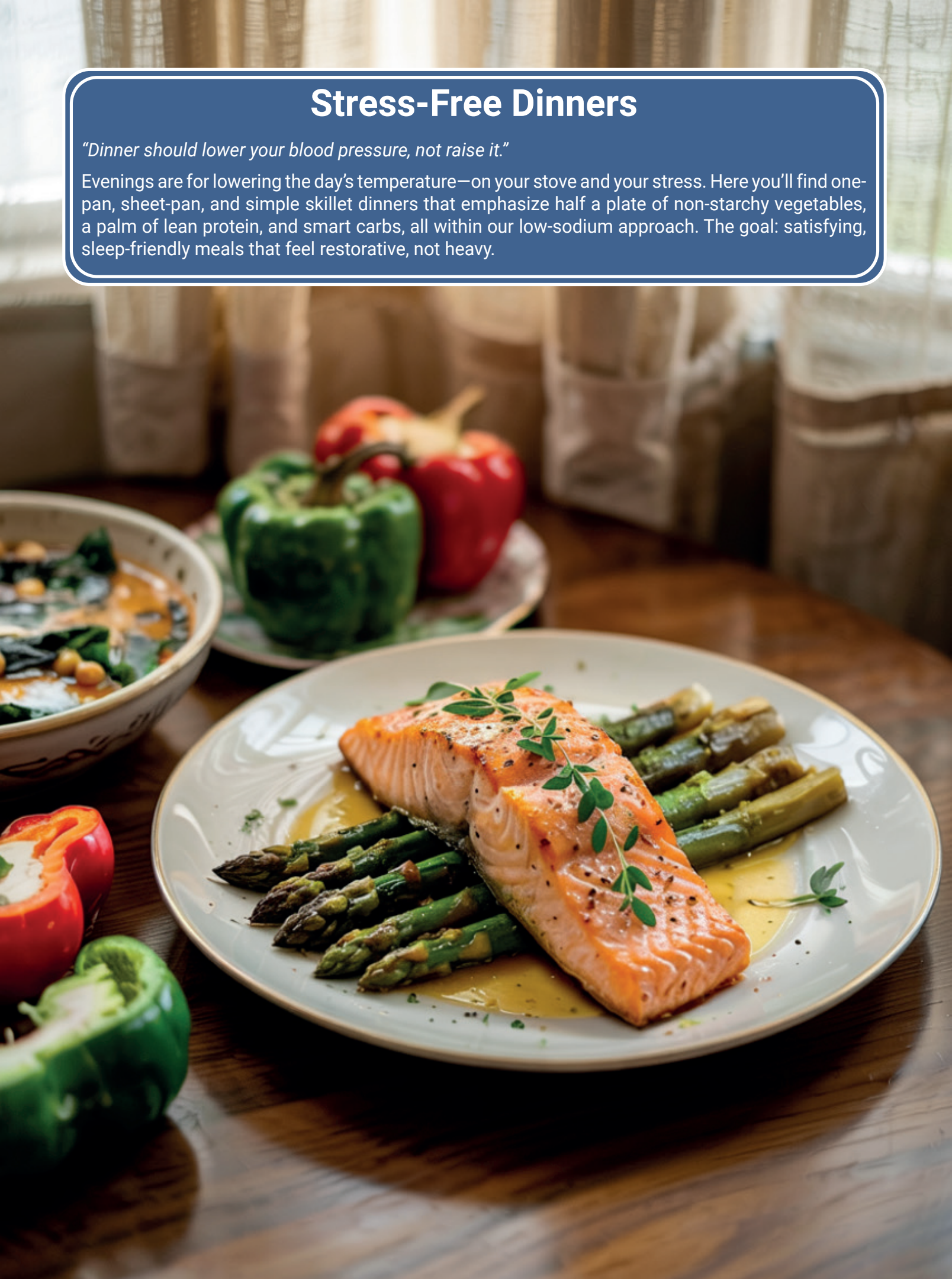
Nutrition (per serving, approx.):
- Calories: 375 kcal
- Fat: 17 g
- Saturated Fat: 5 g
- Phosphorus: 300 mg
- Sugar: 10 g
- Protein: 14 g
- Carbohydrates: 43 g
- Sodium: 240 mg
- Fiber: 6 g
- Cholesterol: 15 mg

Allergen note: Contains dairy (goat cheese) and seeds (pumpkin seeds).

Stress-Free Dinners

“Dinner should lower your blood pressure, not raise it.”

Evenings are for lowering the day’s temperature—on your stove and your stress. Here you’ll find one-pan, sheet-pan, and simple skillet dinners that emphasize half a plate of non-starchy vegetables, a palm of lean protein, and smart carbs, all within our low-sodium approach. The goal: satisfying, sleep-friendly meals that feel restorative, not heavy.



Lemon Herb Baked Salmon with Asparagus

Juicy salmon fillet baked with fresh dill, tender asparagus, and zesty lemon for a light yet satisfying dinner.

Prep Time 5 minutes
Cook Time 15 minutes
Yield Serves 2

Ingredients
- Salmon fillet, low-sodium — 8 oz / 225 g
- Asparagus spears, trimmed — 8 oz / 225 g
- Lemon, sliced — ½ medium / 60 g
- Olive oil — 2 tsp / 10 ml
- Fresh dill, chopped — 1 tbsp / 3 g
- Fine sea salt — ⅛ tsp / 0.6 g
- Black pepper, freshly ground — ⅛ tsp / 0.25 g

Directions
1. Set the oven's temperature to 400°F (200°C) and cover a baking sheet with parchment paper.
2. Arrange the salmon fillets in the center of the pan with asparagus surrounding them.
3. Drizzle salmon and asparagus with olive oil.
4. Lay lemon slices on top of the salmon and sprinkle dill evenly over both the fish and asparagus.
5. Season with salt and pepper.
6. Place in the oven for 12–15 minutes, checking that the salmon flakes easily and the asparagus is tender.
7. Serve immediately with the baked lemon slices for extra flavor.

Storage & Reheat
Place in a well-sealed container and refrigerate for 2 days. Rewarm in the oven at 300°F (150°C) or use cold as a topping for salads.

Nutrition (per serving, approx.):
- Calories: 370 kcal
- Fat: 23 g
- Saturated Fat: 4 g
- Phosphorus: 400 mg
- Sugar: 3 g
- Protein: 30 g
- Carbohydrates: 7 g
- Sodium: 150 mg
- Fiber: 3 g
- Cholesterol: 80 mg

Allergen note
Contains fish (salmon).

Shrimp & Zucchini Noodle Stir-Fry

Light and flavorful stir-fry with tender shrimp, fresh zucchini noodles, garlic, and parsley for a quick, low-carb dinner.

Prep Time 10 minutes
Cook Time 8 minutes
Yield Serves 2

Ingredients
- Shrimp, peeled and deveined — 7 oz / 200 g
- Zucchini noodles — 4 cups / 400 g
- Garlic, minced — 2 cloves / 6 g
- Olive oil — 2 tsp / 10 ml
- Fresh parsley, chopped — 2 tbsp / 6 g
- Fine sea salt — ⅛ tsp / 0.6 g
- Black pepper, freshly ground — ⅛ tsp / 0.25 g

Directions
1. Warm olive oil in a spacious pan over moderate heat.
2. Incorporate garlic and sauté for 30 seconds until fragrant.
3. Add shrimp, season with salt and pepper, and sear for 2–3 minutes per side until pink and opaque.
4. Transfer the shrimp from the pan and set aside.
5. Add zucchini noodles to the skillet and sauté for 2–3 minutes until just tender.
6. Return shrimp to the skillet, toss with zucchini noodles, and sprinkle with parsley.
7. Serve immediately.

Storage & Reheat
Best served fresh. For storage, keep in a sealed container in the refrigerator for 1 day and warm carefully in a skillet.

Nutrition (per serving, approx.):
- Calories: 360 kcal
- Fat: 17 g
- Saturated Fat: 3 g
- Phosphorus: 300 mg
- Sugar: 8 g
- Protein: 30 g
- Carbohydrates: 13 g
- Sodium: 370 mg
- Fiber: 4 g
- Cholesterol: 190 mg

Allergen note
Contains shellfish (shrimp).

Moroccan Spiced Chicken with Roasted Carrots

Juicy chicken breast seasoned with warm Moroccan spices, served alongside tender roasted carrots for a flavorful and colorful dinner.

Prep Time 10 minutes | **Cook Time** 20 minutes | **Yield** Serves 2

Ingredients
- Chicken breast — 6 oz / 170 g
- Carrots, peeled and cut into sticks — 8 oz / 225 g
- Olive oil — 2 tsp / 10 ml
- Ground cumin — 1 tsp / 2 g
- Ground coriander — 1 tsp / 2 g
- Fine sea salt — ⅛ tsp / 0.6 g
- Black pepper, freshly ground — ⅛ tsp / 0.25 g

Directions
1. Set the oven's temperature to 400°F (200°C) and line a baking sheet with parchment paper.
2. Using a small bowl, mix cumin, coriander, salt, and pepper.
3. Apply half of the spice mix evenly to the chicken breast.
4. Toss carrot sticks with olive oil and the remaining spice mixture.
5. Place carrots on one side of the baking sheet and the chicken on the other.
6. Roast for 20–25 minutes, flipping carrots halfway through, until the chicken attains 165°F (74°C) and the carrots are cooked through.
7. Slice chicken and serve with roasted carrots on the side.

Vegetarian Adaptation: Replace the chicken with 6 oz of thick-cut cauliflower steaks or portobello mushroom caps, seasoned with the same Moroccan spices and roasted alongside the carrots. Add a handful of chickpeas to the roasting pan for extra protein and authentic Moroccan flavor.

Storage & Reheat
Keep in a sealed container in the fridge for up to 2 days. Warm in the oven at 325°F (165°C) until heated through.

Nutrition (per serving, approx.):
- Calories: 365 kcal
- Fat: 15 g
- Saturated Fat: 3 g
- Phosphorus: 350 mg
- Sugar: 10 g
- Protein: 32 g
- Carbohydrates: 24 g
- Sodium: 180 mg
- Fiber: 6 g
- Cholesterol: 85 mg

Allergen note: Gluten-free, dairy-free.

Baked Cod with Tomato & Olive Salsa

Flaky baked cod topped with a bright salsa of sweet cherry tomatoes, briny Kalamata olives, and fresh parsley for a Mediterranean-inspired dinner.

Prep Time 10 minutes | **Cook Time** 15 minutes | **Yield** Serves 2

Ingredients
- Cod fillet — 8 oz / 225 g
- Cherry tomatoes, halved — 1½ cups / 225 g
- Kalamata olives, pitted and chopped — ¼ cup / 35 g
- Fresh parsley, chopped — 2 tbsp / 6 g
- Olive oil — 2 tsp / 10 ml
- Fine sea salt — ⅛ tsp / 0.6 g
- Black pepper, freshly ground — ⅛ tsp / 0.25 g

Directions
1. Set the oven's temperature to 400°F (200°C) and line a baking dish with parchment paper.
2. Put the cod fillets into the baking dish, lightly coat with 1 teaspoon olive oil, and sprinkle with salt and pepper.
3. Place in the oven for 12–15 minutes, until the fish separates easily when flaked.
4. While the cod bakes, combine cherry tomatoes, Kalamata olives, parsley, and the remaining 1 teaspoon of olive oil in a small bowl.
5. Sprinkle a little salt and pepper over the salsa, then mix well.
6. Spoon the tomato and olive salsa over the baked cod and serve immediately.

Storage & Reheat
Store in a tightly closed container in the refrigerator for 1 day and reheat slowly at 300°F (150°C) to keep moist.

Nutrition (per serving, approx.):
- Calories: 365 kcal
- Fat: 17 g
- Saturated Fat: 3 g
- Phosphorus: 350 mg
- Sugar: 5 g
- Protein: 34 g
- Carbohydrates: 12 g
- Sodium: 420 mg
- Fiber: 3 g
- Cholesterol: 75 mg

Allergen note: Contains fish (cod).

Turkey Meatballs with Zucchini Ribbons

Lean turkey meatballs served over light zucchini ribbons with garlic and oregano for a fresh, protein-rich dinner.

Prep Time 15 minutes | **Cook Time** 15 minutes | **Yield** Serves 2

Ingredients
- Ground turkey breast — 8 oz / 225 g
- Zucchini, cut into ribbons — 4 cups / 400 g
- Garlic, minced — 2 cloves / 6 g
- Dried oregano — 1 tsp / 1 g
- Olive oil — 2 tsp / 10 ml
- Fine sea salt — ⅛ tsp / 0.6 g
- Black pepper, freshly ground — ⅛ tsp / 0.25 g

Directions
1. In a medium bowl, combine ground turkey, half of the minced garlic, oregano, salt, and pepper. Mix well and form into 8 small meatballs.
2. Heat 1 teaspoon of olive oil in a spacious skillet over medium heat.
3. Incorporate the meatballs and cook for 8–10 minutes, flipping from time to time, until browned on all sides and cooked through (internal temperature 165°F / 74°C). Remove and set aside.
4. In the same pan, combine the remaining garlic with 1 teaspoon of olive oil and cook for 30 seconds.
5. Add zucchini ribbons and sauté for 2–3 minutes until just tender.
6. Return meatballs to the skillet, toss gently with zucchini, and serve immediately.

Vegetarian Adaptation: Replace the turkey with 8 oz of mashed white beans, lentils, or crumbled firm tofu mixed with breadcrumbs to form plant-based meatballs. Add a tablespoon of ground flaxseed or chia seeds as a binder to help the vegetarian meatballs hold their shape during cooking.

Storage & Reheat

Store in a tightly closed container in the refrigerator for up to 2 days. Reheat gently in a skillet to maintain texture.

Nutrition (per serving, approx.):

• Calories: 370 kcal	• Fat: 18 g	• Saturated Fat: 3 g	• Phosphorus: 300 mg	• Sugar: 6 g
• Protein: 38 g	• Carbohydrates: 9 g	• Sodium: 230 mg	• Fiber: 3 g	• Cholesterol: 100 mg

Allergen note: Gluten-free, dairy-free.

Mediterranean Lentil Stew

Hearty green lentils simmered with tender eggplant, zucchini, garlic, and smoky paprika for a comforting plant-based dinner.

Prep Time 10 minutes | **Cook Time** 35 minutes | **Yield** Serves 2

Ingredients
- Green lentils, cooked, no-salt — 1½ cups / 300 g
- Eggplant, diced — 1½ cups / 150 g
- Zucchini, diced — 1½ cups / 150 g
- Garlic, minced — 2 cloves / 6 g
- Paprika — 1 tsp / 2 g
- Olive oil — 2 tsp / 10 ml
- Fine sea salt — ⅛ tsp / 0.6 g
- Black pepper, freshly ground — ⅛ tsp / 0.25 g

Directions
1. Place olive oil in a spacious pan and heat over medium.
2. Add garlic and sauté for 30 seconds until fragrant.
3. Stir in eggplant and zucchini; cook for 5–6 minutes until they begin to soften.
4. Add paprika, salt, and pepper, stirring to coat the vegetables.
5. Stir in cooked lentils and 1 cup (240 ml) of water.
6. Bring to a simmer, turn the heat down, and cook for 20 minutes until vegetables are tender and flavors have blended.
7. Adjust seasoning if needed and serve warm.

Storage & Reheat

Keep refrigerated in a sealed container for 3 days. Slowly reheat on the stovetop over low heat, adding a splash of water if necessary.

Nutrition (per serving, approx.):

• Calories: 375 kcal	• Fat: 10 g	• Saturated Fat: 1.5 g	• Phosphorus: 350 mg	• Sugar: 9 g
• Protein: 17 g	• Carbohydrates: 56 g	• Sodium: 190 mg	• Fiber: 21 g	• Cholesterol: 0 mg

Allergen note: Gluten-free, dairy-free, vegan.

Juicy chicken breast sautéed with fresh garlic and lime, served with tender-crisp broccoli for a bright, protein-packed dinner.

Garlic-Lime Chicken with Broccoli

Prep Time 10 minutes
Cook Time 15 minutes
Yield Serves 2

Ingredients
- Chicken breast — 6 oz / 170 g
- Broccoli florets — 4 cups / 300 g
- Garlic, minced — 2 cloves / 6 g
- Lime juice, fresh — 1½ tbsp / 22 ml
- Olive oil — 2 tsp / 10 ml
- Fine sea salt — ⅛ tsp / 0.6 g
- Black pepper, freshly ground — ⅛ tsp / 0.25 g

Directions
1. Place 1 teaspoon of olive oil in a large pan and heat on medium.
2. Sprinkle salt and pepper over the chicken breast and add it to the pan. Cook each side 5–6 minutes until golden and cooked through, then remove and rest.
3. Using the same skillet, add the remaining 1 teaspoon olive oil and minced garlic. Sauté for 30 seconds.
4. Add broccoli florets and ¼ cup (60 ml) of water. Cover and steam for 3–4 minutes until tender-crisp.
5. Slice the chicken and return it to the skillet.
6. Drizzle with lime juice, toss gently, and serve immediately.

Storage & Reheat
Keep refrigerated in a sealed container for up to 2 days. Heat gently in a skillet to preserve the original texture.

Nutrition (per serving, approx.):
- Calories: 360 kcal
- Fat: 15 g
- Saturated Fat: 2.5 g
- Phosphorus: 300 mg
- Sugar: 5 g
- Protein: 35 g
- Carbohydrates: 16 g
- Sodium: 210 mg
- Fiber: 6 g
- Cholesterol: 85 mg

Allergen note
Gluten-free, dairy-free.

Flaky trout fillet baked alongside crisp green beans with fresh dill and zesty lemon for a light and flavorful dinner.

Sheet-Pan Lemon-Dill Trout

Prep Time 5 minutes
Cook Time 15 minutes
Yield Serves 2

Ingredients
- Trout fillet — 8 oz / 225 g
- Green beans, trimmed — 8 oz / 225 g
- Lemon, sliced — ½ medium / 60 g
- Olive oil — 2 tsp / 10 ml
- Fresh dill, chopped — 1 tbsp / 3 g
- Fine sea salt — ⅛ tsp / 0.6 g
- Black pepper, freshly ground — ⅛ tsp / 0.25 g

Directions
1. Set the oven's temperature to 400°F (200°C) and line a baking sheet with parchment paper.
2. Place trout fillets in the center of the sheet and arrange green beans around them.
3. Drizzle trout and beans with olive oil.
4. Top trout with lemon slices and sprinkle dill evenly over the fish and vegetables.
5. Season with salt and pepper.
6. Place in the oven for 12–15 minutes, until the trout flakes with a fork and green beans are cooked through.
7. Serve immediately, spooning pan juices over the fish for extra flavor.

Storage & Reheat
Keep refrigerated in an airtight dish for up to 2 days. Reheat in the oven at 300°F (150°C) to avoid overcooking.

Nutrition (per serving, approx.):
- Calories: 370 kcal
- Fat: 22 g
- Saturated Fat: 4 g
- Phosphorus: 350 mg
- Sugar: 4 g
- Protein: 34 g
- Carbohydrates: 9 g
- Sodium: 170 mg
- Fiber: 4 g
- Cholesterol: 80 mg

Allergen note
Contains fish (trout).

Cauliflower Rice Stir-Fry with Chicken

Light yet filling stir-fry with tender chicken breast, colorful vegetables, and fluffy cauliflower rice for a low-carb dinner.

Prep Time 10 minutes | **Cook Time** 15 minutes | **Yield** Serves 2

Ingredients
- Chicken breast — 6 oz / 170 g
- Cauliflower rice — 4 cups / 400 g
- Carrots, julienned — 1 cup / 120 g
- Green onions, sliced — ¼ cup / 25 g
- Garlic, minced — 2 cloves / 6 g
- Olive oil — 2 tsp / 10 ml
- Fine sea salt — ⅛ tsp / 0.6 g
- Black pepper, freshly ground — ⅛ tsp / 0.25 g

Directions
1. Place 1 teaspoon of olive oil in a spacious pan and warm over medium heat.
2. Sprinkle salt and pepper over the chicken breast, add it to the skillet, and cook 5–6 minutes per side until golden and fully cooked (165°F / 74°C). Remove and slice into strips.
3. In the same skillet, add the remaining 1 teaspoon of olive oil and minced garlic. Sauté for 30 seconds.
4. Incorporate carrots and cook for 2–3 minutes until slightly tender.
5. Stir in cauliflower rice and cook for 4–5 minutes, stirring intermittently, until heated through.
6. Add sliced chicken back to the skillet along with green onions. Toss well and serve hot.

Vegetarian Adaptation: Replace the chicken with 6 oz of cubed extra-firm tofu, tempeh, or a mix of edamame and cashews for protein and texture. Add a splash of low-sodium soy sauce or sesame oil to enhance the umami flavors of your plant-based stir-fry.

Storage & Reheat

Keep in a sealed container in the fridge for up to 2 days. Warm over moderate heat in a skillet until hot.

Nutrition (per serving, approx.):

• Calories: 365 kcal	• Fat: 15 g	• Saturated Fat: 2.5 g	• Phosphorus: 300 mg	• Sugar: 8 g
• Protein: 35 g	• Carbohydrates: 21 g	• Sodium: 220 mg	• Fiber: 6 g	• Cholesterol: 85 mg

Allergen note: Gluten-free, dairy-free.

Seared Tuna with Cucumber-Avocado Salad

Perfectly seared tuna paired with a refreshing cucumber and avocado salad, brightened with lime and fresh cilantro for a light, protein-rich dinner.

Prep Time 10 minutes | **Cook Time** 5 minutes | **Yield** Serves 2

Ingredients
- Tuna steak — 8 oz / 225 g
- Cucumber, diced — 1½ cups / 225 g
- Avocado, diced — ½ medium / 70 g
- Lime juice, fresh — 1½ tbsp / 22 ml
- Fresh cilantro, chopped — 2 tbsp / 6 g
- Olive oil — 2 tsp / 10 ml
- Fine sea salt — ⅛ tsp / 0.6 g
- Black pepper, freshly ground — ⅛ tsp / 0.25 g

Directions
1. Season tuna steaks with salt and pepper.
2. Warm 1 teaspoon olive oil in a skillet set to medium-high heat.
3. Sear tuna for 1–2 minutes per side for medium-rare, or longer if desired. Remove and let rest.
4. In a bowl, combine cucumber, avocado, lime juice, cilantro, and the remaining 1 teaspoon olive oil. Toss gently.
5. Slice the tuna and serve it alongside the cucumber-avocado salad.

Storage & Reheat

Best served fresh. If storing, refrigerate salad and tuna separately for up to 1 day. Tuna can be enjoyed cold.

Nutrition (per serving, approx.):

• Calories: 365 kcal	• Fat: 20 g	• Saturated Fat: 3 g	• Phosphorus: 400 mg	• Sugar: 3 g
• Protein: 35 g	• Carbohydrates: 10 g	• Sodium: 160 mg	• Fiber: 5 g	• Cholesterol: 70 mg

Allergen note: Contains fish (tuna).

One-Pot Chickpea & Spinach Curry

Creamy, fragrant curry with tender chickpeas, fresh spinach, garlic, and turmeric simmered in light coconut milk for a satisfying plant-based dinner.

Prep Time 10 minutes | **Cook Time** 20 minutes | **Yield** Serves 2

Ingredients

- Chickpeas, cooked, no-salt — 1½ cups / 255 g
- Fresh spinach — 3 cups / 90 g
- Coconut milk, light — 1 cup / 240 ml
- Garlic, minced — 2 cloves / 6 g
- Ground turmeric — 1 tsp / 2 g
- Olive oil — 2 tsp / 10 ml
- Fine sea salt — ⅛ tsp / 0.6 g
- Black pepper, freshly ground — ⅛ tsp / 0.25 g

Directions

1. Place olive oil in a medium pan and warm over medium heat.
2. Incorporate garlic and sauté for 30 seconds until fragrant.
3. Stir in turmeric and cook for another 30 seconds to release the flavor.
4. Add chickpeas and coconut milk, then stir to combine.
5. Bring to a soft simmer and cook for 10 minutes, mixing intermittently.
6. Incorporate spinach and cook for 2–3 minutes until wilted.
7. Season to taste with salt and pepper, mix thoroughly, and serve hot.

Storage & Reheat

Refrigerate in a tightly closed container for up to 3 days. Rewarm over low heat on the stovetop.

Nutrition (per serving, approx.):

- Calories: 375 kcal
- Fat: 17 g
- Saturated Fat: 7 g
- Phosphorus: 300 mg
- Sugar: 6 g
- Protein: 13 g
- Carbohydrates: 44 g
- Sodium: 190 mg
- Fiber: 12 g
- Cholesterol: 0 mg

Allergen note: Gluten-free, dairy-free, vegan.

Greek-Style Stuffed Bell Peppers

Colorful bell peppers filled with a savory mix of lean turkey, quinoa, spinach, and oregano for a hearty Mediterranean-inspired dinner.

Prep Time 15 minutes | **Cook Time** 20 minutes | **Yield** Serves 2

Ingredients

- Bell peppers, halved and seeds removed — 2 medium / 300 g
- Ground turkey breast — 6 oz / 170 g
- Quinoa, cooked — 1 cup / 185 g
- Fresh spinach, chopped — 1 cup / 30 g
- Dried oregano — 1 tsp / 1 g
- Olive oil — 2 tsp / 10 ml
- Fine sea salt — ⅛ tsp / 0.6 g
- Black pepper, freshly ground — ⅛ tsp / 0.25 g

Directions

1. Set the oven's temperature to 375°F (190°C) and place pepper halves in a baking dish.
2. Heat 1 teaspoon of olive oil in a skillet over medium heat.
3. Place the ground turkey in the pan, sprinkle with salt and pepper, and cook for 6–7 minutes until done and browned.
4. Stir in cooked quinoa, spinach, oregano, and the remaining 1 teaspoon of olive oil. Cook for 1–2 minutes until spinach wilts.
5. Spoon the turkey-quinoa mixture into the pepper halves.
6. Cover with foil and bake for 20 minutes, then remove the foil and bake for another 5 minutes.
7. Serve hot.

Vegetarian Adaptation: Replace the ground turkey with 6 oz of crumbled feta cheese mixed with cooked lentils, or use a combination of chopped walnuts and sun-dried tomatoes for Mediterranean flavor. Add pine nuts or chickpeas to boost the protein content while maintaining the authentic Greek taste profile.

Storage & Reheat

Place in a sealed container and refrigerate for 2 days. Rewarm in the oven at 325°F (165°C) until hot.

Nutrition (per serving, approx.):

- Calories: 370 kcal
- Fat: 14 g
- Saturated Fat: 2.5 g
- Phosphorus: 350 mg
- Sugar: 7 g
- Protein: 32 g
- Carbohydrates: 31 g
- Sodium: 210 mg
- Fiber: 6 g
- Cholesterol: 80 mg

Allergen note: Gluten-free, dairy-free.

Zesty Lime Shrimp with Roasted Veggies

Juicy shrimp roasted with zucchini and bell peppers, tossed with fresh lime and garlic for a colorful, citrusy dinner.

Prep Time 10 minutes
Cook Time 15 minutes
Yield Serves 2

Ingredients
- Shrimp, peeled and deveined — 7 oz / 200 g
- Zucchini, sliced — 1½ cups / 225 g
- Bell peppers, sliced — 1½ cups / 180 g
- Lime juice, fresh — 1½ tbsp / 22 ml
- Garlic, minced — 2 cloves / 6 g
- Olive oil — 2 tsp / 10 ml
- Fine sea salt — ⅛ tsp / 0.6 g
- Black pepper, freshly ground — ⅛ tsp / 0.25 g

Directions
1. Set the oven's temperature to 400°F (200°C). Line a baking sheet with parchment paper.
2. Using a large bowl, toss shrimp, zucchini, and bell peppers with olive oil, garlic, salt, and pepper.
3. Spread out on the baking tray and roast 10–12 minutes, until shrimp are fully pink and vegetables are soft.
4. Take out of the oven and drizzle with lime juice.
5. Serve immediately.

Storage & Reheat
Store in a closed container in the refrigerator for 1 day. Warm slowly in a skillet to avoid overcooking the shrimp.

Nutrition (per serving, approx.):
- Calories: 370 kcal
- Fat: 17 g
- Saturated Fat: 3 g
- Phosphorus: 350 mg
- Sugar: 10 g
- Protein: 29 g
- Carbohydrates: 22 g
- Sodium: 350 mg
- Fiber: 6 g
- Cholesterol: 185 mg

Allergen note
Contains shellfish (shrimp).

Balsamic Chicken with Brussels Sprouts

Juicy chicken breast roasted with caramelized Brussels sprouts, thyme, and tangy balsamic vinegar for a flavorful dinner.

Prep Time 10 minutes
Cook Time 25 minutes
Yield Serves 2

Ingredients
- Chicken breast — 6 oz / 170 g
- Brussels sprouts, halved — 4 cups / 300 g
- Balsamic vinegar — 1½ tbsp / 22 ml
- Olive oil — 2 tsp / 10 ml
- Fresh thyme leaves — 1 tsp / 1 g
- Fine sea salt — ⅛ tsp / 0.6 g
- Black pepper, freshly ground — ⅛ tsp / 0.25 g

Directions
1. Set the oven's temperature to 400°F (200°C). Cover a baking sheet with parchment paper.
2. Coat Brussels sprouts with 1 teaspoon olive oil, thyme, salt, and pepper, and spread on a single side of the tray.
3. Rub chicken breast with the remaining olive oil, season with salt and pepper, and place on the other side of the sheet.
4. Roast for 20–25 minutes, turning Brussels sprouts halfway, until chicken reaches 165°F (74°C) and sprouts are tender.
5. Drizzle chicken and sprouts with balsamic vinegar before serving.

Storage & Reheat
Can be stored in an airtight container in the refrigerator for up to 2 days. Slowly reheat in a 325°F (165°C) oven until heated through.

Nutrition (per serving, approx.):
- Calories: 365 kcal
- Fat: 15 g
- Saturated Fat: 2.5 g
- Phosphorus: 300 mg
- Sugar: 8 g
- Protein: 34 g
- Carbohydrates: 20 g
- Sodium: 200 mg
- Fiber: 7 g
- Cholesterol: 85 mg

Allergen note
Gluten-free, dairy-free.

Eggplant & Chickpea Tagine

Moroccan-inspired stew with tender eggplant, hearty chickpeas, sweet onions, garlic, and warm cinnamon for a fragrant plant-based dinner.

Prep Time 10 minutes | **Cook Time** 30 minutes | **Yield** Serves 2

Ingredients
- Eggplant, diced — 2 cups / 200 g
- Chickpeas, cooked, no-salt — 1½ cups / 255 g
- Onion, chopped — 1 cup / 150 g
- Garlic, minced — 2 cloves / 6 g
- Ground cinnamon — ½ tsp / 1 g
- Olive oil — 2 tsp / 10 ml
- Fine sea salt — ⅛ tsp / 0.6 g
- Black pepper, freshly ground — ⅛ tsp / 0.25 g

Directions
1. Heat olive oil in a spacious saucepan over medium heat.
2. Incorporate the onion and cook for 5 minutes until softened.
3. Mix in the garlic and cook for half a minute.
4. Add eggplant, cinnamon, salt, and pepper. Cook for 5 minutes, stirring often.
5. Add chickpeas and 1 cup (240 ml) of water.
6. Bring to a simmer, turn the heat down, and cook for 15 minutes until eggplant is tender and flavors have blended.
7. Serve hot.

Storage & Reheat
Store in an airtight container in the refrigerator and use within 3 days. To reheat, warm it carefully over low heat on the stovetop.

Nutrition (per serving, approx.):
- Calories: 370 kcal
- Fat: 14 g
- Saturated Fat: 2 g
- Phosphorus: 350 mg
- Sugar: 13 g
- Protein: 11 g
- Carbohydrates: 54 g
- Sodium: 190 mg
- Fiber: 14 g
- Cholesterol: 0 mg

Allergen note
Gluten-free, dairy-free, vegan.

Grilled Salmon with Spinach & Lentils

Succulent grilled salmon served over garlicky spinach and tender lentils for a hearty, nutrient-packed dinner.

Prep Time 10 minutes | **Cook Time** 15 minutes | **Yield** Serves 2

Ingredients
- Salmon fillet — 8 oz / 225 g
- Fresh spinach — 3 cups / 90 g
- Lentils, cooked, no-salt — 1½ cups / 300 g
- Garlic, minced — 2 cloves / 6 g
- Olive oil — 2 tsp / 10 ml
- Fine sea salt — ⅛ tsp / 0.6 g
- Black pepper, freshly ground — ⅛ tsp / 0.25 g

Directions
1. Preheat a grill pan over medium heat. Season salmon with salt and pepper.
2. Brush the pan lightly with 1 teaspoon of olive oil and grill salmon for 4–5 minutes per side until easily flaked.
3. Using another skillet, heat the remaining 1 teaspoon olive oil.
4. Incorporate garlic and cook for 30 seconds until fragrant.
5. Mix in the spinach and cook briefly for 1–2 minutes until soft.
6. Incorporate cooked lentils and stir until heated through.
7. Serve salmon over the spinach-lentil mixture.

Storage & Reheat
Store in a sealed container in the refrigerator and consume within 48 hours. When you're ready to enjoy, reheat it carefully in a skillet to ensure the fish stays moist.

Nutrition (per serving, approx.):
- Calories: 380 kcal
- Fat: 18 g
- Saturated Fat: 3 g
- Phosphorus: 400 mg
- Sugar: 2 g
- Protein: 33 g
- Carbohydrates: 24 g
- Sodium: 170 mg
- Fiber: 8 g
- Cholesterol: 80 mg

Allergen note
Contains fish (salmon).

Cod with Tomato-Olive Sauce

Delicate cod fillets simmered in a light tomato and olive sauce with a touch of lemon, creating a flavorful Mediterranean-style dish.

Prep Time 10 minutes
Cook Time 15 minutes
Yield Serves 2

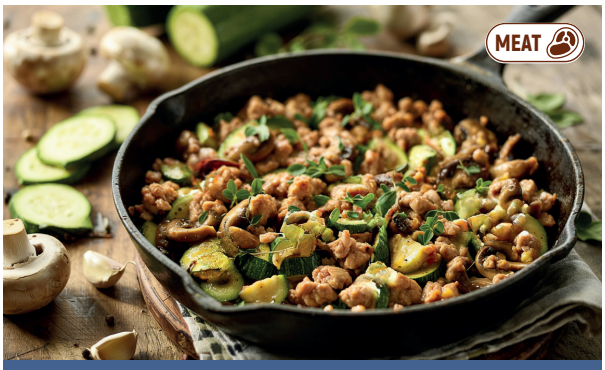
Ingredients
- Cod fillets — 10 oz / 280 g
- Tomatoes, diced (fresh or canned) — 1 cup / 200 g
- Olives, sliced — ¼ cup / 35 g
- Extra virgin olive oil — 2 tbsp / 30 ml
- Lemon juice, freshly squeezed — 1 tbsp / 15 ml
- Salt — to taste
- Freshly ground black pepper — to taste

Directions
1. Pat the cod fillets dry and season lightly with salt and pepper.
2. Heat olive oil in a skillet over medium heat. Add diced tomatoes and cook for 5 minutes until softened and juicy.
3. Stir in the olives and lemon juice, cooking for another 2 minutes.
4. Place the cod fillets into the sauce, cover, and simmer gently for 7–8 minutes until the fish flakes easily with a fork.
5. Serve hot with the sauce spooned over the fillets.

Storage & Reheat
Refrigerate (covered) up to 24 hours. Reheat gently in a skillet over low heat. Not freezer-friendly.

Nutrition (per serving, approx.):
- Calories: 250 kcal
- Fat: 12 g
- Saturated Fat: 2 g
- Phosphorus: 310 mg
- Sugar: 3 g
- Protein: 30 g
- Carbohydrates: 6 g
- Sodium: 300 mg
- Fiber: 2 g
- Cholesterol: 75 mg

Allergen note: Contains fish (cod).



Turkey & Veggie Skillet

Lean ground turkey sautéed with zucchini, mushrooms, garlic, and oregano for a quick, savory one-pan dinner.

Prep Time 10 minutes
Cook Time 15 minutes
Yield Serves 2

Ingredients
- Ground turkey breast — 8 oz / 225 g
- Zucchini, diced — 2 cups / 300 g
- Mushrooms, sliced — 2 cups / 150 g
- Garlic, minced — 2 cloves / 6 g
- Dried oregano — 1 tsp / 1 g
- Olive oil — 2 tsp / 10 ml
- Fine sea salt — ⅛ tsp / 0.6 g
- Black pepper, freshly ground — ⅛ tsp / 0.25 g

Directions
1. Warm 1 teaspoon of olive oil in a spacious skillet over medium heat.
2. Incorporate ground turkey, season with salt and pepper, and cook for 6–7 minutes until nicely browned and fully cooked. Remove and set aside.
3. Incorporate the remaining olive oil into the skillet.
4. Sauté garlic for 30 seconds, then add zucchini and mushrooms. Cook for 5–6 minutes until tender.
5. Return turkey to the skillet, sprinkle with oregano, and toss well.
6. Serve hot.

Vegetarian Adaptation: Replace the ground turkey with 8 oz of crumbled firm tofu, cooked lentils, or a mix of chopped walnuts and mushrooms for a meaty texture. Add a tablespoon of nutritional yeast or grated Parmesan cheese to enhance the savory, umami flavors in your plant-based dish.

Storage & Reheat
Can be stored in a tightly covered container in the refrigerator for up to two days. To serve, reheat it in a skillet over medium heat until it is warmed throughout.

Nutrition (per serving, approx.):
- Calories: 365 kcal
- Fat: 15 g
- Saturated Fat: 2.5 g
- Phosphorus: 300 mg
- Sugar: 6 g
- Protein: 38 g
- Carbohydrates: 12 g
- Sodium: 220 mg
- Fiber: 3 g
- Cholesterol: 95 mg

Allergen note: Gluten-free, dairy-free.

Juicy shrimp served over creamy garlic cauliflower mash, topped with fresh chives for a low-carb, elegant dinner.

Shrimp & Cauliflower Mash

Prep Time 10 minutes | **Cook Time** 15 minutes | **Yield** Serves 2

Ingredients
- Shrimp, peeled and deveined — 7 oz / 200 g
- Cauliflower florets — 4 cups / 400 g
- Garlic, minced — 2 cloves / 6 g
- Olive oil — 2 tsp / 10 ml
- Fresh chives, chopped — 2 tbsp / 6 g
- Fine sea salt — ⅛ tsp / 0.6 g
- Black pepper, freshly ground — ⅛ tsp / 0.25 g

Directions
1. Steam cauliflower for 8–10 minutes until tender.
2. Transfer the cauliflower to a blender or food processor. Add half of the garlic, salt, pepper, and 1 teaspoon olive oil. Blend until smooth.
3. Place the remaining olive oil in a skillet and heat over medium.
4. Stir in the rest of the garlic and cook for 30 seconds.
5. Incorporate shrimp and cook for 2–3 minutes per side until pink and opaque.
6. Serve shrimp over the cauliflower mash and sprinkle with chives.

Storage & Reheat
Store in a closed container in the refrigerator for 1 day. Reheat gently to avoid overcooking shrimp.

Nutrition (per serving, approx.):
- Calories: 360 kcal
- Fat: 15 g
- Saturated Fat: 2.5 g
- Phosphorus: 350 mg
- Sugar: 6 g
- Protein: 30 g
- Carbohydrates: 20 g
- Sodium: 350 mg
- Fiber: 6 g
- Cholesterol: 180 mg

Allergen note
Contains shellfish (shrimp).

Tender chicken breast baked with fragrant garlic and lemon, served alongside sweet roasted zucchini for a simple and bright dinner.

Lemon-Garlic Chicken with Roasted Zucchini

Prep Time 15 minutes | **Cook Time** 10 minutes | **Yield** Serves 2

Ingredients
- Chicken breast — 6 oz / 170 g
- Zucchini, sliced into half-moons — 3 cups / 450 g
- Lemon juice, fresh — 1½ tbsp / 22 ml
- Garlic, minced — 2 cloves / 6 g
- Olive oil — 2 tsp / 10 ml
- Fine sea salt — ⅛ tsp / 0.6 g
- Black pepper, freshly ground — ⅛ tsp / 0.25 g

Directions
1. Set the oven's temperature to 400°F (200°C) and line a baking sheet with parchment paper.
2. Using a small bowl, mix lemon juice, garlic, olive oil, salt, and pepper.
3. Place the chicken breast on one side of the baking sheet and the zucchini on the other.
4. Brush chicken and zucchini with the lemon-garlic mixture.
5. Roast for 18–20 minutes, turning zucchini halfway, until chicken reaches 165°F (74°C) and zucchini is tender.
6. Serve immediately with any pan juices.

Storage & Reheat
For maximum freshness, store in an airtight container in the fridge for up to two days. When you're ready to serve, reheat it in the oven at 325°F (165°C) until it's warmed all the way through.

Nutrition (per serving, approx.):
- Calories: 360 kcal
- Fat: 15 g
- Saturated Fat: 2.5 g
- Phosphorus: 300 mg
- Sugar: 7 g
- Protein: 35 g
- Carbohydrates: 14 g
- Sodium: 210 mg
- Fiber: 4 g
- Cholesterol: 85 mg

Allergen note
Gluten-free, dairy-free.

Greek Shrimp Saganaki (Light)

Juicy shrimp simmered in a garlicky tomato sauce, topped with crumbled part-skim feta and fresh parsley for a lighter version of the Greek classic.

Prep Time 10 minutes | **Cook Time** 15 minutes | **Yield** Serves 2

Ingredients
- Shrimp, peeled and deveined — 7 oz / 200 g
- Cherry tomatoes, halved — 2 cups / 300 g
- Feta cheese, part-skim, crumbled — 2 oz / 56 g
- Fresh parsley, chopped — 2 tbsp / 6 g
- Olive oil — 2 tsp / 10 ml
- Garlic, minced — 2 cloves / 6 g
- Fine sea salt — ⅛ tsp / 0.6 g
- Black pepper, freshly ground — ⅛ tsp / 0.25 g

Directions
1. Heat the skillet on medium and add olive oil to warm.
2. Add garlic and sauté for 30 seconds until fragrant.
3. Incorporate cherry tomatoes, salt, and pepper, and cook for 5–6 minutes until tomatoes soften and release juices.
4. Place shrimp in the skillet and cook for 2–3 minutes per side until fully pink and opaque.
5. Sprinkle with crumbled feta and parsley.
6. Serve immediately, spooning the sauce over the shrimp.

Storage & Reheat
Best eaten fresh. If storing, keep in the refrigerator for up to 1 day. Reheat carefully in a skillet to avoid overcooking shrimp.

Nutrition (per serving, approx.):
- Calories: 375 kcal
- Fat: 19 g
- Saturated Fat: 6 g
- Phosphorus: 350 mg
- Sugar: 7 g
- Protein: 31 g
- Carbohydrates: 14 g
- Sodium: 420 mg
- Fiber: 3 g
- Cholesterol: 190 mg

Allergen note
Contains shellfish (shrimp) and dairy (feta).

Chickpea & Roasted Veggie Bowl

Nutritious bowl with roasted carrots and broccoli, hearty chickpeas, and a creamy tahini-lemon dressing for a satisfying plant-based dinner.

Prep Time 10 minutes | **Cook Time** 25 minutes | **Yield** Serves 2

Ingredients
- Chickpeas, cooked, no-salt — 1½ cups / 255 g
- Carrots, cut into sticks — 1½ cups / 180 g
- Broccoli florets — 2 cups / 150 g
- Tahini — 2 tbsp / 30 g
- Lemon juice, fresh — 1½ tbsp / 22 ml
- Olive oil — 2 tsp / 10 ml
- Fine sea salt — ⅛ tsp / 0.6 g
- Black pepper, freshly ground — ⅛ tsp / 0.25 g

Directions
1. Set the oven's temperature to 400°F (200°C) and line a baking sheet with parchment paper.
2. Toss carrots and broccoli with olive oil, salt, and pepper, then spread evenly on the sheet.
3. Roast for 20–25 minutes, flipping once halfway, until tender and cooked through.
4. Warm chickpeas in a small saucepan or microwave.
5. Using a small bowl, whisk tahini with lemon juice and a splash of water until smooth.
6. Divide roasted vegetables and chickpeas between two bowls.
7. Drizzle with tahini-lemon dressing and serve immediately.

Storage & Reheat
Keep vegetables and chickpeas in separate sealed containers in the refrigerator for 2 days. Reheat before serving; add dressing just before eating.

Nutrition (per serving, approx.):
- Calories: 370 kcal
- Fat: 15 g
- Saturated Fat: 2 g
- Phosphorus: 300 mg
- Sugar: 10 g
- Protein: 12 g
- Carbohydrates: 50 g
- Sodium: 190 mg
- Fiber: 12 g
- Cholesterol: 0 mg

Allergen note
Contains sesame (tahini).

Tilapia with Lemon & Dill

Light and flaky tilapia fillets baked with fresh dill, zesty lemon, and a drizzle of olive oil for a clean and refreshing flavor.

Prep Time 5 minutes | **Cook Time** 15 minutes | **Yield** Serves 2

Ingredients
- Tilapia fillets — 10 oz / 280 g
- Lemon juice, freshly squeezed — 2 tbsp / 30 ml
- Fresh dill, chopped — 2 tbsp / 8 g
- Extra virgin olive oil — 1 tbsp / 15 ml
- Freshly ground black pepper — ¼ tsp / 1 g
- Salt — to taste

Directions
1. Preheat oven to 375°F / 190°C.
2. Place tilapia fillets on a baking dish lined with parchment.
3. Drizzle with olive oil and lemon juice.
4. Sprinkle with chopped dill, black pepper, and a pinch of salt.
5. Bake for 12–15 minutes until the fish flakes easily with a fork.
6. Serve immediately with extra lemon wedges if desired.

Storage & Reheat
Refrigerate (covered) up to 24 hours. Reheat gently in the oven at low heat. Not freezer-friendly.

Nutrition (per serving, approx.):
- Calories: 355 kcal
- Fat: 16 g
- Saturated Fat: 2.5 g
- Phosphorus: 370 mg
- Sugar: 2 g
- Protein: 34 g
- Carbohydrates: 10 g
- Sodium: 180 mg
- Fiber: 4 g
- Cholesterol: 75 mg

Allergen note: Contains fish (tilapia).

Chicken & Mushroom Marsala (Light)

Tender chicken breast simmered with earthy mushrooms, fragrant garlic, and a splash of Marsala wine for a lighter take on the Italian classic.

Prep Time 10 minutes | **Cook Time** 20 minutes | **Yield** Serves 2

Ingredients
- Chicken breast — 6 oz / 170 g
- Mushrooms, sliced — 2 cups / 150 g
- Garlic, minced — 2 cloves / 6 g
- Marsala wine — 2 tbsp / 30 ml
- Olive oil — 2 tsp / 10 ml
- Fine sea salt — ⅛ tsp / 0.6 g
- Black pepper, freshly ground — ⅛ tsp / 0.25 g

Directions
1. Season chicken breast with salt and pepper.
2. Heat the skillet on medium and add 1 teaspoon olive oil to warm.
3. Sear chicken for 5–6 minutes per side until golden brown and cooked through (internal temp 165°F / 74°C). Remove and set aside.
4. Incorporate the remaining olive oil into the skillet.
5. Sauté garlic for 30 seconds, then add mushrooms and cook for 4–5 minutes until softened.
6. Pour the Marsala wine into the pan and simmer for 2–3 minutes until slightly reduced.
7. Return chicken to the skillet, coat with the sauce, and heat through for 1–2 minutes.
8. Serve hot with mushrooms and pan sauce spooned over the top.

Vegetarian Adaptation: Replace the chicken with 6 oz of thick-cut portobello mushroom caps or cauliflower steaks, which will absorb the Marsala wine beautifully. Add a handful of cannellini beans or toasted pine nuts for extra protein and authentic Italian flavor.

Storage & Reheat
Keep in a tightly sealed container in the fridge for up to 2 days. Warm gently in a skillet over low heat.

Nutrition (per serving, approx.):
- Calories: 365 kcal
- Fat: 15 g
- Saturated Fat: 2.5 g
- Phosphorus: 300 mg
- Sugar: 3 g
- Protein: 36 g
- Carbohydrates: 10 g
- Sodium: 210 mg
- Fiber: 2 g
- Cholesterol: 85 mg

Allergen note: Gluten-free, contains alcohol (Marsala wine).

Power Snacks & Mini Treats

“Snack with intention and you’ll never feel deprived.”

Snack with intention and you’ll never feel deprived. This section offers light bites and small sweets designed to pair with protein or produce so you can use the planned snack from your daily plan without drifting past 1,200 calories—or pushing sodium up. Keep these on hand, lean on the Storage notes, and let a smart mini treat close the loop on cravings.

Veggie Sticks with Yogurt Dip

Crunchy fresh vegetable sticks served with a creamy Greek yogurt dip brightened with lemon juice—a simple, refreshing snack or appetizer.

Prep Time 10 minutes
Cook Time 0 minutes
Yield Serves 2

Ingredients
- Carrot, cut into sticks — 1 medium / 80 g
- Cucumber, cut into sticks — 1 medium / 120 g
- Sweet pepper, cut into sticks — 1 medium / 120 g
- Nonfat Greek yogurt, plain — ½ cup / 120 g
- Lemon juice, freshly squeezed — 1 tbsp / 15 ml
- Salt — to taste
- Freshly ground black pepper — to taste

Directions
1. Prepare the vegetables by washing and cutting them into even sticks.
2. In a small bowl, combine Greek yogurt, lemon juice, salt, and black pepper. Mix well to form a dip.
3. Arrange the veggie sticks on a serving plate.
4. Serve with the yogurt dip on the side.

Storage & Reheat
Vegetables can be prepared up to 12 hours in advance and kept refrigerated in an airtight container. Dip can be stored separately up to 24 hours. Not freezer-friendly. No reheating required.

Nutrition (per serving, approx.):
- Calories: 110 kcal
- Fat: 2 g
- Saturated Fat: 0.5 g
- Phosphorus: 120 mg
- Sugar: 9 g
- Protein: 6 g
- Carbohydrates: 18 g
- Sodium: 120 mg
- Fiber: 4 g
- Cholesterol: 2 mg

Allergen note
Contains dairy (Greek yogurt).

Dark Chocolate Chia Clusters

Crunchy chia seeds coated in rich dark chocolate with a hint of sea salt for a satisfying sweet bite.

Prep Time 5 minutes
Cook Time 5 minutes (plus chilling)
Yield Serves 2

Ingredients
- Dark chocolate (70% cocoa or higher) — 2 oz / 56 g
- Chia seeds — 2 tbsp / 20 g
- Sea salt — pinch / 0.2 g

Directions
1. Melt dark chocolate using a heatproof bowl over simmering water, or in the microwave for short periods.
2. Stir in chia seeds until well coated.
3. Drop teaspoon-sized clusters onto a parchment-lined tray.
4. Sprinkle lightly with sea salt.
5. Refrigerate for 20–30 minutes until set.
6. Keep in a sealed container in the fridge.

Storage & Reheat
Store in the refrigerator for up to 1 week. Keep chilled to prevent melting.

Nutrition (per serving, approx.):
- Calories: 120 kcal
- Fat: 8 g
- Saturated Fat: 4 g
- Phosphorus: 85 mg
- Sugar: 7 g
- Protein: 2 g
- Carbohydrates: 12 g
- Sodium: 20 mg
- Fiber: 3 g
- Cholesterol: 0 mg

Allergen note
May contain traces of milk (depending on the chocolate brand).

Greek Yogurt Berry Bites

Frozen bite-sized treats made with creamy Greek yogurt, sweet blueberries, and a light drizzle of honey for a refreshing snack.

Prep Time
5 minutes

Cook Time
0 minutes
(plus freezing)

Yield
Serves 2

Ingredients
- Greek yogurt, nonfat, plain — ½ cup / 120 g
- Blueberries — ½ cup / 75 g
- Honey — 1 tsp / 7 g

Directions
1. Line a baking sheet or tray with parchment paper.
2. Using a spoon, drop small dollops of Greek yogurt onto the parchment.
3. Place one or two blueberries on top of each yogurt dollop.
4. Lightly drizzle honey over the tops.
5. Freeze for at least 2 hours until solid.
6. Store in a freezer-safe container and enjoy directly from the freezer.

Storage & Reheat
Place in the freezer and store for up to 2 weeks. Do not thaw before eating to maintain texture.

Nutrition (per serving, approx.):
- Calories: 85 kcal
- Fat: 0 g
- Saturated Fat: 0 g
- Phosphorus: 45 mg
- Sugar: 12 g
- Protein: 5 g
- Carbohydrates: 16 g
- Sodium: 20 mg
- Fiber: 2 g
- Cholesterol: 0 mg

Allergen note
Contains dairy (Greek yogurt).

Apple Slices with Peanut Butter & Flax

Sweet apple slices topped with creamy peanut butter, a sprinkle of flaxseed, cinnamon, and a touch of honey or stevia for a quick, omega-3-rich snack.

Prep Time
5 minutes

Cook Time
0 minutes

Yield
Serves 2

Ingredients
- Apple, sliced — 2 medium / 300 g
- Peanut butter (unsweetened) — 2 tbsp / 32 g
- Honey or stevia — 1 tsp / 5 g
- Ground cinnamon — ½ tsp / 1 g
- Ground flaxseed — 2 tbsp / 14 g

Directions
1. Wash and slice the apples into thin wedges.
2. Spread a thin layer of peanut butter on each slice.
3. Drizzle lightly with honey or sprinkle with stevia.
4. Dust with ground cinnamon.
5. Finish with a sprinkle of flaxseed and serve immediately.

Storage & Reheat
Best enjoyed fresh. Apples may brown if stored. If needed, refrigerate (covered) up to 6 hours with a squeeze of lemon juice on slices. Not freezer-friendly. No reheating required.

Nutrition (per serving, approx.):
- Calories: 185 kcal
- Fat: 8 g
- Saturated Fat: 1 g
- Phosphorus: 110 mg
- Sugar: 17 g
- Protein: 4 g
- Carbohydrates: 26 g
- Sodium: 70 mg
- Fiber: 6 g
- Cholesterol: 0 mg

Allergen note
Contains peanuts.

Bite-sized skewers with sweet cherry tomatoes, creamy mozzarella, and fresh basil, finished with a drizzle of balsamic glaze.

Mini Caprese Skewers

Prep Time 8 minutes | **Cook Time** 0 minutes | **Yield** Serves 4

Ingredients
- Cherry tomatoes — 12 pieces / 180 g
- Mozzarella balls, part-skim — 6 pieces / 90 g
- Fresh basil leaves — 6 leaves / 6 g
- Balsamic glaze — 1 tsp / 5 ml
- Fine sea salt — pinch / 0.2 g
- Black pepper, freshly ground — pinch / 0.1 g

Directions
1. Cut each mozzarella ball in half.
2. On toothpicks or small skewers, assemble one cherry tomato half, one basil leaf, and one mozzarella half.
3. Arrange skewers on a serving plate.
4. Lightly season with salt and pepper.
5. Drizzle with balsamic glaze just before serving.

Storage & Reheat
Best eaten fresh. Prepare up to 2 hours ahead and keep chilled in the fridge.

Nutrition (per serving, approx.):
- Calories: 95 kcal
- Fat: 5 g
- Saturated Fat: 3 g
- Phosphorus: 35 mg
- Sugar: 4 g
- Protein: 5 g
- Carbohydrates: 7 g
- Sodium: 120 mg
- Fiber: 1 g
- Cholesterol: 15 mg

Allergen note
Contains dairy (mozzarella).

Crunchy celery, zucchini, and bell pepper sticks served with creamy hummus and a hint of paprika for a simple, satisfying snack.

Crunchy Veggie & Hummus Cups

Prep Time 5 minutes | **Cook Time** 0 minutes | **Yield** Serves 2

Ingredients
- Celery sticks — 1 cup / 120 g
- Zucchini sticks — 1 cup / 120 g
- Bell pepper strips — 1 cup / 120 g
- Hummus — 2 tbsp / 30 g
- Paprika — ⅛ tsp / 0.25 g

Directions
1. Divide celery, zucchini, and bell pepper sticks evenly into two serving cups or small containers.
2. Place 1 tablespoon of hummus in each cup.
3. Sprinkle paprika lightly over the hummus.
4. Serve immediately or cover and refrigerate.

Storage & Reheat
Store in a closed container in the refrigerator for 1 day. Best served cold.

Nutrition (per serving, approx.):
- Calories: 115 kcal
- Fat: 5 g
- Saturated Fat: 0.5 g
- Phosphorus: 140 mg
- Sugar: 8 g
- Protein: 4 g
- Carbohydrates: 16 g
- Sodium: 135 mg
- Fiber: 5 g
- Cholesterol: 0 mg

Allergen note
Contains sesame (hummus).

Edamame with Lime & Sesame

Steamed edamame tossed with lime juice, sesame seeds, a hint of garlic, and a splash of light soy sauce or tamari for a bright, savory snack.

Prep Time 5 minutes

Cook Time 5 minutes

Yield Serves 2

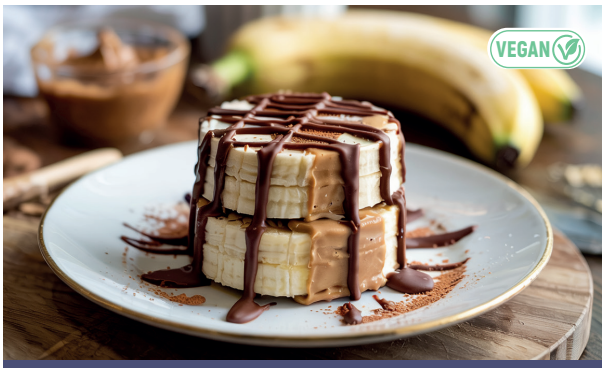
Ingredients
- Edamame (in pods or shelled, frozen) — 2 cups / 300 g
- Lime juice, freshly squeezed — 1 tbsp / 15 ml
- Sesame seeds — 1 tbsp / 9 g
- Light soy sauce or tamari — ½ tsp / 2 ml
- Garlic, finely minced — 1 clove / 3 g

Directions
1. Bring a pot of water to a boil. Add the edamame and cook for 3–5 minutes until tender. Drain well.
2. In a large bowl, combine lime juice, minced garlic, and soy sauce or tamari.
3. Add the cooked edamame and toss until evenly coated.
4. Sprinkle with sesame seeds and serve warm.

Storage & Reheat
Best enjoyed fresh. Refrigerate (covered) up to 12 hours. Reheat briefly in a skillet or microwave with a splash of water. Not freezer-friendly after cooking.

Nutrition (per serving, approx.):
- Calories: 190 kcal
- Fat: 8 g
- Saturated Fat: 1 g
- Phosphorus: 220 mg
- Sugar: 2 g
- Protein: 17 g
- Carbohydrates: 15 g
- Sodium: 190 mg
- Fiber: 6 g
- Cholesterol: 0 mg

Allergen note
Contains soy (edamame, soy sauce/tamari) and sesame.



Frozen Banana Peanut Butter Pops

Sweet banana slices layered with creamy peanut butter and dipped in dark chocolate for a frozen, bite-sized treat.

Prep Time 10 minutes

Cook Time 0 minutes (plus freezing)

Yield Serves 2

Ingredients
- Banana, sliced — 1 medium / 120 g
- Peanut butter, unsweetened — 2 tsp / 10 g
- Dark chocolate (70% cocoa or higher), melted — ½ oz / 14 g

Directions
1. Line a small tray with parchment paper.
2. Spread peanut butter on half the banana slices and cover with the remaining slices to assemble “sandwiches.”
3. Dip one side of each sandwich into melted dark chocolate.
4. Place on the prepared tray and freeze for at least 1 hour until firm.
5. Serve straight from the freezer.

Storage & Reheat
Store in a freezer-safe container for up to 1 week. Do not thaw before eating.

Nutrition (per serving, approx.):
- Calories: 105 kcal
- Fat: 5 g
- Saturated Fat: 2 g
- Phosphorus: 55 mg
- Sugar: 9 g
- Protein: 2 g
- Carbohydrates: 15 g
- Sodium: 0 mg
- Fiber: 2 g
- Cholesterol: 0 mg

Allergen note
Contains peanuts.

Cottage Cheese with Nuts & Berries

Creamy cottage cheese mixed with Greek yogurt, topped with juicy berries, crunchy walnuts, and a touch of honey or stevia for a protein-rich, balanced snack.

Prep Time 5 minutes
Cook Time 0 minutes
Yield Serves 2

Ingredients
- Low-fat cottage cheese — 1 cup / 225 g
- Nonfat Greek yogurt, plain — ½ cup / 120 g
- Mixed berries (blueberries, raspberries, strawberries) — 1 cup / 150 g
- Walnuts, chopped — 4 tbsp / 28 g
- Honey or stevia — 1 tsp / 5 g

Directions
1. In a medium bowl, combine the cottage cheese with Greek yogurt until smooth.
2. Add honey or stevia and stir well.
3. Divide the mixture evenly into two serving bowls.
4. Top with fresh berries and chopped walnuts.
5. Serve immediately as a snack or light breakfast.

Storage & Reheat
Best enjoyed fresh. Can be refrigerated (covered) up to 24 hours. Not freezer-friendly. No reheating required.

Nutrition (per serving, approx.):
- Calories: 250 kcal
- Fat: 10 g
- Saturated Fat: 2 g
- Phosphorus: 280 mg
- Sugar: 11 g
- Protein: 22 g
- Carbohydrates: 18 g
- Sodium: 150 mg
- Fiber: 3 g
- Cholesterol: 8 mg

Allergen note
Contains dairy (cottage cheese, yogurt) and tree nuts (walnuts).

Cucumber & Turkey Roll-Ups

Refreshing cucumber slices wrapped around tender turkey and creamy yogurt spread — a light, protein-rich snack or appetizer.

Prep Time 10 minutes
Cook Time 0 minutes
Yield Serves 2

Ingredients
- Turkey breast, cooked and thinly sliced — 4 oz / 115 g
- Cucumber, large, sliced lengthwise into thin strips — 1 medium / 200 g
- Nonfat Greek yogurt — 3 tbsp / 45 g
- Fresh dill, chopped — 1 tbsp / 4 g
- Lemon juice — 1 tsp / 5 ml
- Black pepper, freshly ground — ⅛ tsp / 0.25 g
- Fine sea salt — pinch / 0.3 g

Directions
1. Slice the cucumber lengthwise into thin strips using a vegetable peeler or mandoline. Pat dry with a paper towel.
2. In a small bowl, mix Greek yogurt with dill, lemon juice, salt, and black pepper until smooth.
3. Lay a slice of turkey flat and spread a thin layer of the yogurt mixture on top.
4. Place a cucumber strip over the turkey, then roll tightly into a log.
5. Repeat with remaining turkey and cucumber.
6. Arrange on a serving plate and serve immediately as a refreshing snack or appetizer.

Vegetarian Adaptation
Replace the turkey with thin slices of roasted zucchini or grilled eggplant. Spread the yogurt mixture and roll up with cucumber for a light vegetarian roll-up.

Storage & Reheat
Best eaten fresh. If storing, keep covered in the refrigerator for up to 12 hours. Not freezer-friendly. No reheating required.

Nutrition (per serving, approx.)
- Calories: 120 kcal
- Fat: 3 g
- Saturated Fat: 1 g
- Phosphorus: 160 mg
- Sugar: 3 g
- Protein: 15 g
- Carbohydrates: 7 g
- Sodium: 160 mg
- Fiber: 1 g
- Cholesterol: 35 mg

Allergen note
Contains dairy (Greek yogurt).

Zucchini Pizza Bites

Bite-sized zucchini rounds topped with marinara, mozzarella, and oregano for a light, veggie-based twist on pizza.

Prep Time 5 minutes
Cook Time 8 minutes
Yield Serves 2

Ingredients
- Zucchini, sliced into ¼-inch rounds — 1½ cups / 180 g
- Marinara sauce, no added sugar — 3 tbsp / 45 g
- Mozzarella cheese, part-skim, shredded — ¼ cup / 28 g
- Dried oregano — ¼ tsp / 0.5 g
- Fine sea salt — pinch / 0.2 g
- Black pepper, freshly ground — pinch / 0.1 g

Directions
1. Set the oven's temperature to 400°F (200°C) and line a baking sheet with parchment paper.
2. Arrange zucchini slices on the sheet.
3. Spread a small amount of marinara on each slice.
4. Sprinkle with mozzarella and a pinch of oregano, salt, and pepper.
5. Bake for 6–8 minutes until cheese is melted and bubbly.
6. Serve warm.

Storage & Reheat
Best eaten fresh. Can be kept in the fridge for up to 1 day and reheated in the oven.

Nutrition (per serving, approx.):
- Calories: 95 kcal
- Fat: 4 g
- Saturated Fat: 2 g
- Phosphorus: 95 mg
- Sugar: 5 g
- Protein: 6 g
- Carbohydrates: 9 g
- Sodium: 170 mg
- Fiber: 2 g
- Cholesterol: 10 mg

Allergen note
Contains dairy (mozzarella).

Strawberry Protein Bites

Sweet strawberries blended with vanilla protein powder and creamy Greek yogurt for a fruity, high-protein snack.

Prep Time 5 minutes
Cook Time 0 minutes
Yield Serves 2

Ingredients
- Strawberries, hulled — 1 cup / 150 g
- Vanilla whey protein powder — 1 scoop / 30 g
- Greek yogurt, nonfat, plain — 2 tbsp / 30 g

Directions
1. Add strawberries, protein powder, and Greek yogurt to a blender or food processor.
2. Blend until smooth and thick.
3. Transfer the mixture into small silicone molds or ice cube trays.
4. Freeze for 1–2 hours until firm.
5. Serve chilled.

Storage & Reheat
Store in the freezer for up to 1 week. Thaw for 2–3 minutes before eating for the best texture.

Nutrition (per serving, approx.):
- Calories: 110 kcal
- Fat: 1 g
- Saturated Fat: 0 g
- Phosphorus: 105 mg
- Sugar: 9 g
- Protein: 11 g
- Carbohydrates: 15 g
- Sodium: 40 mg
- Fiber: 2 g
- Cholesterol: 10 mg

Allergen note
Contains dairy (Greek yogurt, whey protein).

Refreshing cucumber halves filled with creamy avocado, zesty lime, and a hint of chili flakes for a light and flavorful snack.

Avocado Cucumber Boats

Prep Time 5 minutes
Cook Time 0 minutes
Yield Serves 2

Ingredients
- Cucumber, halved lengthwise and seeds scooped — 1 medium / 200 g
- Avocado, mashed — ½ medium / 70 g
- Lime juice, fresh — 1 tsp / 5 ml
- Chili flakes — pinch / 0.2 g
- Fine sea salt — pinch / 0.2 g
- Black pepper, freshly ground — pinch / 0.1 g

Directions
1. Using a small bowl, mash avocado with lime juice, salt, and pepper.
2. Spoon avocado mixture into the hollowed cucumber halves.
3. Sprinkle lightly with chili flakes.
4. Slice into smaller pieces for easy eating and serve immediately.

Storage & Reheat
Best eaten fresh. Can be kept in the fridge for up to 4 hours; cover the avocado filling to prevent browning.

Nutrition (per serving, approx.):
- Calories: 100 kcal
- Fat: 7 g
- Saturated Fat: 1 g
- Phosphorus: 40 mg
- Sugar: 3 g
- Protein: 2 g
- Carbohydrates: 9 g
- Sodium: 5 mg
- Fiber: 5 g
- Cholesterol: 0 mg

Allergen note
Gluten-free, dairy-free, vegan.

Crunchy cucumber and carrot sticks served with zesty hummus, brightened with lemon juice and a sprinkle of paprika for a quick and satisfying snack.

Cucumber & Carrot Sticks with Hummus

Prep Time 10 minutes
Cook Time 0 minutes
Yield Serves 2

Ingredients
- Cucumber, cut into sticks — 1 medium / 120 g
- Carrot, cut into sticks — 1 medium / 80 g
- Hummus — ½ cup / 120 g
- Lemon juice, freshly squeezed — 1 tsp / 5 ml
- Ground paprika — ½ tsp / 1 g

Directions
1. Cut cucumber and carrot into even sticks. Arrange on a serving plate.
2. In a small bowl, stir hummus with lemon juice until smooth.
3. Sprinkle paprika over the hummus.
4. Serve the veggie sticks with the hummus dip on the side.

Storage & Reheat
Vegetables can be refrigerated (covered) up to 12 hours. Hummus dip keeps up to 24 hours. Not freezer-friendly. No reheating required.

Nutrition (per serving, approx.):
- Calories: 130 kcal
- Fat: 7 g
- Saturated Fat: 1 g
- Phosphorus: 90 mg
- Sugar: 5 g
- Protein: 4 g
- Carbohydrates: 14 g
- Sodium: 170 mg
- Fiber: 4 g
- Cholesterol: 0 mg

Allergen note
Contains sesame (hummus).

Dark Chocolate Dipped Orange Segments

Juicy orange segments partially dipped in rich dark chocolate and sprinkled with sea salt for a sweet and zesty treat.

Prep Time
5 minutes

Cook Time
5 minutes
(plus chilling)

Yield
Serves 2

Ingredients
- Orange, peeled and segmented — 1 medium / 130 g
- Dark chocolate (70% cocoa or higher), melted — 1 oz / 28 g
- Sea salt — pinch / 0.2 g

Directions
1. Line a tray with parchment paper.
2. Dip each orange segment halfway into melted dark chocolate.
3. Place dipped segments on the parchment.
4. Lightly sprinkle with sea salt.
5. Chill in the refrigerator for 15–20 minutes until the chocolate is set.
6. Serve chilled.

Storage & Reheat
Store in the fridge in an airtight container for a maximum of 2 days. Best eaten cold.

Nutrition (per serving, approx.):
- Calories: 95 kcal
- Fat: 4 g
- Saturated Fat: 2 g
- Phosphorus: 40 mg
- Sugar: 11 g
- Protein: 1 g
- Carbohydrates: 15 g
- Sodium: 20 mg
- Fiber: 2 g
- Cholesterol: 0 mg

Allergen note
May contain traces of dairy (depending on the chocolate brand).

Egg Muffins with Pepper, Onion & Spinach

Fluffy baked egg muffins packed with sweet pepper, onion, spinach, and fresh herbs—a portable, protein-rich breakfast or snack.

Prep Time
10 minutes

Cook Time
20 minutes

Yield
Serves 2 (makes 4 muffins)

Ingredients
- Eggs, large — 4 pcs / 200 g
- Sweet pepper, diced — 1 medium / 120 g
- Onion, finely chopped — ½ medium / 60 g
- Fresh spinach, chopped — 1 cup / 30 g
- Fresh parsley or dill, chopped — 2 tbsp / 8 g
- Salt — to taste
- Freshly ground black pepper — to taste

Directions
1. Preheat oven to 375°F / 190°C and lightly grease a muffin tin.
2. In a bowl, whisk the eggs with a pinch of salt and pepper.
3. Add diced pepper, chopped onion, spinach, and herbs to the eggs, mixing until combined.
4. Pour the mixture evenly into 4 muffin cups.
5. Bake for 18–20 minutes, or until the muffins are set and lightly golden.
6. Let cool slightly, then remove from the tin and serve warm.

Storage & Reheat
Refrigerate (covered) up to 2 days. Reheat in the oven or microwave before serving. Not freezer-friendly.

Nutrition (per serving, approx. — 2 muffins)
- Calories: 160 kcal
- Fat: 10 g
- Saturated Fat: 3 g
- Phosphorus: 180 mg
- Sugar: 3 g
- Protein: 12 g
- Carbohydrates: 6 g
- Sodium: 170 mg
- Fiber: 2 g
- Cholesterol: 370 mg

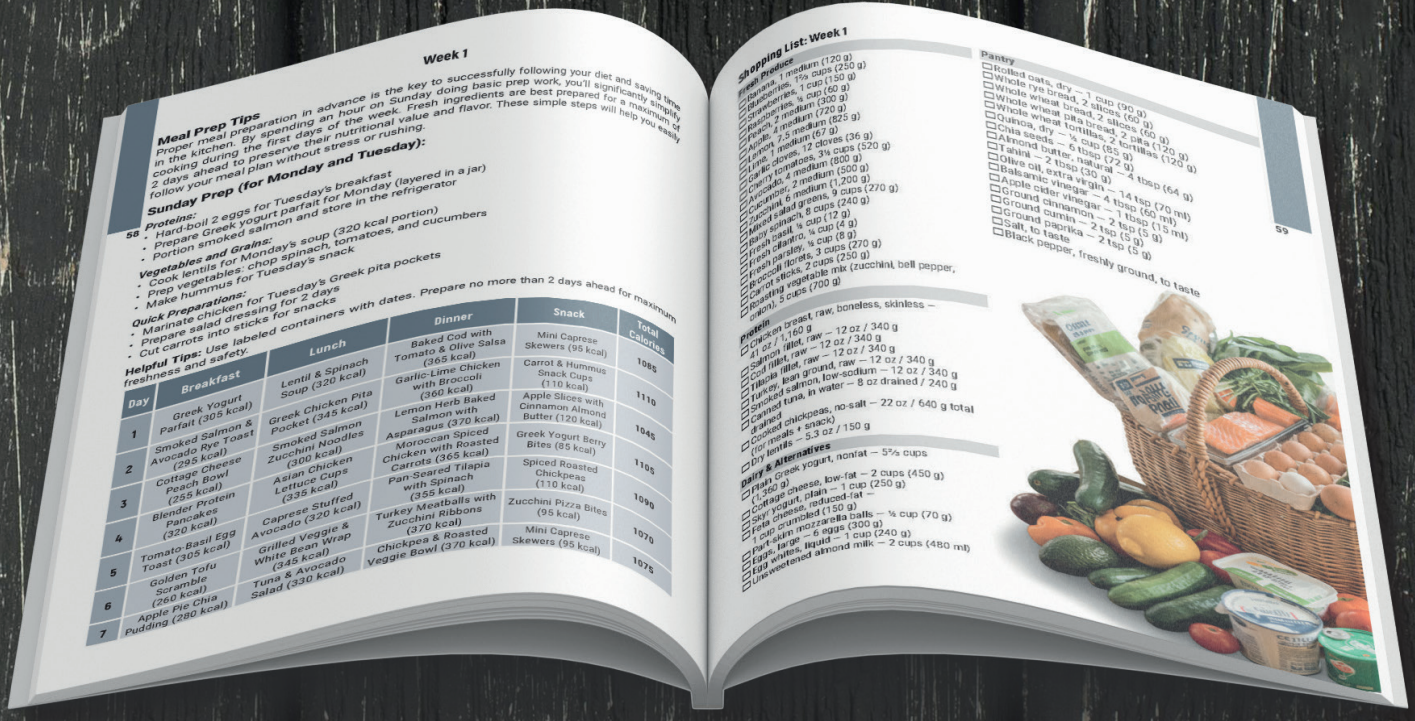
Allergen note
Contains eggs.

35 DAY MEAL PLAN and SHOPPING LIST

"Consistency beats intensity—one balanced plate at a time."

Every individual has unique health needs, especially after the age of 60. Pre-existing conditions such as diabetes, heart disease, kidney issues, or high blood pressure, as well as prescription medications, can significantly impact your dietary requirements. A diet that is beneficial for one person may be inappropriate or even harmful for another.

Therefore, it is absolutely essential that you consult with your personal physician, general practitioner, or a registered dietitian before beginning this or any other new diet or fitness program. They can properly assess your individual health status and determine if this 1,200-calorie plan is a safe and appropriate choice for you. They can also help you modify the plan to better suit your specific medical needs and goals.



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Week 1

Meal Prep Tips

Proper meal preparation in advance is the key to successfully following your diet and saving time in the kitchen. By spending an hour on Sunday doing basic prep work, you'll significantly simplify cooking during the first days of the week. Fresh ingredients are best prepared for a maximum of 2 days ahead to preserve their nutritional value and flavor. These simple steps will help you easily follow your meal plan without stress or rushing.

Sunday Prep (for Monday and Tuesday):

Proteins:
- Hard-boil 2 eggs for Tuesday's breakfast
- Prepare Greek yogurt parfait for Monday (layered in a jar)
- Portion smoked salmon and for Monday

Vegetables and Grains:
- Cook lentils for Monday's soup (320 kcal portion)
- Prep vegetables: chop spinach, tomatoes, and cucumbers
- Make hummus for Tuesday's snack

Quick Preparations:
- Marinate chicken for Tuesday's Greek pita pockets
- Prepare salad dressing for 2 days
- Cut carrots into sticks for 2 days

Helpful Tips: Use labeled containers with dates. Prepare no more than 2 days ahead for maximum freshness and safety.

Day	Breakfast	Lunch	Dinner	Snack	Total Calories
1	Greek Yogurt Parfait (305 kcal)	Lentil & Spinach Soup (320 kcal)	Baked Cod with Tomato & Olive Salsa (365 kcal)	Mini Caprese Skewers (95 kcal)	1085
2	Smoked Salmon & Avocado Rye Toast (295 kcal)	Greek Chicken Pita Pocket (345 kcal)	Garlic-Lime Chicken with Broccoli (360 kcal)	Carrot & Hummus Snack Cups (110 kcal)	1110
3	Cottage Cheese Peach Bowl (255 kcal)	Smoked Salmon Zucchini Noodles (300 kcal)	Lemon Herb Baked Salmon with Asparagus (370 kcal)	Apple Slices with Cinnamon Almond Butter (120 kcal)	1045
4	Blender Protein Pancakes (320 kcal)	Asian Chicken Lettuce Cups (335 kcal)	Moroccan Spiced Chicken with Roasted Carrots (365 kcal)	Greek Yogurt Berry Bites (85 kcal)	1105
5	Tomato Basil Egg Toast (305 kcal)	Caprese Stuffed Avocado (320 kcal)	Pan-Seared Tilapia with Spinach (355 kcal)	Spiced Roasted Chickpeas (110 kcal)	1090
6	Golden Tofu Scramble (260 kcal)	Grilled Veggie & White Bean Wrap (345 kcal)	Turkey Meatballs with Zucchini Ribbons (370 kcal)	Zucchini Pizza Bites (95 kcal)	1070
7	Apple Pie Chia Pudding (280 kcal)	Tuna & Avocado Salad (330 kcal)	Chickpea & Roasted Veggie Bowl (370 kcal)	Mini Caprese Skewers (95 kcal)	1075

Shopping List: Week 1

Fresh Produce
- ☐ Banana – 1 medium (120 g)
- ☐ Blackberries, 1½ cups (150 g)
- ☐ Blueberries, 1 cup (150 g)
- ☐ Broccoli, 2 cups (300 g)
- ☐ Peach, 2 medium (720 g)
- ☐ Apple, 4 medium (825 g)
- ☐ Carrots, 7–8 medium (67 g)
- ☐ Almond, 12 cloves (36 g)
- ☐ Garlic, medium, 12 cloves (520 g)
- ☐ Cherry tomatoes, 3½ cups (800 g)
- ☐ Cucumber, 2 medium (500 g)
- ☐ Avocado, 2 medium (1,200 g)
- ☐ Zucchini, 6 medium (600 g)
- ☐ Mixed salad greens, 9 cups (270 g)
- ☐ Baby spinach, 8 cups (240 g)
- ☐ Fresh basil, ½ cup (12 g)
- ☐ Fresh cilantro, ¼ cup (4 g)
- ☐ Fresh parsley, ½ cup (8 g)
- ☐ Broccoli florets, 3 cups (270 g)
- ☐ Carrot sticks, 2 cups (250 g)
- ☐ Roasting vegetable mix (zucchini, bell pepper, onion), 5 cups (700 g)

Protein
- ☐ Chicken breast, raw, boneless, skinless – 4 oz / 160 g
- ☐ Salmon fillet, raw – 12 oz / 340 g
- ☐ Cod fillet, raw – 12 oz / 340 g
- ☐ Tilapia fillet, raw – 12 oz / 340 g
- ☐ Turkey, lean ground, raw – 12 oz / 340 g
- ☐ Smoked salmon, low-sodium – 12 oz / 340 g
- ☐ Canned tuna, in water – 8 oz drained / 240 g drained
- ☐ Cooked chickpeas, no-salt – 22 oz / 640 g total (for meals + snack)
- ☐ Dry lentils – 5.3 oz / 150 g

Dairy & Alternatives
- ☐ Plain Greek yogurt, nonfat – 5½ cups (1,360 g)
- ☐ Cottage cheese, low-fat – 2 cups (450 g)
- ☐ Sour cream, plain – 1 cup (250 g)
- ☐ Feta cheese, crumbled (150 g)
- ☐ Part-skim mozzarella balls – ¼ cup (70 g)
- ☐ Egg, large – 6 eggs (300 g)
- ☐ Egg whites, liquid – 1 cup (240 g)
- ☐ Unsweetened almond milk – 2 cups (480 ml)

Pantry
- ☐ Rolled oats, dry – 1 cup (90 g)
- ☐ Whole rye bread, 2 slices (60 g)
- ☐ Whole wheat bread, 2 slices (60 g)
- ☐ Whole wheat pita bread, 2 slices (60 g)
- ☐ Quinoa, dry – ½ cup (85 g)
- ☐ Chia seeds – ½ cup (85 g)
- ☐ Almond butter, natural – 4 tbsp (64 g)
- ☐ Tahini – 6 tbsp (85 g)
- ☐ Olive oil, extra virgin – 2 tbsp (27 g)
- ☐ Balsamic vinegar – 4 tbsp (60 ml)
- ☐ Apple cider vinegar – 4 tbsp (60 ml)
- ☐ Ground cinnamon – 1 tbsp (5 g)
- ☐ Ground cumin – 2 tbsp (15 ml)
- ☐ Salt, to taste – 2 tsp (5 g)
- ☐ Ground paprika – 2 tsp (5 g)
- ☐ Black pepper, freshly ground, to taste

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Week 1

Meal Prep Tips

Proper meal preparation in advance is the key to successfully following your diet and saving time in the kitchen. By spending an hour on Sunday doing basic prep work, you'll significantly simplify cooking during the first days of the week. Fresh ingredients are best prepared for a maximum of 2 days ahead to preserve their nutritional value and flavor. These simple steps will help you easily follow your meal plan without stress or rushing.

Sunday Prep (for Monday and Tuesday):

Proteins:

- Hard-boil 2 eggs for Tuesday's breakfast
- Prepare Greek yogurt parfait for Monday (layered in a jar)
- Portion smoked salmon and store in the refrigerator

Vegetables and Grains:

- Cook lentils for Monday's soup (320 kcal portion)
- Prep vegetables: chop spinach, tomatoes, and cucumbers
- Make hummus for Tuesday's snack

Quick Preparations:

- Marinate chicken for Tuesday's Greek pita pockets
- Prepare salad dressing for 2 days
- Cut carrots into sticks for snacks

Helpful Tips: Use labeled containers with dates. Prepare no more than 2 days ahead for maximum freshness and safety.

Day	Breakfast	Lunch	Dinner	Snack	Total Calories
Monday	Greek Yogurt with Chia & Kiwi (295 kcal)	Lentil & Spinach Soup (320 kcal)	Lemon Herb Baked Salmon with Asparagus (370 kcal)	Apple Slices with Peanut Butter & Flax (approx. 200 kcal)	**~1185 kcal**
Tuesday	Egg White Spinach & Feta Wrap (305 kcal)	Greek Chicken Pita Pocket (345 kcal)	Moroccan Spiced Chicken with Roasted Carrots (365 kcal)	Veggie Sticks with Yogurt Dip (approx. 150 kcal)	**~1165 kcal**
Wednesday	Smoked Salmon & Avocado Rye Toast (295 kcal)	Shrimp & Yogurt Lettuce Boats (95 kcal)	Shrimp & Zucchini Noodle Stir-Fry (360 kcal)	Dark Chocolate Chia Clusters (approx. 150 kcal)	**~1130 kcal**
Thursday	Protein Cream with Peach & Walnuts (280 kcal)	Turkey & Hummus Collard Wraps (310 kcal)	Baked Cod with Tomato & Olive Salsa (365 kcal)	Greek Yogurt Berry Bites (approx. 150 kcal)	**~1105 kcal**
Friday	Vanilla Berry Chia Pudding (265 kcal)	Asian Chicken Lettuce Cups (335 kcal)	Turkey Meatballs with Zucchini Ribbons (370 kcal)	Mini Caprese Skewers (approx. 200 kcal)	**~1170 kcal**
Saturday	Blender Protein Pancakes (320 kcal)	Smoked Salmon Zucchini Noodles (300 kcal)	Mediterranean Lentil Stew (375 kcal)	Crunchy Veggie & Hummus Cups (approx. 150 kcal)	**~1145 kcal**
Sunday	Avocado Egg & Spinach Bowl (245 kcal)	Grilled Veggie & White Bean Wrap (345 kcal)	Garlic-Lime Chicken with Broccoli (360 kcal)	Edamame with Lime & Sesame (approx. 200 kcal)	**~1150 kcal**

Shopping List: Week 1

Fresh Produce

- ☐ Kiwi — 1 medium
- ☐ Apple — 1 medium
- ☐ Peach — 1 medium
- ☐ Mixed berries (fresh or frozen) — ½ cup (75 g)
- ☐ Lemon — 1 medium
- ☐ Lime — 2 medium
- ☐ Avocado — 2 medium
- ☐ Spinach, fresh — approx. 4 cups (120 g)
- ☐ Lettuce (e.g., butter or romaine) — 3-4 large leaves
- ☐ Collard greens — 2 large leaves
- ☐ Broccoli — 1-2 cups florets (approx. 150 g)
- ☐ Asparagus — 4 oz (115 g)
- ☐ Carrots — 4 oz (115 g) + extra for sticks
- ☐ Celery — extra for sticks
- ☐ Cucumber — extra for sticks
- ☐ Tomato — 1 medium
- ☐ Cherry tomatoes — ½ cup (75 g)
- ☐ Olives, Kalamata — ⅛ cup (approx. 18 g)
- ☐ Garlic — 3-4 cloves
- ☐ Zucchini — approx. 4 cups (spiralized/ribbons)
- ☐ Fresh basil — a few leaves for skewers
- ☐ Edamame, frozen in pods — approx. 1 cup

Protein

- ☐ Salmon fillet, raw — 4 oz (115 g)
- ☐ Cod fillet, raw — 4 oz (115 g)
- ☐ Chicken breast, raw, boneless, skinless — 12 oz (340 g)
- ☐ Ground turkey, raw — 4 oz (115 g)
- ☐ Shrimp, raw, peeled & deveined — 3.5 oz (100 g)
- ☐ Turkey breast, sliced, low-sodium — 2 oz (58 g)
- ☐ Smoked salmon, low-sodium — 4 oz (115 g)
- ☐ Eggs, large — 1 egg
- ☐ Egg whites, liquid — ½ cup (120 g)
- ☐ Dry green lentils — ½ cup (100 g)
- ☐ Canned chickpeas, no-salt — ½ cup (82 g)
- ☐ Canned white beans, no-salt — ½ cup (82 g)

Dairy & Alternatives

- ☐ Greek yogurt, plain, nonfat — approx. 2 cups (450 g)
- ☐ Protein powder (e.g., vanilla) — 1 serving for pancakes
- ☐ Feta cheese, reduced-fat — ⅛ cup crumbled (19 g)
- ☐ Fresh mozzarella balls (ciliegine) — ½ cup (approx. 115 g)
- ☐ Almond milk (or other low-fat milk) — for chia pudding

Pantry

- ☐ Rye bread, whole-grain — 1 slice
- ☐ Whole-grain tortilla (8-inch) — 2 tortillas
- ☐ Whole-wheat pita bread — 1 half
- ☐ Chia seeds — 3 tbsp (30 g)
- ☐ Flaxseed, ground — 1 tbsp (7 g)
- ☐ Walnuts, chopped — 2 tbsp (14 g)
- ☐ Peanut butter, natural — 2 tbsp (32 g)
- ☐ Hummus — ¼ cup (60 g)
- ☐ Dark chocolate (for clusters) — as needed
- ☐ Olive oil, extra virgin
- ☐ Toasted sesame oil
- ☐ Low-sodium soy sauce
- ☐ Spices: Moroccan spice blend, garlic powder, salt, black pepper

Week 2

Meal Prep Tips

Sunday Prep (for Monday and Tuesday):

Proteins:

- Pre-cook mushrooms for Tuesday's omelet and store covered
- Prepare chicken portions for Monday's Chicken & Mango Salad
- Hard-boil eggs for Tuesday's breakfast prep

Fruits and Vegetables:

- Wash and slice kiwi, store in an airtight container for Monday's power bowl
- Prep mango chunks for Monday's salad
- Wash berries for Greek yogurt snacks
- Chop vegetables for a roasted veggie quinoa bowl

Grains and Bases:

- Cook quinoa in batches for multiple meals
- Prepare base for strawberry quinoa breakfast bowl
- Make hummus for carrot snack cups

Helpful Tips: Store cut fruits with a paper towel to absorb excess moisture. Keep proteins and vegetables in separate containers to maintain optimal freshness and prevent cross-contamination.

Day	Breakfast	Lunch	Dinner	Snack	Total Calories
Monday	Golden Tofu Scramble (260 kcal)	Chicken & Mango Salad (340 kcal)	Sheet-Pan Lemon-Dill Trout (370 kcal)	Frozen Banana Peanut Butter Pops (approx. 200 kcal)	**~1170 kcal**
Tuesday	Apple Walnut Chia Pudding (270 kcal)	Rabbit & Yogurt Lettuce Boats (235 kcal)	Cauliflower Rice Stir-Fry with Chicken (365 kcal)	Cottage Cheese with Nuts & Berries (approx. 250 kcal)	**~1120 kcal**
Wednesday	Skyr with Berries & Flax (260 kcal)	Shrimp with Lime & Avocado (240 kcal)	Greek-Style Stuffed Bell Peppers (370 kcal)	Cottage Cheese with Nuts & Berries (approx. 250 kcal)	**~1120 kcal**
Thursday	Tomato Herb Omelet (210 kcal)	Sweet Potato & Black Bean Bowl (365 kcal)	One-Pot Chickpea & Spinach Curry (375 kcal)	Zucchini Pizza Bites (approx. 200 kcal)	**~1150 kcal**
Friday	Strawberry Quinoa Breakfast Bowl (320 kcal)	Turkey & Cranberry Quinoa Salad (370 kcal)	Seared Tuna with Cucumber-Avocado Salad (365 kcal)	Veggie Sticks with Yogurt Dip (approx. 100 kcal)	**~1155 kcal**
Saturday	Avocado Egg & Arugula Bowl (240 kcal)	Roasted Cauliflower & Tahini Plate (365 kcal)	Zesty Lime Shrimp with Roasted Veggies (370 kcal)	Avocado Cucumber Boats (approx. 200 kcal)	**~1175 kcal**
Sunday	Savory Veggie Egg Muffins (295 kcal)	Zesty Chickpea & Tomato Stew (370 kcal)	Balsamic Chicken with Brussels Sprouts (365 kcal)	Cucumber & Carrot Sticks with Hummus (approx. 150 kcal)	**~1180 kcal**

Shopping List: Week 2

Fresh Produce

- ☐ Mango — 1 medium
- ☐ Banana — 1 medium
- ☐ Apple — 1 medium
- ☐ Mixed berries (fresh or frozen) — approx. 1.5 cups (225 g)
- ☐ Strawberries (fresh or frozen) — ½ cup (75 g)
- ☐ Lime — 2-3 medium
- ☐ Lemon — 1 medium
- ☐ Avocado — 3-4 medium
- ☐ Sweet potato — 1 medium
- ☐ Spinach, fresh — 2-3 cups (60-90 g)
- ☐ Arugula, fresh — 1 cup (30 g)
- ☐ Lettuce (e.g., butter or iceberg) — 4-5 large leaves
- ☐ Cauliflower — 1 large head
- ☐ Bell peppers — 2 medium (any color)
- ☐ Brussels sprouts — 1.5 cups (approx. 150 g)
- ☐ Zucchini — 1 medium
- ☐ Cucumber — 2 medium
- ☐ Carrots — for sticks
- ☐ Tomato — 1 medium + 1 can diced tomatoes (14.5 oz / 410 g)
- ☐ Onion — 1 medium
- ☐ Garlic — 4-5 cloves
- ☐ Fresh dill — 1-2 tbsp chopped
- ☐ Fresh herbs (e.g., parsley, cilantro for omelet/ salads)

Protein

- ☐ Tofu, extra-firm — 4 oz (115 g)
- ☐ Trout fillet, raw — 4 oz (115 g)
- ☐ Tuna steak, raw — 4 oz (115 g)
- ☐ Chicken breast, raw, boneless, skinless — approx. 16 oz (450 g)
- ☐ Shrimp, raw, peeled & deveined — approx. 7 oz (200 g)
- ☐ Turkey breast, cooked & diced — 3 oz (85 g)
- ☐ Eggs, large — 4-5 eggs
- ☐ Canned chickpeas, no-salt — 1.5 cups (245 g)
- ☐ Canned black beans, no-salt — ½ cup (82 g)

Dairy & Alternatives

- ☐ Skyr or greek yogurt, plain, nonfat — 1 cup (225 g)
- ☐ Cottage cheese, low-fat — 1 cup (225 g)
- ☐ Almond milk (or other low-fat milk) — ½ cup (120 ml)
- ☐ Shredded mozzarella, part-skim — for pizza bites

Pantry

- ☐ Quinoa, dry — ½ cup (90 g)
- ☐ Chia seeds — 2 tbsp (20 g)
- ☐ Flaxseed, ground — 1 tbsp (7 g)
- ☐ Walnuts, chopped — 2 tbsp (14 g)
- ☐ Mixed nuts (e.g., almonds, pecans) — ¼ cup (30 g)
- ☐ Dried cranberries, unsweetened — 2 tbsp (20 g)
- ☐ Peanut butter, natural — 2 tbsp (32 g)
- ☐ Tahini — 2 tbsp (30 g)
- ☐ Hummus — 2-3 tbsp (30-45 g)
- ☐ Tomato sauce or paste — for pizza bites
- ☐ Olive oil, extra virgin
- ☐ Balsamic vinegar
- ☐ Spices: Turmeric, curry powder, cumin, dried oregano, salt, black pepper

Week 3

Meal Prep Tips

Sunday Prep (for Monday and Tuesday):

Proteins:

- Cook chicken breast for Monday's Asian lettuce cups and Tuesday's breakfast wraps
- Prepare tuna portions for Monday's seared tuna salad
- Slice smoked salmon for Tuesday's lunch

Grains and Bases:

- Prepare savory spinach oatmeal base for Monday (can be reheated)
- Cook quinoa for multiple meals throughout the week
- Make lentil soup base for Tuesday's lunch

Vegetables and Fruits:

- Wash and prep lettuce cups for Monday's Asian chicken
- Slice cucumbers and prepare avocado components
- Wash blueberries for Tuesday's Skyr "muffin" bowl
- Prep vegetables for grilled veggie wraps

Helpful Tips: Store lettuce cups between damp paper towels to maintain crispness. Pre-cook oatmeal can be refrigerated and gently reheated with a splash of broth or water to restore creamy texture.

Day	Breakfast	Lunch	Dinner	Snack	Total Calories
Monday	Cottage Cheese Protein Waffles (325 kcal)	Chicken & Apple Slaw Wrap (380 kcal)	Eggplant & Chickpea Tagine (370 kcal)	Dark Chocolate Dipped Orange Segments (approx. 100 kcal)	**~1175 kcal**
Tuesday	Ricotta & Fig Toast (300 kcal)	Grilled Halloumi & Watermelon Salad (370 kcal)	Grilled Salmon with Spinach & Lentils (380 kcal)	Egg Muffins with Pepper, Onion & Spinach (approx. 150 kcal)	**~1200 kcal**
Wednesday	Savory Spinach Oatmeal (340 kcal)	Quinoa & Roasted Beet Salad (375 kcal)	Cod with Tomato-Olive Sauce (250 kcal)	Apple Slices with Peanut Butter & Flax (approx. 200 kcal)	**~1165 kcal**
Thursday	Chicken & Apple Breakfast Lettuce Wraps (255 kcal)	Lentil & Spinach Soup (320 kcal)	Turkey & Veggie Skillet (365 kcal)	Veggie Sticks with Yogurt Dip (approx. 200 kcal)	**~1140 kcal**
Friday	Blueberry Skyr "Muffin" Bowl (280 kcal)	Greek Chicken Pita Pocket (345 kcal)	Shrimp & Cauliflower Mash (360 kcal)	Dark Chocolate Chia Clusters (approx. 200 kcal)	**~1185 kcal**
Saturday	Banana-Walnut Yogurt Bowl (310 kcal)	Mediterranean Chickpea Salad (325 kcal)	Lemon-Garlic Chicken with Roasted Zucchini (360 kcal)	Greek Yogurt Berry Bites (approx. 200 kcal)	**~1195 kcal**
Sunday	Greek Yogurt with Chia & Kiwi (295 kcal)	Turkey & Hummus Collard Wraps (310 kcal)	Greek Shrimp Saganaki (Light) (375 kcal)	Mini Caprese Skewers (approx. 200 kcal)	**~1180 kcal**

Shopping List: Week 3

Fresh Produce

- ☐ Orange — 1 medium
- ☐ Apple — 3 medium
- ☐ Banana — 1 medium
- ☐ Watermelon — 1 small wedge
- ☐ Kiwi — 1 medium
- ☐ Figs, fresh — 2-3 figs
- ☐ Blueberries (fresh or frozen) — ½ cup (75 g)
- ☐ Mixed berries (fresh or frozen) — ½ cup (75 g)
- ☐ Lemon — 2 medium
- ☐ Eggplant — 1 medium
- ☐ Beet, fresh — 1 large or 2 small
- ☐ Spinach, fresh — approx. 5-6 cups (150-180 g)
- ☐ Lettuce (e.g., butter or iceberg) — 3-4 large leaves
- ☐ Collard Greens — 2 large leaves
- ☐ Cauliflower — 1 medium head
- ☐ Zucchini — 1 large
- ☐ Cucumber — 1 medium
- ☐ Carrots & celery — for veggie sticks
- ☐ Tomato — 1 medium + 1 can diced tomatoes (14.5 oz / 410 g)
- ☐ Cherry tomatoes — ½ cup (75 g)
- ☐ Olives, kalamata — ¼ cup (approx. 35 g)
- ☐ Bell pepper — ½ medium (any color)
- ☐ Onion — 1 medium
- ☐ Garlic — 3-4 cloves
- ☐ Fresh mint or parsley — for garnish

Protein

- ☐ Chicken breast, raw, boneless, skinless — approx. 12 oz (340 g)
- ☐ Ground turkey, raw — 4 oz (115 g)
- ☐ Salmon fillet, raw — 4 oz (115 g)
- ☐ Cod fillet, raw — 4 oz (115 g)
- ☐ Shrimp, raw, peeled & deveined — 8 oz (225 g)
- ☐ Turkey breast, sliced, low-sodium — 2 oz (58 g)
- ☐ Eggs, large — 2-3 eggs
- ☐ Halloumi cheese — 3 oz (85 g)
- ☐ Canned chickpeas, no-salt — 1.5 cups (245 g)
- ☐ Dry green or brown lentils — ½ cup (100 g)

Dairy & Alternatives

- ☐ Cottage cheese, low-fat — ½ cup (112 g)
- ☐ Ricotta cheese, part-skim — 2 tbsp
- ☐ Greek yogurt or Skyr, plain, nonfat — approx. 3 cups (700 g)
- ☐ Feta cheese, reduced-fat — ¼ cup crumbled (38 g)
- ☐ Fresh mozzarella balls (ciliegine) — ½ cup (approx. 115 g)

Pantry

- ☐ Protein powder (for waffles) — 1 serving
- ☐ Whole-grain bread/toast — 1 slice
- ☐ Whole-grain tortilla (8-inch) — 1 tortilla
- ☐ Whole-wheat pita bread — 1 half
- ☐ Rolled oats — ½ cup (40 g)
- ☐ Quinoa, dry — ½ cup (90 g)
- ☐ Chia seeds — 3 tbsp (30 g)
- ☐ Flaxseed, ground — 1 tbsp (7 g)
- ☐ Walnuts, chopped — 2 tbsp (14 g)
- ☐ Peanut butter, natural — 2 tbsp (32 g)
- ☐ Hummus — 2 tbsp (30 g)
- ☐ Dark chocolate (70% or higher) — approx. 2 oz (50 g)
- ☐ Coleslaw mix (shredded cabbage/carrots) — 1 cup
- ☐ Olive oil, extra virgin
- ☐ Spices: Tagine spice blend (or cumin, coriander, cinnamon), dried oregano, garlic powder, salt, black pepper

Week 4

Meal Prep Tips

Sunday Prep (for Monday and Tuesday):

Make-Ahead Breakfasts:

- Prepare cottage cheese peach bowl components for Monday
- Set up blueberry chia overnight oats for Tuesday (ready to eat!)
- Mix dry ingredients for Wednesday's protein pancakes

Proteins:

- Cook chicken breast for Monday's Asian lettuce cups and Tuesday's Greek pita pockets
- Prepare tuna portions for Tuesday's seared tuna salad
- Portion smoked salmon for Wednesday's zucchini noodles

Vegetables and Fruits:

- Wash and prep lettuce cups for Monday's Asian chicken
- Slice peaches and store properly for Monday's breakfast
- Prep cucumber and avocado components for Tuesday's salad
- Wash blueberries for overnight oats

Helpful Tips: Overnight oats taste best after 8+ hours of chilling. Prepare cottage cheese bowls in mason jars for grab-and-go convenience. Store cut peaches with a splash of lemon juice to prevent browning.

Day	Breakfast	Lunch	Dinner	Snack	Total Calories
Monday	Egg White Spinach & Feta Wrap (305 kcal)	Asian Chicken Lettuce Cups (335 kcal)	Chickpea & Roasted Veggie Bowl (370 kcal)	Crunchy Veggie & Hummus Cups (approx. 150 kcal)	**~1160 kcal**
Tuesday	Smoked Salmon & Avocado Rye Toast (295 kcal)	Smoked Salmon Zucchini Noodles (300 kcal)	Balsamic Chicken with Brussels Sprouts (365 kcal)	Edamame with Lime & Sesame (approx. 200 kcal)	**~1160 kcal**
Wednesday	Protein Cream with Peach & Walnuts (280 kcal)	Grilled Veggie & White Bean Wrap (345 kcal)	Lemon Herb Baked Salmon with Asparagus (370 kcal)	Frozen Banana Peanut Butter Pops (approx. 150 kcal)	**~1145 kcal**
Thursday	Vanilla Berry Chia Pudding (265 kcal)	Chicken & Mango Salad (340 kcal)	Moroccan Spiced Chicken with Roasted Carrots (365 kcal)	Cottage Cheese with Nuts & Berries (approx. 200 kcal)	**~1170 kcal**
Friday	Blender Protein Pancakes (320 kcal)	Rabbit & Yogurt Lettuce Boats (235 kcal)	Shrimp & Zucchini Noodle Stir-Fry (360 kcal)	Spiced Roasted Chickpeas (approx. 250 kcal)	**~1165 kcal**
Saturday	Avocado Egg & Spinach Bowl (245 kcal)	Shrimp with Lime & Avocado (240 kcal)	Baked Cod with Tomato & Olive Salsa (365 kcal)	Zucchini Pizza Bites (approx. 250 kcal)	**~1100 kcal**
Sunday	Golden Tofu Scramble (260 kcal)	Sweet Potato & Black Bean Bowl (365 kcal)	Turkey Meatballs with Zucchini Ribbons (370 kcal)	Strawberry Protein Bites (approx. 200 kcal)	**~1195 kcal**

Shopping List: Week 4

Fresh Produce

- ☐ Mango — 1 medium
- ☐ Peach — 1 medium
- ☐ Banana — 1 medium
- ☐ Mixed berries (fresh or frozen) — 1 cup (150 g)
- ☐ Strawberries (fresh or frozen) — ½ cup (75 g)
- ☐ Lemon — 1 medium
- ☐ Lime — 2 medium
- ☐ Avocado — 3 medium
- ☐ Sweet potato — 1 medium
- ☐ Spinach, fresh — approx. 3 cups (90 g)
- ☐ Lettuce (e.g., butter or romaine) — 1 head
- ☐ Brussels sprouts — 1.5 cups (approx. 150 g)
- ☐ Asparagus — 4 oz (115 g)
- ☐ Carrots — 1 bag
- ☐ Zucchini — 3-4 medium
- ☐ Bell pepper, onion, broccoli — for roasted veggie bowl & grilled veggie wrap
- ☐ Tomato — 1 medium
- ☐ Olives, Kalamata — ⅛ cup (approx. 18 g)
- ☐ Garlic — 4-5 cloves
- ☐ Edamame, frozen in pods — approx. 1 cup

Protein

- ☐ Chicken breast, raw, boneless, skinless — approx. 20 oz (560 g)
- ☐ Ground turkey, raw — 4 oz (115 g)
- ☐ Salmon fillet, raw — 4 oz (115 g)
- ☐ Cod fillet, raw — 4 oz (115 g)
- ☐ Shrimp, raw, peeled & deveined — approx. 7 oz (200 g)
- ☐ Smoked salmon, low-sodium — 4 oz (115 g)
- ☐ Tofu, extra-firm — 4 oz (115 g)
- ☐ Eggs, large — 1 egg
- ☐ Egg whites, liquid — ½ cup (120 g)
- ☐ Canned chickpeas, no-salt — 1.5 cups (245 g)
- ☐ Canned white beans, no-salt — ½ cup (82 g)
- ☐ Canned black beans, no-salt — ½ cup (82 g)

Dairy & Alternatives

- ☐ Feta cheese, reduced-fat — ⅛ cup crumbled (19 g)
- ☐ Greek yogurt or protein cream, plain, nonfat — 1 cup (225 g)
- ☐ Cottage cheese, low-fat — ½ cup (112 g)
- ☐ Almond milk (or other low-fat milk) — for chia pudding & pancakes
- ☐ Shredded mozzarella, part-skim — for pizza bites

Pantry

- ☐ Whole-grain tortilla (8-inch) — 2 tortillas
- ☐ Rye bread, whole-grain — 1 slice
- ☐ Protein powder (vanilla or unflavored) — 2 servings
- ☐ Chia seeds — 2 tbsp (20 g)
- ☐ Walnuts, chopped — 2 tbsp (14 g)
- ☐ Mixed nuts (e.g., almonds, pecans) — ¼ cup (30 g)
- ☐ Peanut butter, natural — 2 tbsp (32 g)
- ☐ Hummus — ¼ cup (60 g)
- ☐ Toasted sesame oil & seeds
- ☐ Tomato sauce or paste — for pizza bites
- ☐ Olive oil, extra virgin
- ☐ Balsamic vinegar
- ☐ Low-sodium soy sauce
- ☐ Spices: Moroccan spice blend, dried herbs (e.g., oregano, basil), smoked paprika, garlic powder, salt, black pepper

Week 5

Meal Prep Tips

Sunday Prep (for Monday and Tuesday):

Proteins and Main Dishes:

- Pre-cook mushrooms for Monday's herb omelet
- Prepare Mediterranean lentil stew base (can be used for both Monday and Wednesday)
- Cook chicken portions for Tuesday's Chicken & Mushroom Marsala

Make-Ahead Components:

- Prepare ricotta and fig toast components for Tuesday
- Cook quinoa in batches for roasted veggie bowls
- Wash and prep berries for Greek yogurt parfait (Wednesday)

Fresh Preparations:

- Prepare tuna and avocado salad components for Monday lunch
- Wash and chop vegetables for roasted veggie quinoa bowls
- Pre-slice figs and store properly for Tuesday's breakfast

Helpful Tips: Mediterranean lentil stew tastes even better the next day, so prepare extra for easy reheating. Store fresh figs wrapped in paper towels to maintain their texture. Roasted vegetables can be prepared in large batches and used throughout the week.

Day	Breakfast	Lunch	Dinner	Snack	Total Calories
Monday	Apple Walnut Chia Pudding (270 kcal)	Turkey & Cranberry Quinoa Salad (370 kcal)	Mediterranean Lentil Stew (375 kcal)	Avocado Cucumber Boats (approx. 150 kcal)	**~1165 kcal**
Tuesday	Skyr with Berries & Flax (260 kcal)	Roasted Cauliflower & Tahini Plate (365 kcal)	Garlic-Lime Chicken with Broccoli (360 kcal)	Cucumber & Carrot Sticks with Hummus (approx. 150 kcal)	**~1135 kcal**
Wednesday	Tomato Herb Omelet (210 kcal)	Zesty Chickpea & Tomato Stew (370 kcal)	Sheet-Pan Lemon-Dill Trout (370 kcal)	Dark Chocolate Dipped Orange Segments (approx. 200 kcal)	**~1150 kcal**
Thursday	Strawberry Quinoa Breakfast Bowl (320 kcal)	Chicken & Apple Slaw Wrap (380 kcal)	Cauliflower Rice Stir-Fry with Chicken (365 kcal)	Egg Muffins with Pepper, Onion & Spinach (approx. 100 kcal)	**~1165 kcal**
Friday	Avocado Egg & Arugula Bowl (240 kcal)	Grilled Halloumi & Watermelon Salad (370 kcal)	Greek-Style Stuffed Bell Peppers (370 kcal)	Apple Slices with Peanut Butter & Flax (approx. 200 kcal)	**~1180 kcal**
Saturday	Savory Veggie Egg Muffins (295 kcal)	Quinoa & Roasted Beet Salad (375 kcal)	One-Pot Chickpea & Spinach Curry (375 kcal)	Veggie Sticks with Yogurt Dip (approx. 150 kcal)	**~1195 kcal**
Sunday	Cottage Cheese Protein Waffles (325 kcal)	Lentil & Spinach Soup (320 kcal)	Seared Tuna with Cucumber-Avocado Salad (365 kcal)	Dark Chocolate Chia Clusters (approx. 150 kcal)	**~1160 kcal**

Shopping List: Week 4

Fresh Produce

Fresh Produce
- ☐ Apple — 2 medium
- ☐ Orange — 1 medium
- ☐ Watermelon — 1 small wedge
- ☐ Mixed berries (fresh or frozen) — ½ cup (75 g)
- ☐ Strawberries (fresh or frozen) — ½ cup (75 g)
- ☐ Lemon — 1 medium
- ☐ Lime — 1 medium
- ☐ Avocado — 3 medium
- ☐ Beet, fresh — 1 large
- ☐ Spinach, fresh — approx. 4-5 cups (120-150 g)
- ☐ Arugula, fresh — 1 cup (30 g)
- ☐ Cauliflower — 1 large head
- ☐ Broccoli — 1-2 cups florets (approx. 150 g)
- ☐ Bell Peppers — 2 medium (any color)
- ☐ Cucumber — 2-3 medium
- ☐ Carrots & celery — for veggie sticks
- ☐ Tomato — 1 medium + 1 can diced tomatoes (14.5 oz / 410 g)
- ☐ Onion — 1 medium
- ☐ Garlic — 4-5 cloves
- ☐ Fresh herbs (e.g., parsley, dill, cilantro)

Protein

- ☐ Chicken breast, raw, boneless, skinless — 8 oz (225 g)
- ☐ Trout fillet, raw — 4 oz (115 g)
- ☐ Tuna steak, raw — 4 oz (115 g)
- ☐ Turkey breast, cooked & diced — 3 oz (85 g)
- ☐ Eggs, large — 4-5 eggs
- ☐ Halloumi cheese — 3 oz (85 g)
- ☐ Dry green or brown lentils — 1 cup (200 g)
- ☐ Canned chickpeas, no-salt — 1.5 cups (245 g)

Dairy & Alternatives

- ☐ Skyr or Greek yogurt, plain, nonfat — 1 cup (225 g)
- ☐ Cottage cheese, low-fat — ½ cup (112 g)
- ☐ Feta cheese, reduced-fat — ¼ cup crumbled (38 g)
- ☐ Almond milk (or other low-fat milk) — for chia pudding

Pantry

- ☐ Quinoa, dry — 1 cup (180 g)
- ☐ Chia seeds — 3 tbsp (30 g)
- ☐ Flaxseed, ground — 2 tbsp (14 g)
- ☐ Walnuts, chopped — 2 tbsp (14 g)
- ☐ Dried cranberries, unsweetened — 2 tbsp (20 g)
- ☐ Protein powder (for waffles) — 1 serving
- ☐ Whole-grain tortilla (8-inch) — 1 tortilla
- ☐ Coleslaw mix (shredded cabbage/carrots) — 1 cup
- ☐ Tahini — 2 tbsp (30 g)
- ☐ Hummus — 2-3 tbsp (30-45 g)
- ☐ Peanut butter, natural — 2 tbsp (32 g)
- ☐ Dark chocolate (70% or higher) — approx. 3 oz (85 g)
- ☐ Olive oil, extra virgin
- ☐ Spices: Curry powder, cumin, dried oregano, salt, black pepper

Bonus 1
Refreshing Drinks for Hydration & Energy

We all know we should drink more water. It's one of the simplest yet most powerful secrets to feeling our best. Proper hydration boosts energy levels, improves mental clarity, aids digestion, and can even prevent false feelings of hunger. However, as we age, our natural thirst signal can weaken, and drinking glass after glass of plain water isn't always appealing.

This chapter is your elegant answer to that challenge. Here, we've gathered five incredibly simple drink recipes that transform hydration from a daily chore into a genuine pleasure. This is more than just water; it's an enhanced, fragrant version, infused with the natural essence of fresh fruits and herbs.

Each of these recipes is virtually free of calories and sugar, yet they deliver a burst of bright flavor and a dose of vitamins and antioxidants. Think of them as a spa treatment in a glass—a delightful way to treat yourself throughout the day, support your metabolism, and meet your hydration goals with ease.

Enjoy these refreshing ideas and every sip on your path to feeling great.

Bright, tart, and creamy—this high-protein berry smoothie supports steady energy with Mediterranean flavors and low sodium.

Greek Berry-Lemon Power

Prep Time 5 minutes
Cook Time 0 minutes
Yield Serves 2

Ingredients
- Plain nonfat Greek yogurt — 1½ cups / 340 g
- Unsweetened almond milk — 1 cup / 240 ml
- Unflavored whey protein isolate — 1 scoop / 30–40 g
- Frozen mixed berries — 1 cup / 150 g
- Fresh lemon juice — 2 tbsp / 30 ml
- Ice cubes — as needed

Directions
1. Add all ingredients to a blender.
2. Blend on high until creamy and smooth, 30–45 seconds.
3. Adjust thickness with a little water or extra ice and blend again briefly.
4. Serve immediately.

Storage & Reheat
Refrigerate up to 24 hours; shake or re-blend before serving.

Nutrition (per serving, approx.)
- Calories: 230 kcal
- Fat: 2 g
- Saturated Fat: 0.5 g
- Phosphorus: 260 mg
- Sugar: 16 g
- Protein: 30 g
- Carbohydrates: 24 g
- Sodium: 170 mg
- Fiber: 3 g
- Cholesterol: 5 mg

Allergen note
Contains dairy and tree nuts (almond). Gluten-free.

Ripe peach and fresh basil meet thick Icelandic skyr for a fragrant, protein-rich sip.

Peach-Basil Skyr Lassi

Prep Time 5 minutes
Cook Time 0 minutes
Yield Serves 2

Ingredients
- Plain skyr 0–2% — 1½ cups / 340 g
- Unsweetened almond milk — 1 cup / 240 ml
- Unflavored whey protein isolate — 1 scoop / 30–40 g
- Peach, sliced (fresh or frozen) — 1½ cups / 240 g
- Fresh basil leaves — 12–16 leaves / 6 g
- Ice cubes — as needed

Directions
1. Blend all ingredients on high until silky.
2. Add 2–3 ice cubes for extra froth; pulse 5–8 seconds.
3. Pour into two chilled glasses.

Storage & Reheat
Refrigerate up to 24 hours; shake or re-blend before serving.

Nutrition (per serving, approx.)
- Calories: 245 kcal
- Fat: 2 g
- Saturated Fat: 0.5 g
- Phosphorus: 260 mg
- Sugar: 20 g
- Protein: 32 g
- Carbohydrates: 26 g
- Sodium: 150 mg
- Fiber: 3 g
- Cholesterol: 10 mg

Allergen note
Contains dairy and tree nuts (almond). Gluten-free.

Light Cocoa-Tahini Date Shake

Chocolatey, not too sweet, and dairy-free—sesame and a single date add depth while protein keeps you full.

Prep Time 5 minutes
Cook Time 0 minutes
Yield Serves 2

Ingredients
- Unsweetened soy milk — 2 cups / 480 ml
- Unflavored pea or whey protein isolate — 1 scoop / 30–40 g
- Unsweetened cocoa powder — 2 tbsp / 12 g
- Tahini — 2 tsp / 10 g
- Medjool dates, pitted — 2 small / 24 g
- Ice cubes — as needed

Directions
1. Blend until smooth and fluffy.
2. If too thick, add a splash of water and blend again.
3. Serve immediately.

Storage & Reheat
Refrigerate up to 24 hours; shake or re-blend.

Nutrition (per serving, approx.)
- Calories: 225 kcal
- Fat: 5 g
- Saturated Fat: 1 g
- Phosphorus: 210 mg
- Sugar: 12 g
- Protein: 25 g
- Carbohydrates: 22 g
- Sodium: 120 mg
- Fiber: 4 g
- Cholesterol: 0 mg

Allergen note
Contains soy and sesame. Gluten-free; dairy-free; vegan.

Fig-Tofu Cinnamon Smoothie

Silken tofu and fig create a mellow, custard-like base with gentle spice—fully plant-based.

Prep Time 5 minutes
Cook Time 0 minutes
Yield Serves 2

Ingredients
- Silken tofu — 1½ cups / 300 g
- Unflavored pea protein isolate — 1 scoop / 30–40 g
- Unsweetened almond milk — 1 cup / 240 ml
- Dried figs, chopped — 2 each / 24 g (or 2 small fresh figs / 120 g)
- Ground cinnamon — 1 tsp / 2 g
- Ice cubes — as needed

Directions
1. Combine ingredients in a blender.
2. Blend on high until ultra-smooth.
3. Thin with 2–3 tbsp water if desired.

Storage & Reheat
Refrigerate up to 24 hours; shake and re-blend.

Nutrition (per serving, approx.)
- Calories: 205 kcal
- Fat: 3 g
- Saturated Fat: 0.5 g
- Phosphorus: 210 mg
- Sugar: 10 g
- Protein: 25 g
- Carbohydrates: 18 g
- Sodium: 110 mg
- Fiber: 3 g
- Cholesterol: 0 mg

Allergen note
Contains soy and tree nuts (almond). Gluten-free; dairy-free; vegan.

Refreshing, lightly tangy kefir blended with cucumber and mint—a savory-leaning, protein-rich sip.

Cucumber-Mint Kefir Cooler

Prep Time 5 minutes
Cook Time 0 minutes
Yield Serves 2

Ingredients
- Plain low-fat kefir — 1½ cups / 360 ml
- Unflavored whey protein isolate — 1 scoop / 30–40 g
- Cucumber, peeled and chopped — 2 cups / 260 g
- Fresh mint leaves — 16–20 leaves / 8 g
- Fresh lime juice — 4 tsp / 20 ml
- Ice cubes — as needed

Directions
1. Blend all ingredients on high until frothy.
2. Add extra ice for a lighter texture and pulse again.
3. Divide between two glasses.

Storage & Reheat
Refrigerate up to 24 hours; re-blend before serving.

Nutrition (per serving, approx.)
- Calories: 190 kcal
- Fat: 2 g
- Saturated Fat: 1 g
- Phosphorus: 220 mg
- Sugar: 11 g
- Protein: 24 g
- Carbohydrates: 16 g
- Sodium: 180 mg
- Fiber: 2 g
- Cholesterol: 5 mg

Allergen note
Contains dairy. Gluten-free.

Sunny and zesty with anti-inflammatory spices—bright mango balances a creamy, protein-rich base.

Mango-Turmeric Ginger

Prep Time 5 minutes
Cook Time 0 minutes
Yield Serves 2

Ingredients
- Plain skyr or nonfat Greek yogurt — 1½ cups / 340 g
- Unflavored whey protein isolate — 1 scoop / 30–40 g
- Mango chunks — 1 cup / 160 g
- Fresh ginger, grated — 2 tsp / 10 g
- Ground turmeric — ½ tsp / 1 g
- Ice cubes — as needed

Directions
1. Blend all ingredients until smooth.
2. Rest 30 seconds to let foam settle; pulse 3–4 seconds.
3. Serve immediately.

Storage & Reheat
Refrigerate up to 24 hours; shake or re-blend.

Nutrition (per serving, approx.)
- Calories: 235 kcal
- Fat: 1 g
- Saturated Fat: 0.5 g
- Phosphorus: 240 mg
- Sugar: 20 g
- Protein: 33 g
- Carbohydrates: 26 g
- Sodium: 150 mg
- Fiber: 2 g
- Cholesterol: 10 mg

Allergen note
Contains dairy. Gluten-free.

Coffee-Skyr Mocha Frappe

Iced-coffee vibes with cocoa and thick skyr—light in calories, big on protein.

Prep Time 5 minutes
Cook Time 0 minutes
Yield Serves 2

Ingredients
- Chilled strong coffee (or decaf) — 1½ cups / 360 ml
- Plain skyr — 1 cup / 240 g
- Unflavored whey protein isolate — 1 scoop / 30–40 g
- Unsweetened cocoa powder — 4 tsp / 8 g
- Pure vanilla extract — ½ tsp / 2 ml
- Ice cubes — as needed

Directions
1. Add ingredients and a handful of ice to a blender.
2. Blend until light and frosty.
3. Taste and adjust with a splash of coffee if desired.

Storage & Reheat
Best fresh. If refrigerated up to 24 hours, re-blend with a few ice cubes.

Nutrition (per serving, approx.)
- Calories: 180 kcal
- Fat: 1 g
- Saturated Fat: 0.5 g
- Phosphorus: 210 mg
- Sugar: 7 g
- Protein: 28 g
- Carbohydrates: 12 g
- Sodium: 130 mg
- Fiber: 2 g
- Cholesterol: 10 mg

Allergen note
Contains dairy. Gluten-free.

Apple-Oat Cinnamon Pie

All the cozy pie notes in a spoonable, protein-packed smoothie that's gentle on sodium.

Prep Time 5 minutes
Cook Time 8 minutes (plus cooling time)
Yield Serves 2

Ingredients
- Plain nonfat Greek yogurt — 1½ cups / 340 g
- Unflavored whey protein isolate — 1 scoop / 30–40 g
- Apple, peeled and diced — 1–1½ cups / 160–200 g
- Old-fashioned rolled oats — 2 tbsp / 18 g
- Ground cinnamon — 1 tsp / 2 g
- Ice cubes — as needed

Directions
1. Blend until smooth, leaving a few tiny apple bits if you like.
2. If thick, add 1–2 tbsp water and blend again.
3. Serve at once.

Storage & Reheat
Refrigerate up to 24 hours; shake or re-blend.

Nutrition (per serving, approx.)
- Calories: 255 kcal
- Fat: 3 g
- Saturated Fat: 0.5 g
- Phosphorus: 260 mg
- Sugar: 17 g
- Protein: 29 g
- Carbohydrates: 32 g
- Sodium: 160 mg
- Fiber: 4 g
- Cholesterol: 10 mg

Allergen note
Contains dairy. Use certified gluten-free oats if needed.

Juicy, summery fruit with a herbal pop—light, hydrating, and protein-balanced.

Strawberry–Watermelon Rosemary Refresher

Prep Time 5 minutes | **Cook Time** 0 minutes | **Yield** Serves 2

Ingredients
- Unflavored whey protein isolate — 2 scoops / 50–60 g
- Watermelon cubes — 2 cups / 300 g
- Strawberries — 1 cup / 150 g
- Fresh rosemary leaves — 2 g
- Fresh lime juice — 4 tsp / 20 ml
- Ice cubes — as needed

Directions
1. Blend on high until fully liquefied.
2. For pulp-free texture, strain through a fine sieve.
3. Serve very cold.

Storage & Reheat
Refrigerate up to 24 hours; shake before serving.

Nutrition (per serving, approx.)
- Calories: 190 kcal
- Fat: 1 g
- Saturated Fat: 0 g
- Phosphorus: 140 mg
- Sugar: 17 g
- Protein: 25 g
- Carbohydrates: 22 g
- Sodium: 90 mg
- Fiber: 2 g
- Cholesterol: 0 mg

Allergen note
Contains dairy (whey). Gluten-free.

Creamy, citrusy greens with extra satiety from avocado—balanced and low in sodium.

Avocado–Lime Green Smoothie

Prep Time 5 minutes | **Cook Time** 0 minutes | **Yield** Serves 2

Ingredients
- Plain nonfat Greek yogurt — 1⅓ cups / 300 g
- Unflavored whey or pea protein isolate — 1 scoop / 30–40 g
- Avocado — ¼ cup / 60 g
- Baby spinach — 2 cups / 60 g
- Fresh lime juice — 2 tbsp / 30 ml
- Ice cubes — as needed

Directions
1. Blend all ingredients until bright green and creamy.
2. Adjust thickness with a little water and pulse again.
3. Serve immediately.

Storage & Reheat
Refrigerate up to 24 hours; re-blend. Color may darken slightly.

Nutrition (per serving, approx.)
- Calories: 230 kcal
- Fat: 7 g
- Saturated Fat: 1.5 g
- Phosphorus: 230 mg
- Sugar: 9 g
- Protein: 30 g
- Carbohydrates: 16 g
- Sodium: 140 mg
- Fiber: 4 g
- Cholesterol: 10 mg

Allergen note
Contains dairy (if using whey). Gluten-free.

Bonus 2
Holiday & Celebration Recipes

Welcome to your guide for a healthy and happy holiday season. Celebrations are about creating joyful memories, not derailing months of progress. This special bonus chapter provides a complete, elegant menu—from a stunning salmon main to a creamy dessert—that proves you can indulge in the festive spirit without compromise. Let's create new traditions that nourish both the body and the soul.

"Celebrate the moment, honor your health—one smart swap at a time."

New Year's Salmon Celebration Platter

Festive salmon with a fresh herb crust and a tangy-sweet pomegranate glaze — light, elegant, and perfect for celebrations.

Prep Time 10 minutes | **Cook Time** 15 minutes | **Yield** Serves 2

Ingredients
- Salmon fillet, skinless (8 oz / 225 g)
- Pomegranate juice, unsweetened (¼ cup / 60 ml)
- Fresh parsley, chopped (2 tbsp / 8 g)
- Fresh dill, chopped (1 tbsp / 4 g)
- Olive oil (2 tsp / 10 ml)
- Lemon zest (½ tsp / 1 g)
- Fine sea salt — ⅛ tsp / 0.6 g
- Black pepper, freshly ground — ⅛ tsp / 0.25 g

Directions
1. Set the oven's temperature to 375°F (190°C).
2. In a small bowl, mix parsley, dill, lemon zest, and 1 teaspoon olive oil.
3. Pat salmon dry, season lightly with salt and pepper, and press the herb mixture onto the top of each fillet.
4. Lay salmon on the lined sheet and bake 12–15 minutes, until cooked through and delicate.
5. Meanwhile, in a small saucepan, bring pomegranate juice to a simmer over medium heat. Reduce until slightly thickened (about 5 minutes).
6. Drizzle pomegranate glaze over baked salmon before serving.

Storage & Reheat
Best enjoyed fresh. Refrigerate in an airtight container for up to 2 days. Reheat gently in the oven at 300°F (150°C) until warmed through.

Nutrition (per serving, approx.):
- Calories: 240 kcal
- Carbs: 6 g
- Phosphorus: 280 mg
- Fiber: 1 g
- Protein: 23 g
- Saturated Fat: 2 g
- Potassium: 500 mg
- Cholesterol: 55 mg
- Fat: 14 g
- Sodium: 85 mg
- Sugar: 4 g

Allergen Information: Contains fish (salmon).

Easter Herb-Crusted Sea Bass with Asparagus

Delicate sea bass fillets coated in fresh herbs, roasted alongside tender spring vegetables for a bright and festive Easter meal.

Prep Time 15 minutes | **Cook Time** 20 minutes | **Yield** Serves 4

Ingredients
- Sea bass fillets — 1.3 lb / 600 g (4 fillets)
- Olive oil — 2 tbsp / 30 ml
- Fresh dill (or parsley-dill mix), chopped — 2 tbsp / 8 g
- Lemon zest — 2 tsp / 4 g
- Asparagus, trimmed — 10 oz / 300 g (about 2 cups)
- Baby carrots, halved lengthwise — 5 oz / 150 g (about 1 cup)
- Lemon juice — ½ lemon / 15 ml
- Sea salt — pinch / 1 g
- Black pepper, freshly ground — pinch / 0.5 g

Directions
1. Preheat oven to 400°F (200°C). Line a baking sheet with parchment paper.
2. In a small bowl, whisk together olive oil, chopped dill, lemon zest, sea salt, and black pepper.
3. Brush the sea bass fillets with the herb mixture and arrange them on one side of the prepared tray.
4. On the other side, spread asparagus and carrots, drizzle lightly with olive oil.
5. Roast for 15–18 minutes, until the fish flakes easily with a fork and the vegetables are tender.
6. Drizzle with fresh lemon juice just before serving.

Vegetarian Adaptation
Replace the sea bass fillets with 2 cups / 400 g of firm tofu or cauliflower steaks brushed with the same herb mixture. Roast until golden and tender, about 20 minutes.

Storage & Reheat
Store leftovers in an airtight container in the refrigerator for up to 1 day. Reheat gently in the oven at 300°F (150°C) for 8–10 minutes, or enjoy cold in a salad.

Nutrition (per serving, approx.)
- Calories: 240 kcal
- Fat: 12 g
- Saturated Fat: 2 g
- Phosphorus: 310 mg
- Sugar: 3 g
- Protein: 27 g
- Carbohydrates: 7 g
- Sodium: 120 mg
- Fiber: 2 g
- Cholesterol: 65 mg

Allergen note: Contains fish (sea bass).

Mother's Day Garden Vegetable Frittata

Colorful and fresh, with sweet-tart cranberries and crisp greens for a light holiday starter.

Prep Time 10 minutes
Cook Time 25 minutes
Yield Serves 2

Ingredients
- Eggs, large — 10 eggs / 17.5 oz / 500 g
- Ricotta or low-fat cottage cheese — ½ cup / 4 oz / 120 g
- Zucchini, diced — 1 cup / 5 oz / 150 g
- Red bell pepper, chopped — 1 cup / 5 oz / 150 g
- Spinach leaves, chopped — 1 cup / 5 oz / 150 g
- Fresh basil, chopped — ¼ cup / 0.5 oz / 15 g
- Feta cheese, crumbled — 3 oz / 85 g
- Olive oil — 2 tbsp / 1 fl oz / 30 ml
- Black pepper, freshly ground — pinch / 0.5 g

Directions
1. Preheat oven to 375°F (190°C). Grease an ovenproof skillet or baking dish with olive oil.
2. In a bowl, whisk the eggs with ricotta (or cottage cheese) until smooth and creamy.
3. Stir in zucchini, red bell pepper, spinach, and basil. Season lightly with freshly ground black pepper.
4. Pour the mixture into the prepared skillet and scatter crumbled feta evenly on top.
5. Cook on the stovetop over medium heat for 3–4 minutes until the edges begin to set.
6. Transfer the skillet to the oven and bake for 20–22 minutes, until the center is firm and the top is golden.
7. Let cool for 5 minutes before slicing into wedges and serving.

Vegetarian Adaptation
This recipe is already vegetarian. For a dairy-free option, substitute ricotta and feta with ½ cup / 120 g of mashed silken tofu seasoned with lemon juice and nutritional yeast.

Storage & Reheat
Store leftovers in an airtight container in the refrigerator for up to 2 days. Reheat gently in the oven at 325°F (165°C) for 8–10 minutes, or enjoy cold.

Nutrition (per serving, approx.)
- Calories: 185 kcal
- Fat: 12 g
- Saturated Fat: 4 g
- Phosphorus: 210 mg
- Sugar: 2 g
- Protein: 14 g
- Carbohydrates: 5 g
- Sodium: 210 mg
- Fiber: 1 g
- Cholesterol: 225 mg

Allergen note: Contains eggs and dairy.

Birthday Celebration Dark Chocolate & Raspberry Mousse Cups

Rich dark chocolate mousse lightened with Greek yogurt, topped with juicy raspberries for a luscious yet balanced dessert.

Prep Time 15 minutes (plus chilling 1 hour)
Cook Time 5 minutes
Yield Serves 2

Ingredients
- Dark chocolate (70%), chopped — 3 oz / 85 g
- Greek yogurt, low-fat — ½ cup / 120 g
- Honey — 1 tbsp / 20 g
- Vanilla extract — ½ tsp / 2.5 ml
- Fresh raspberries — ½ cup / 75 g

Directions
1. Place chopped chocolate in a heat-safe bowl, melt gently over a simmering water bath, stirring until smooth, then let sit 2–3 minutes to cool.
2. Using another bowl, whisk together Greek yogurt, honey, and vanilla extract.
3. Slowly fold the melted chocolate into the yogurt mixture until fully combined and smooth.
4. Divide the mousse into two serving cups or ramekins.
5. Chill in the refrigerator for at least 1 hour to set.
6. Before serving, top with fresh raspberries.

Storage & Reheat
Keeps refrigerated for up to 2 days. Best served chilled. Do not freeze.

Nutrition (per serving, approx.):
- Calories: 240 kcal
- Fat: 14 g
- Saturated Fat: 8 g
- Phosphorus: 125 mg
- Sugar: 18 g
- Protein: 6 g
- Carbohydrates: 25 g
- Sodium: 25 mg
- Fiber: 4 g
- Cholesterol: 2 mg

Allergen note: Gluten-free, vegetarian. Contains dairy (Greek yogurt).

Thanksgiving Herb-Roasted Turkey Breast with Vegetables

A festive roasted turkey breast infused with garlic and herbs, paired with caramelized Brussels sprouts and carrots — a lighter Thanksgiving classic.

Prep Time 15 minutes | **Cook Time** 40 minutes | **Yield** Serves 2

Ingredients
- Turkey breast, boneless — 1 ½ lb / 700 g
- Olive oil — 2 tbsp / 30 ml
- Garlic, minced — 2 cloves / 6 g
- Fresh rosemary, chopped (or dried) — 1 tbsp / 3 g (or 1 tsp dried)
- Fresh thyme, chopped (or dried) — 1 tbsp / 3 g (or 1 tsp dried)
- Brussels sprouts, halved — 2 cups / 10 oz / 300 g
- Carrots, cut into sticks — 2 carrots / 7 oz / 200 g
- Black pepper, freshly ground — pinch / 0.5 g
- Sea salt — optional, pinch / 1 g

Directions
1. Preheat oven to 375°F (190°C). Line a baking sheet with parchment paper.
2. In a small bowl, mix olive oil, minced garlic, rosemary, thyme, and black pepper.
3. Rub the turkey breast all over with the herb mixture, coating it evenly.
4. Place the turkey breast in the center of the tray. Arrange Brussels sprouts and carrots around it, drizzling them with a little extra olive oil.
5. Roast for 35–40 minutes, until the turkey reaches an internal temperature of 165°F (74°C) and vegetables are tender.
6. Remove from oven and let the turkey rest for 5 minutes before slicing. Serve with the roasted vegetables.

Vegetarian Adaptation: Swap turkey with 1 large cauliflower head (2 lb / 900 g). Rub with the same herb mixture and roast for 30–35 minutes, until golden and tender. Serve with the vegetables.

Storage & Reheat: Refrigerate leftovers in an airtight container for up to 2 days. Reheat slices gently in the oven at 325°F (165°C) for 10–12 minutes, covered with foil to retain moisture.

Nutrition (per serving, approx.)
- Calories: 265 kcal
- Fat: 11 g
- Saturated Fat: 2 g
- Phosphorus: 280 mg
- Sugar: 3 g
- Protein: 34 g
- Carbohydrates: 8 g
- Sodium: 120 mg
- Fiber: 3 g
- Cholesterol: 85 mg

Allergen note: Contains none of the major allergens.

Halloween Stuffed Mini Pumpkins

Adorable mini pumpkins stuffed with a savory beef and mushroom filling — festive, hearty, and perfect for a spooky autumn dinner.

Prep Time 15 minutes | **Cook Time** 30 minutes | **Yield** Serves 4

Ingredients
- Mini pumpkins, tops sliced and seeds removed — 4 pumpkins / 9–10 oz each / 250–300 g each
- Lean ground beef (or turkey; lentils for vegetarian version) — 7 oz / 200 g
- Olive oil — 1 tbsp / 15 ml
- Onion, finely chopped — 1 small / 3 oz / 80 g
- Mushrooms, chopped — 1 cup / 5 oz / 150 g
- Fresh parsley, chopped — 1 tbsp / 4 g
- Black pepper, freshly ground — pinch / 0.5 g

Directions
1. Preheat oven to 375°F (190°C). Slice the tops off the mini pumpkins, scoop out the seeds, and lightly season the insides.
2. Heat olive oil in a skillet over medium heat. Add chopped onion and mushrooms, sauté for 3–4 minutes until softened.
3. Add ground beef and cook for 6–7 minutes, stirring, until browned and cooked through. Season with freshly ground black pepper.
4. Spoon the beef mixture into the hollowed pumpkins, packing gently. Arrange on a baking sheet.
5. Roast for 25–30 minutes, until the pumpkins are tender when pierced with a fork.
6. Sprinkle with fresh parsley before serving.

Vegetarian Adaptation: Replace the ground beef with 7 oz / 200 g of cooked lentils or quinoa. Stir in 1 tbsp / 15 g of tomato paste or soy-free Worcestershire sauce for extra depth.

Storage & Reheat: Store leftovers in an airtight container in the refrigerator for up to 2 days. Reheat in the oven at 325°F (165°C) for 12–15 minutes until warmed through.

Nutrition (per serving, approx.)
- Calories: 190 kcal
- Fat: 9 g
- Saturated Fat: 2 g
- Phosphorus: 190 mg
- Sugar: 7 g
- Protein: 11 g
- Carbohydrates: 18 g
- Sodium: 95 mg
- Fiber: 4 g
- Cholesterol: 35 mg

Allergen note: Contains none of the major allergens.

Fourth of July Rosemary Chicken Skewers

Juicy rosemary-marinated chicken grilled to perfection, paired with a tangy-sweet cranberry dipping sauce.

Prep Time 15 minutes (plus marinating 30 minutes)
Cook Time 15 minutes
Yield Serves 2

Ingredients
- Chicken breast, skinless, cubed — 8 oz / 225 g
- Fresh rosemary sprigs (for skewers & marinade) — 4 sprigs / 8 g
- Olive oil, extra virgin — 1 tbsp / 15 ml
- Garlic, minced — 2 cloves / 6 g
- Fresh cranberries — 1 cup / 100 g
- Honey — 1½ tbsp / 30 g
- Lemon juice, freshly squeezed — 2 tbsp / 30 ml
- Fine sea salt — ⅛ tsp / 0.6 g
- Black pepper, freshly ground — ⅛ tsp / 0.25 g

Directions
1. Using a bowl, combine olive oil, minced garlic, chopped rosemary leaves (reserve sprigs for skewers), salt, and pepper. Add chicken cubes and toss to coat. Cover and marinate for at least 30 minutes in the refrigerator.
2. While chicken marinates, prepare the cranberry dipping sauce: place cranberries, honey, and lemon juice in a small saucepan with ¼ cup / 60 ml water. Simmer over medium heat for 8–10 minutes until cranberries burst and sauce thickens. Cool slightly.
3. Thread chicken cubes onto rosemary sprigs (or skewers if rosemary stems are too delicate).
4. Set the grill or grill pan to medium-high and preheat. Cook chicken skewers for 10–12 minutes, turning occasionally, until fully cooked and golden.
5. Serve hot skewers with the cranberry dipping sauce on the side.

Storage & Reheat: Chicken skewers are best fresh, but can be refrigerated in an airtight container for up to 2 days. Cranberry sauce keeps for up to 5 days in the fridge. Reheat chicken gently in the oven at 325°F (160°C).

Nutrition (per serving, approx.):
- Calories: 240 kcal
- Fat: 9 g
- Saturated Fat: 1.5 g
- Phosphorus: 210 mg
- Sugar: 14 g
- Protein: 25 g
- Carbohydrates: 18 g
- Sodium: 120 mg
- Fiber: 2 g
- Cholesterol: 70 mg

Allergen note: Gluten-free, dairy-free.

Christmas Winter Vegetable Frittata

A festive, colorful frittata brimming with winter vegetables and creamy cheese — a warm and comforting dish for a Christmas morning table.

Prep Time 10 minutes
Cook Time 25 minutes
Yield Serves 6

Ingredients
- Eggs, large — 10 eggs / 17.5 oz / 500 g
- Greek yogurt — ½ cup / 4 oz / 120 g
- Broccoli florets, chopped — 1 cup / 5 oz / 150 g
- Mushrooms, sliced — 1 cup / 5 oz / 150 g
- Red bell pepper, diced — ½ cup / 2.6 oz / 75 g
- Fresh parsley, chopped — ¼ cup / 0.5 oz / 15 g
- Feta cheese (or goat cheese), crumbled — 3 oz / 85 g
- Olive oil — 2 tbsp / 1 fl oz / 30 ml
- Salt, to taste — pinch / 1 g
- Black pepper, freshly ground — pinch / 0.5 g

Directions
1. Preheat oven to 375°F (190°C). Grease an ovenproof skillet or baking dish with olive oil.
2. In a large bowl, whisk the eggs with Greek yogurt until smooth.
3. Stir in broccoli, mushrooms, red pepper, and parsley. Season lightly with salt and black pepper.
4. Pour the mixture into the prepared skillet and scatter feta (or goat cheese) evenly on top.
5. Cook on the stovetop over medium heat for 3–4 minutes, until the edges begin to set.
6. Transfer the skillet to the oven and bake for 20–22 minutes, until the center is firm and the top is lightly golden.
7. Let cool for 5 minutes before slicing into wedges.

Vegetarian Adaptation: This recipe is already vegetarian. For a dairy-free version, replace Greek yogurt with ½ cup / 120 g of unsweetened coconut yogurt and swap the feta with a dairy-free cheese alternative.

Storage & Reheat: Store leftovers in an airtight container in the refrigerator for up to 2 days. Reheat gently in the oven at 325°F (165°C) for 8–10 minutes, or enjoy cold as part of a salad.

Nutrition (per serving, approx.)
- Calories: 185 kcal
- Fat: 12 g
- Saturated Fat: 4 g
- Phosphorus: 220 mg
- Sugar: 2 g
- Protein: 14 g
- Carbohydrates: 4 g
- Sodium: 210 mg
- Fiber: 1 g
- Cholesterol: 225 mg

Allergen note: Contains eggs and dairy.

Father's Day Herb-Roasted Lamb Chops

Juicy lamb chops seared with garlic and fresh herbs — a simple yet elegant dish for celebrating Dad.

Prep Time 10 minutes | **Cook Time** 15-18 minutes | **Yield** Serves 4

Ingredients
- Lamb chops, small — 8 chops / 1½ lb / 700 g
- Olive oil — 2 tbsp / 30 ml
- Garlic, minced — 2 cloves / 6 g
- Fresh rosemary, chopped (or dried) — 1 tbsp / 3 g (or 1 tsp dried)
- Fresh thyme, chopped (or dried) — 1 tbsp / 3 g (or 1 tsp dried)
- Black pepper — ½ tsp / 1 g
- Sea salt (optional) — pinch / 1 g

Directions
1. Pat the lamb chops dry with paper towels. Rub them with olive oil, garlic, rosemary, thyme, and black pepper.
2. Preheat a grill pan or skillet over medium-high heat.
3. Cook the lamb chops for 3–4 minutes per side, until browned on the outside and medium-rare inside (145°F / 63°C).
4. Remove from heat and let rest for 5 minutes before serving. Garnish with extra rosemary if desired.

Vegetarian Adaptation
Replace lamb chops with 4 portobello mushrooms (about 12 oz / 350 g). Brush with the same herb mixture and grill for 4–5 minutes per side until tender and smoky.

Storage & Reheat
Store leftovers in an airtight container in the refrigerator for up to 2 days. Reheat gently in a skillet over low heat for 5–6 minutes, adding a splash of broth to keep moist.

Nutrition (per serving, approx.)
- Calories: 285 kcal
- Fat: 19 g
- Saturated Fat: 6 g
- Phosphorus: 250 mg
- Sugar: 0 g
- Protein: 27 g
- Carbohydrates: 2 g
- Sodium: 100 mg
- Fiber: 0 g
- Cholesterol: 85 mg

Allergen note: Contains none of the major allergens.

Valentine's Day Pear & Cinnamon Yogurt Parfait

A sweet but light dessert with warm cinnamon and juicy pears layered over creamy yogurt.

Prep Time 8 minutes | **Cook Time** 0 minutes | **Yield** Serves 2

Ingredients
- Pear, diced (1 cup / 150 g)
- Nonfat Greek yogurt (1 cup / 245 g)
- Honey (1 tsp / 5 ml)
- Ground cinnamon (¼ tsp / 0.5 g)
- Chopped fresh mint for garnish (optional)

Instructions
1. Rinse the pear under cool running water and dry with a paper towel. Quarter the pear, remove the core and seeds, then dice into 1 cm pieces.
2. Place the diced pear in a small mixing bowl. Sprinkle the ground cinnamon evenly over the top, and toss gently with a spoon until all the pear pieces are lightly coated.
3. Prepare two serving glasses or dessert bowls. Spoon about one-third of the Greek yogurt into the bottom of each glass, spreading it evenly.
4. Add a layer of the cinnamon-coated pears on top of the yogurt. Repeat the process with another layer of yogurt and the remaining pears, finishing with a final spoonful of yogurt if desired.
5. Drizzle the honey evenly over the top of each parfait, letting it run slightly down the layers for a visually appealing effect.
6. If using fresh mint, wash and dry the leaves, then finely chop or leave whole for garnish. Place a few leaves on top of each parfait.
7. Serve immediately for the freshest taste, or keep refrigerated for up to 1 hour before serving.

Storage & Reheat: Best enjoyed fresh. Refrigerate for up to 1 hour; do not reheat.

Nutrition (per serving, approx.):
- Calories: 95 kcal
- Fat: 0 g
- Saturated Fat: 0 g
- Phosphorus: 185 mg
- Sugar: 12 g
- Protein: 9 g
- Carbohydrates: 15 g
- Sodium: 40 mg
- Fiber: 3 g
- Cholesterol: 0 mg

Allergen Information: Contains dairy (Greek yogurt).

Kitchen Conversion Charts & Substitutions

Senior-friendly quick guides for US↔Metric, oven temps, pan sizes, yields, flavor boosts, and safe storage (optimized for a 1,200-kcal, low-sodium approach).

A) Core US ↔ Metric Conversions

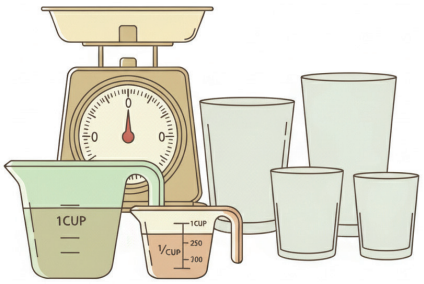
US	Metric (approx.)	Notes
1 tsp	5 ml	3 tsp = 1 tbsp
1 tbsp	15 ml	2 tbsp = 1 fl oz
¼ cup	60 ml	4 tbsp = 2 fl oz
⅓ cup	80 ml	5 tbsp + 1 tsp
½ cup	120 ml	8 tbsp = 4 fl oz
⅔ cup	160 ml	10 tbsp + 2 tsp
¾ cup	180 ml	12 tbsp = 6 fl oz
1 cup (US)	240 ml	8 fl oz = 16 tbsp *(Metric cup = 250 ml)*
1 fl oz	30 ml	2 tbsp = 1 fl oz
1 pint	475 ml	2 cups
1 quart	950 ml	4 cups
1 gallon	3.8 L	16 cups

Weight

US	Metric (approx.)
1 oz	28 g
2 oz	57 g
3 oz	85 g
4 oz	113 g
6 oz	170 g
8 oz (½ lb)	227 g
12 oz	340 g
1 lb	454 g
2 lb	907 g

Oven Temperatures (No Gas Mark)

°F	°C
250	120
275	135
300	150
325	160
350	175
375	190
400	200
425	220
450	230



Common Pan Sizes

US Size	Metric	Notes
8×8 in square	20×20 cm	brownies, bars
9×9 in square	23×23 cm	
9×13 in	23×33 cm	casseroles, bakes
Loaf 9×5 in	23×13 cm	quick breads
Half sheet 18×13 in	46×33 cm	sheet-pan meals

Handy Yields & Equivalents

Item	US Measure	Metric	Equals…
Egg whites	¼ cup	60 g	≈ 2 large whites
Egg whites	1 cup	240 g	≈ 8 large whites
Cooked quinoa	1 cup	185 g	from ~⅓ cup / 60 g dry
Cooked lentils	1 cup	200 g	from ~½ cup / 100 g dry
Leafy greens (raw→cooked)	4 cups	120 g	≈ 1–1½ cups cooked
Olive oil	1 tbsp	15 ml	≈ 14 g

B) Herb & Spice Swap Matrix

If you don't have the herb/spice you need, use the neighboring option. Fresh ↔ dried: ~3:1 (1 tbsp fresh ≈ 1 tsp dried).

If You Don't Have…	Try…	Flavor Use-Case
Basil	Oregano or thyme	Tomato dishes, Mediterranean bowls
Dill	Tarragon or parsley + lemon zest	Fish, yogurt sauces
Cilantro	Flat-leaf parsley + lime zest	Salsas, salads
Rosemary	Thyme + pinch fennel seed	Roasts, sheet-pan veg
Smoked paprika	Sweet paprika + tiny pinch chipotle/chili	"Smoky" rubs
Cumin	Coriander + black pepper	Stews, curry-style bowls
Curry powder	Garam masala + turmeric	Veg & lentil dishes
Garlic (fresh)	Garlic powder (¼ tsp per clove)	Scrambles, dressings
Onion (fresh)	Onion powder (½ tsp per ¼ cup diced)	Soups, marinades
Lemon juice	White wine vinegar (½) + water (½)	Dressings, deglazing

Salt-Conscious Flavor Kits (mix & store):

- **Italian:** oregano 2 tsp, basil 2 tsp, garlic powder 1 tsp, thyme ½ tsp, chili flakes ½ tsp.
- **Mediterranean Citrus:** dried lemon zest 1 tsp, rosemary 1 tsp, parsley 1 tsp, black pepper ½ tsp.
- **Smoky Grill:** paprika 2 tsp, smoked paprika 1 tsp, mustard powder 1 tsp, cumin ½ tsp, pepper ½ tsp.
- **Warm Curry-Lite:** turmeric 1 tsp, coriander 1 tsp, cumin ½ tsp, ginger ½ tsp, pinch cinnamon.

📌 **Important:** *Use acids (lemon, vinegar), herbs, and spices to reduce the need to add salt to dishes at the finish—this makes it easier to keep sodium within the book.*

C) Portion Visuals & Protein Equivalents

Protein	Hand Guide	Approx. Weight
Cooked chicken/fish	1 palm (women) / 1½ palms (men)	~3–4 oz / 85–115 g
Eggs	1 egg = 3 tbsp liquid egg	50 g whole / 30 g white
Greek yogurt/skyr	1 heaped fist	~1 cup / 240 g
Legumes (cooked)	1 cupped palm	~½ cup / 85–100 g
Nuts (snack)	1 small cupped palm	~1 oz / 28 g

D) Prep, Cook & Safe-Storage Quick Chart

Food	Cook Target	Safe Internal Temp	Fridge	Freezer
Chicken breast	Bake/sauté until done	165°F / 74°C	3–4 d	2–3 m
Fish fillets	8–12 min at 400°F / 200°C	Opaque, flakes easily	1–2 d	2–3 m
Cooked grains	Until tender	—	4–5 d	1–2 m
Cooked legumes	Simmer until tender	—	3–4 d	2–3 m
Egg muffins	Centers set	—	3–4 d	1–2 m
Broth-based soups	Gentle simmer 20–30 min	—	3–4 d	2–3 m

Cool quickly, label containers, reheat gently (on stovetop at low heat or in microwave at 50–70%).

The Ultimate Smart Swaps Table: Celebrate the Flavor, Not the Fat

Holidays are built on tradition, and many of our most cherished food memories are tied to classic, comforting dishes. However, these recipes are often loaded with the very things we're working to avoid: sugar, starch, and unhealthy fats, which can derail our progress and leave us feeling sluggish and bloated.

This table is your complete guide to navigating the holiday table with confidence. It's not about deprivation; it's about making smart, strategic substitutions. Here, we'll show you how to re-create the festive flavors you love by swapping high-calorie, low-nutrient ingredients for lean, nutrient-dense alternatives. Use these ideas to leave the table feeling satisfied, energized, and proud of your choices.

The High-Calorie Classic	The Dr. Now-Friendly Smart & Lean Swap
Appetizers	
1. Creamy Dips with Chips & Crackers	**Greek Yogurt Dips (like Tzatziki).** Swap sour cream/mayo for protein-rich Greek yogurt. Serve with non-starchy veggie sticks like cucumber, bell peppers, and celery instead of chips.
2. Fried Mozzarella Sticks or Poppers	**Fresh Caprese Skewers.** Thread cherry tomatoes, small mozzarella balls, and fresh basil onto a skewer. It's a fresh, no-cook appetizer that's naturally low-carb.
3. Heavy Cheese Ball with Crackers	**Lighter Herb & Goat Cheese Log.** Mix goat cheese with light cream cheese and roll it in fresh herbs like dill and chives instead of bacon or nuts. Serve with cucumber slices.
Main Course	
4. Honey or Brown Sugar-Glazed Ham	**Mustard & Herb-Rubbed Lean Ham.** Choose a lean, uncured ham and create a flavorful crust with Dijon mustard, black pepper, and rosemary instead of a sugary glaze.
Starchy Side Dishes	
5. Creamy, Butter-Laden Mashed Potatoes	**Creamy Cauliflower Mash.** Swap starchy potatoes for fiber-rich cauliflower. Steam it until tender, then blend with a spoonful of plain Greek yogurt for a creamy, low-carb side.
6. Traditional White Bread & Butter Stuffing	**Grain-Free Vegetable & Herb "Stuffing."** Eliminate the bread and build your stuffing on a base of sautéed mushrooms, celery, onions, and riced cauliflower. Add pecans for texture and sage for that classic holiday aroma.
7. Classic Macaroni & Cheese	**Cauliflower "Mac" & Cheese.** Get the cheesy satisfaction without the pasta. Use steamed cauliflower florets coated in a cheese sauce made from sharp cheddar and a touch of cream cheese.
8. Buttery Dinner Rolls & Bread Baskets	**Savory Zucchini & Parmesan Muffins.** If you must have a bread-like item, bake these low-carb muffins made with shredded zucchini, almond flour, eggs, and Parmesan cheese.

The High-Calorie Classic	The Dr. Now-Friendly Smart & Lean Swap
9. Candied Sweet Potatoes with Marshmallows	**Roasted Butternut Squash with Cinnamon.** Swap the ultra-sweet potatoes for butternut squash, which is lower in carbs. Roasting brings out its natural sweetness—no sugar needed.
10. Cornbread or Corn Pudding	**Savory Broccoli & Cheese Bake.** Fulfill the desire for a savory casserole with a mix of broccoli florets, eggs, and cheese, baked until golden.
Vegetable Side Dishes	
11. Heavy Green Bean Casserole with Canned Soup	**Bright, Lemony Steamed Asparagus.** Keep it fresh, simple, and elegant. Lightly steamed asparagus spears tossed with fresh lemon juice and black pepper offer a crisp, clean taste.
12. Creamed Spinach with Heavy Cream	**Garlic Sautéed Spinach with a Touch of Feta.** Wilt fresh spinach with garlic in a hot pan. Crumble a small amount of feta cheese over the top for a salty, creamy finish without the heavy cream.
13. Brown Sugar-Glazed Carrots	**Roasted Carrots with Fresh Dill.** Roasting carrots brings out their natural sweetness. Tossing them with fresh dill adds a bright, savory flavor that complements the sweetness perfectly.
Sauces & Condiments	
14. Flour-Thickened, Fatty Gravy	**Rich Herb & Mushroom Gravy.** Create a deeply savory flavor using sautéed mushrooms, onions, and fat-free broth. Season generously with thyme and rosemary.
15. Sugary Canned Cranberry Sauce	**Sugar-Free Cranberry & Orange Relish.** Simmer fresh cranberries with water, orange zest, and a hint of cinnamon. If needed, add a few drops of a zero-calorie sweetener.
Desserts	
16. Classic High-Sugar Pumpkin Pie	**Crustless Pumpkin-Spice Custards.** Enjoy the best part of the pie—the filling! Bake the pumpkin, egg, and spice mixture in individual ramekins for perfect, built-in portion control.
17. Ultra-Sweet Pecan Pie	**Spiced & Toasted Pecans.** Get the flavor without the sugar bomb. Lightly toast pecans with a sprinkle of cinnamon and a zero-calorie sweetener, then serve a small portion with Greek yogurt.
18. Apple Pie with Buttery Crust	**Baked Apples with Cinnamon.** Core an apple, sprinkle with cinnamon, and bake until tender. It's a warm, comforting, and naturally sweet whole-food dessert.
Drinks	
19. High-Calorie, Sugary Eggnog	**Protein "Nog" Shake.** Blend unsweetened almond milk, a scoop of vanilla protein powder, a dash of nutmeg, and a zero-calorie sweetener for a creamy, festive drink.
20. Sugary, Creamy, or Alcoholic Holiday Drinks	**Sparkling Cranberry & Lime Spritzer.** Celebrate with something festive and hydrating. Mix a splash of 100% unsweetened cranberry juice with sparkling water and a squeeze of fresh lime.

Conclusion

As you turn this final page, take a moment to pause and reflect. Reaching the end of this book is not an ending at all; it is a commencement. It marks the beginning of a new, empowered relationship with food, with your body, and with your health. You have equipped yourself with the knowledge, the tools, and the inspiration to step forward into a more vibrant and energetic chapter of your life.

Throughout these pages, we've journeyed together to understand the why behind this plan. We've demystified the metabolic shifts that come after 60, transforming what might have felt like a frustrating mystery into a clear, manageable reality. We've moved past the idea of a restrictive "diet" and embraced the science behind the 1,200-calorie sweet spot—a target designed not for deprivation, but for optimal nourishment and safe, sustainable success. Most importantly, we have learned that every calorie is an opportunity to provide your body with the high-quality protein, fiber, and nutrients it needs to thrive.

Now, it is time to take this knowledge from the page and into your kitchen. Think of this book not as a rigid rulebook, but as your trusted companion. The recipes you've explored are your starting point, your foundation. Feel empowered to make them your own. If you loved the Herb-Crusted Salmon, try that same delicious crust on a chicken breast. If the Roasted Root Vegetables became a favorite, experiment with adding other non-starchy vegetables like broccoli or bell peppers to the mix. Your palate is your guide, and your kitchen is your laboratory for healthy, delicious discovery.

The Smart Swaps table, in particular, is perhaps the most powerful tool you now possess. It is your key to navigating any meal, any holiday, and any social gathering with confidence. It teaches you the principles, not just the prescriptions, allowing you to adapt your own cherished family recipes into healthier versions that honor both tradition and your well-being. This is how you build a lifestyle that lasts—not by abandoning the foods you love, but by learning how to love them in a way that nourishes your body.

As you move forward, we encourage you to redefine what success looks like. The number on the scale will change, and that is rewarding, but it is the least interesting part of this story. True success is measured in moments of vitality. It's the newfound energy you have in the afternoon to play with your grandchildren. It's the ease in your joints as you take a brisk walk on a beautiful day. It's the mental clarity that comes from stable blood sugar and proper hydration. It's the confidence to say "yes" to an invitation without worrying about what you'll be able to eat. And it's the simple, profound joy of preparing and eating a meal that you know is healing and strengthening you from the inside out.

This journey is an act of profound self-respect. It is a declaration that your health is a priority and that you deserve to feel strong, capable, and full of life every single day. You have everything you need to succeed. Trust the process, be patient and kind with yourself, and celebrate every small victory along the way.

To your health, your happiness, and your vibrant future.

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Acknowledgments & Credits

This book came together thanks to the dedication, expertise, and careful collaboration of many people. It is the result of countless hours of testing, writing, editing, and refining, and I am fortunate to have had the support of professionals who made the process both productive and inspiring.

Special appreciation goes to the editorial team, whose attention to detail ensured clarity, consistency, and readability across every page. Their guidance helped transform drafts into polished recipes and accessible explanations.

I am also deeply grateful to the recipe testers who prepared each dish with care—often more than once—to confirm accuracy, ease of preparation, and flavor balance. Their honest feedback and dedication ensured that the recipes you see here are not only nutritionally sound but also practical for everyday cooking.

Equally important is the contribution of healthcare and nutrition professionals. Their evidence-based research laid the foundation for the 1,200-calorie framework and low-sodium approach that runs throughout this book. Their work continues to guide and inspire healthier choices for older adults, and their expertise has been vital in shaping this project into a resource readers can trust.

To the broader community of readers and health-conscious individuals: your commitment to taking small, sustainable steps toward wellness is the true motivation behind this work. Every meal you prepare from these pages is part of a larger journey toward strength, balance, and vitality.

Credits

- Editing: Michael Anderson
- Recipe Testing: Sarah Collins and Jonathan Reed
- Photography & Styling: Jessica Miller
- Cover Design: David Thompson
- Layout & Formatting: Amanda Lee

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