



# **Mediterranean Diet Cookbook for Beginners**

**HELPS YOU FEEL GREAT AND ENJOY YOUR LIFE**

**Over 100 super-easy and quick everyday recipes  
That anyone can make easily**

**4-WEEK MEAL PLAN  
FOR AN EASY START**

**TAY HOBSON**



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Individual results may vary. The recipes and meal plans are suggestions and should be adapted to meet your health and dietary needs.

# DEDICATION

## The Mediterranean Diet Cookbook for Beginners

Ready to eat better, feel lighter, and enjoy your food more than ever? This beginner's cookbook brings the heart of the Mediterranean lifestyle into your kitchen, with no stress.

Perfect for those new to the Mediterranean diet, this book offers a practical, realistic path to healthy eating with bright, flavorful dishes you'll want to make. There are no complicated ingredients, no hours spent in the kitchen - just fresh, nutritious food, made simple.

Inside you'll find:

- ✓ A complete 4-week meal plan to easily jumpstart your journey
- ✓ 100+ quick and delicious recipes that cook up quickly
- ✓ Balanced breakfasts, energizing lunches, hearty dinners, and snacks
- ✓ Easy directions with ingredients you can find anywhere
- ✓ Tips to help you stay motivated and make the diet work in real life

Whether you aim to boost energy, support heart health, manage weight, or enjoy heart-healthy food, the Mediterranean diet offers a joyful, flexible way to thrive — one delicious bite at a time.

*Eat well. Live vibrantly. Start today.*





## From the **TAY HOBSON**

When I first discovered the Mediterranean way of eating, I was looking for more than just another diet—I wanted a way to feel better, cook smarter, and enjoy food again. I found more than recipes—it was a lifestyle rooted in simplicity, balance, and joy.

This book was created for real people with real lives and busy schedules. Whether cooking for one, a family, or just learning your way around the kitchen, these recipes are designed to guide and empower you without stress.

Healthy eating should never feel overwhelming or tedious. The Mediterranean diet is proof that food can be both nourishing and deeply satisfying. I hope this cookbook helps you take that first step—or the next one—toward feeling better every day.

With warmth,

**Tay Hobson**

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# Introduction

*Welcome—I'm so glad you're here.*

*Whether you want to feel better, eat cleaner, or find more joy in the kitchen, you've just taken your first, most crucial step.*

*This book is for you. For real people with busy lives, hungry families, and no desire to spend hours preparing complicated meals. If this sounds like you, you've come to the right place.*

The Mediterranean diet isn't a diet in the strict sense. It's a way of life. A celebration of real food, fresh flavors, and a balanced, mindful approach to eating. It's about filling your plate with the things you love—bright vegetables, hearty grains, olive oil, fish, herbs—and eliminating the guilt, stress, and restrictions often associated with “healthy eating.”

In these pages, you'll find everything you need to get started:

- ✓ Get a quick overview of the Mediterranean diet
- ✓ Get a clear and simple 4-week meal plan
- ✓ Find easy and delicious recipes with everyday ingredients
- ✓ Read simple tips to help you succeed

My goal is to help you feel empowered, not overwhelmed. You don't have to be perfect. You have to start with a straightforward recipe, one satisfying meal, one small step.

Let's start this journey together. One bite away is a happier, healthier, and more flavorful life.



## *CHAPTER 1: What is the Mediterranean Diet?*

Imagine eating as joyful as it is nourishing—meals built on simple, fresh ingredients, shared with loved ones, and savored slowly. That’s the heart of the Mediterranean diet. It’s not about counting calories or eliminating entire food groups. Instead, it’s about balance, color, and real food—the kind your body loves and your taste buds celebrate.

### **The core principles.**

The traditional eating habits of countries such as Greece, Italy, Spain, and southern France have inspired the Mediterranean diet. Here’s what it focuses on:

- Plenty of vegetables, fruits, and leafy greens
- Whole grains, such as brown rice, oats, bulgur, and quinoa
- Legumes, like chickpeas, lentils, and beans
- Nuts and seeds — in moderation
- Healthy fats, especially extra virgin olive oil
- Fish and seafood a few times per week
- Moderate dairy, like yogurt and cheese
- Poultry and eggs occasionally
- Minimal red meat and processed foods
- Herbs and spices instead of salt
- And — perhaps most importantly — enjoying meals mindfully and socially

### **Why is it so good for you?**

Backed by decades of research, the Mediterranean diet is widely regarded as one of the healthiest eating patterns in the world. Studies have linked it to:

- Improved heart health
- Lower risk of type 2 diabetes
- Reduced inflammation
- Better brain function and memory
- Healthy weight management
- Longevity and overall well-being

It’s not a quick fix—it’s a long-term lifestyle that nourishes your body while still allowing you to enjoy food. That’s why doctors and dietitians love it.

### **A flexible and delicious way to eat.**

One of the best parts? It’s flexible. You don’t have to follow it perfectly to reap the benefits. Start small — switch from butter to olive oil, add a salad to your lunch, or try fish instead of steak once a week. These little steps add up fast.

And don't worry — the recipes in this book are designed to make it easy and affordable to eat this way, even on a tight schedule.

So let go of the pressure. Forget perfection. The Mediterranean diet is about nourishing your body, delighting your senses, and bringing joy back to the table.

Would you be ready to taste the difference? Let's keep going.

## Getting Started — Stress-Free

You don't need to overhaul your whole kitchen or become a gourmet chef to start eating the Mediterranean way. In fact, the beauty of this lifestyle lies in its simplicity and realism. With just a few small steps, you'll be well on your way to eating and feeling better.

Let's make it easy.

### *Step 1: Stock your Mediterranean pantry*

Here's a list of staples you'll use again and again. Having these on hand will make it easy to whip up a meal any day of the week.

Essential Ingredients:

- Olive oil (extra virgin preferred)
- Garlic and onions
- Canned tomatoes
- Whole grains (brown rice, quinoa, whole wheat pasta, oats)
- Canned beans (chickpeas, white beans, lentils)
- Nuts and seeds (almonds, walnuts, sunflower seeds)
- Herbs and spices (oregano, basil, thyme, paprika, cinnamon)
- Lemons and vinegars for dressings
- Greek yogurt
- Canned tuna or salmon
- Frozen vegetables and fish (great for busy days)

### *Step 2: Set up for success*

You don't need fancy tools — just a few basics:

- A good knife and cutting board
- A non-stick or cast-iron pan
- A baking sheet
- Olive oil spray (optional but helpful)
- Storage containers for leftovers or meal prep

You can cook Mediterranean meals by chopping, stirring, and roasting.

### *Step 3: Start small*

Don't pressure yourself to get everything "right." You're not aiming for perfection — you're building a new rhythm. Start by:

- Swapping butter for olive oil
- Adding a fresh salad to your dinner
- Cooking one new Mediterranean-style recipe per week
- Drinking more water
- Eating more plant-based meals

#### *Step 4: Avoid Common mistakes*

Here are some traps to skip:

- Overcomplicating it — simplicity is key
- Trying to do too much too soon — build gradually
- Fearing healthy fats — olive oil, nuts, and avocado are your friends
- Skipping meals or undereating — this is not about restriction
- Getting stuck in a rut — variety is part of the joy

#### *Step 5: Make it yours*

The Mediterranean lifestyle is more than what's on your plate — it's also how you eat.

- Take time to enjoy meals, even if it's just 10 minutes
- Eat at a table, not in a rush
- Cook with someone you love, or listen to music while you prep
- Celebrate food as a part of your well-being

**You're not just changing how you eat — you're creating space for more ease, more energy, and more joy.**

*Let's keep going — your 4-week plan awaits!*

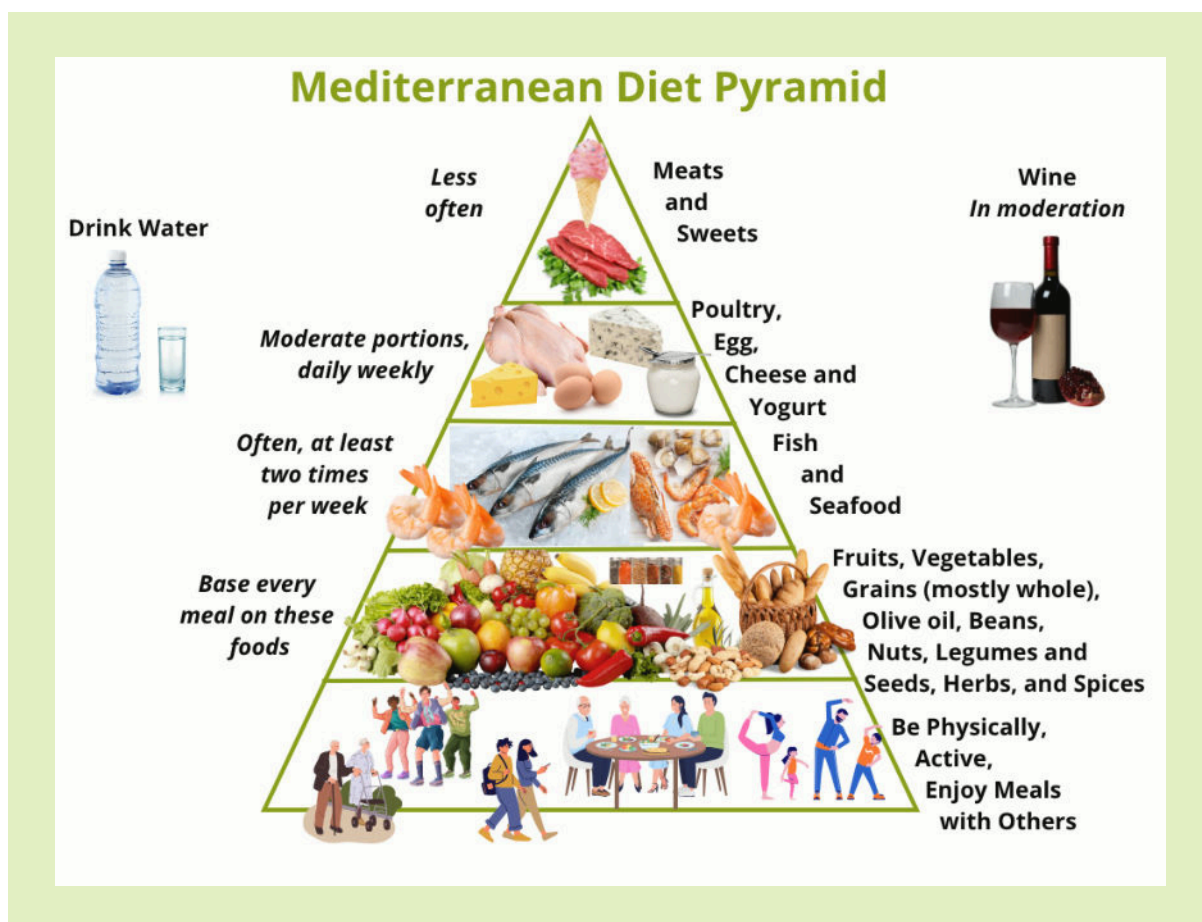


## CHAPTER 2: 4-Week Meal Plan for an Easy Start

### The Mediterranean Diet Food Pyramid Explained

When you think of a “diet,” you might imagine strict rules, cutting out your favorite foods, or counting every calorie. The Mediterranean diet is different. It’s not a restrictive plan—it’s a lifestyle based on balance, tradition, and real food.

At the heart of this way of eating is the Mediterranean Diet Food Pyramid, a simple visual guide to health and well-being. Let’s break it down step by step so it’s easy to understand and easy to follow.



### *The Foundation: What You Eat Every Day*

At the base of the pyramid are the foods and habits you should enjoy daily:

#### *Fruits and Vegetables*

These are the stars of the show. Aim for a variety of colors and textures. Fresh, seasonal produce is ideal.

#### *Whole Grains*

Think brown rice, quinoa, bulgur, barley, whole-grain bread, or pasta. These foods provide energy and fiber to keep you full.

#### *Legumes, Nuts, and Seeds*

Chickpeas, lentils, almonds, and sunflower seeds are packed with plant-based protein, fiber, and healthy fats.

#### *Olive Oil*

This is the primary source of fat in the Mediterranean diet. It's heart-healthy and flavorful, so use it for cooking, dressings, and drizzling.

#### *Herbs and Spices*

Replace excess salt with fresh or dried herbs like oregano, basil, rosemary, garlic, and turmeric for taste and health benefits.

#### *Water*

Staying hydrated is key. Water is the go-to drink of the Mediterranean.

### *Weekly Choices: Fish, Poultry, Eggs & Dairy*

The middle of the pyramid includes foods you eat a few times a week:

#### *Fish and Seafood (2–3 times per week)*

Rich in omega-3s, fish like salmon, sardines, and mackerel are excellent for brain and heart health.

#### *Poultry and Eggs*

Good sources of lean protein. I hope you enjoy moderation.

#### *Dairy (preferably fermented)*

Think Greek yogurt, feta, or a small amount of cheese. Choose high-quality options and consume in modest portions.

#### *Occasional Foods: Red Meat and Sweets*

At the top of the pyramid are foods to enjoy occasionally:

#### *Red Meat*

It's not forbidden, but it's best limited to a few times per month. When you do indulge, choose lean cuts.

#### *Sweets and Processed Foods*

Treats are allowed, but in small amounts. The focus is always on quality over quantity.

### *LiLifestyle: The Secret Sauce*

### Share Meals 🍴

Break bread with others. Food is a social affair, not just fuel.

### Stay Active 🏃♀️

Movement is life! Whether walking, gardening, or dancing—get that groove on.

### Savor Life 😊

Eat mindfully and manage stress effectively. Life's too short to rush through meals.

### 🔑 Key Takeaway: Balance is Your Best Buddy

The Mediterranean Food Pyramid promotes a balanced, joyful lifestyle. There's no rush—start with minor changes, such as adding vegetables, swapping butter for olive oil, or opting for fish over red meat. These minor adjustments can yield substantial, tasty benefits for your health and well-being.

🔑 Up Next: Transform the pyramid into a scrumptious 4-week meal plan, one delicious day at a time!

## Frequently Asked Questions

### ? What if I don't like fish?

No problem! While fish is a staple of the Mediterranean diet, it's not the only source of healthy fats. You can replace it with plant-based foods like walnuts, chia seeds, or flax seeds. Why not try dishes with legumes, eggs, or tofu? It's all about balance and enjoying what works for you.

### ? When can you afford to eat meat?

Red meat isn't a no-no—it's eaten less often in this lifestyle. Think of it as an "sometimes" meal, maybe once a week. If you love meat, make it high-quality and surround it with colorful vegetables and grains.

### ? How can I stick to this diet with a busy schedule?

Planning is key. Cook once, eat twice. Pre-cook your grains, cut your veggies ahead of time, and rely on light meals like wraps, salads, or soups. Even 15 minutes of prep time can make your week go smoothly and deliciously. Simplicity is part of the Mediterranean lifestyle.

### ? What do I eat during holidays or special occasions?

Enjoy your celebration! The Mediterranean lifestyle encourages connection and joy. Savor mindfully, focus on quality over quantity, and return to your routine the next day. This is not a strict diet—it's a lifestyle that changes with your life.

*There is no "perfect" path—there is only the next good choice. Every meal and every day are new beginnings.*

# Weekly Structure Overview

## A Fresh Start – One Day at a Time

Starting something new can feel overwhelming, but it doesn't have to be. This four-week Mediterranean meal plan is here to take the guesswork out of healthy eating. Each day consists of simple, delicious meals that nourish your body, energize you, and bring back the joy of cooking.

Whether you follow it exactly or mix and match to fit your schedule, the plan is designed to be flexible, doable, and most importantly, enjoyable.

### Each week includes:

1. *A balanced mix of plant-based foods, seafood, whole grains, and healthy fats*
2. *Easy-to-prepare breakfasts*
3. *Quick lunches and leftovers*
4. *Fresh, flavorful dinners*
5. *Snacks and treats to order*
6. *A shopping list to make prep easier*

• **Tip: Feel free to repeat your favorite meals or switch days. This is your journey!**

## Weekly Structure Review

Each week follows a gentle rhythm to help you regain a healthy routine without food fatigue or decision stress.

### ◆ Week 1 — Reset and Renew

*Focus:* Light, energizing meals that improve digestion and boost mood

Lots of raw vegetables, lemon dressings, and hydrating foods

Simple soups, porridges, and fish

- *Introduce Mediterranean breakfasts and snacks*

### ◆ Week 2 — Form a habit

*Focus:* Create a channel of flavorful, filling meals

More cooked meals: baked fish, vegetable stews, greens

Add legumes: lentil salad, chickpea stir-fry

- *Olive oil and herbs take center stage*

### ◆ Week 3 — Explore and enjoy

*Focus:* Variety and discovery

Try new vegetables, different fish, or international Mediterranean flavors

Homemade dressings, sauces, and a few comfort foods

- *Be flexible and start trusting your taste buds*

### ◆ Week 4 — Make it yours

*Focus* on confidence and consistency

Repeat your favorite dishes

Combine variations and “no-recipe” ideas.

- *Celebrate your progress — and enjoy the sweet treats!*

## MEDITERRANEAN DIET – 1-WEEK MEAL PLAN

Day	Breakfast	Lunch	Dinner	Snack	Daily Tip
Day 1 — A Fresh Start	Greek yogurt with fresh berries, honey & chopped walnuts	Chickpea salad (cucumber, tomato, red onion, feta, lemon, olive oil)	Grilled salmon with quinoa & steamed broccoli	Sliced apple with almond butter	<i>Drink lemon water first thing in the morning</i>
Day 2 — Flavor Meets Simplicity	Overnight oats with chia, almond milk & figs	Leftover quinoa + chickpeas with roasted veggies	One-pan baked chicken with cherry tomatoes, zucchini & olives	Carrot sticks with hummus	<i>Cook once, eat twice — double dinner portions</i>
Day 3 — Light and Energizing	2 boiled eggs, whole grain toast, avocado & cherry tomatoes	Lentil soup + arugula salad (olive oil, lemon, parmesan)	Shrimp with garlic olive oil over spinach pasta	Roasted almonds	<i>Eat slowly and mindfully — Mediterranean style</i>
Day 4 — Comfort & Color	Smoothie: spinach, banana, Greek yogurt, chia, almond milk	Tomato & white bean salad with red onion & basil	Stuffed bell peppers (quinoa, chickpeas, feta)	Cucumber slices with tzatziki	<i>Add fresh herbs to meals — parsley, mint, basil</i>
Day 5 — Keep It Simple	Whole grain toast with ricotta, honey & strawberries	Leftover stuffed peppers or grain bowl with lentils	Baked cod with lemon, herbs, spinach & sweet potato	Boiled egg + olives	<i>Use olive oil generously — it boosts flavor</i>
Day 6 — Weekend Mediterranean Mood	Oatmeal with cinnamon, dates & almonds	Mediterranean tuna wrap (pita, yogurt, cucumber, herbs)	Zucchini & tomato pasta with garlic & parmesan	Dried apricots or figs	<i>Eat outdoors or by a window — enjoy the moment</i>
Day 7 — Sunday Reset	Egg scramble with spinach, tomato & feta	Caprese salad + whole grain crackers	Hearty vegetable soup + whole grain bread & olive oil	Greek yogurt with cinnamon	<i>Reflect on the week — What worked best for you?</i>

## MEDITERRANEAN DIET – 2-WEEK MEAL PLAN

Day	Breakfast	Lunch	Dinner	Snack	Daily Tip
Day 8 — A New Week Begins	Greek yogurt parfait with kiwi, oats & a drizzle of honey	Grain bowl with bulgur, roasted eggplant, chickpeas, parsley	Grilled shrimp skewers with lemon & garlic, served with herbed couscous	Sliced pear with tahini drizzle	<i>Plan your meals ahead on Sundays — Mediterranean style is about ease</i>
Day 9 — Light and Bright	Avocado toast with cherry tomatoes & poached egg	Mediterranean lentil salad with tomatoes, cucumber, mint	Baked chicken thighs with rosemary potatoes and green beans	Handful of pistachios	<i>Eat a rainbow — add more color to each plate</i>
Day 10 — Classic & Nourishing	Fruit salad with orange, banana, apple, pomegranate & a sprinkle of chia seeds	Hummus & veggie wrap in whole grain tortilla	Seared white fish with tomato-caper salsa and sautéed kale	Greek yogurt with a drizzle of honey	<i>Include fiber-rich foods — they support gut health</i>
Day 11 — Herb & Spice Inspired	Warm oatmeal with cinnamon, chopped dates & almond butter	Tabbouleh salad with fresh mint & bulgur	Stuffed eggplant with lentils, tomato & pine nuts	Cucumber slices with hummus	<i>Try a new herb or spice today!</i>
Day 12 — A Taste of Italy	Cottage cheese with diced peach & pumpkin seeds	Caprese sandwich with tomato, mozzarella, basil, olive oil	Whole wheat spaghetti with sardines, lemon zest & parsley	Olives and a slice of cheese	<i>A small amount of good cheese goes a long way!</i>
Day 13 — Weekend Prep Mode	Savory omelet with red pepper, spinach, onion & feta	Spinach & lentil soup with whole grain toast	Grilled chicken with tomato & cucumber salad + sweet potato	Boiled egg with paprika	<i>Whole wheat spaghetti with sardines, lemon zest &amp; parsley</i>
Day 14 — Mediterranean Reset	Chia pudding (prepared the night before) with almond milk, banana & cinnamon	Greek salad with grilled tofu or shrimp	Vegetarian moussaka with lentils & eggplant	Dried figs & a few almonds	<i>Reset gently, don't restrict — enjoy nourishing food</i>

## MEDITERRANEAN DIET – 3-WEEK MEAL PLAN

Day	Breakfast	Lunch	Dinner	Snack	Daily Tip
Day 15 — Fresh Start Again	Whole grain toast with almond butter & sliced banana	Couscous salad with cherry tomatoes, arugula, olives, feta	Grilled turkey patties with tzatziki and steamed green beans	Apple slices with peanut butter	<i>Citrus adds freshness and vitamin C — include oranges or lemon daily</i>
Day 16 — Nourish Naturally	Overnight oats with berries, flaxseed, and almond milk	Lentil and roasted carrot salad with cumin & lemon dressing	Stuffed bell peppers with brown rice and ground turkey	Small handful of sunflower seeds	<i>Roast extra vegetables for quick meals all week</i>
Day 17 — Midweek Balance	Greek yogurt with figs and walnuts	Spinach, chickpea, and roasted red pepper wrap	Baked trout with lemon, dill & garlic + quinoa & steamed zucchini	Greek yogurt with cinnamon	<i>Cook fish once a week for omega-3s</i>
Day 18 — Simple Pleasures	Savory oatmeal with spinach, soft-boiled egg & olive oil	Farro salad with artichokes, sundried tomatoes & parsley	Grilled chicken breast with ratatouille-style vegetables	Olives & cherry tomatoes	<i>Add Mediterranean music to your cooking routine for joy</i>
Day 19 — Friday Fuel	Smoothie bowl with mango, chia, and pumpkin seeds	Leftover farro salad or bean salad with lemon vinaigrette	Zucchini boats stuffed with lentils, onions & tomato sauce	Carrot sticks with tzatziki	<i>Keep your favorite leftovers in glass containers for easy reheating</i>
Day 20 — Weekend Flow	Scrambled eggs with tomato & basil on rye bread	Grilled veggie wrap with hummus & arugula	Pasta with cherry tomatoes, basil, and sautéed shrimp	A few dried apricots and almonds	<i>Make weekend meals feel special — set the table beautifully</i>
Day 21 — Gratitude Meal	Warm millet porridge with cinnamon and raisins	Tomato gazpacho with whole grain toast	Roasted vegetable platter with tahini dressing and brown rice	Small bowl of mixed nuts	<i>Small bowl of mixed nuts</i>

## MEDITERRANEAN DIET – 4-WEEK MEAL PLAN

Day	Breakfast	Lunch	Dinner	Snack	Daily Tip
Day 22 — New Week, New Energy	Whole grain toast with ricotta and raspberries	Warm lentil salad with roasted beets and goat cheese	Baked cod with olive tapenade and sautéed greens	Sliced cucumbers with hummus	<i>Try to eat one plant-based meal each day this week</i>
Day 23 — Plant-Powered	Chia yogurt bowl with kiwi and almonds	Chickpea & quinoa bowl with tahini dressing	Vegetarian paella with bell peppers, peas & artichokes	Handful of walnuts	<i>Use leftovers creatively — repurpose grains and legumes</i>
Day 24 — Heart-Healthy Choices	Fruit salad with chopped nuts and yogurt	Mediterranean grain salad with bulgur, tomato, parsley	Stuffed zucchini with lentils, herbs & tomato sauce	Boiled egg + olives	<i>Olives and olive oil = heart's best friend</i>
Day 25 — Keep it Colorful	Oats with chopped figs, cinnamon & pistachios	Spinach salad with strawberries, almonds & balsamic vinaigrette	Baked salmon with dill sauce + roasted cauliflower	Greek yogurt with sliced grapes	<i>Aim for at least 3 colors on your plate</i>
Day 26 — Flavorful & Fast	Cottage cheese with blueberries and chia	Roasted veggie pita with hummus	Chicken souvlaki with whole grain couscous and cucumber salad	Fresh figs or dried dates	<i>Marinate proteins overnight for deeper flavor</i>
Day 27 — Weekend Inspiration	Zucchini and feta omelet	Grilled halloumi salad with arugula, orange & walnuts	Seafood stew with tomato broth & fresh herbs	Roasted chickpeas	<i>Cook once, serve twice — batch cooking saves time</i>
Day 28 — Celebrate the Journey	Pita with hummus and cherry tomatoes	Leftover stew or light vegetable soup + toast	Vegetarian lasagna with eggplant, tomato & whole grain noodles	Fruit salad with mint	<i>Celebrate progress, not perfection — you've made big steps</i>

*To help, here is an approximate table of daily calorie intake for the Mediterranean diet for beginners:*

- Feel great
- Avoid gaining excess weight
- Meet your nutritional needs based on a typical Mediterranean-style menu

Category	Daily Calorie Requirement
Women (sedentary)	1,600–1,800 kcal
Women (moderately)	1,800–2,000 kcal
Women (active)	2,000–2,200 kcal
Men (sedentary)	2,000–2,200 kcal
Men (moderately)	2,200–2,400 kcal
Men (active)	2,400–2,800 kcal

**General Guidelines:**

- *Breakfast: ~300–450 kcal*
- *Lunch: ~500–700 kcal*
- *Dinner: ~400–600 kcal*
- *Snacks: ~150–250 kcal (1–2 times a day)*

**Key Features of the Mediterranean Diet:**

- *High in vegetables, fruits, whole grains, and legumes*
- *Main fats from olive oil, nuts, and avocado*
- *Moderate amounts of fish, dairy, and eggs*
- *Very limited red meat and sweets*



# Mediterranean Diet for Beginners

*CHAPTER 3: Breakfast*

## Greek yogurt with fresh berries, honey and chopped walnuts



PREP 0 MIN



COOK 5 MIN



SERVES 2-4

### Ingredients:

- 3 cups plain Greek yogurt (whole milk or low-fat)
- 1½ cups mixed fresh berries (strawberries, blueberries, raspberries)
- 3 tablespoons honey
- ½ cup chopped walnuts

### Directions:

1. Divide Greek yogurt evenly among serving bowls.
2. Top each bowl with a mix of fresh berries.
3. Drizzle honey over the berries and yogurt.
4. Sprinkle chopped walnuts on top and serve immediately.

*Nutritional Information (per serving, based on 4 servings): 280 calories, 15g protein, 23g carbohydrates, 16g fat, 3g fiber, 10mg cholesterol, 45mg sodium, 320mg potassium.*

## Overnight oats with chia seeds, almond milk and diced figs



PREP 10 MIN



COOK 0 MIN



SERVES 2-6

### Ingredients:

- 1 cup old-fashioned rolled oats
- 2 tablespoons chia seeds
- 2 cups unsweetened almond milk
- ½ teaspoon vanilla extract (optional)
- ½ teaspoon ground cinnamon
- ¼ cup diced dried figs
- 1 tablespoon maple syrup or honey (optional)

### Directions:

1. combine oats, chia seeds, almond milk, vanilla, and cinnamon in a medium bowl or mason jar. Stir well.
2. Add diced figs and maple syrup or honey if using. Mix again to evenly distribute ingredients.
3. Cover and refrigerate overnight (or for at least 6 hours).
4. In the morning, stir well and serve chilled. Add more almond milk if a thinner consistency is desired.

*Nutritional Information (per serving, based on 4 servings): 230 calories, 6g protein, 32g carbohydrates, 8g fat, 7g fiber, 0mg cholesterol, 90mg sodium, 270mg potassium.*



## Two boiled eggs, a slice of whole-grain toast, avocado, and cherry tomatoes



PREP 5 MIN



COOK 10 MIN



SERVES 2-4

### Ingredients:

- 2 large eggs
- 1 slice whole-grain bread
- ½ medium avocado
- ½ cup cherry tomatoes, halved
- Salt and pepper to taste

### Directions:

1. Place eggs in a saucepan, cover with cold water, and bring to a boil. Reduce heat and simmer for 9–10 minutes. Cool in cold water and peel.
2. Toast the slice of whole-grain bread to desired crispness.
3. Slice avocado and spread or place on toast.
4. Plate with boiled eggs and cherry tomatoes. Season with salt and pepper if desired.

*Nutritional Information (per serving): 340 calories, 14g protein, 21g carbohydrates, 23g fat, 7g fiber, 370mg cholesterol, 270mg sodium, 610mg potassium.*

## Smoothie with spinach, banana, Greek yogurt, chia seeds, and almond milk



PREP 5 MIN



COOK 0 MIN



SERVES 2-6

### Ingredients:

- 1 cup fresh spinach, packed
- 1 ripe banana
- ½ cup plain Greek yogurt
- 1 tablespoon chia seeds
- 1 cup unsweetened almond milk
- ½ cup ice (optional, for texture)

### Directions:

1. Combine spinach, banana, Greek yogurt, chia seeds, and almond milk in a blender.
2. Add ice if desired and blend until smooth and creamy.
3. Pour into glasses and serve immediately.

*Nutritional Information (per serving, based on 2 servings): 190 calories, 9g protein, 24g carbohydrates, 7g fat, 5g fiber, 5mg cholesterol, 60mg sodium, 470mg potassium.*



## Whole grain toast with ricotta, honey, and sliced strawberries



PREP 5 MIN



COOK 2 MIN



SERVES 2-4

### Ingredients:

- 4 slices whole grain bread
- 1 cup ricotta cheese
- 2 tablespoons honey
- 1 cup fresh strawberries, sliced

### Directions:

1. Toast the slices of whole-grain bread to the desired crispness.
2. Spread  $\frac{1}{4}$  cup of ricotta cheese on each slice.
3. Drizzle  $\frac{1}{2}$  tablespoon of honey over each toast.
4. Top with sliced strawberries.
5. Serve immediately as a light breakfast or snack.

*Nutritional Information (per serving, based on 4 servings): 260 calories, 11g protein, 28g carbohydrates, 12g fat, 4g fiber, 25mg cholesterol, 200mg sodium, 280mg potassium.*

## Oatmeal with cinnamon, chopped dates, and almonds



PREP 5 MIN



COOK 10 MIN



SERVES 2-6

### Ingredients:

- 1 cup old-fashioned rolled oats
- 2 cups water or unsweetened almond milk
- $\frac{1}{4}$  teaspoon ground cinnamon
- $\frac{1}{4}$  cup chopped dates
- $\frac{1}{4}$  cup sliced almonds
- Pinch of salt (optional)

### Directions:

1. In a medium saucepan, bring water or almond milk to a boil.
2. Stir in the oats and reduce the heat to a simmer. Cook for 5–7 minutes, stirring occasionally, until the mixture has thickened.
3. Stir in the cinnamon and chopped dates, and cook for an additional 2 minutes.
4. Remove from heat and let sit for 1 minute.
5. Top each serving with sliced almonds and serve warm.

*Nutritional Information (per serving, based on 4 servings): 210 calories, 6g protein, 30g carbohydrates, 8g fat, 5g fiber, 0mg cholesterol, 50mg sodium, 210mg potassium.*



## Egg scramble with spinach, tomatoes and feta



PREP 5 MIN



COOK 7 MIN



SERVES 2-6

### Ingredients:

- 6 large eggs
- 1 tablespoon olive oil
- 1 cup fresh spinach, chopped
- ½ cup cherry tomatoes, halved
- ¼ cup crumbled feta cheese
- Salt and black pepper to taste

### Directions:

1. In a bowl, whisk the eggs with a pinch of salt and pepper.
2. Heat olive oil in a nonstick skillet over medium heat.
3. Add spinach and tomatoes, and sauté for 2–3 minutes, until the spinach is wilted.
4. Pour in eggs and scramble gently until just set, about 3–4 minutes.
5. Remove from heat, sprinkle with feta, and serve warm.

*Nutritional Information (per serving, based on 4 servings): 220 calories, 13g protein, 4g carbohydrates, 17g fat, 1g fiber, 375mg cholesterol, 310mg sodium, 280mg potassium.*

## Greek yogurt parfait with kiwi, oats and a drizzle of honey



PREP 10 MIN



COOK 0 MIN



SERVES 2-6

### Ingredients:

- 2 cups plain Greek yogurt (2%)
- 2 kiwis, peeled and sliced
- ½ cup old-fashioned rolled oats
- 2 tablespoons honey
- 1 teaspoon chia seeds (optional)

### Directions:

1. In small glasses or bowls, spoon about ½ cup of Greek yogurt into each serving dish.
2. Layer sliced kiwi evenly over the yogurt.
3. Sprinkle 2 tablespoons of oats over each serving.
4. Drizzle each parfait with 1 teaspoon of honey.
5. Top with chia seeds if desired and serve immediately.



*Nutritional Information (per serving, based on 4 servings): 190 calories, 12g protein, 22g carbohydrates, 6g fat, 2g fiber, 10mg cholesterol, 45mg sodium, 330mg potassium.*

## Avocado toast with cherry tomatoes and poached egg



PREP 10 MIN



COOK 5 MIN



SERVES 2-4

### Ingredients:

- 2 to 6 slices whole grain bread (1 slice per serving)
- 1 ripe avocado, peeled and mashed
- 1 cup cherry tomatoes, halved
- 2 to 6 large eggs (1 per serving)
- 1 tablespoon white vinegar (for poaching)
- Salt and black pepper to taste
- Optional: red pepper flakes or chopped fresh herbs for garnish

### Directions:

1. Toast bread slices until golden brown.
2. Mash avocado and spread evenly over each slice of toast.
3. In a small pot, bring 2 inches of water to a simmer; add vinegar. Crack each egg into a small bowl and gently slide it into the water. Cook 3–4 minutes for a runny yolk.
4. Remove poached eggs with a slotted spoon and place one on each toast.
5. Top with cherry tomatoes, season with salt and pepper, and garnish if desired.

*Nutritional Information (per serving): 290 calories, 11g protein, 20g carbohydrates, 18g fat, 5g fiber, 190mg cholesterol, 270mg sodium, 480mg potassium.*

## Fruit salad with orange, banana, apple, pomegranate and a sprinkle of chia seeds



PREP 10 MIN



COOK 10 MIN



SERVES 2-6

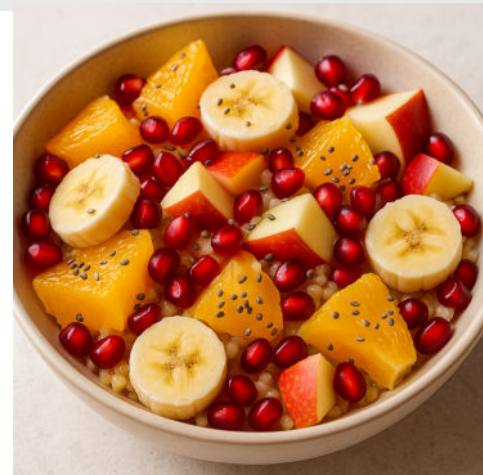
### Ingredients:

- 1 large orange, peeled and chopped
- 1 large banana, sliced
- 1 medium apple, chopped
- ½ cup pomegranate seeds
- 1 tablespoon chia seeds
- Optional: 1 teaspoon fresh lemon juice to prevent browning

### Directions:

1. Combine chopped orange, banana, apple, and pomegranate seeds in a large mixing bowl.
2. Sprinkle chia seeds evenly over the fruit.
3. Add lemon juice if using and gently toss to combine.
4. Let sit for 5 minutes so chia seeds begin to hydrate.
5. Serve immediately or refrigerate up to 2 hours before serving.

*Nutritional Information (per serving): 130 calories, 2g protein, 32g carbohydrates, 2g fat, 6g fiber, 0mg cholesterol, 2mg sodium, 310mg potassium.*



## Warm oatmeal with cinnamon, chopped dates, and almond butter



PREP 5 MIN



COOK 10 MIN



SERVES 4

### Ingredients:

- 2 cups old-fashioned rolled oats
- 3 cups water or unsweetened almond milk
- 1/2 cup chopped Medjool dates (about 6 dates, pitted)
- 1 teaspoon ground cinnamon
- 1/2 teaspoon pure vanilla extract (optional)
- Pinch of sea salt
- 1/4 cup almond butter (smooth or crunchy)
- Optional toppings: sliced banana, chopped almonds, drizzle of honey

### Directions:

1. In a medium saucepan, bring water or almond milk and salt to a gentle boil.
2. Stir in oats, chopped dates, cinnamon, and vanilla. Reduce heat and simmer for 8–10 minutes, stirring occasionally.
3. When oats are soft and creamy, stir in almond butter until fully incorporated.
4. Divide into bowls and top with optional banana slices or extra cinnamon if desired.

**Nutritional Information:** 310 calories, 8g protein, 42g carbohydrates, 13g fat, 6g fiber, 0mg cholesterol, 85mg sodium, 340mg potassium.

## Cottage cheese with diced peach and pumpkin seeds



PREP 5 MIN



COOK 0 MIN



SERVES 2-6

### Ingredients:

- 1 cup low-fat cottage cheese
- 1 medium ripe peach, diced
- 1 tablespoon pumpkin seeds
- Optional: dash of cinnamon or honey for extra flavor

### Directions:

1. Spoon cottage cheese into a serving bowl.
2. Top with diced peach.
3. Sprinkle with pumpkin seeds.
4. Add a light dash of cinnamon or drizzle of honey if desired.
5. Serve immediately.



**Nutritional Information (per serving):** 160 calories, 13g protein, 11g carbohydrates, 7g fat, 1g fiber, 15mg cholesterol, 360mg sodium, 240mg potassium.

## Savory omelet with red pepper, spinach, onion and feta



PREP 10 MIN



COOK 10 MIN



SERVES 2-6

### Ingredients:

- 4 large eggs
- 1/4 cup whole milk
- 1/2 cup diced red bell pepper
- 1/2 cup fresh spinach, chopped
- 1/4 cup diced onion
- 1/4 cup crumbled feta cheese
- 1 tablespoon olive oil
- Salt and black pepper to taste

### Directions:

1. In a bowl, whisk together eggs and milk. Season with salt and pepper.
2. Heat olive oil in a non-stick skillet over medium heat. Add onion and red bell pepper; cook for 3–4 minutes until softened.
3. Stir in spinach and cook for another 1–2 minutes until wilted.
4. Pour egg mixture over the vegetables. Cook undisturbed for 2–3 minutes until eggs begin to set.
5. Sprinkle feta on top, fold the omelet, and cook for 1–2 more minutes until fully cooked. Serve warm.

*Nutritional Information (per serving): 180 calories, 11g protein, 6g carbohydrates, 13g fat, 1g fiber, 210mg cholesterol, 290mg sodium, 230mg potassium.*

## Chia pudding (prepared the night before) with almond milk, banana and cinnamon



PREP 10 MIN



COOK 0 MIN



SERVES 2-6

### Ingredients:

- 1/2 cup chia seeds
- 2 cups unsweetened almond milk
- 1 medium banana, sliced
- 1/2 teaspoon ground cinnamon
- 1 teaspoon vanilla extract (optional)
- 1 tablespoon maple syrup or honey (optional)

### Directions:

1. In a bowl or jar, mix chia seeds, almond milk, cinnamon, and vanilla extract (if using).
2. Stir well and let sit for 10 minutes, then stir again to prevent clumping.
3. Cover and refrigerate overnight (or at least 6 hours).
4. Before serving, stir the pudding, top with banana slices, and drizzle of maple syrup or honey if desired.
5. Serve chilled and enjoy.

*Nutritional Information (per serving): 220 calories, 5g protein, 22g carbohydrates, 12g fat, 9g fiber, 0mg cholesterol, 55mg sodium, 330mg potassium.*



## Whole grain toast with almond butter and sliced banana



PREP 5 MIN



COOK 2 MIN



SERVES 2-6

### Ingredients:

- 2 slices whole grain bread
- 2 tablespoons almond butter
- 1 medium banana, sliced

### Directions:

1. Toast the whole grain bread to your desired crispness.
2. Spread 1 tablespoon of almond butter on each slice of toast.
3. Top evenly with banana slices.
4. Serve immediately for best texture.

*Nutritional Information (per serving): 290 calories, 7g protein, 32g carbohydrates, 16g fat, 5g fiber, 0mg cholesterol, 150mg sodium, 370mg potassium.*

## Overnight oats with berries, flaxseed, and almond milk



PREP 10 MIN



COOK 0 MIN



SERVES 2-6

### Ingredients:

- 1 cup old-fashioned rolled oats
- 1 cup unsweetened almond milk
- 1 tablespoon ground flaxseed
- 1/2 cup mixed fresh berries (e.g., blueberries, raspberries, strawberries)
- 1 tablespoon honey or maple syrup (optional)
- 1/2 teaspoon vanilla extract (optional)
- Pinch of salt

### Directions:

1. Combine oats, almond milk, flaxseed, and a pinch of salt in a mason jar or bowl.
2. Stir in vanilla extract and sweetener if using.
3. Add berries on top and gently mix.
4. Cover and refrigerate overnight or for at least 6 hours.
5. Stir and serve chilled or slightly warmed, if desired.

*Nutritional Information: 210 calories, 6g protein, 32g carbohydrates, 6g fat, 6g fiber, 0mg cholesterol, 75mg sodium, 240mg potassium.*



## Greek yogurt with figs and walnuts



PREP 5 MIN



COOK 0 MIN



SERVES 2-6

### Ingredients:

- 3 cups plain Greek yogurt (whole milk or low-fat)
- ½ cup dried figs, chopped (or 1 cup fresh figs, quartered)
- ½ cup chopped walnuts
- 1 tablespoon honey (optional)

### Directions:

1. Divide the Greek yogurt evenly into serving bowls.
2. Top each bowl with chopped or fresh figs.
3. Sprinkle chopped walnuts on top.
4. Drizzle with honey if desired.
5. Serve immediately or chill for later.

**Nutritional Information** (per serving, based on 4 servings): 310 calories, 14g protein, 25g carbohydrates, 18g fat, 3g fiber, 10mg cholesterol, 50mg sodium, 330mg potassium.

## Savory oatmeal with spinach, soft-boiled egg and olive oil



PREP 10 MIN



COOK 10 MIN



SERVES 2-6

### Ingredients:

- 1 cup old-fashioned rolled oats
- 2 cups water
- 1 tablespoon olive oil (plus extra for drizzling)
- 1 cup fresh spinach, chopped
- 2 large eggs
- ¼ teaspoon salt
- ¼ teaspoon black pepper

### Directions:

1. Bring water and oats to a gentle boil in a small pot. Reduce heat and simmer for 5–7 minutes, stirring occasionally until thickened.
2. In the last 2 minutes of cooking, stir in spinach and season with salt and pepper.
3. Meanwhile, bring another small pot of water to a boil. Gently add eggs and cook for 6½ minutes for soft-boiled. Transfer to cold water, then peel.
4. Divide oatmeal into bowls. Top each with a soft-boiled egg, a drizzle of olive oil, and additional pepper if desired.
5. Serve warm.

**Nutritional Information** (per serving, based on 2 servings): 290 calories, 11g protein, 24g carbohydrates, 17g fat, 4g fiber, 185mg cholesterol, 200mg sodium, 360mg potassium.



## Smoothie bowl with mango, chia, and pumpkin seeds



PREP 10 MIN



COOK 0 MIN



SERVES 2-6

### Ingredients:

- 1½ cups frozen mango chunks
- ½ cup plain Greek yogurt
- ½ cup unsweetened almond milk
- 1 tablespoon chia seeds
- 2 tablespoons pumpkin seeds
- ½ banana (for extra creaminess, optional)
- Fresh mango slices and banana (for topping, optional)

### Directions:

1. In a blender, combine frozen mango, Greek yogurt, almond milk, and banana (if using). Blend until smooth and creamy.
2. Pour smoothie into bowls.
3. Sprinkle each bowl with chia seeds, pumpkin seeds, and fresh fruit toppings.
4. Serve immediately and enjoy with a spoon.

**Nutritional Information** (per serving, based on 2 servings): 260 calories, 9g protein, 27g carbohydrates, 13g fat, 5g fiber, 5mg cholesterol, 40mg sodium, 390mg potassium.

## Scrambled eggs with tomato and basil on rye bread



PREP 5 MIN



COOK 10 MIN



SERVES 2-6

### Ingredients:

- 4 large eggs
- 2 tablespoons whole milk
- 1 medium tomato, diced
- 1 tablespoon chopped fresh basil
- 1 tablespoon olive oil or butter
- 2 slices rye bread, toasted
- Salt and pepper to taste

### Directions:

1. In a bowl, whisk together the eggs, milk, salt, and pepper.
2. Heat olive oil or butter in a nonstick skillet over medium heat. Add tomatoes and sauté for 2 minutes.
3. Pour in the egg mixture and cook, gently stirring until soft curds form. Remove from heat and stir in fresh basil.
4. Spoon the scrambled eggs over toasted rye bread and serve immediately.



**Nutritional Information** (per serving, based on 2 servings): 280 calories, 14g protein, 18g carbohydrates, 17g fat, 3g fiber, 370mg cholesterol, 380mg sodium, 370mg potassium.

## Warm millet porridge with cinnamon and raisins



PREP 5 MIN



COOK 25 MIN



SERVES 2-6

### Ingredients:

- 1 cup uncooked millet
- 3 cups water
- 1 cup unsweetened almond milk
- 1/3 cup raisins
- 1 teaspoon ground cinnamon
- 1 tablespoon honey or maple syrup (optional)
- 1/4 teaspoon salt

### Directions:

1. Rinse millet thoroughly under cold water and drain.
2. In a medium saucepan, combine millet, water, almond milk, cinnamon, and salt.
3. Bring to a boil, reduce heat, cover, and simmer for 20–25 minutes, stirring occasionally.
4. Once millet is soft and liquid absorbed, stir in raisins and sweetener if using.
5. Serve warm, optionally topped with extra almond milk or a sprinkle of cinnamon.

*Nutritional Information* Information (per serving): 215 calories, 5g protein, 38g carbohydrates, 4g fat, 4g fiber, 0mg cholesterol, 70mg sodium, 210mg potassium.

## Whole grain toast with ricotta and raspberries



PREP 5 MIN



COOK 2 MIN



SERVES 2-6

### Ingredients:

- 4 slices whole grain bread
- 1 cup ricotta cheese
- 1 cup fresh raspberries
- 1 tablespoon honey (optional)

### Directions:

1. Toast the slices of whole grain bread to your desired level.
2. Spread approximately 1/4 cup of ricotta cheese on each slice.
3. Top with fresh raspberries and drizzle with honey if desired.
4. Serve immediately as a light breakfast or snack.

*Nutritional Information* (per serving): 230 calories, 10g protein, 25g carbohydrates, 10g fat, 4g fiber, 20mg cholesterol, 180mg sodium, 220mg potassium.



## Chia yogurt bowl with kiwi and almonds



PREP 5 MIN



COOK 0 MIN



SERVES 2-6

### Ingredients:

- 2 cups plain Greek yogurt
- 2 tablespoons chia seeds
- 2 kiwis, peeled and sliced
- 1/4 cup sliced almonds
- 2 teaspoons honey (optional)

### Directions:

1. In a bowl, mix the Greek yogurt and chia seeds. Let it sit for a few minutes to soften.
2. Top with sliced kiwi and almonds.
3. Drizzle with honey if desired.
4. Serve immediately or refrigerate for later.

*Nutritional Information (per serving, based on 4 servings): 260 calories, 11g protein, 28g carbohydrates, 12g fat, 4g fiber, 25mg cholesterol, 200mg sodium, 280mg potassium.*

## Fruit salad with chopped nuts and yogurt



PREP 10 MIN



COOK 0 MIN



SERVES 2-6

### Ingredients:

- 1 cup diced strawberries
- 1 cup diced apple
- 1 cup diced banana
- 1/2 cup blueberries
- 1/4 cup chopped walnuts or almonds
- 1 cup plain Greek yogurt
- 1 tablespoon honey (optional)

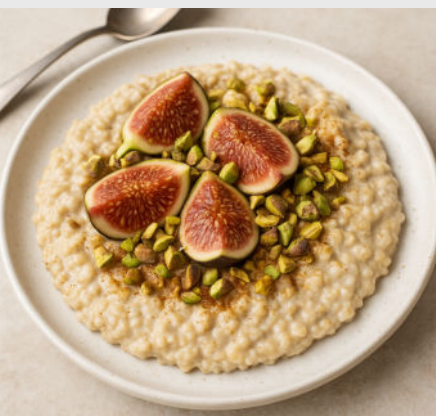
### Directions:

1. In a large bowl, combine all the chopped fruits.
2. Spoon Greek yogurt on top or mix it in gently.
3. Sprinkle with chopped nuts.
4. Drizzle with honey if desired.
5. Serve immediately or chill for later.

*Nutritional Information (per serving): 210 calories, 7g protein, 28g carbohydrates, 9g fat, 4g fiber, 5mg cholesterol, 40mg sodium, 320mg potassium.*



## Oats with chopped figs, cinnamon, and pistachios



PREP 5 MIN



COOK 10 MIN



SERVES 2-4

### Ingredients:

- 1 cup old-fashioned rolled oats
- 2 cups water or unsweetened almond milk
- 1/2 cup dried figs, chopped
- 1/4 teaspoon ground cinnamon
- 1/4 cup shelled pistachios, chopped
- 1 tablespoon honey or maple syrup (optional)
- Pinch of salt

### Directions:

1. In a saucepan, bring water or almond milk to a boil with a pinch of salt.
2. Stir in oats and reduce heat to low; simmer for about 5 minutes.
3. Add chopped figs and cinnamon; cook for another 5 minutes, stirring occasionally.
4. Remove from heat and top with pistachios and honey or maple syrup, if using.
5. Serve warm.

*Nutritional Information (per serving): 230 calories, 6g protein, 35g carbohydrates, 8g fat, 5g fiber, 0mg cholesterol, 60mg sodium, 290mg potassium.*

## Cottage cheese with blueberries and chia



PREP 5 MIN



COOK 0 MIN



SERVES 2-6

### Ingredients:

- 2 cups low-fat cottage cheese
- 1 cup fresh blueberries
- 2 teaspoons chia seeds
- 1 tablespoon honey (optional)
- 1/2 teaspoon vanilla extract (optional)

### Directions:

1. In a bowl, divide cottage cheese evenly among servings.
2. Top with fresh blueberries.
3. Sprinkle chia seeds evenly over each portion.
4. Drizzle with honey and add vanilla extract if desired.
5. Serve immediately or chill briefly before serving.

*Nutritional Information (per serving): 160 calories, 13g protein, 12g carbohydrates, 7g fat, 2g fiber, 15mg cholesterol, 270mg sodium, 220mg potassium.*



## Zucchini and feta omelet



PREP 10 MIN    COOK 10 MIN    SERVES 2-6

### Ingredients:

- 1 cup zucchini, grated and squeezed dry
- 1/2 cup crumbled feta cheese
- 1/4 cup chopped scallions (optional)
- 1 tablespoon olive oil or butter
- 1/4 teaspoon black pepper
- Pinch of salt (optional, since feta is salty)

### Directions:

1. In a large bowl, whisk the eggs with pepper and salt if using.
2. Stir in grated zucchini, crumbled feta, and scallions.
3. Heat olive oil in a nonstick skillet over medium heat.
4. Pour in the egg mixture and cook undisturbed for 5–6 minutes, then flip or broil for another 3–4 minutes until set.
5. Slice and serve warm.

*Nutritional Information (per serving): 190 calories, 12g protein, 3g carbohydrates, 14g fat, 1g fiber, 285mg cholesterol, 310mg sodium, 210mg potassium.*

## Pita with hummus and cherry tomatoes



PREP 5 MIN    COOK 0 MIN    SERVES 2-6

### Ingredients:

- 2 whole wheat pita breads (6-inch diameter)
- 1/2 cup hummus
- 1 cup cherry tomatoes, halved
- 1 tablespoon olive oil (optional)
- Fresh parsley or basil for garnish (optional)
- Salt and black pepper to taste

### Directions:

1. Warm pita bread slightly if desired, then cut each into halves or quarters.
2. Spread 2 tablespoons of hummus on each pita portion.
3. Top with halved cherry tomatoes.
4. Drizzle with olive oil and season with salt and pepper.
5. Garnish with fresh herbs and serve immediately.

*Nutritional Information (per serving): 220 calories, 7g protein, 28g carbohydrates, 10g fat, 5g fiber, 0mg cholesterol, 310mg sodium, 270mg potassium.*





# Mediterranean Diet for Beginners

*CHAPTER 4: Lunch*

## Mediterranean Chickpea Salad



PREP 15 MIN



COOK 0 MIN



SERVES 4

### Ingredients:

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

### Directions:

1. Combine chickpeas, cucumber, cherry tomatoes, and red onion in a large mixing bowl.
2. Add feta cheese and gently toss.
3. Drizzle olive oil and lemon juice over the salad.
4. Season with salt and pepper to taste, and mix until evenly coated.
5. Garnish with chopped parsley if desired. Serve chilled or at room temperature.

*Nutritional Information:* 230 calories, 8g protein, 20g carbohydrates, 13g fat, 5g fiber, 20mg cholesterol, 300mg sodium, 300mg potassium.

## Leftover quinoa + chickpeas tossed with roasted vegetables and fresh parsley



PREP 10 MIN



COOK 25 MIN



SERVES 2-6

### Ingredients:

- 2 cups cooked quinoa
- 2 tablespoons olive oil
- 1 1/2 cups canned chickpeas, drained and rinsed
- 1/4 teaspoon salt
- 1 cup diced zucchini
- 1/4 teaspoon black pepper
- 1 cup diced bell pepper (any color)
- 1/4 cup chopped fresh parsley
- 1 cup cherry tomatoes, halved
- 1 tablespoon lemon juice

### Directions:

1. Preheat oven to 400°F. Toss zucchini, bell pepper, and cherry tomatoes with olive oil, salt, and pepper. Spread on a baking sheet and roast for 20–25 minutes until tender and slightly browned.
2. Combine roasted vegetables, cooked quinoa, and chickpeas in a large bowl.
3. Add lemon juice and fresh parsley, and toss well to mix.
4. Serve warm or at room temperature.

*Nutritional Information:* 280 calories, 9g protein, 38g carbohydrates, 10g fat, 6g fiber, 0mg cholesterol, 240mg sodium, 470mg potassium.



## Lentil soup with a side of arugula salad



PREP 15 MIN



COOK 30 MIN



SERVES 4

### Ingredients:

#### For the Lentil Soup:

- 1 cup dried green or brown lentils, rinsed
- 1 tablespoon olive oil
- 1 small yellow onion, diced
- 2 carrots, peeled and diced
- 2 celery stalks, diced
- 3 cloves garlic, minced
- 1 teaspoon ground cumin
- 1/2 teaspoon smoked paprika

- 4 cups low-sodium vegetable broth
- Salt and black pepper, to taste

#### For the Arugula Salad:

- 4 cups fresh arugula
- 2 tablespoons extra virgin olive oil
- 1 tablespoon fresh lemon juice
- 1/4 cup shaved parmesan cheese
- Salt and pepper, to taste

### Directions:

1. Heat olive oil in a large pot over medium heat. Add onion, carrots, and celery; sauté for 5–7 minutes until softened.
2. Add garlic, cumin, and paprika. Cook for 1 minute, then stir in lentils and broth. Bring to a boil, then reduce heat and simmer uncovered for 25–30 minutes, or until lentils are tender.
3. Season soup with salt and pepper to taste.
4. In a large bowl, toss arugula with olive oil, lemon juice, parmesan, and a pinch of salt and pepper.
5. Serve the hot lentil soup with a fresh side of arugula salad.

*Nutritional Information: 290 calories, 15g protein, 30g carbohydrates, 12g fat, 9g fiber, 10mg cholesterol, 390mg sodium, 510mg potassium.*

## Tomato and white bean salad with red onion, basil, and balsamic drizzle



PREP 10 MIN



COOK 0 MIN



SERVES 4

### Ingredients:

- 2 cups cherry tomatoes, halved
- 1 (15-ounce) can white beans (cannellini or great northern), drained and rinsed
- 1/4 cup red onion, thinly sliced
- 1/4 cup fresh basil leaves, chopped
- 1 tablespoon extra virgin olive oil
- 1 tablespoon balsamic glaze
- Salt and freshly ground black pepper, to taste

### Directions:

1. In a large mixing bowl, combine cherry tomatoes, white beans, and red onion.
2. Add chopped basil and gently toss to mix.
3. Drizzle with olive oil and balsamic glaze, then season with salt and pepper.
4. Toss again lightly and serve immediately or chilled.

*Nutritional Information: 190 calories, 8g protein, 27g carbohydrates, 6g fat, 6g fiber, 0mg cholesterol, 240mg sodium, 520mg potassium.*



## Leftover stuffed peppers or grain bowl with lentils and roasted veggies



PREP 10 MIN



COOK 25 MIN



SERVES 2-6

### Ingredients:

2 cups cooked quinoa	2 tablespoons olive oil
1 ½ cups canned chickpeas, drained and rinsed	¼ teaspoon salt
1 cup diced zucchini	¼ teaspoon black pepper
1 cup diced bell pepper (any color)	¼ cup chopped fresh parsley
1 cup cherry tomatoes, halved	1 tablespoon lemon juice

### Directions:

1. Preheat oven to 400°F. Toss zucchini, bell pepper, and cherry tomatoes with olive oil, salt, and pepper. Spread on a baking sheet and roast for 20–25 minutes, or until tender and slightly browned.
2. In a large bowl, combine roasted vegetables, cooked quinoa, and chickpeas.
3. Add lemon juice and fresh parsley, and toss well to mix.
4. Serve warm or at room temperature.

*Nutritional Information: 280 calories, 9g protein, 38g carbohydrates, 10g fat, 6g fiber, 0mg cholesterol, 240mg sodium, 470mg potassium.*

## Mediterranean tuna wrap (whole grain pita, tuna, yogurt, cucumber, herbs)



PREP 10 MIN



COOK 0 MIN



SERVES 2-6

### Ingredients:

·2 (5 oz) cans tuna in water, drained	·1 tablespoon lemon juice
·½ cup plain Greek yogurt	·Salt and black pepper to taste
·1 cup diced cucumber	·4 whole grain pita breads (6-inch size)
·¼ cup finely chopped fresh parsley	·Optional: sliced lettuce or spinach for added crunch
·2 tablespoons chopped fresh dill (or 1 teaspoon dried)	

### Directions:

1. In a bowl, combine tuna, Greek yogurt, cucumber, parsley, dill, lemon juice, salt, and pepper. Mix until well combined.
2. Warm pita breads slightly if desired.
3. Spoon the tuna mixture evenly into each pita.
4. Add greens if using, then fold or roll up the pita. Serve immediately or wrap for on-the-go.

*Nutritional Information: 280 calories, 25g protein, 24g carbohydrates, 9g fat, 5g fiber, 30mg cholesterol, 390mg sodium, 420mg potassium.*



## Caprese salad (mozzarella, tomato, basil, olive oil) + whole grain crackers



PREP 10 MIN



COOK 0 MIN



SERVES 4

### Ingredients:

- 8 oz fresh mozzarella, sliced
- 2 large ripe tomatoes, sliced
- 1/4 cup fresh basil leaves
- 1 tbsp extra-virgin olive oil
- 1/8 tsp sea salt (optional)
- 1/8 tsp ground black pepper (optional)
- 8 whole grain crackers (about 2 per serving)

### Directions:

1. Arrange alternating slices of tomato and mozzarella on a platter.
2. Tuck whole basil leaves between the layers.
3. Drizzle with olive oil and sprinkle lightly with salt and pepper if desired.
4. Serve with whole grain crackers on the side.

*Nutritional Information: 220 calories, 10g protein, 13g carbohydrates, 14g fat, 2g fiber, 30mg cholesterol, 250mg sodium, 180mg potassium.*

## Couscous salad with cucumber, tomatoes, mint, and lemon-tahini dressing



PREP 15 MIN



COOK 5 MIN



SERVES 2-6

### Ingredients:

- 1 cup dry couscous
- 1 cup boiling water
- 1 medium cucumber, diced
- 1 cup cherry tomatoes, halved
- 2 tablespoons fresh mint, chopped
- 2 tablespoons fresh parsley, chopped (optional)
- 2 tablespoons tahini
- 2 tablespoons fresh lemon juice
- 1 tablespoon olive oil
- 1 small garlic clove, minced
- Salt and black pepper to taste

### Directions:

1. In a large bowl, combine couscous with boiling water. Cover and let sit for 5 minutes, then fluff with a fork.
2. Add diced cucumber, halved cherry tomatoes, and chopped mint (and parsley if using) to the couscous.
3. In a small bowl, whisk together tahini, lemon juice, olive oil, garlic, salt, and pepper to make the dressing.
4. Pour dressing over the couscous mixture and toss to combine.
5. Chill for 10 minutes before serving, or serve at room temperature.

*Nutritional Information: 235 calories, 6g protein, 28g carbohydrates, 11g fat, 4g fiber, 0mg cholesterol, 90mg sodium, 210mg potassium.*



## Lentil and carrot salad with cumin, parsley, olive oil and lemon



PREP 10 MIN



COOK 20 MIN



SERVES 2-6

### Ingredients:

- |                                      |                                 |
|--------------------------------------|---------------------------------|
| 1 cup dry green or brown lentils     | 2 tablespoons olive oil         |
| 2 cups water                         | 2 tablespoons fresh lemon juice |
| 2 medium carrots, shredded           | 1/2 teaspoon ground cumin       |
| 2 tablespoons fresh parsley, chopped | Salt and black pepper to taste  |

### Directions:

1. Rinse lentils and place in a saucepan with water. Bring to a boil, reduce heat, and simmer for 15–20 minutes until tender but not mushy. Drain and cool slightly.
2. Combine cooked lentils, shredded carrots, and chopped parsley in a large bowl.
3. Whisk together olive oil, lemon juice, cumin, salt, and pepper in a small bowl.
4. Pour dressing over the lentil mixture and toss to combine.
5. Serve warm or chilled

**Nutritional Information:** 210 calories, 9g protein, 25g carbohydrates, 9g fat, 9g fiber, 0mg cholesterol, 80mg sodium, 370mg potassium.

## Greek-style falafel wrap with cucumber-yogurt sauce



PREP 20 MIN



COOK 15 MIN



SERVES 4

### Ingredients:

#### For the Falafel:

- 1 (15-ounce) can chickpeas, drained and rinsed
- 1/4 cup chopped red onion
- 2 cloves garlic, minced
- 1/4 cup chopped fresh parsley
- 1/4 cup chopped fresh cilantro
- 1 teaspoon ground cumin
- 1/2 teaspoon ground coriander
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon baking soda
- 2 tablespoons all-purpose flour
- 2 tablespoons olive oil (for pan-frying)

#### For the Cucumber-Yogurt Sauce (Tzatziki):

- 1/2 cup plain Greek yogurt
- 1/3 cup finely grated cucumber
- 1 teaspoon lemon juice
- 1/2 teaspoon garlic powder
- Salt and pepper to taste

#### For Assembly:

- 4 whole wheat pita or flatbreads
- 1 cup shredded lettuce
- 1/2 cup chopped tomatoes
- 1/4 cup thinly sliced red onion

### Directions:

1. Combine all falafel ingredients (except olive oil) in a food processor. Pulse until a coarse mixture forms. Form into 8 small patties.
2. Heat olive oil in a skillet over medium heat. Cook falafel patties for 3–4 minutes per side, until golden brown and crisp.
3. In a small bowl, mix all tzatziki ingredients until well combined.
4. Warm pita bread slightly, then assemble wraps with 2 falafel patties each, lettuce, tomatoes, red onion, and a generous spoonful of cucumber-yogurt sauce.

**Nutritional Information:** 360 calories, 13g protein, 42g carbohydrates, 16g fat, 8g fiber, 5mg cholesterol, 460mg sodium, 440mg potassium.



## Spinach and chickpea stew with garlic and lemon



PREP 10 MIN



COOK 20 MIN



SERVES 4

### Ingredients:

- 1 tablespoon extra virgin olive oil
- 4 cloves garlic, minced
- 1 small yellow onion, diced
- 1 teaspoon ground cumin
- 1/4 teaspoon crushed red pepper flakes (optional)
- 1 (15-ounce) can chickpeas, drained and rinsed
- 1 (14.5-ounce) can diced tomatoes (no salt added)
- 4 cups fresh baby spinach
- 1/2 cup low-sodium vegetable broth or water
- 2 tablespoons fresh lemon juice
- Salt and black pepper to taste

### Directions:

1. Heat olive oil in a large skillet or pot over medium heat. Add garlic and onion and sauté for 3–4 minutes until fragrant and translucent.
2. Stir in cumin and red pepper flakes (if using), then add chickpeas, tomatoes, and broth. Simmer for 10 minutes.
3. Add spinach and cook for 5–6 minutes until wilted and tender.
4. Stir in lemon juice, season with salt and pepper, and serve warm.

*Nutritional Information: 220 calories, 10g protein, 13g carbohydrates, 14g fat, 2g fiber, 30mg cholesterol, 250mg sodium, 180mg potassium.*

## Caprese sandwich (tomato, mozzarella, basil, olive oil) on whole grain bread



PREP 15 MIN



COOK 5 MIN



SERVES 2-6

### Ingredients:

- 4 slices whole grain bread
- 1 large ripe tomato, sliced
- 4 ounces fresh mozzarella cheese, sliced
- 1/4 cup fresh basil leaves
- 2 teaspoons extra virgin olive oil
- 1/4 teaspoon sea salt
- 1/8 teaspoon black pepper
- Optional: 1 teaspoon balsamic glaze

### Directions:

1. Lightly toast the whole grain bread slices (optional, about 1–2 minutes).
2. Layer tomato slices, mozzarella, and basil leaves on two slices of bread.
3. Drizzle each sandwich with 1 teaspoon of olive oil, and sprinkle with salt and pepper.
4. Add balsamic glaze if using, then top with remaining bread slices. Slice and serve immediately.

*Nutritional Information: 235 calories, 6g protein, 28g carbohydrates, 11g fat, 4g fiber, 0mg cholesterol, 90mg sodium, 210mg potassium.*



## Roasted vegetable and quinoa bowl with tahini dressing



PREP 15 MIN



COOK 25 MIN



SERVES 4

### Ingredients:

#### For the Bowl:

- 1 cup dry quinoa
- 2 cups water
- 1 medium zucchini, sliced
- 1 red bell pepper, chopped
- 1 small red onion, sliced
- 1 cup chopped broccoli florets
- 2 tablespoons olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper

#### For the Tahini Dressing:

- 1/4 cup tahini
- 2 tablespoons lemon juice
- 1 tablespoon olive oil
- 1 tablespoon water (more as needed for consistency)
- 1 clove garlic, minced
- 1/4 teaspoon salt

### Directions:

1. Preheat oven to 400°F. Toss zucchini, bell pepper, onion, and broccoli with olive oil, salt, and pepper. Spread on a baking sheet and roast for 20–25 minutes, stirring halfway.
2. Rinse quinoa under cold water. Bring water to a boil in a saucepan, add quinoa, reduce heat, cover, and simmer for 15 minutes—fluff with a fork.
3. Whisk together tahini, lemon juice, olive oil, water, garlic, and salt in a small bowl until smooth.
4. Assemble bowls by dividing quinoa and roasted vegetables. Drizzle with tahini dressing and serve warm or at room temperature.

*Nutritional Information: 360 calories, 10g protein, 35g carbohydrates, 21g fat, 6g fiber, 0mg cholesterol, 290mg sodium, 580mg potassium.*

## Soup with white beans, kale, and tomato broth + slice of crusty whole grain bread



PREP 10 MIN



COOK 25 MIN



SERVES 4

### Ingredients:

- 1 tablespoon extra virgin olive oil
- 1 small yellow onion, diced
- 2 cloves garlic, minced
- 1 (15-ounce) can white beans (such as cannellini or great northern), drained and rinsed
- 1 (14.5-ounce) can diced tomatoes
- 4 cups low-sodium vegetable broth
- 3 cups chopped fresh kale, stems removed
- 1 teaspoon dried oregano
- 1/4 teaspoon crushed red pepper flakes (optional)
- Salt and black pepper to taste
- 4 slices crusty whole grain bread (1 per serving)

### Directions:

1. In a large pot, heat olive oil over medium heat. Add onion and sauté for 4–5 minutes until soft.
2. Stir in garlic, oregano, and red pepper flakes; cook for 1 minute until fragrant.
3. Add white beans, diced tomatoes (with juice), and broth. Bring to a boil, then reduce heat and simmer for 10 minutes.
4. Stir in kale and simmer for another 8–10 minutes until tender. Season with salt and pepper.
5. Serve hot with a slice of whole grain bread on the side.

*Nutritional Information: 290 calories, 11g protein, 38g carbohydrates, 9g fat, 9g fiber, 0mg cholesterol, 480mg sodium, 620mg potassium.*



## Lentil tabbouleh with parsley, tomato, cucumber and lemon



PREP 15 MIN



COOK 20 MIN



SERVES 4

### Ingredients:

- 1 cup dry brown or green lentils, rinsed
- 2 cups water
- 1 cup finely chopped fresh parsley
- 1/2 cup chopped fresh mint (optional)
- 1 cup diced cucumber
- 1 cup diced tomatoes
- 1/4 cup chopped scallions or red onion
- 1/4 cup fresh lemon juice
- 2 tablespoons extra virgin olive oil
- 1/2 teaspoon sea salt
- 1/4 teaspoon black pepper

### Directions:

1. In a medium pot, combine lentils and water. Bring to a boil, then reduce heat and simmer for 18–20 minutes until tender. Drain and let cool.
2. In a large bowl, combine cooled lentils with parsley, mint (if using), cucumber, tomatoes, and scallions.
3. In a small bowl, whisk together lemon juice, olive oil, salt, and pepper.
4. Pour dressing over the lentil mixture and toss gently. Chill for 15 minutes before serving.

*Nutritional Information: 250 calories, 12g protein, 29g carbohydrates, 9g fat, 9g fiber, 0mg cholesterol, 230mg sodium, 540mg potassium.*

## Stuffed sweet potato with hummus, arugula, and roasted chickpeas



PREP 10 MIN



COOK 45 MIN



SERVES 4

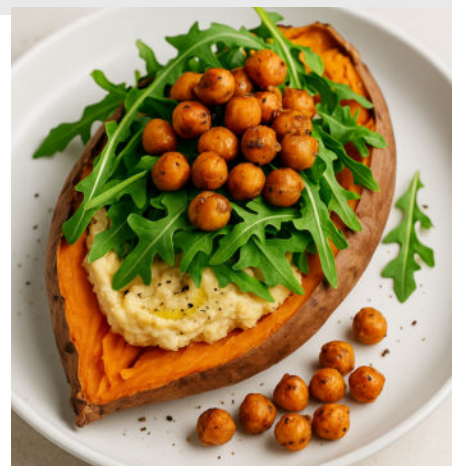
### Ingredients:

- 4 medium sweet potatoes
- 1 (15-ounce) can chickpeas, drained, rinsed, and patted dry
- 1 tablespoon olive oil
- 1/2 teaspoon ground cumin
- 1/2 teaspoon smoked paprika
- 1/4 teaspoon garlic powder
- 1/2 teaspoon sea salt
- 1 cup hummus (store-bought or homemade)
- 2 cups fresh arugula
- 1 tablespoon lemon juice

### Directions:

1. Preheat oven to 400°F. Pierce sweet potatoes with a fork and bake on a lined baking sheet for 40–45 minutes, or until tender.
1. While potatoes roast, toss chickpeas with olive oil, cumin, paprika, garlic powder, and salt. Spread the mixture on a baking sheet and roast for 25–30 minutes, shaking the pan halfway through.
2. Once sweet potatoes are cooked, slice them open lengthwise and fluff the insides with a fork.
3. Top each potato with 1/4 cup hummus, a handful of arugula, and roasted chickpeas. Drizzle with lemon juice before serving.

*Nutritional Information: 340 calories, 11g protein, 45g carbohydrates, 13g fat, 9g fiber, 0mg cholesterol, 410mg sodium, 690mg potassium.*



## Couscous bowl with grilled zucchini, chickpeas, and tahini drizzle



PREP 15 MIN



COOK 10 MIN



SERVES 4

### Ingredients:

- 1 cup dry whole wheat couscous
- 1 cup boiling water
- 1 (15-ounce) can chickpeas, drained and rinsed
- 2 medium zucchinis, sliced into rounds
- 1 tablespoon olive oil
- 1/2 teaspoon ground cumin
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper

### Tahini Drizzle:

- 1/4 cup tahini
- 2 tablespoons lemon juice
- 2 tablespoons water (more as needed to thin)
- 1 clove garlic, minced
- Pinch of salt

### Directions:

1. In a bowl, combine couscous with boiling water. Cover and let sit for 5 minutes, then fluff with a fork.
2. Toss zucchini slices with olive oil, cumin, salt, and pepper. Grill on a stovetop grill or skillet for 2–3 minutes per side until tender and charred.
3. In a small bowl, whisk together tahini, lemon juice, water, garlic, and salt until smooth.
4. Assemble bowls with couscous, chickpeas, grilled zucchini, and drizzle with tahini sauce. Serve warm or at room temperature.

*Nutritional Information: 340 calories, 11g protein, 38g carbohydrates, 16g fat, 7g fiber, 0mg cholesterol, 290mg sodium, 480mg potassium.*

## Roasted cauliflower salad with tahini, lemon and lentils



PREP 15 MIN



COOK 25 MIN



SERVES 4

### Ingredients:

- 1 medium head cauliflower, cut into florets (about 4 cups)
- 1 tablespoon olive oil
- 1/2 teaspoon ground cumin
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1 cup cooked brown or green lentils (or 1 (15-ounce) can, drained and rinsed)
- 1/4 cup chopped fresh parsley
- 2 tablespoons chopped red onion

### Tahini Dressing:

- 1/4 cup tahini
- 2 tablespoons fresh lemon juice
- 1 tablespoon olive oil
- 2 tablespoons water (more as needed)
- 1 clove garlic, minced
- Pinch of salt



### Directions:

1. Preheat the oven to 425°F. Toss the cauliflower florets with olive oil, cumin, salt, and pepper. Spread them on a baking sheet and roast for 20–25 minutes, flipping halfway, until golden and tender.
2. Whisk together tahini, lemon juice, olive oil, water, garlic, and salt in a small bowl until smooth.
3. Combine roasted cauliflower, lentils, parsley, and red onion in a large bowl.
4. Drizzle with tahini dressing and toss gently to coat. Serve warm or chilled.

*Nutritional Information: 320 calories, 11g protein, 28g carbohydrates, 18g fat, 8g fiber, 0mg cholesterol, 220mg sodium, 540mg potassium.*

## Mediterranean flatbread with hummus, olives, and arugula



PREP 10 MIN



COOK 5 MIN



SERVES 4

### Ingredients:

- 2 whole grain flatbreads or naan (about 8 inches each)
- 1 cup hummus
- 1 cup baby arugula
- 1/2 cup cherry tomatoes, halved
- 1/4 cup sliced Kalamata olives
- 2 tablespoons crumbled feta cheese (optional)
- 1 tablespoon extra virgin olive oil
- 1 teaspoon fresh lemon juice
- 1/4 teaspoon black pepper

### Directions:

1. Preheat oven to 400°F. Place flatbreads on a baking sheet and warm for 5 minutes until slightly crisp.
2. Spread 1/2 cup hummus evenly over each warm flatbread.
3. Top with arugula, cherry tomatoes, olives, and feta (if using).
4. Drizzle with olive oil and lemon juice. Sprinkle with black pepper and slice to serve.

*Nutritional Information: 310 calories, 9g protein, 32g carbohydrates, 16g fat, 6g fiber, 5mg cholesterol, 460mg sodium, 330mg potassium.*

## Roasted veggie and halloumi cheese wrap



PREP 15 MIN



COOK 20 MIN



SERVES 4

### Ingredients:

- 1 medium zucchini, sliced
- 1 red bell pepper, sliced
- 1 small red onion, sliced
- 2 tablespoons olive oil
- 1/2 teaspoon dried oregano
- 8 ounces halloumi cheese, sliced
- 4 whole wheat wraps (8-inch size)
- 1 cup baby spinach or arugula
- 1 tablespoon lemon juice
- Salt and black pepper to taste

### Directions:

1. Preheat oven to 425°F. Toss zucchini, bell pepper, and onion with 1 tablespoon olive oil, oregano, salt, and pepper. Roast for 20 minutes, flipping halfway.
2. While vegetables roast, heat a skillet over medium heat and sear halloumi slices with 1 tablespoon olive oil for 2–3 minutes per side until golden brown.
3. Warm the wraps slightly. Layer each with roasted vegetables, seared halloumi, and a handful of spinach. Drizzle with lemon juice.
4. Roll up the wraps tightly and slice in half to serve warm.

*Nutritional Information: 390 calories, 16g protein, 33g carbohydrates, 22g fat, 5g fiber, 40mg cholesterol, 620mg sodium, 440mg potassium.*



## Greek salad with tuna and whole grain crackers



PREP 15 MIN



COOK 0 MIN



SERVES 4

### Ingredients:

- 2 (5-ounce) cans tuna in water, drained
- 2 cups chopped romaine lettuce
- 1 cup cherry tomatoes, halved
- 1/2 cup diced cucumber
- 1/4 cup sliced red onion
- 1/4 cup sliced Kalamata olives
- 1/4 cup crumbled feta cheese
- 2 tablespoons extra virgin olive oil
- 1 tablespoon red wine vinegar
- 1/2 teaspoon dried oregano
- Salt and black pepper to taste
- 16 whole grain crackers (4 per serving)

### Directions:

1. Combine lettuce, tomatoes, cucumber, red onion, olives, and feta in a large bowl.
2. Whisk together olive oil, vinegar, oregano, salt, and pepper in a small bowl.
3. Add tuna to the salad and drizzle with dressing. Toss gently to combine.
4. Serve with whole grain crackers on the side.

*Nutritional Information: 320 calories, 22g protein, 16g carbohydrates, 20g fat, 3g fiber, 35mg cholesterol, 520mg sodium, 480mg potassium.*

## Leftover mushroom-stuffed quinoa bowl



PREP 10 MIN



COOK 15 MIN



SERVES 4

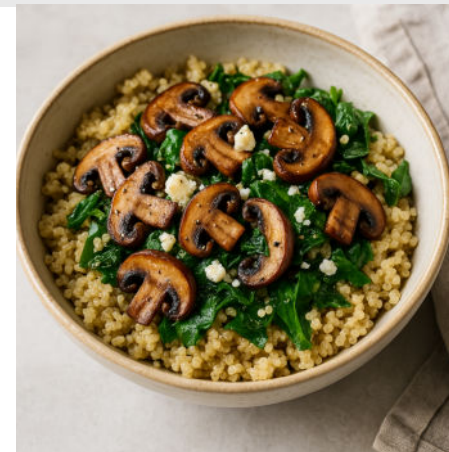
### Ingredients:

- 2 cups cooked quinoa
- 1 tablespoon olive oil
- 8 ounces mushrooms (such as cremini or button), sliced
- 2 cloves garlic, minced
- 1 cup chopped spinach or kale (optional)
- 1/4 teaspoon dried thyme
- Salt and black pepper to taste
- 1 tablespoon lemon juice
- 1/4 cup crumbled feta cheese (optional)

### Directions:

1. Heat olive oil in a skillet over medium heat. Add mushrooms and cook for 5–7 minutes until browned.
2. Add garlic, thyme, and greens (if using); sauté for another 2–3 minutes until fragrant and wilted.
3. Stir in cooked quinoa and season with salt, pepper, and lemon juice. Heat through.
4. Divide into bowls and top with feta if desired. Serve warm.

*Nutritional Information: 310 calories, 11g protein, 34g carbohydrates, 14g fat, 5g fiber, 10mg cholesterol, 280mg sodium, 490mg potassium.*



## Bulgur salad with chickpeas, mint, cucumber and tomato



PREP 15 MIN



COOK 12 MIN



SERVES 4

### Ingredients:

- 1 cup dry bulgur wheat
- 1 1/2 cups water
- 1 (15-ounce) can chickpeas, drained and rinsed
- 1 cup diced cucumber
- 1 cup diced tomatoes
- 1/4 cup chopped fresh mint
- 1/4 cup chopped fresh parsley
- 2 tablespoons chopped red onion
- 2 tablespoons fresh lemon juice
- 2 tablespoons extra virgin olive oil
- 1/2 teaspoon sea salt
- 1/4 teaspoon black pepper

### Directions:

1. In a saucepan, bring water to a boil. Stir in bulgur, cover, and remove from heat. Let it sit for 12 minutes, then fluff it with a fork and let it cool.
2. Combine cooled bulgur, chickpeas, cucumber, tomatoes, mint, parsley, and red onion in a large bowl.
3. Whisk together lemon juice, olive oil, salt, and pepper in a small bowl.
4. Pour dressing over the salad and toss well. Chill for 15 minutes before serving.

*Nutritional Information: 280 calories, 9g protein, 38g carbohydrates, 10g fat, 8g fiber, 0mg cholesterol, 320mg sodium, 440mg potassium.*

## Tomato lentil soup with whole grain toast



PREP 10 MIN



COOK 30 MIN



SERVES 4

### Ingredients:

- 1 tablespoon olive oil
- 1 small yellow onion, diced
- 2 cloves garlic, minced
- 1 teaspoon ground cumin
- 1/2 teaspoon smoked paprika
- 1 cup dried red lentils, rinsed
- 1 (28-ounce) can crushed tomatoes
- 4 cups low-sodium vegetable broth
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 4 slices whole grain bread, toasted

### Directions:

1. In a large pot, heat olive oil over medium heat. Add onion and sauté for 4–5 minutes until soft.
2. Stir in garlic, cumin, and paprika, and cook for 1 minute.
3. Add lentils, crushed tomatoes, broth, salt, and pepper. Bring to a boil, then reduce heat and simmer uncovered for 25–30 minutes, or until lentils are tender.
4. Serve hot with a slice of toasted whole grain bread on the side.

*Nutritional Information: 310 calories, 15g protein, 42g carbohydrates, 8g fat, 10g fiber, 0mg cholesterol, 420mg sodium, 670mg potassium.*



## Whole grain wrap with grilled vegetables and hummus



PREP 15 MIN



COOK 10 MIN



SERVES 4

### Ingredients:

- 4 whole grain wraps (8-inch size)
- 1 medium zucchini, sliced
- 1 red bell pepper, sliced
- 1 small red onion, sliced
- 1 tablespoon olive oil
- 1 teaspoon balsamic vinegar (optional)
- 1 cup hummus
- 1 cup baby spinach or arugula
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper

### Directions:

1. Toss zucchini, bell pepper, and onion with olive oil, salt, and pepper. Grill over medium heat for 4–5 minutes per side, or until tender and slightly charred.
2. Warm wraps slightly, then spread 1/4 cup hummus onto each wrap.
3. Layer with grilled vegetables and a handful of spinach or arugula.
4. Roll up tightly and slice in half to serve.

**Nutritional Information:** 320 calories, 9g protein, 36g carbohydrates, 14g fat, 7g fiber, 0mg cholesterol, 370mg sodium, 480mg potassium.

## Greek-style lentil bowl with cucumber, olives, herbs



PREP 15 MIN



COOK 20 MIN



SERVES 4

### Ingredients:

- 1 cup dry green or brown lentils, rinsed
- 2 1/2 cups water or low-sodium vegetable broth
- 1 cup diced cucumber
- 1/2 cup halved cherry tomatoes
- 1/4 cup sliced Kalamata olives
- 1/4 cup diced red onion
- 1/4 cup chopped fresh parsley
- 2 tablespoons chopped fresh dill or mint
- 2 tablespoons extra virgin olive oil
- 2 tablespoons fresh lemon juice
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper

### Directions:

1. Combine lentils and water or broth in a saucepan. Bring to a boil, then reduce heat and simmer for 18–20 minutes, or until tender. Drain and cool.
2. Combine cooked lentils, cucumber, tomatoes, olives, red onion, parsley, and dill in a large bowl.
3. Whisk together olive oil, lemon juice, salt, and pepper in a small bowl.
4. Pour dressing over the lentil mixture and toss gently to combine. Chill for 10 minutes before serving.

**Nutritional Information:** 290 calories, 12g protein, 30g carbohydrates, 13g fat, 9g fiber, 0mg cholesterol, 310mg sodium, 520mg potassium.



## Lentil soup + slice of whole grain bread



PREP 10 MIN



COOK 30 MIN



SERVES 4

### Ingredients:

- 1 tablespoon olive oil
- 1 small yellow onion, diced
- 2 cloves garlic, minced
- 2 medium carrots, diced
- 1 teaspoon ground cumin
- 1/2 teaspoon dried thyme
- 1 cup dry brown or green lentils, rinsed
- 1 (14.5-ounce) can diced tomatoes
- 4 cups low-sodium vegetable broth
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 4 slices whole grain bread, toasted

### Directions:

1. In a large pot, heat olive oil over medium heat. Add onion, garlic, and carrots. Cook for 5–6 minutes until softened.
2. Stir in cumin and thyme, then add lentils, diced tomatoes, and vegetable broth. Bring to a boil.
3. Reduce heat, cover, and simmer for 25–30 minutes, or until lentils are tender.
4. Season with salt and pepper.
5. Serve hot, accompanied by a slice of whole-grain bread on the side.

*Nutritional Information: 330 calories, 15g protein, 42g carbohydrates, 10g fat, 11g fiber, 0mg cholesterol, 410mg sodium, 620mg potassium.*

## Arugula salad with roasted beets, feta, and lentils



PREP 15 MIN



COOK 40 MIN



SERVES 4

### Ingredients:

- 3 medium beets, peeled and cubed
- 1/3 cup crumbled feta cheese
- 1 tablespoon olive oil
- 2 tablespoons chopped red onion
- 1/4 teaspoon salt
- 2 tablespoons balsamic vinegar
- 1/4 teaspoon black pepper
- 1 tablespoon extra virgin olive oil
- 4 cups baby arugula
- 1 cup cooked green or brown lentils (or 1 (15-ounce) can, drained and rinsed)

### Directions:

1. Preheat oven to 400°F. Toss beet cubes with olive oil, salt, and pepper. Roast on a baking sheet for 35–40 minutes until tender, stirring halfway through.
2. Combine arugula, lentils, roasted beets, feta, and red onion in a large bowl.
3. In a small bowl, whisk together balsamic vinegar and olive oil.
4. Drizzle dressing over the salad and toss gently to coat. Serve immediately.

*Nutritional Information: 280 calories, 11g protein, 27g carbohydrates, 14g fat, 7g fiber, 15mg cholesterol, 360mg sodium, 520mg potassium.*





# Mediterranean Diet for Beginners

*CHAPTER 5: Dinner*

## Grilled salmon with garlic-lemon olive oil, served with quinoa and steamed broccoli



PREP 15 MIN



COOK 25 MIN



SERVES 4

### Ingredients:

#### For the salmon and olive oil drizzle:

- 4 salmon fillets (6 oz each, skin-on or skinless)
- 2 tablespoons olive oil
- 2 cloves garlic, minced
- 1 tablespoon lemon juice
- 1 teaspoon lemon zest
- ½ teaspoon salt

- ¼ teaspoon black pepper
- Optional: lemon wedges for serving

#### For the quinoa and broccoli:

- 1 cup uncooked quinoa
- 2 cups water
- ½ teaspoon salt
- 12 oz fresh broccoli florets (about 4 cups)
- 1 tablespoon olive oil or butter (optional, for flavor)

### Directions:

1. **Make the garlic-lemon olive oil:** Warm 2 tablespoons olive oil in a small pan over low heat. Add garlic and sauté for 1 minute, then stir in lemon juice, zest, salt, and pepper. Remove from heat and set aside.
2. **Grill the salmon:** Preheat a grill or grill pan to medium-high heat. Brush salmon fillets lightly with olive oil and season with salt and pepper. Grill skin-side down for 5–6 minutes, then flip and cook for an additional 3–4 minutes, or until cooked through.
3. **Cook the quinoa:** While the salmon is grilling, rinse the quinoa under cold water. Combine 2 cups of water and ½ teaspoon of salt in a saucepan. Bring to a boil, then reduce the heat, cover, and simmer for 15 minutes or until the water is absorbed. Let rest 5 minutes, then fluff with a fork.
4. **Steam the broccoli:** Place the broccoli in a steamer basket over boiling water and steam for 5–6 minutes, or until tender but still bright green. Toss with olive oil or butter if desired.

**Serve:** Plate salmon with quinoa and steamed broccoli. Drizzle garlic-lemon olive oil over the salmon before serving. Garnish with lemon wedges if desired.

*Nutritional Information (per serving, based on 4 servings): 470 calories, 38g protein, 24g carbohydrates, 25g fat, 5g fiber, 85mg cholesterol.*

## One-pan baked chicken with cherry tomatoes, zucchini, and olives (drizzle with olive oil + oregano)



PREP 15 MIN



COOK 35 MIN



SERVES 4

### Ingredients:

- 4 bone-in, skin-on chicken thighs (about 2 lbs)
- 1 pint cherry tomatoes
- 2 medium zucchinis, sliced into half-moons
- ½ cup pitted Kalamata olives
- 2 tablespoons olive oil
- 1 teaspoon dried oregano
- 1 teaspoon salt
- ½ teaspoon black pepper

### Directions:

1. Preheat oven to 400°F. Lightly grease a large baking dish or sheet pan.
2. Arrange chicken thighs, cherry tomatoes, zucchini, and olives in a single layer.
3. Drizzle olive oil over everything, then sprinkle with oregano, salt, and pepper.
4. Bake uncovered for 35–40 minutes, or until the chicken reaches an internal temperature of 165°F and the skin is golden brown. Serve hot, spooning pan juices over the chicken and vegetables.



*Nutritional Information (per serving, based on 4 servings): 390 calories, 28g protein, 110mg cholesterol.*

## Shrimp sautéed with garlic and olive oil, served over whole wheat pasta with spinach



PREP 15 MIN



COOK 15 MIN



SERVES 2-6

### Ingredients:

- 1 lb large shrimp, peeled and deveined
- 2 tablespoons olive oil
- 4 garlic cloves, minced
- 8 oz whole wheat spaghetti
- 5 oz fresh spinach
- ½ teaspoon red pepper flakes (optional)
- 1 tablespoon lemon juice
- ½ teaspoon salt
- ¼ teaspoon black pepper

### Directions:

1. Cook whole wheat spaghetti according to package instructions; drain and set aside.
2. In a large skillet, heat olive oil over medium heat. Add garlic, red pepper flakes (if used), and sauté for 1 minute.
3. Add shrimp to the skillet and cook for 2–3 minutes per side, until pink and opaque.
4. Stir in spinach and cook until just wilted, about 1 minute.
5. Toss shrimp and spinach mixture with cooked pasta, season with lemon juice, salt, and pepper. Serve warm.

*Nutritional Information (per serving, based on 4 servings): 420 calories, 31g protein, 36g carbohydrates, 16g fat, 6g fiber, 170mg cholesterol.*

## Stuffed bell peppers (quinoa, zucchini, onion, chickpeas, feta)



PREP 20 MIN



COOK 30 MIN



SERVES 2-6

### Ingredients:

- 4 large bell peppers, tops cut off and seeds removed
- 1 cup cooked quinoa
- 1 small zucchini, finely diced
- ½ cup chopped red onion
- 1 cup canned chickpeas, drained and rinsed
- ½ cup crumbled feta cheese
- 1 tablespoon olive oil
- 1 teaspoon dried oregano
- ½ teaspoon salt
- ¼ teaspoon black pepper

### Directions:

1. Preheat oven to 375°F. Lightly grease a baking dish large enough to hold the peppers upright.
2. Mix quinoa, zucchini, onion, chickpeas, feta, olive oil, oregano, salt, and pepper in a large bowl.
3. Spoon the filling into each bell pepper, packing lightly.
4. Place the stuffed peppers upright in the baking dish. Cover loosely with foil and bake for 25 minutes. Remove foil and bake another 5 minutes.
5. Let cool slightly before serving.

*Nutritional Information (per serving, based on 4 servings): 310 calories, 10g protein, 34g carbohydrates, 15g fat, 7g fiber, 20mg cholesterol.*



## Baked cod with lemon and herbs, served with sautéed spinach and roasted sweet potatoes



PREP 15 MIN



COOK 30 MIN



SERVES 4

### Ingredients:

- 1½ lbs cod fillets (4 portions)
- 2 tablespoons olive oil, divided
- 1 tablespoon lemon juice
- 1 teaspoon lemon zest
- 1 teaspoon dried thyme
- 1 teaspoon dried parsley
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 2 medium sweet potatoes, peeled and cut into 1-inch cubes
- 5 oz fresh spinach
- 1 garlic clove, minced

### Directions:

1. Preheat oven to 400°F. Toss sweet potato cubes with 1 tablespoon olive oil, salt, and pepper. Spread the mixture on a baking sheet and roast for 25–30 minutes, flipping it halfway.
1. Place cod fillets on a baking dish. Drizzle with lemon juice, sprinkle with lemon zest, thyme, parsley, salt, and pepper. Bake for 12–15 minutes, or until the fish flakes easily with a fork.
2. While the cod is baking, heat the remaining 1 tablespoon of olive oil in a skillet over medium heat. Add garlic and spinach and sauté for 2–3 minutes until wilted.
3. Serve baked cod with a side of sautéed spinach and roasted sweet potatoes.

**Nutritional Information:** 360 calories, 31g protein, 24g carbohydrates, 15g fat, 5g fiber, 70mg cholesterol, 380mg sodium, 940mg potassium.

## Zucchini and tomato pasta with garlic, olive oil, and shaved parmesan



PREP 15 MIN



COOK 20 MIN



SERVES 2-6

### Ingredients:

- 8 oz spaghetti or linguine (whole wheat or regular)
- 2 tablespoons olive oil
- 3 cloves garlic, thinly sliced
- 1 medium zucchini, halved lengthwise and sliced
- 1½ cups cherry tomatoes, halved
- ¼ teaspoon red pepper flakes (optional)
- Salt and black pepper to taste
- ½ cup shaved Parmesan cheese
- 1 tablespoon chopped fresh basil (optional)

### Directions:

1. Cook pasta in salted boiling water according to package instructions. Reserve ½ cup pasta water, then drain.
2. In a large skillet, heat olive oil over medium heat. Add garlic, red pepper flakes (if used), and sauté for 1 minute.
3. Add zucchini and cook for 5–6 minutes until softened. Stir in cherry tomatoes and cook for 3 more minutes, until just wilted.
4. Toss in the cooked pasta with reserved water to loosen the sauce. Season with salt and pepper.
5. Serve topped with shaved Parmesan and fresh basil, if desired.

**Nutritional Information** (per serving, based on 4 servings): 390 calories, 11g protein, 49g carbohydrates, 17g fat, 5g fiber, 10mg cholesterol,



## Hearty vegetable soup + side of warm whole grain bread with olive oil dip



🕒 PREP 20 MIN

⌚ COOK 35 MIN

👥 SERVES 2-6

### Ingredients:

#### For the soup:

- 1 tablespoon olive oil
- 1 medium onion, chopped
- 2 garlic cloves, minced
- 2 carrots, peeled and diced
- 2 celery stalks, diced
- 1 zucchini, diced
- 1 cup green beans, chopped
- 1 (14.5 oz) can diced tomatoes
- 4 cups vegetable broth

- 1 (15 oz) can cannellini beans, drained and rinsed
- 1 teaspoon dried basil
- ½ teaspoon dried thyme
- 1 teaspoon salt
- ½ teaspoon black pepper

#### For the side:

- 4 slices whole grain bread
- 3 tablespoons extra virgin olive oil
- 1 pinch sea salt
- 1 pinch black pepper

### Directions:

1. Heat olive oil in a large pot over medium heat. Add onion and garlic, sauté for 3 minutes.
2. Stir in carrots, celery, zucchini, and green beans. Cook for 5–7 minutes until vegetables start to soften.
3. Add diced tomatoes, vegetable broth, cannellini beans, basil, thyme, salt, and pepper. Bring to a boil, then reduce heat and simmer for 25 minutes.
4. Warm whole grain bread in the oven at 350°F for 5 minutes. For dipping, mix olive oil with a pinch of sea salt and black pepper. Serve soup hot with bread and olive oil dip on the side

*Nutritional Information: (per serving, based on 4 servings): 360 calories, 10g protein, 44g carbohydrates, 15g fat, 9g fiber, 0mg cholesterol.*

## Baked eggplant with tomato sauce, garlic, and mozzarella (Mediterranean “eggplant parm”)

🕒 PREP 15 MIN

⌚ COOK 5 MIN

👥 SERVES 2-6

### Ingredients:

- 2 medium eggplants, sliced into ½-inch rounds
- 1 tablespoon olive oil
- 3 garlic cloves, minced
- 2 cups marinara or tomato basil sauce
- 2 cups shredded mozzarella cheese

- ½ cup grated Parmesan cheese
- ½ teaspoon dried oregano
- ½ teaspoon salt
- ¼ teaspoon black pepper
- Fresh basil for garnish (optional)

### Directions:

1. Preheat oven to 375°F. Lightly oil a large baking dish.
2. Arrange eggplant slices on a baking sheet and brush lightly with olive oil. Roast in the oven for 20 minutes, flipping the dish halfway through.
3. Spread ½ cup tomato sauce on the bottom of the baking dish. Layer roasted eggplant, remaining sauce, minced garlic, oregano, salt, pepper, and both cheeses. Repeat if needed.
4. Cover with foil and bake for 20 minutes. Remove the foil and bake for an additional 10–15 minutes, until bubbly and golden.
5. Let rest for 5 minutes. Garnish with fresh basil before serving.

*Nutritional Information: Information (per serving, based on 4 servings): 370 calories, 17g protein, 22g carbohydrates, 24g fat, 6g fiber, 40mg cholesterol.*



## Grilled shrimp skewers with peppers, onion & a side of herbed rice



 PREP 20 MIN

 COOK 10 MIN

 SERVES 2-6

### Ingredients:

#### For the skewers:

- 1 lb large shrimp, peeled and deveined
- 1 red bell pepper, cut into 1½-inch pieces
- 1 yellow bell pepper, cut into 1½-inch pieces
- 1 red onion, cut into chunks
- 2 tablespoons olive oil
- 1 teaspoon garlic powder
- 1 teaspoon dried oregano
- ½ teaspoon salt

- ¼ teaspoon black pepper
- Wooden or metal skewers

#### For the herbed rice:

- 1 cup long grain white rice
- 2 cups water or vegetable broth
- 1 tablespoon olive oil
- 2 tablespoons chopped fresh parsley
- 1 tablespoon chopped fresh dill or basil
- Salt and pepper to taste

### Directions:

1. Cook rice according to package instructions using water or broth. Once cooked, stir in olive oil, herbs, salt, and pepper.
2. Toss shrimp, peppers, and onion with olive oil, garlic powder, oregano, salt, and pepper in a bowl.
3. Thread shrimp and vegetables onto skewers, alternating pieces.
4. Grill over medium-high heat for 2–3 minutes per side, or until shrimp are pink and opaque.
5. Serve hot skewers over a bed of herbed rice.

*Nutritional Information: 400 calories, 28g protein, 35g carbohydrates, 18g fat, 3g fiber, 170mg cholesterol.*

## Baked chicken thighs with olives, tomatoes, garlic, and oregano — served with bulgur

 PREP 15 MIN

 COOK 40 MIN

 SERVES 2-6

### Ingredients:

#### For the chicken:

- 4 bone-in, skin-on chicken thighs (about 2 lbs total)
- 1 tablespoon olive oil
- 1 cup cherry tomatoes, halved
- ½ cup pitted Kalamata olives
- 4 garlic cloves, minced
- 1 teaspoon dried oregano

- ½ teaspoon salt
- ¼ teaspoon black pepper

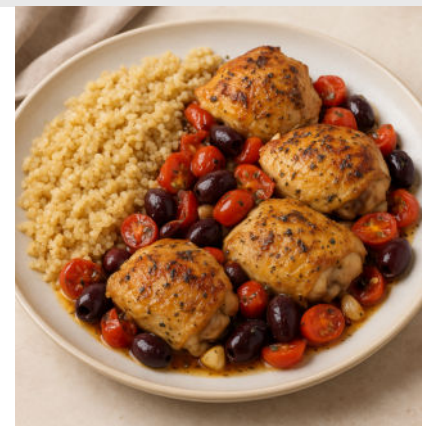
#### For the bulgur:

- 1 cup bulgur wheat
- 2 cups water or low-sodium chicken broth
- 1 tablespoon olive oil
- Salt to taste

### Directions:

1. Preheat oven to 400°F. Place chicken thighs in a baking dish. Rub with olive oil and season with oregano, salt, and pepper.
2. Add cherry tomatoes, olives, and garlic around the chicken. Bake uncovered for 35–40 minutes, or until chicken reaches 165°F internally and skin is golden.
3. While chicken bakes, bring 2 cups of water or broth to a boil. Stir in bulgur and olive oil, reduce heat, cover, and simmer for 12–15 minutes or until liquid is absorbed. Fluff with a fork and season to taste.
4. Serve the baked chicken with a generous spoonful of tomato-olive mixture over a bed of warm bulgur.

*Nutritional Information: 480 calories, 34g protein, 26g carbohydrates, 26g fat, 5g fiber, 110mg cholesterol, 590mg sodium, 570mg potassium.*



## Whole wheat pasta with sautéed mushrooms, zucchini, olive oil and parmesan



PREP 15 MIN



COOK 20 MIN



SERVES 2-6

### Ingredients:

- 8 oz whole wheat spaghetti or linguine
- 2 tablespoons olive oil
- 2 garlic cloves, minced
- 8 oz cremini or button mushrooms, sliced
- ½ teaspoon salt
- 1 medium zucchini, sliced into half-moons
- ¼ teaspoon black pepper
- ½ cup grated Parmesan cheese
- 1 tablespoon chopped fresh parsley (optional)

### Directions:

1. Cook whole-wheat pasta according to the package directions. Reserve ½ cup of the pasta water, then drain.
2. While pasta cooks, heat olive oil in a large skillet over medium heat. Add garlic and cook for 30 seconds until fragrant.
3. Add mushrooms and zucchini; season with salt and pepper. Sauté for 7–8 minutes, until vegetables are tender and lightly browned.
4. Add cooked pasta to the skillet with the vegetables. Toss well, adding reserved pasta water a little at a time to coat. Remove from heat, stir in Parmesan, and garnish with parsley if desired. Serve warm.

**Nutritional Information** ): 410 calories, 14g protein, 46g carbohydrates, 18g fat, 7g fiber, 10mg cholesterol, 300mg sodium, 480mg potassium.

## Grilled white fish with a Mediterranean herb marinade + a side dish of roasted carrots



PREP 15 MIN



COOK 25 MIN



SERVES 2-6

### Ingredients:

#### For the fish:

- 1½ lbs sea bass fillets
- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- 1 teaspoon lemon zest
- 2 garlic cloves, minced
- 1 teaspoon dried oregano
- 1 teaspoon dried thyme

- ½ teaspoon salt
- ¼ teaspoon black pepper

#### For the roasted carrots:

- 1 lb carrots, peeled and sliced into sticks
- 1 tablespoon olive oil
- ½ teaspoon dried rosemary or thyme
- ½ teaspoon salt
- ¼ teaspoon black pepper

### Directions:

1. Preheat oven to 425°F. Toss carrots with olive oil, rosemary, salt, and pepper. Spread on a baking sheet and roast for 20–25 minutes, turning once.
2. In a small bowl, whisk together olive oil, lemon juice, zest, garlic, oregano, thyme, salt, and pepper. Rub the marinade over the fish and let it sit for 10 minutes.
3. Preheat the grill or grill pan to medium-high heat. Grill fish for 3–4 minutes per side, or until cooked through and flaky. Serve grilled fish with a side of roasted carrots and a squeeze of fresh lemon if desired.

**Nutritional Information**: 370 calories, 35g protein, 12g carbohydrates, 20g fat, 4g fiber, 85mg cholesterol, 430mg sodium, 690mg potassium.



## Lamb or lentil kofta with cucumber salad and whole grain flatbread



PREP 25 MIN



COOK 15 MIN



SERVES 2-6

### Ingredients:

#### For the kofta (choose one):

- Lamb version: 1 lb ground lamb
- Lentil version: 1½ cups cooked lentils (well-drained) + ½ cup breadcrumbs
- 1 small onion, grated
- 2 garlic cloves, minced
- 2 tablespoons chopped fresh parsley
- 1 teaspoon ground cumin
- ½ teaspoon ground coriander
- ½ teaspoon salt

- ¼ teaspoon black pepper
- 1 tablespoon olive oil (for pan or grill)

#### For the cucumber salad:

- 1 cup diced cucumber
- ½ cup plain Greek yogurt
- 1 tablespoon lemon juice
- 1 tablespoon chopped fresh mint
- Salt and pepper to taste

#### For serving:

- 4 whole grain flatbreads

### Directions:

1. Mix all kofta ingredients (lamb or lentil base) in a bowl until combined. Shape into small logs or patties.
2. Heat a skillet or grill over medium heat with olive oil. Cook koftas for 10–12 minutes, turning occasionally, until browned and cooked through (or firm and golden if using lentils).
3. While cooking koftas, combine cucumber, yogurt, lemon juice, mint, salt, and pepper in a bowl to make the salad.
4. Warm flatbreads in a dry skillet or oven.
5. Serve koftas with cucumber salad and flatbread on the side.

**Nutritional Information** (per serving, based on 4 servings, lamb version): 480 calories, 27g protein, 28g carbohydrates, 28g fat, 4g fiber, 75mg cholesterol.  
(Lentil version): 400 calories, 17g protein, 37g carbohydrates, 18g fat, 8g fiber, 10mg cholesterol.

## Baked zucchini boats stuffed with couscous, veggies and feta



PREP 20 MIN



COOK 25 MIN



SERVES 2-6

### Ingredients:

- 4 medium zucchini
- ¾ cup couscous
- 1 cup boiling water
- 1 tablespoon olive oil
- 1 small red bell pepper, diced
- ½ small red onion, finely chopped
- 1 small carrot, grated
- 1 clove garlic, minced
- ½ teaspoon dried oregano
- ½ teaspoon salt
- ¼ teaspoon black pepper
- ½ cup crumbled feta cheese
- 2 tablespoons chopped fresh parsley (optional, for garnish)

### Directions:

1. **Prepare the zucchini boats:** Preheat oven to 375°F. Slice zucchini in half lengthwise and scoop out the center flesh with a spoon, leaving a ¼-inch shell. Place the zucchini halves in a baking dish.
2. **Cook the couscous:** Combine the couscous with 1 cup boiling water in a bowl. Cover and let sit for 5 minutes. Fluff with a fork.



### Directions (continued):

3. **Make the filling:** Heat olive oil over medium heat in a skillet. Sauté red bell pepper, onion, carrot, and garlic for 4–5 minutes. Remove from heat and stir in cooked couscous, oregano, salt, pepper, and feta.
4. **Stuff and bake:** Spoon the couscous mixture into the zucchini boats. Cover the baking dish with foil and bake for 20 minutes. Remove foil and bake uncovered for 5 more minutes until zucchini is tender.
5. **Serve:** Garnish with fresh parsley if desired and serve warm.

*Nutritional Information (per serving, based on 4 servings): 240 calories, 8g protein, 28g carbohydrates, 11g fat, 4g fiber, 20mg cholesterol, 430mg sodium, 620mg potassium.*

## Grilled chicken breast with Mediterranean vegetable medley (eggplant, zucchini, tomato)



PREP 15 MIN



COOK 20 MIN



SERVES 2-6

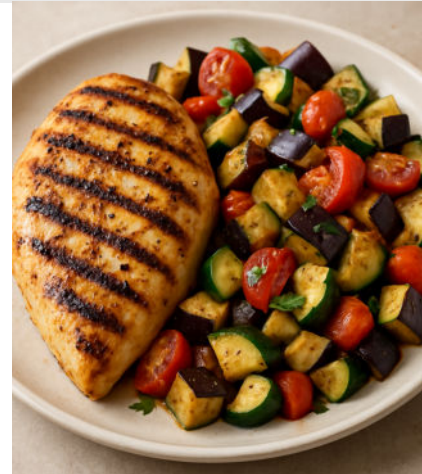
### Ingredients:

- 4 boneless, skinless chicken breasts (about 1½ to 2 lbs total)
- 2 tablespoons olive oil, divided
- 1 teaspoon dried oregano
- 1 teaspoon garlic powder
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 1 medium eggplant, diced
- 1 medium zucchini, sliced into half-moons
- 1 cup cherry tomatoes, halved
- 1 tablespoon balsamic vinegar (optional)
- Fresh parsley or basil for garnish (optional)

### Directions:

1. Preheat grill or grill pan to medium-high heat. Brush chicken breasts with 1 tablespoon olive oil and season with oregano, garlic powder, salt, and pepper.
2. In a large bowl, toss eggplant, zucchini, and tomatoes with remaining olive oil, a pinch of salt, and balsamic vinegar if using.
3. Grill chicken for 6–8 minutes per side or until internal temperature reaches 165°F.
4. Meanwhile, sauté or grill vegetables in a grill basket or large skillet over medium heat for 10–12 minutes, until tender and lightly browned.
5. Serve grilled chicken alongside the vegetable medley. Garnish with fresh herbs if desired.

*Nutritional Information (per serving, based on 4 servings): 360 calories, 38g protein, 12g carbohydrates, 18g fat, 4g fiber, 95mg cholesterol, 390mg sodium, 780mg potassium.*



## Pan-seared salmon with dill yogurt sauce and a side of quinoa



🕒 PREP 15 MIN

🕒 COOK 15 MIN

👤 SERVES 2-6

### Ingredients:

#### For the salmon:

- 4 salmon fillets (about 6 oz each)
- 1 tablespoon olive oil
- ½ teaspoon salt
- ¼ teaspoon black pepper

#### For the dill yogurt sauce:

- ¾ cup plain Greek yogurt
- 1 tablespoon lemon juice
- 1 tablespoon fresh dill, chopped

(or 1 teaspoon dried dill)

- 1 garlic clove, minced
- Salt and pepper to taste

#### For the quinoa:

- 1 cup dry quinoa
- 2 cups water or low-sodium chicken broth
- 1 tablespoon olive oil
- Salt to taste

### Directions:

1. Rinse quinoa under cold water. In a medium saucepan, bring 2 cups water (or broth) to a boil. Stir in quinoa and salt, cover, and simmer for 15 minutes or until the liquid is absorbed. Fluff with a fork and drizzle with olive oil.
2. While quinoa cooks, season the salmon with salt and pepper. Heat olive oil in a skillet over medium-high heat. First, cook salmon skin-side down for 4–5 minutes per side until golden and cooked through.
3. To make the sauce, mix Greek yogurt, lemon juice, dill, garlic, salt, and pepper in a bowl.
4. Serve salmon topped with dill yogurt sauce and quinoa on the side.

*Nutritional Information: (per serving, based on 4 servings): 520 calories, 41g protein, 21g carbohydrates, 31g fat, 3g fiber, 95mg cholesterol.*

## Pasta with tomato, olives, garlic and capers (Puttanesca style)

🕒 PREP 10 MIN

🕒 COOK 20 MIN

👤 SERVES 2-6

### Ingredients:

- 12 oz spaghetti or linguine (whole wheat or regular)
- 2 tablespoons olive oil
- 4 cloves garlic, thinly sliced
- ½ teaspoon crushed red pepper flakes (optional)
- 1 (14.5 oz) can diced tomatoes
- ½ cup pitted black or Kalamata olives, sliced
- 2 tablespoons capers, drained
- 1 teaspoon dried oregano
- Salt and black pepper to taste
- 2 tablespoons chopped fresh parsley (optional)

### Directions:

1. Cook pasta in salted boiling water according to package instructions. Reserve ½ cup of pasta water, then drain.
1. While pasta cooks, heat olive oil in a large skillet over medium heat. Add garlic and red pepper flakes, and sauté for 1 minute.
2. Stir in diced tomatoes, olives, capers, oregano, and a pinch of salt and pepper. Simmer for 10–12 minutes, stirring occasionally.
3. Add drained pasta to the skillet and toss to coat. Add reserved pasta water if needed to loosen the sauce.
4. Serve warm, topped with fresh parsley if desired.



# Grilled turkey patties with roasted red pepper sauce and bulgur



PREP 20 MIN



COOK 25 MIN



SERVES 2-6

## Ingredients:

### For the turkey patties:

- 1 lb ground turkey
- 1 small onion, finely grated
- 1 garlic clove, minced
- 1 tablespoon chopped fresh parsley
- 1 teaspoon ground cumin
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 1 tablespoon olive oil (for grilling)

### For the roasted red pepper sauce:

- 1 cup roasted red peppers (jarred or homemade), drained

- ¼ cup plain Greek yogurt
- 1 garlic clove
- 1 tablespoon olive oil
- 1 tablespoon lemon juice
- Salt and pepper to taste

### For the bulgur:

- 1 cup dry bulgur
- 2 cups water or low-sodium vegetable broth
- 1 tablespoon olive oil
- Salt to taste

## Directions:

1. In a bowl, mix ground turkey with onion, garlic, parsley, cumin, salt, and pepper. Form into four patties.
2. Heat grill or grill pan over medium heat. Brush with olive oil and cook patties for 5–6 minutes per side, or until internal temperature reaches 165°F.
3. Bring 2 cups of water or broth to a boil. Stir in bulgur and olive oil, cover, and simmer for 12–15 minutes. Fluff with a fork and season with salt.
4. Combine red peppers, yogurt, garlic, olive oil, lemon juice, salt, and pepper in a blender. Blend until smooth.
5. Serve turkey patties over bulgur with roasted red pepper sauce spooned on top.

**Nutritional Information** (per serving, based on 4 servings): 430 calories, 32g protein, 30g carbohydrates, 22g fat, 5g fiber, 80mg cholesterol, 460mg sodium, 620mg potassium.

# Seafood stew with tomatoes, white beans, and herbs



PREP 15 MIN



COOK 25 MIN



SERVES 2-6

## Ingredients:

- 1 tablespoon olive oil
- 1 small onion, chopped
- 2 garlic cloves, minced
- 1 (14.5 oz) can diced tomatoes
- 1 cup low-sodium seafood or vegetable broth
- 1 (15 oz) can white beans (cannellini or great northern), drained and rinsed
- ½ lb shrimp, peeled and deveined

- ½ lb white fish fillets (such as cod or halibut), cut into chunks
- 1 teaspoon dried thyme
- ½ teaspoon dried oregano
- ¼ teaspoon crushed red pepper flakes (optional)
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 2 tablespoons chopped fresh parsley or basil (for garnish)



## Directions (continued):

1. Heat olive oil in a large pot over medium heat. Add onion and garlic, and sauté for 3–4 minutes until softened.
2. Stir in diced tomatoes, broth, white beans, thyme, oregano, red pepper flakes, salt, and black pepper. Bring to a simmer.
3. Add fish chunks and cook for 5 minutes, then add shrimp and simmer another 4–5 minutes, or until shrimp are pink and cooked through.
4. Taste and adjust seasoning as needed.
5. Garnish with fresh herbs and serve hot with crusty bread, if desired.

**Nutritional Information** (per serving, based on 4 servings): 320 calories, 30g protein, 20g carbohydrates, 12g fat, 5g fiber, 105mg cholesterol, 530mg sodium, 690mg potassium.

## Baked falafel with tabbouleh and cucumber-yogurt dip



PREP 25 MIN



COOK 25 MIN



SERVES 2-6

### Ingredients:

#### For the baked falafel:

- 1½ cups canned chickpeas, drained and rinsed
- ¼ cup chopped onion
- 2 cloves garlic
- ¼ cup chopped fresh parsley
- ¼ cup chopped fresh cilantro
- 1 teaspoon ground cumin
- ½ teaspoon ground coriander
- ½ teaspoon salt
- 1 tablespoon olive oil (plus more for brushing)
- 2 tablespoons all-purpose flour or chickpea flour

#### For the tabbouleh:

- ½ cup bulgur wheat
- 1 cup boiling water
- ½ cup chopped parsley
- ¼ cup chopped fresh mint
- 1 medium tomato, diced
- ¼ cup diced cucumber
- 2 tablespoons lemon juice
- 1 tablespoon olive oil
- Salt and pepper to taste

#### For the cucumber-yogurt dip:

- ½ cup plain Greek yogurt
- ½ cup finely diced cucumber
- 1 tablespoon lemon juice
- 1 tablespoon chopped fresh dill or mint
- Salt to taste

### Directions:

1. Preheat oven to 400°F. In a food processor, pulse falafel ingredients until combined but still slightly chunky. Form into 1½-inch balls or patties and place on a baking sheet lined with parchment. Brush tops lightly with olive oil.
2. Bake falafel for 20–25 minutes, flipping halfway, until golden and crisp.
3. Meanwhile, combine bulgur and boiling water in a bowl. Cover and let sit 15 minutes, then fluff and stir in remaining tabbouleh ingredients.
4. In a small bowl, mix all cucumber-yogurt dip ingredients.
5. Serve baked falafel with a side of tabbouleh and yogurt dip.

**Nutritional Information** (per serving, based on 4 servings): 390 calories, 13g protein, 41g carbohydrates, 19g fat, 8g fiber, 5mg cholesterol, 480mg sodium, 590mg potassium.



## Stuffed portobello mushrooms with quinoa and spinach



PREP 15 MIN



COOK 25 MIN



SERVES 4

### Ingredients:

- 4 large portobello mushroom caps, stems and gills removed
- 1 tablespoon olive oil (plus more for brushing)
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 5 oz fresh spinach, chopped
- 1 cup cooked quinoa
- ¼ cup grated Parmesan cheese (optional)
- ½ teaspoon dried oregano
- ½ teaspoon salt
- ¼ teaspoon black pepper

### Directions:

1. Preheat oven to 375°F. Brush mushroom caps with olive oil and place them gill-side up on a baking sheet.
2. In a skillet, heat 1 tablespoon olive oil over medium heat. Sauté onion for 3–4 minutes, then add garlic and cook for 1 minute. Add spinach and cook until wilted.
3. Stir in cooked quinoa, oregano, salt, pepper, and Parmesan if using. Mix well and remove from heat.
4. Spoon quinoa-spinach mixture into mushroom caps. Bake for 20–25 minutes, until mushrooms are tender and stuffing is lightly golden.
5. Let cool slightly before serving. Garnish with fresh herbs if desired.

**Nutritional Information:** (per serving, based on 4 servings): 230 calories, 9g protein, 20g carbohydrates, 13g fat, 4g fiber, 5mg cholesterol, 360mg sodium, 610mg potassium.

## Baked tilapia with olive tapenade & sautéed kale



PREP 15 MIN



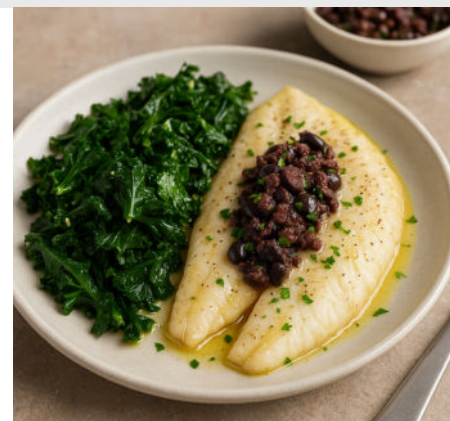
COOK 5 MIN



SERVES 2-6

### Ingredients:

- For the tilapia:**
  - 4 tilapia fillets (about 6 oz each)
  - 1 tablespoon olive oil
  - ½ teaspoon salt
  - ¼ teaspoon black pepper
  - Juice of ½ lemon
- For the olive tapenade:**
  - ½ cup pitted Kalamata olives
  - 1 tablespoon capers
  - 1 small garlic clove
- For the sautéed kale:**
  - 1 tablespoon lemon juice
  - 1 tablespoon olive oil
  - 1 tablespoon chopped fresh parsley
  - 1 tablespoon olive oil
  - 1 bunch kale (about 8 oz), stems removed and chopped
  - 1 garlic clove, minced
  - Salt and pepper to taste



### Directions:

1. Preheat oven to 400°F. Place tilapia on a lightly greased baking sheet. Drizzle with olive oil, lemon juice, and season with salt and pepper. Bake for 12–15 minutes, or until fish flakes easily with a fork.
2. While fish bakes, prepare the tapenade by blending olives, capers, garlic, lemon juice, olive oil, and parsley in a food processor until finely chopped. Set aside.
3. In a large skillet, heat olive oil over medium heat. Add garlic and kale and sauté for 5–7 minutes, or until kale is wilted and tender. Season to taste.
4. Serve baked tilapia topped with olive tapenade and a side of sautéed kale.

**Nutritional Information** (per serving, based on 4 servings): 360 calories, 33g protein, 8g carbohydrates, 22g fat, 3g fiber, 85mg cholesterol, 520mg sodium, 770mg potassium.

## Grilled lamb or lentil patties with couscous and spinach



PREP 20 MIN



COOK 20 MIN



SERVES 2-6

### Ingredients:

#### For the patties (choose one):

- Lamb version: 1 lb ground lamb
- Lentil version: 1½ cups cooked lentils + ½ cup breadcrumbs
- 1 small onion, grated
- 2 garlic cloves, minced
- 2 tablespoons chopped fresh parsley
- 1 teaspoon ground cumin
- ½ teaspoon ground coriander
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 1 tablespoon olive oil (for grilling)

#### For the couscous:

- 1 cup dry couscous
- 1 cup water or low-sodium broth
- 1 tablespoon olive oil
- Salt to taste

#### For the spinach:

- 1 tablespoon olive oil
- 5 oz fresh spinach
- 1 garlic clove, minced
- Salt and pepper to taste

### Directions:

1. In a bowl, combine ingredients for patties (lamb or lentil). Form into 4 patties.
2. Heat a grill or skillet over medium heat with olive oil. Cook patties for 4–5 minutes per side (lamb) or until golden and firm (lentils).
3. In a saucepan, bring water or broth to a boil. Stir in couscous and olive oil, cover, and remove from heat. Let sit 5 minutes, then fluff with a fork.
4. In a skillet, sauté garlic in olive oil for 1 minute. Add spinach and cook until wilted, about 2–3 minutes.
5. Serve patties with couscous and garlic-sautéed spinach.

**Nutritional Information** (per serving, based on 4 servings, lamb version): 520 calories, 29g protein, 28g carbohydrates, 32g fat, 4g fiber, 80mg cholesterol.

(Lentil version): 440 calories, 18g protein, 35g carbohydrates, 22g fat, 7g fiber, 5mg cholesterol.

## Stuffed zucchini with tomatoes, onion, garlic and feta



PREP 15 MIN



COOK 5 MIN



SERVES 2-6

### Ingredients:

- 4 medium zucchinis, halved lengthwise and scooped out
- 1 tablespoon olive oil
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 1 cup cherry tomatoes, diced
- ½ teaspoon dried oregano
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- ½ cup crumbled feta cheese
- 1 tablespoon chopped fresh parsley or basil (optional)



### Directions:

1. Preheat oven to 375°F. Lightly grease a baking dish and place zucchini halves cut side up.
2. In a skillet, heat olive oil over medium heat. Sauté onion for 3–4 minutes, then add garlic and cook for another minute.

### Directions (continuation):

3. Stir in tomatoes, oregano, salt, and pepper. Cook for 5–6 minutes, until mixture is slightly reduced.
4. Spoon tomato mixture into zucchini boats, top with crumbled feta.
5. Bake for 20–25 minutes, or until zucchini is tender. Garnish with fresh herbs if desired.

*Nutritional Information (per serving, based on 4 servings): 210 calories, 6g protein, 13g carbohydrates, 15g fat, 3g fiber, 25mg cholesterol, 380mg sodium, 540mg potassium.*

## Baked chicken with lemon, rosemary, and roasted potatoes



PREP 15 MIN



COOK 45 MIN



SERVES 2-6

### Ingredients:

- 4 bone-in, skin-on chicken thighs (about 2 lbs total)
- 1½ lbs Yukon gold potatoes, cut into 1-inch chunks
- 2 tablespoons olive oil
- 1 tablespoon fresh rosemary, chopped (or 1 teaspoon dried)
- 1 lemon, sliced
- 4 garlic cloves, smashed
- 1 teaspoon salt
- ½ teaspoon black pepper
- Juice of ½ lemon

### Directions:

1. Preheat oven to 400°F. In a large bowl, toss potatoes with 1 tablespoon olive oil, rosemary, salt, and pepper.
2. Arrange potatoes in a large baking dish. Nestle in garlic cloves and lemon slices.
3. Rub chicken with remaining olive oil, season with salt and pepper, and place on top of potatoes. Drizzle lemon juice over everything.
4. Bake uncovered for 40–45 minutes, or until chicken reaches an internal temperature of 165°F and potatoes are tender and golden.
5. Let rest 5 minutes before serving. Garnish with extra rosemary or lemon zest if desired.

*Nutritional Information (per serving, based on 4 servings): 470 calories, 32g protein, 22g carbohydrates, 28g fat, 3g fiber, 115mg cholesterol, 540mg sodium, 780mg potassium.*



## Pan-grilled sardines or tofu with tomato-caper sauce



PREP 15 MIN



COOK 15 MIN



SERVES 2-6

### Ingredients:

#### For the sardines or tofu:

- 4 fresh sardines, cleaned and butterflied or 1 (14 oz) block firm tofu, pressed and sliced into ½-inch slabs
- 1 tablespoon olive oil
- ½ teaspoon salt
- ¼ teaspoon black pepper
- ½ teaspoon dried oregano

#### For the tomato-caper sauce:

- 1 tablespoon olive oil
- 2 garlic cloves, minced
- 1 cup canned crushed tomatoes
- 2 tablespoons capers, drained
- ¼ teaspoon red pepper flakes (optional)
- 1 tablespoon chopped fresh parsley
- Salt and pepper to taste

### Directions:

1. Season sardines or tofu with salt, pepper, and oregano. Heat olive oil in a grill pan or skillet over medium-high heat. Cook for 2–3 minutes per side (sardines) or 4–5 minutes per side (tofu) until golden and cooked through.
2. In a small saucepan, heat 1 tablespoon olive oil over medium heat. Add garlic and sauté for 1 minute.
3. Stir in crushed tomatoes, capers, red pepper flakes, salt, and pepper. Simmer for 8–10 minutes, stirring occasionally.
4. Spoon the tomato-caper sauce over the grilled sardines or tofu and garnish with fresh parsley.
5. Serve warm with crusty bread, couscous, or a side salad.

**Nutritional Information** (per serving, based on 4 servings, sardine version): 290 calories, 22g protein, 8g carbohydrates, 18g fat, 2g fiber, 80mg cholesterol.

(Tofu version): 280 calories, 17g protein, 10g carbohydrates, 20g fat, 3g fiber, 0mg cholesterol.

## Vegetable moussaka (eggplant, potatoes, béchamel-style yogurt topping)



PREP 30 MIN



COOK 45 MIN



SERVES 2-6

### Ingredients:

#### For the base:

- 2 medium eggplants, sliced into ½-inch rounds
- 2 medium potatoes, peeled and sliced into ¼-inch rounds
- 1 tablespoon olive oil
- 1 medium onion, chopped
- 2 garlic cloves, minced
- 1 (14.5 oz) can crushed tomatoes
- 1 teaspoon dried oregano

- ½ teaspoon ground cinnamon
- Salt and black pepper to taste

#### For the yogurt béchamel-style topping:

- 1½ cups plain Greek yogurt
- 1 egg
- ¼ cup grated Parmesan cheese
- ¼ teaspoon nutmeg
- Salt and pepper to taste



### Directions (continuation):

1. Preheat oven to 400°F. Brush eggplant and potato slices with olive oil, arrange on baking sheets, and roast for 20 minutes, flipping once, until tender and lightly browned.
2. In a skillet, sauté onion and garlic for 5 minutes. Add crushed tomatoes, oregano, cinnamon, salt, and pepper. Simmer for 10 minutes.
3. In a small bowl, whisk together yogurt, egg, Parmesan, nutmeg, salt, and pepper until smooth.
4. In a greased 9x13-inch baking dish, layer potatoes, half the eggplant, tomato mixture, remaining eggplant, and top with the yogurt sauce.
5. Bake uncovered for 25–30 minutes, or until golden and bubbling. Let rest for 10 minutes before serving.

**Nutritional Information** (per serving, based on 6 servings): 310 calories, 12g protein, 30g carbohydrates, 17g fat, 6g fiber, 60mg cholesterol, 410mg sodium, 790mg potassium.

## Salmon with Mediterranean salsa (tomato, olives, herbs) and couscous



PREP 15 MIN



COOK 45 MIN



SERVES 2-6

### Ingredients:

#### For the salmon:

- 4 salmon fillets (about 6 oz each)
- 1 tablespoon olive oil
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 1 teaspoon dried oregano

#### For the Mediterranean salsa:

- 1 cup cherry tomatoes, chopped
- ½ cup pitted Kalamata olives, sliced
- 2 tablespoons chopped red onion
- 2 tablespoons chopped fresh parsley

- 1 tablespoon chopped fresh basil or mint
- 1 tablespoon lemon juice
- 1 tablespoon olive oil
- Salt and pepper to taste

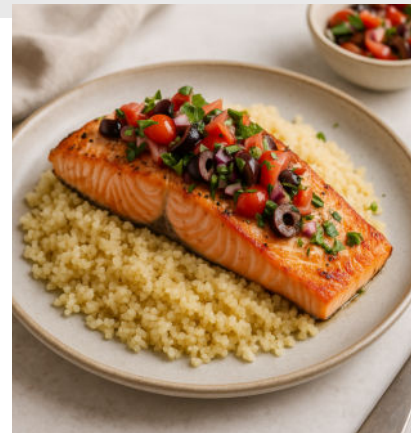
#### For the couscous:

- 1 cup dry couscous
- 1 cup water or low-sodium chicken broth
- 1 tablespoon olive oil
- Salt to taste

### Directions:

1. Preheat oven to 400°F. Rub salmon with olive oil, oregano, salt, and pepper. Bake for 12–15 minutes or until cooked through and flaky.
2. While salmon cooks, combine all salsa ingredients in a bowl and set aside to marinate.
3. In a saucepan, bring 1 cup water or broth to a boil. Stir in couscous and olive oil, cover, remove from heat, and let sit for 5 minutes. Fluff with a fork.
4. Serve salmon over a bed of couscous, topped with Mediterranean salsa.

**Nutritional Information** (per serving, based on 4 servings): 490 calories, 38g protein, 26g carbohydrates, 27g fat, 3g fiber, 85mg cholesterol, 460mg sodium, 750mg potassium.





## **Mediterranean Diet for Beginners**

***CHAPTER 6: Snack (Optional)***

## Sliced apple with almond butter



### Ingredients:

- 2 medium apples (e.g., Gala, Fuji, or Honeycrisp)
- 6 tablespoons unsweetened almond butter
- 1 tablespoon lemon juice (optional, to prevent browning)
- 1 teaspoon ground cinnamon (optional)

### Directions:

1. Wash and core the apples; slice into thin wedges.
2. Toss slices in lemon juice if using, to keep fresh.
3. Plate the slices and serve with almond butter for dipping or spreading.
4. Sprinkle with cinnamon for extra flavor, if desired.

## Handful of roasted almonds



### Ingredients:

- 1 cup raw almonds (about 5 oz)
- 1 teaspoon olive oil (optional)
- 1/8 teaspoon sea salt (optional)

### Directions:

1. Preheat oven to 350°F.
2. Spread almonds on a baking sheet in a single layer.
3. Drizzle with olive oil and sprinkle with salt if using; toss to coat.
4. Roast for 10 minutes, stirring halfway through. Let cool before serving.

## Carrot sticks with hummus



### Ingredients:

- 4 large carrots, peeled and cut into sticks
- 1 cup plain hummus
- 1 tablespoon lemon juice (optional, for added freshness)

### Directions:

1. Peel the carrots and cut them into 3-inch sticks.
2. Arrange carrot sticks on a plate or in a container.
3. Spoon hummus into a small bowl; drizzle with olive oil and sprinkle with paprika if using.
4. Serve the carrots with hummus for dipping.

## Cucumber slices with tzatziki



### Ingredients:

- 1 large cucumber, sliced into rounds (about 2 cups)
- 1 cup plain Greek yogurt (whole milk preferred)
- 1 tablespoon extra virgin olive oil
- 1 tablespoon fresh lemon juice
- 1 garlic clove, minced
- 2 tablespoons finely chopped fresh dill (or 1 teaspoon dried dill)
- Salt and pepper to taste

### Directions:

1. In a bowl, mix Greek yogurt, olive oil, lemon juice, garlic, dill, salt, and pepper until smooth.
2. Chill the tzatziki for at least 5 minutes for the flavors to meld.
3. Arrange cucumber slices on a plate and serve with the prepared tzatziki as a dip.

**1 boiled egg +  
a few olives**



**A few dried  
apricots or  
figs**



**Small bowl  
of Greek  
yogurt with  
cinnamon**



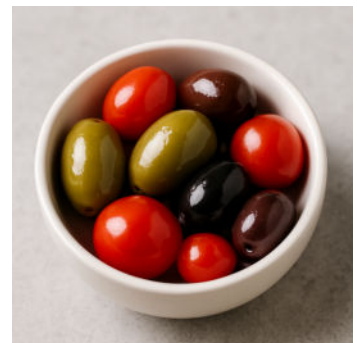
**Handful  
of  
pistachios**



**Fresh pear  
or plum**



**Small bowl  
of olives  
and cherry  
tomatoes**



**Celery  
sticks with  
hummus**



**1 boiled  
egg or a  
few  
almonds**



**Dried  
apricots or  
figs**



**A few dark  
chocolate  
squares  
(70%+)**



**Sliced bell pepper with tzatziki**



**Small handful of sunflower seeds**



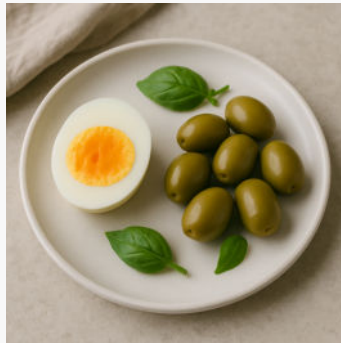
**Cucumber and cherry tomato salad**



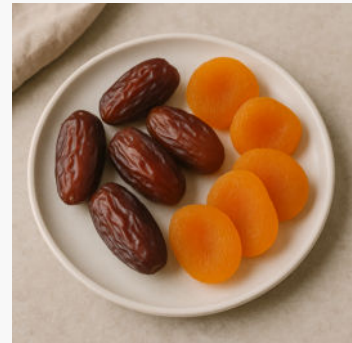
**Plain popcorn or apple slices**



**1 boiled egg or olives**



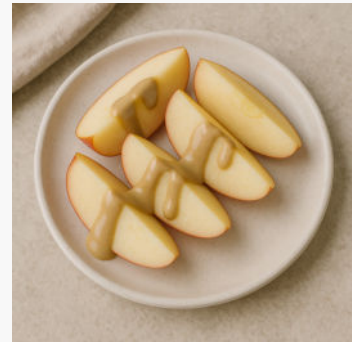
**Dates or dried apricots**



**Yogurt with honey drizzle**



**Apple with tahini**



**Grapes or a few walnuts**



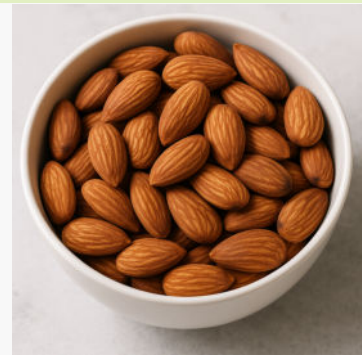
**Sliced carrots with hummus**



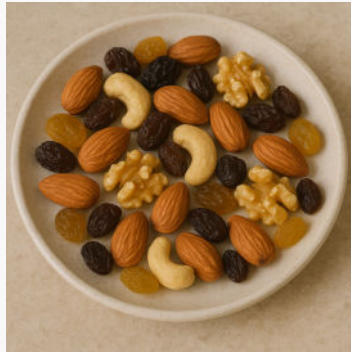
**Yogurt  
with  
sunflower  
seeds**



**A small  
handful  
of  
almonds**



**Dried fruit  
and nuts  
mix**



**Cocoa-  
dusted  
almonds or  
dark  
chocolate**





# Mediterranean Diet for Beginners

*CHAPTER 7: Fish and Seafood*

## Mediterranean Baked Cod with Tomatoes and Olives



PREP 15 MIN



COOK 20 MIN



SERVES 2-6

### Ingredients:

- 4 cod fillets (about 6 oz each)
- 1 tablespoon olive oil
- 1 pint cherry tomatoes, halved
- ½ cup pitted Kalamata olives, halved
- 2 cloves garlic, minced
- 1 teaspoon dried oregano
- ¼ teaspoon red pepper flakes (optional)
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 1 tablespoon fresh lemon juice
- 2 tablespoons chopped fresh parsley (for garnish)

### Directions:

1. Preheat oven to 400°F. Lightly oil a baking dish and arrange cod fillets in a single layer.
2. Combine cherry tomatoes, olives, garlic, oregano, red pepper flakes, salt, and pepper in a bowl. Spoon the mixture evenly over the fish.
3. Drizzle with olive oil and lemon juice.
4. Bake for 18–20 minutes, or until the cod flakes easily with a fork. Garnish with parsley before serving.

**Nutritional Information:** 280 calories, 30g protein, 6g carbohydrates, 14g fat, 2g fiber, 75mg cholesterol, 520mg sodium, 700mg potassium.

## Shrimp Saganaki in Tomato-Feta Sauce



PREP 15 MIN



COOK 20 MIN



SERVES 2-6

### Ingredients:

- 1½ lbs large shrimp, peeled and deveined
- 2 tablespoons olive oil
- 1 small onion, finely chopped
- 3 cloves garlic, minced
- 1 can (14.5 oz) diced tomatoes
- ¼ cup dry white wine (optional, or substitute with seafood or vegetable broth)
- ½ teaspoon crushed red pepper flakes (optional)
- 1 teaspoon dried oregano
- ½ teaspoon salt
- ¼ teaspoon black pepper
- ½ cup crumbled feta cheese
- 2 tablespoons chopped fresh parsley (for garnish)

### Directions:

1. Preheat the oven to 400°F. In a large oven-safe skillet, heat olive oil over medium heat. Sauté the onion for 3–4 minutes, then add the garlic and cook 1 more minute.
2. Stir in diced tomatoes, white wine, oregano, red pepper flakes, salt, and black pepper. Simmer for 7–8 minutes to slightly thicken.
3. Add shrimp to the skillet, stir gently, and sprinkle feta over the top.
4. Transfer skillet to the oven and bake for 10–12 minutes, or until shrimp are pink and cooked through. Garnish with parsley before serving.

**Nutritional Information:** 310 calories, 30g protein, 7g carbohydrates, 17g fat, 1g fiber, 215mg cholesterol, 580mg sodium, 490mg potassium.



## Sardines with Garlic, Parsley and Lemon



PREP 10 MIN



COOK 6 MIN



SERVES 2-6

### Ingredients:

- 2 cans (4.4 oz each) sardines in olive oil, drained
- 2 tablespoons olive oil
- 2 cloves garlic, minced
- 1 tablespoon fresh lemon juice
- 1 teaspoon lemon zest
- 2 tablespoons chopped fresh parsley
- Salt and black pepper to taste
- Lemon wedges, for serving

### Directions:

1. Heat olive oil in a skillet over medium heat. Add garlic and sauté for 1–2 minutes until fragrant.
2. Add sardines and cook for 2–3 minutes, gently heating and slightly crisping the edges.
3. Stir in lemon juice, zest, and parsley. Cook for 1 more minute, then season with salt and pepper to taste.
4. Serve warm, accompanied by lemon wedges on the side.

**Nutritional Information:** 220 calories, 22g protein, 1g carbohydrates, 14g fat, 0g fiber, 55mg cholesterol, 360mg sodium, 340mg potassium.

## Seafood Paella with Saffron Rice



PREP 20 MIN



COOK 35 MIN



SERVES 2-6

### Ingredients:

- 2 tablespoons olive oil
- 1 small onion, finely chopped
- 3 cloves garlic, minced
- 1 cup Arborio or medium-grain rice
- ½ teaspoon saffron threads, steeped in 2 tablespoons warm water
- 1 can (14.5 oz) diced tomatoes, drained
- 3 cups low-sodium seafood or chicken broth
- ½ lb large shrimp, peeled and deveined
- ½ lb mussels, cleaned and debearded
- ½ lb calamari rings
- ½ cup frozen peas
- 1 teaspoon smoked paprika
- ½ teaspoon salt
- ¼ teaspoon black pepper
- Lemon wedges and chopped parsley, for garnish

### Directions:

1. Heat olive oil in a large skillet or paella pan over medium heat. Sauté onion for 3–4 minutes, then add garlic and cook 1 minute more.
2. Stir in rice, saffron water, tomatoes, paprika, salt, and pepper. Cook for 2 minutes, then pour in the broth. Bring to a boil, reduce heat, and simmer uncovered for 15 minutes.
3. Nestle in shrimp, mussels, and calamari. Cover and cook for 10–12 minutes, or until seafood is cooked and mussels have opened. Discard any unopened mussels.
4. Stir in peas and cook for another 3 minutes. Remove from heat, cover with foil, and rest for 5 minutes.
5. Garnish with parsley and lemon wedges before serving.

**Nutritional Information:** 360 calories, 31g protein, 24g carbohydrates, 15g fat, 5g fiber, 70mg cholesterol.

**Nutritional Information:** 420 calories, 32g protein, 38g carbohydrates, 16g fat, 3g fiber, 130mg cholesterol, 610mg sodium, 590mg potassium.



## Grilled Octopus with Olive Oil and Lemon



PREP 20 MIN



COOK 10 MIN



SERVES 2-6

### Ingredients:

- 2 lbs whole octopus, cleaned
- ½ lemon
- 1 bay leaf
- 3 tablespoons olive oil
- 2 tablespoons fresh lemon juice
- 1 clove garlic, minced
- 1 tablespoon chopped fresh parsley
- ½ teaspoon salt
- ¼ teaspoon black pepper
- Lemon wedges, for serving

### Directions:

1. In a large pot, bring water to a boil with ½ lemon and a bay leaf. Add the octopus, reduce the heat to a simmer, and cook for about 1 hour, or until tender. Remove and let cool slightly, then cut into large pieces.
2. Whisk together olive oil, lemon juice, garlic, parsley, salt, and pepper in a small bowl.
3. Preheat grill to medium-high. Grill octopus for 3–5 minutes per side until lightly charred.
4. Drizzle with olive oil-lemon mixture and serve with fresh lemon wedges.

**Nutritional Information:** 240 calories, 30g protein, 2g carbohydrates, 12g fat, 0g fiber, 160mg cholesterol, 480mg sodium, 460mg potassium.

## Fish Tagine with Chermoula and Potatoes



PREP 25 MIN



COOK 35 MIN



SERVES 2-6

### Ingredients:

#### For the Chermoula Marinade:

- ¼ cup chopped fresh cilantro
- ¼ cup chopped fresh parsley
- 3 cloves garlic, minced
- 1 teaspoon ground cumin
- 1 teaspoon sweet paprika
- ½ teaspoon ground coriander
- ½ teaspoon salt
- ¼ teaspoon cayenne pepper (optional)
- 2 tablespoons fresh lemon juice
- 3 tablespoons olive oil

#### For the Tagine:

- 1½ lbs white fish fillets (like cod or halibut), cut into large pieces
- 2 medium Yukon gold potatoes, peeled and thinly sliced
- 1 medium onion, thinly sliced
- 1 medium tomato, sliced
- 1 cup water
- Lemon wedges and fresh herbs, for garnish

### Directions:

1. Combine all the chermoula ingredients in a bowl. Toss the fish with half the chermoula and refrigerate for 15 minutes.
2. Place the potatoes, onion and tomato slices in a large frying pan or tagine. Drizzle with olive oil and season lightly with salt.
3. Add the marinated fish to the vegetables. Spoon the remaining chermoula over the top and add 1 cup of water around the base.
4. Cover and simmer over medium-low heat for 30–35 minutes or until the potatoes are tender and the fish is cooked. Garnish with lemon wedges and herbs. Serve hot.

**Nutritional Information:** 360 calories, 31g protein, 24g carbohydrates, 15g fat, 5g fiber, 70mg cholesterol.



## Spaghetti with Clams and Fresh Parsley



PREP 15 MIN



COOK 20 MIN



SERVES 2-6

### Ingredients:

- 1 lb spaghetti
- 3 tablespoons olive oil
- 4 cloves garlic, thinly sliced
- ¼ teaspoon red pepper flakes (optional)
- 1 cup dry white wine
- 2 lbs fresh littleneck clams, scrubbed
- ¼ cup chopped fresh parsley
- Salt and black pepper to taste
- Lemon wedges, for serving

### Directions:

1. Cook spaghetti in a large pot of salted boiling water until al dente. Reserve ½ cup of pasta water, then drain and set aside.
2. In a large skillet, heat olive oil over medium heat. Add garlic and red pepper flakes and cook until the garlic is golden, about 2 minutes.
3. Add white wine and clams. Cover and cook 6–8 minutes, or until clams open (discard any that do not).
4. Add cooked spaghetti to the skillet along with reserved pasta water and parsley. Toss well to coat, season with salt and pepper.
5. Serve immediately with lemon wedges on the side.

**Nutritional Information:** 420 calories, 23g protein, 50g carbohydrates, 12g fat, 2g fiber, 40mg cholesterol, 590mg sodium, 360mg potassium.

## Seared Scallops over Zucchini Noodles



PREP 15 MIN



COOK 10 MIN



SERVES 2-6

### Ingredients:

- 1½ lbs sea scallops, patted dry
- 4 medium zucchinis, spiralized into noodles
- 2 tablespoons olive oil, divided
- 2 cloves garlic, minced
- 2 tablespoons fresh lemon juice
- 1 tablespoon unsalted butter
- Salt and black pepper to taste
- Fresh parsley, chopped (for garnish)
- Lemon wedges, for serving

### Directions:

1. Heat 1 tablespoon olive oil in a large skillet over medium-high heat. Season scallops with salt and pepper. Sear scallops for 2–3 minutes per side until golden and just cooked through. Remove and keep warm.
2. In the same skillet, add remaining olive oil and sauté garlic for 30 seconds. Add zucchini noodles and cook for 2–3 minutes until just tender.
3. Stir in lemon juice and butter, tossing to coat the zoodles.
4. Plate zucchini noodles, top with scallops, and garnish with parsley and lemon wedges.

**Nutritional Information:** 310 calories, 30g protein, 7g carbohydrates, 17g fat, 1g fiber, 215mg cholesterol, 580mg sodium, 490mg potassium.





**Mediterranean Diet**  
**for Beginners**  
*CHAPTER 8: Poultry Recipes*

## Lemon-Oregano Grilled Chicken Skewers



PREP 40 MIN



COOK 12 MIN



SERVES 2-6

### Ingredients:

- 1½ lbs boneless, skinless chicken breasts, cut into 1½-inch cubes
- ¼ cup olive oil
- 3 tablespoons fresh lemon juice
- 2 teaspoons lemon zest
- 2 cloves garlic, minced
- 2 teaspoons dried oregano
- 1 teaspoon salt
- ½ teaspoon black pepper
- Wooden skewers (soaked in water for 20 minutes)

### Directions:

1. Whisk together olive oil, lemon juice, lemon zest, garlic, oregano, salt, and pepper in a large bowl. Add chicken and toss to coat. Marinate in the refrigerator for at least 30 minutes.
2. Preheat grill or grill pan to medium-high heat. Thread chicken pieces onto skewers.
3. Grill skewers for 10–12 minutes, turning occasionally, until chicken is cooked and lightly charred.
4. Remove from the grill and rest for 5 minutes before serving.

**Nutritional Information:** 290 calories, 34g protein, 2g carbohydrates, 16g fat, 0g fiber, 95mg cholesterol, 420mg sodium, 460mg potassium.

## Chicken with Artichokes and White Wine Sauce



PREP 10 MIN



COOK 30 MIN



SERVES 2-6

### Ingredients:

- 4 boneless, skinless chicken breasts (about 2 lbs)
- 2 tablespoons olive oil
- 1 tablespoon butter
- 1 can (14 oz) artichoke hearts, drained and halved
- ½ cup dry white wine
- ½ cup low-sodium chicken broth
- 2 cloves garlic, minced
- 1 teaspoon dried thyme
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 1 tablespoon chopped fresh parsley (optional, for garnish)



### Directions:

1. Season chicken with salt and pepper. In a large skillet, heat olive oil over medium-high heat. Sear chicken for 4–5 minutes per side until golden. Remove and set aside.
2. In the same skillet, melt butter and sauté garlic for 1 minute. Add white wine, chicken broth, thyme, and artichokes. Bring to a simmer.
3. Return chicken to skillet, reduce heat to low, cover, and simmer for 20–25 minutes, until chicken is cooked through and tender.
4. Uncover and cook 2–3 more minutes to slightly reduce the sauce. Garnish with parsley before serving.

**Nutritional Information:** 360 calories, 38g protein, 7g carbohydrates, 18g fat, 3g fiber, 110mg cholesterol, 420mg sodium, 580mg potassium.

## Baked Turkey Meatballs in Tomato Sauce



PREP 15 MIN



COOK 30 MIN



SERVES 2-6

### Ingredients:

#### For the Meatballs:

- 1 lb ground turkey
- ¼ cup plain breadcrumbs
- 1 large egg
- 2 tablespoons grated Parmesan cheese
- 2 cloves garlic, minced
- 1 tablespoon chopped fresh parsley (or 1 teaspoon dried)
- ½ teaspoon salt
- ¼ teaspoon black pepper

#### For the Tomato Sauce:

- 1 tablespoon olive oil
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 1 can (15 oz) crushed tomatoes
- 1 teaspoon dried oregano
- ½ teaspoon salt
- ¼ teaspoon black pepper

### Directions:

1. Preheat oven to 400°F. In a bowl, combine ground turkey, breadcrumbs, egg, Parmesan, garlic, parsley, salt, and pepper. Mix just until combined and form into 1½-inch meatballs.
2. Place meatballs on a greased or parchment-lined baking sheet and bake for 20–22 minutes, until lightly browned and cooked through.
3. While meatballs bake, heat olive oil in a saucepan over medium heat. Sauté onion for 3–4 minutes, then add garlic and cook 1 more minute.
4. Stir in crushed tomatoes, oregano, salt, and pepper. Simmer for 10 minutes.
5. Add baked meatballs to the sauce and let simmer together for 5 minutes before serving.

*Nutritional Information:* 320 calories, 28g protein, 13g carbohydrates, 17g fat, 2g fiber, 110mg cholesterol, 560mg sodium, 590mg potassium.

## Herbed Chicken with Roasted Bell Peppers



PREP 15 MIN



COOK 35 MIN

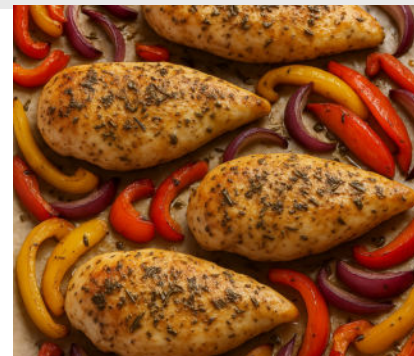


SERVES 2-6

### Ingredients:

- 4 boneless, skinless chicken breasts (about 2 lbs total)
- 2 tablespoons olive oil
- 1 teaspoon dried thyme
- 1 teaspoon dried basil
- 1 teaspoon garlic powder

- 4 boneless, skinless chicken breasts (about 2 lbs total)
- 2 tablespoons olive oil
- 1 teaspoon dried thyme
- 1 teaspoon dried basil
- 1 teaspoon garlic powder



### Directions:

1. Preheat oven to 400°F. In a small bowl, mix olive oil, thyme, basil, garlic powder, salt, and pepper.
2. Rub chicken breasts with the herb mixture and place them on a baking sheet lined with parchment paper.
3. In a bowl, toss bell peppers and onion with balsamic vinegar and a drizzle of olive oil. Spread around the chicken.
4. Roast for 30–35 minutes or until chicken reaches 165°F internally and vegetables are tender and slightly caramelized. Let rest for 5 minutes before serving.

*Nutritional Information:* 350 calories, 38g protein, 9g carbohydrates, 17g fat, 2g fiber, 110mg cholesterol, 300mg sodium, 580mg potassium.

## Chicken and Chickpea Stew with Saffron



PREP 15 MIN



COOK 45 MIN



SERVES 2-6

### Ingredients:

- 1½ lbs boneless, skinless chicken thighs, cut into chunks
- 1 tablespoon olive oil
- 1 medium onion, chopped
- 3 cloves garlic, minced
- 1 can (15 oz) chickpeas, drained and rinsed
- 1 can (14.5 oz) diced tomatoes
- 2 cups low-sodium chicken broth
- ¼ teaspoon saffron threads, steeped in 2 tablespoons warm water
- 1 teaspoon ground cumin
- ½ teaspoon ground coriander
- ½ teaspoon salt
- ¼ teaspoon black pepper
- ¼ teaspoon crushed red pepper flakes (optional)
- 2 tablespoons chopped fresh parsley (for garnish)

### Directions:

1. Heat olive oil over medium heat in a large pot or Dutch oven. Add chicken and brown on all sides, about 5–6 minutes. Remove and set aside.
2. In the same pot, sauté the onion until softened, about 4 minutes. Add garlic and cook for 1 more minute.
3. Stir in cumin, coriander, salt, pepper, and red pepper flakes. Add diced tomatoes, chickpeas, chicken broth, and saffron with its water. Return chicken to the pot.
4. Bring to a boil, then reduce heat to low. Simmer uncovered for 35–40 minutes, or until chicken is tender and stew has thickened.
5. Garnish with parsley before serving.

**Nutritional Information:** 390 calories, 34g protein, 24g carbohydrates, 17g fat, 6g fiber, 95mg cholesterol, 490mg sodium, 720mg potassium.

## One-Pan Chicken with Olives and Potatoes



PREP 15 MIN



COOK 45 MIN



SERVES 2-6

### Ingredients:

- 4 bone-in, skin-on chicken thighs (about 2 lbs)
- 1½ tablespoons olive oil
- 1 lb baby potatoes, halved
- ½ cup green olives, pitted
- ½ cup black olives, pitted
- 1 small red onion, sliced
- 2 cloves garlic, minced
- 1 teaspoon dried oregano
- ½ teaspoon salt
- ¼ teaspoon black pepper
- Juice of ½ lemon

### Directions:

1. Preheat oven to 400°F. Pat chicken thighs dry and season with salt, pepper, and oregano.
2. Toss potatoes, onion, garlic, and olives with olive oil and lemon juice in a large oven-safe skillet or baking dish. Arrange chicken thighs on top.
3. Roast uncovered for 40–45 minutes, or until chicken is cooked through (internal temperature of 165°F) and potatoes are tender. Broil for the last 2–3 minutes for crispier skin if desired.
4. Let rest for 5 minutes before serving.

**Nutritional Information:** 430 calories, 28g protein, 18g carbohydrates, 27g fat, 3g fiber, 120mg cholesterol, 680mg sodium, 620mg potassium.



## Braised Rabbit with Tomatoes and Rosemary



PREP 20 MIN



COOK 90 MIN



SERVES 2-6

### Ingredients:

- 1 whole rabbit (about 2.5 to 3 lbs), cut into serving pieces
- 2 tablespoons olive oil
- 1 medium onion, chopped
- 3 cloves garlic, minced
- 1 can (14.5 oz) diced tomatoes
- ½ cup dry white wine
- 1 cup low-sodium chicken broth
- 2 sprigs fresh rosemary (or 1 teaspoon dried)
- ½ teaspoon salt
- ¼ teaspoon black pepper

### Directions:

1. Heat olive oil in a large Dutch oven over medium-high heat. Brown rabbit pieces on all sides, about 6–8 minutes. Remove and set aside.
2. In the same pot, sauté onion and garlic until softened, about 3–4 minutes.
3. Return the rabbit to the pot. Add diced tomatoes, wine, broth, rosemary, salt, and pepper. Stir to combine.
4. Bring to a simmer, then cover and reduce heat to low. Braise for 75–90 minutes, until meat is tender and falling off the bone. Remove rosemary sprigs before serving.

*Nutritional Information: 310 calories, 39g protein, 6g carbohydrates, 13g fat, 1g fiber, 120mg cholesterol, 420mg sodium, 530mg potassium.*

## Stuffed Chicken Breast with Spinach and Feta



PREP 15 MIN



COOK 30 MIN



SERVES 2-6

### Ingredients:

- 3 boneless, skinless chicken breasts (about 1.5 lbs total)
- 1 tablespoon olive oil
- 2 cups fresh spinach, chopped
- ½ cup crumbled feta cheese
- 2 cloves garlic, minced
- ½ teaspoon dried oregano
- ½ teaspoon salt
- ¼ teaspoon black pepper
- Toothpicks or kitchen twine for securing

### Directions:

1. Preheat oven to 375°F. Butterfly the chicken breasts by slicing them horizontally without cutting them through, then open them like a book.
2. Heat olive oil in a skillet over medium heat. Sauté garlic and spinach until wilted, about 2–3 minutes. Remove from heat and mix in the feta cheese and oregano.
3. Spoon the spinach-feta mixture onto one side of each butterflied chicken breast. Fold over and secure with toothpicks or twine. Season the outside with salt and pepper.
4. Place the stuffed chicken breasts in a baking dish. Bake uncovered for 25–30 minutes or until internal temperature reaches 165°F. Let rest for 5 minutes before serving.

*Nutritional Information: 320 calories, 39g protein, 3g carbohydrates, 16g fat, 1g fiber, 105mg cholesterol, 480mg sodium, 500mg potassium.*





**Mediterranean Diet**  
**for Beginners**  
*CHAPTER 9: Meat Recipes*

## Grilled Lamb Chops with Garlic and Mint



PREP 15 MIN



COOK 10 MIN



SERVES 2-6

### Ingredients:

- 8 lamb rib chops (about 2 lbs total)
- 3 tablespoons olive oil
- 3 garlic cloves, minced
- 2 tablespoons fresh mint, chopped
- 1 tablespoon fresh lemon juice
- 1 teaspoon salt
- ½ teaspoon black pepper

### Directions:

1. Add olive oil, garlic, mint, lemon juice, salt, and pepper in a small bowl. Rub the mixture evenly over the lamb chops.
2. Let the lamb marinate at room temperature for 15–30 minutes.
3. Preheat a grill or grill pan over medium-high heat.
4. Grill lamb chops for 4–5 minutes per side for medium-rare, or adjust time for desired doneness.
5. Let rest for 5 minutes before serving.

*Nutritional Information (per serving, based on 4 servings): 420 calories, 32g protein, 1g carbohydrates, 32g fat, 0g fiber, 110mg cholesterol, 480mg sodium, 430mg potassium.*

## Veal Stew with Mediterranean Herbs



PREP 20 MIN



COOK 30 MIN



SERVES 2-6

### Ingredients:

- 2 lbs veal stew meat, cut into 1½-inch cubes
- 2 tablespoons olive oil
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 2 carrots, peeled and sliced
- 1 (14.5 oz) can diced tomatoes
- 1 cup beef broth
- ½ cup dry white wine
- 1 teaspoon dried oregano
- 1 teaspoon dried thyme
- ½ teaspoon rosemary
- 1 bay leaf
- 1 teaspoon salt
- ½ teaspoon black pepper

### Directions:

1. Heat olive oil in a large Dutch oven over medium-high heat. Brown the veal cubes in batches, then set aside.
2. In the same pot, sauté onion and garlic until softened, about 5 minutes. Add carrots and cook for 2 more minutes.
3. Return veal to the pot. Stir in diced tomatoes, beef broth, wine, herbs, salt, and pepper. Add bay leaf.
4. Bring to a boil, then reduce heat to low. Cover and simmer for 1½ hours, or until veal is tender.
5. Remove bay leaf before serving. Serve warm with crusty bread or over rice.

*Nutritional Information (per serving, based on 4 servings): 430 calories, 39g protein, 12g carbohydrates, 24g fat, 3g fiber, 115mg cholesterol, 620mg sodium, 720mg potassium.*



## Pork Tenderloin with Fig and Olive Tapenade



PREP 15 MIN



COOK 25 MIN



SERVES 2-6

### Ingredients:

- 1½ lbs pork tenderloin
- 1 tablespoon olive oil
- 1 teaspoon salt
- ½ teaspoon black pepper
- ½ teaspoon dried thyme

### For the tapenade:

- ½ cup dried figs, chopped
- ½ cup pitted Kalamata olives
- 2 tablespoons capers
- 1 garlic clove, minced
- 1 tablespoon lemon juice
- 1 tablespoon olive oil
- 2 tablespoons water

### Directions:

1. Preheat oven to 400°F. Rub pork with olive oil, salt, pepper, and thyme.
2. Heat a skillet over medium-high and sear pork on all sides for about 5–6 minutes.
3. Transfer pork to a baking dish and roast for 18–20 minutes until internal temperature reaches 145°F. Let rest for 5 minutes before slicing.
4. While cooking pork, blend figs, olives, capers, garlic, lemon juice, olive oil, and water in a food processor until chunky but spreadable.
5. Serve pork slices topped with fig and olive tapenade.

*Nutritional Information (per serving, based on 4 servings): 360 calories, 34g protein, 12g carbohydrates, 20g fat, 2g fiber, 95mg cholesterol, 720mg sodium, 540mg potassium.*

## Beef Kofta with Yogurt and Pita



PREP 20 MIN



COOK 15 MIN



SERVES 2-6

### Ingredients:

- 1 lb ground beef
- 1 small onion, grated
- 2 cloves garlic, minced
- ¼ cup chopped fresh parsley
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- ½ teaspoon ground cinnamon
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 1 tablespoon olive oil (for grilling or pan-frying)
- ¾ cup plain Greek yogurt
- 1 tablespoon lemon juice
- 1 tablespoon tahini (optional)
- 2–4 pita breads

### Directions:

1. Combine beef, onion, garlic, parsley, and spices in a large bowl. Mix well and shape into small oval patties or logs.
2. Heat olive oil in a skillet over medium heat or preheat a grill. Cook koftas for 12–15 minutes, turning occasionally, until browned and cooked.
3. In a small bowl, stir together Greek yogurt, lemon juice, and tahini (if using).
4. Serve koftas with pita bread and a generous spoonful of yogurt sauce.

*Nutritional Information (per serving, based on 4 servings): 470 calories, 29g protein, 28g carbohydrates, 27g fat, 2g fiber, 80mg cholesterol, 520mg sodium, 530mg potassium.*



## Stuffed Bell Peppers with Ground Beef and Rice



PREP 20 MIN



COOK 45 MIN



SERVES 2-6

### Ingredients:

- 4 large bell peppers (any color), tops cut off and seeds removed
- 1 lb ground beef
- 1 cup cooked white rice
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 1 (14.5 oz) can diced tomatoes, drained
- 1 cup shredded cheddar cheese, divided
- 1 teaspoon dried oregano
- 1 teaspoon salt
- ½ teaspoon black pepper
- ½ cup water

### Directions:

1. Preheat oven to 375°F. Lightly grease a 9x13-inch baking dish.
2. In a large skillet, cook the ground beef, onion, and garlic over medium heat until browned. Drain excess fat.
3. Stir in rice, diced tomatoes, half of the cheese, oregano, salt, and pepper. Spoon the mixture into the hollowed bell peppers.
4. Place stuffed peppers in the baking dish. Add water to the bottom of the dish and cover tightly with foil.
5. Bake for 35 minutes, then remove the foil. Sprinkle the remaining cheese on top and bake for an additional 10 minutes, uncovered.

**Nutritional Information:** (per serving, based on 4 servings): 430 calories, 26g protein, 22g carbohydrates, 27g fat, 3g fiber, 80mg cholesterol, 570mg sodium, 650mg potassium.

## Mediterranean Shepherd's Pie with Eggplant



PREP 20 MIN



COOK 40 MIN



SERVES 2-6

### Ingredients:

- 1 large eggplant (about 1½ lbs), peeled and diced
- 2 tablespoons olive oil
- 1 lb ground lamb or ground beef
- 1 medium onion, diced
- 2 cloves garlic, minced
- 1 cup canned crushed tomatoes
- ½ teaspoon ground cinnamon
- ½ teaspoon dried oregano
- 1 teaspoon salt
- ½ teaspoon black pepper
- 1½ cups mashed potatoes (prepared from 1 lb potatoes)
- ¼ cup grated Parmesan cheese

### Directions:

1. Preheat oven to 375°F. In a large skillet, heat olive oil over medium heat. Add eggplant and cook for 8–10 minutes until tender; transfer to a plate.
2. In the same skillet, sauté onion and garlic for 3 minutes. Add ground meat and cook until browned. Stir in tomatoes, cinnamon, oregano, salt, pepper, and cooked eggplant. Simmer for 10 minutes.
3. Transfer meat mixture to a greased 8-inch square baking dish. Spread mashed potatoes evenly on top and sprinkle with Parmesan cheese.
4. Bake for 25–30 minutes, until the top is golden and bubbly. Let sit for 5 minutes before serving.

**Nutritional Information:** (per serving, based on 4 servings): 430 calories, 22g protein, 24g carbohydrates, 27g fat, 5g fiber, 60mg cholesterol, 620mg sodium, 700mg potassium.



## Spiced Meatballs in Yogurt-Tahini Sauce



PREP 20 MIN



COOK 20 MIN



SERVES 2-6

### Ingredients:

#### For the meatballs:

- 1 lb ground beef or lamb
- 1 egg
- ¼ cup plain breadcrumbs
- 2 tablespoons onion, finely grated
- 2 garlic cloves, minced
- 1 teaspoon ground cumin
- ½ teaspoon ground coriander
- ½ teaspoon cinnamon
- ½ teaspoon salt

- ¼ teaspoon black pepper
- 2 tablespoons olive oil (for frying)

#### For the yogurt-tahini sauce:

- ¾ cup plain Greek yogurt
- 2 tablespoons tahini
- 1 tablespoon lemon juice
- 1 garlic clove, minced
- 2 tablespoons water (to thin, as needed)
- Salt to taste

### Directions:

1. In a large bowl, combine all meatball ingredients (except oil). Mix until just combined and shape into 1-inch balls.
2. Heat olive oil in a skillet over medium heat. Cook the meatballs in batches, turning them occasionally, until they are browned and cooked through, about 10–12 minutes.
3. In a small bowl, whisk together yogurt, tahini, lemon juice, garlic, and water. Adjust consistency and salt to taste.
4. Serve meatballs warm, drizzled with yogurt-tahini sauce.

*Nutritional Information: (per serving, based on 4 servings): 420 calories, 26g protein, 9g carbohydrates, 32g fat, 1g fiber, 110mg cholesterol, 410mg sodium, 470mg potassium.*

## Pork Loin with Roasted Fennel and Tomatoes



PREP 15 MIN



COOK 10 MIN



SERVES 2-6

### Ingredients:

- 2 lbs pork loin roast
- 2 tablespoons olive oil
- 2 fennel bulbs, trimmed and sliced
- 1 pint cherry tomatoes

- 4 garlic cloves, minced
- 1 teaspoon dried thyme
- 1 teaspoon salt
- ½ teaspoon black pepper

### Directions:

1. Preheat oven to 400°F. Rub the pork loin with 1 tablespoon olive oil, salt, pepper, and thyme.
2. In a large roasting pan, toss fennel, cherry tomatoes, and garlic with the remaining olive oil.
3. Place the pork loin on top of the vegetables and roast for 45 minutes, or until the internal temperature reaches 145°F.
4. Let the pork rest for 10 minutes before slicing. Serve with the roasted vegetables.

*Nutritional Information: (per serving, based on 4 servings): 345 calories, 36g protein, 8g carbohydrates, 18g fat, 2g fiber, 90mg cholesterol, 410mg sodium, 680mg potassium.*





# Mediterranean Diet for Beginners

*CHAPTER 10: Desserts and Beverages*

## Greek Yogurt with Honey and Fresh Berries



PREP 5 MIN



COOK 0 MIN



SERVES 4

### Ingredients:

- 2 cups plain whole milk Greek yogurt
- 1 cup fresh strawberries, hulled and halved
- 1/2 cup fresh blueberries
- 1/2 cup fresh raspberries
- 4 teaspoons honey
- Fresh mint leaves for garnish (optional)

### Directions:

1. Spoon 1/2 cup of Greek yogurt into each of four serving bowls.
2. Evenly distribute the strawberries, blueberries, and raspberries over the yogurt.
3. Drizzle 1 teaspoon of honey over each bowl.
4. Garnish with fresh mint leaves if desired.
5. Serve immediately and enjoy chilled.

**Nutritional Information:** 190 calories, 10g protein, 22g carbohydrates, 7g fat, 2g fiber, 15mg cholesterol, 50mg sodium, 280mg potassium.

## Olive Oil Zucchini Muffins



PREP 15 MIN



COOK 20 MIN



SERVES 6

### Ingredients:

- 1 cup all-purpose flour
- 1/2 cup whole wheat flour
- 1/2 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1/4 teaspoon salt
- 1/2 teaspoon ground cinnamon
- 2 large eggs
- 1/3 cup olive oil
- 1/3 cup honey
- 1 teaspoon vanilla extract
- 1 1/4 cups finely grated zucchini (about 1 medium zucchini)
- 1/4 cup chopped walnuts (optional)

### Directions:

1. Preheat oven to 350°F and line a 6-cup muffin tin with paper liners or grease with olive oil spray.
2. Whisk together flours, baking soda, baking powder, salt, and cinnamon in a large bowl.
3. Whisk eggs, olive oil, honey, and vanilla in another bowl until smooth. Stir in grated zucchini.
4. Add wet ingredients to dry ingredients and mix until just combined. Fold in walnuts if using.
5. Divide batter evenly among muffin cups and bake for 18–20 minutes, or until a toothpick inserted in the center comes out clean.

**Nutritional Information:** 230 calories, 5g protein, 26g carbohydrates, 12g fat, 2g fiber, 35mg cholesterol, 160mg sodium, 160mg potassium.



## Orange and Almond Cake (Flourless)



PREP 20 MIN



COOK 50 MIN



SERVES 4-6

### Ingredients:

- 2 medium navel oranges (seedless)
- 3 large eggs
- 3/4 cup honey
- 2, 1/2 cups almond flour (blanched)
- 1 teaspoon baking powder
- 1/4 teaspoon salt
- Powdered sugar for dusting (optional)

### Directions:

1. Preheat oven to 350°F and grease an 8-inch round cake pan; line the bottom with parchment paper.
2. Place whole oranges in a pot, cover with water, boil, then simmer for 30 minutes. Drain, cool, and blend (peel and all) into a smooth puree.
3. In a large bowl, whisk eggs and honey until light. Stir in orange puree, almond flour, baking powder, and salt until combined.
4. Pour batter into the prepared pan and bake for 45–50 minutes, or until a toothpick comes out clean.
5. Cool in the pan for 10 minutes, then transfer to a wire rack. Dust with powdered sugar if desired before serving.

*Nutritional Information:* 320 calories, 9g protein, 31g carbohydrates, 19g fat, 4g fiber, 70mg cholesterol, 115mg sodium, 310mg potassium.

## Baked Apples with Walnuts and Raisins



PREP 10 MIN



COOK 30 MIN



SERVES 4

### Ingredients:

- 4 medium apples (such as Honeycrisp or Fuji)
- 1/4 cup chopped walnuts
- 1/4 cup raisins
- 2 tablespoons honey or maple syrup
- 1/2 teaspoon ground cinnamon
- 1 tablespoon unsalted butter, cut into small pieces
- 1/4 cup water

### Directions:

1. Preheat oven to 375°F. Core the apples, leaving the bottoms intact to form a well.
2. In a small bowl, mix walnuts, raisins, honey (or maple syrup), and cinnamon.
3. Stuff each apple with the walnut-raisin mixture and top with a few butter pieces.
4. Place apples in a baking dish and pour water into the bottom of the dish.
5. Bake for 30 minutes, or until apples are tender. Serve warm.

*Nutritional Information:* 210 calories, 1g protein, 33g carbohydrates, 9g fat, 4g fiber, 5mg cholesterol, 5mg sodium, 240mg potassium.

*Nutritional Information:* ): 360 calories, 31g protein, 24g carbohydrates, 15g fat, 5g fiber, 70mg cholesterol.



## Honey-Sweetened Yogurt Parfait with Pistachios



PREP 5 MIN



COOK 0 MIN



SERVES 4

### Ingredients:

- 2 cups plain whole milk Greek yogurt
- 1/4 cup honey
- 1/2 cup chopped fresh fruit (e.g., strawberries, peaches, or blueberries)
- 1/4 cup shelled pistachios, roughly chopped
- 1/2 teaspoon vanilla extract (optional)

### Directions:

1. In a mixing bowl, combine yogurt, honey, and vanilla extract if using; stir until smooth.
2. Divide half of the yogurt mixture evenly among four glasses or bowls.
3. Layer each with fruit and a sprinkle of chopped pistachios.
4. Repeat with the remaining yogurt, fruit, and pistachios.
5. Serve immediately or chill for later.

**Nutritional Information:** 240 calories, 9g protein, 24g carbohydrates, 13g fat, 2g fiber, 10mg cholesterol, 30mg sodium, 290mg potassium.

## Fresh Fruit Salad with Mint and Citrus Dressing



PREP 10 MIN



COOK 0 MIN



SERVES 4

### Ingredients:

- 1 cup strawberries, hulled and halved
- 1 cup blueberries
- 1 cup pineapple chunks
- 1 cup green grapes, halved
- 1 orange, juiced (about 1/4 cup)
- 1 tablespoon lemon juice
- 1 tablespoon honey
- 1 tablespoon finely chopped fresh mint leaves

### Directions:

1. To make the dressing, whisk together orange juice, lemon juice, honey, and chopped mint in a small bowl.
2. Combine strawberries, blueberries, pineapple, and grapes in a large bowl.
3. Pour the citrus-mint dressing over the fruit and toss gently to coat.
4. Chill for 10–15 minutes to allow flavors to blend, if desired.
5. Serve cold and garnish with additional mint if preferred.

**Nutritional Information:** 120 calories, 1g protein, 30g carbohydrates, 0.5g fat, 3g fiber, 0mg cholesterol, 2mg sodium, 290mg potassium.



## Iced Herbal Tea with Lemon and Mint



PREP 5 MIN



COOK 10 MIN



SERVES 4

### Ingredients:

- 4 cups water
- 4 herbal tea bags (such as chamomile, peppermint, or hibiscus)
- 1 tablespoon honey (optional)
- 1 lemon, thinly sliced
- 1/4 cup fresh mint leaves
- Ice cubes for serving

### Directions:

1. Bring 4 cups of water to a boil, then remove from heat and add tea bags.
2. Let steep for 5–7 minutes, then discard tea bags and stir in honey if using.
3. Add lemon slices and mint leaves to the tea and let cool to room temperature.
4. Chill in the refrigerator for at least 1 hour.
5. Serve over ice with additional lemon and mint if desired.

*Nutritional Information: 15 calories, 0g protein, 4g carbohydrates, 0g fat, 0g fiber, 0mg cholesterol, 0mg sodium, 35mg potassium.*

## Watermelon and Cucumber Cooler



PREP 10 MIN



COOK 0 MIN



SERVES 4

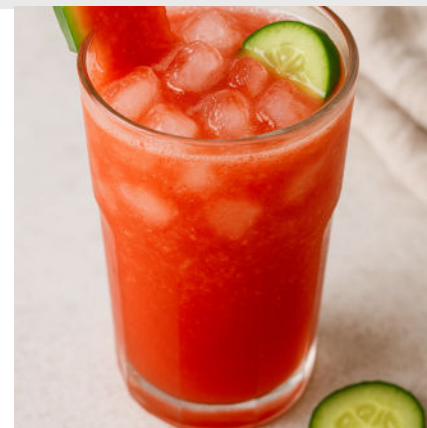
### Ingredients:

- 3 cups seedless watermelon, cubed
- 1 cup cucumber, peeled and chopped
- 1 tablespoon fresh lime juice
- 1 teaspoon honey (optional)
- 1/4 cup water
- Ice cubes for serving
- Fresh mint leaves for garnish (optional)

### Directions:

1. In a blender, combine watermelon, cucumber, lime juice, honey (if using), and water. Blend until smooth.
2. Strain through a fine mesh sieve for a smoother texture, if desired.
3. Chill the cooler in the refrigerator for 15–20 minutes or serve immediately over ice.
4. Pour into glasses and garnish with mint leaves if desired.

*Nutritional Information: 45 calories, 1g protein, 11g carbohydrates, 0g fat, 1g fiber, 0mg cholesterol, 2mg sodium, 170mg potassium.*



## Mediterranean Almond-Date Energy Bites



PREP 10 MIN



COOK 0 MIN



SERVES 4

### Ingredients:

- 1 cup Medjool dates, pitted (about 10 large dates)
- 3/4 cup raw almonds
- 1/4 cup unsweetened shredded coconut
- 1 tablespoon chia seeds
- 1/2 teaspoon ground cinnamon
- 1 teaspoon vanilla extract
- Pinch of salt
- Water, as needed (up to 1 tablespoon)

### Directions:

1. Add dates, almonds, coconut, chia seeds, cinnamon, vanilla, and salt to a food processor.
2. Pulse until the mixture is finely chopped and sticky. Add a few drops of water if needed to help it come together.
3. Scoop out about 1 tablespoon of the mixture and roll into balls using your hands.
4. Place energy bites on a parchment-lined plate and refrigerate for 20 minutes before serving.
5. Store leftovers in an airtight container in the fridge for up to 1 week.

**Nutritional Information:** 210 calories, 4g protein, 24g carbohydrates, 12g fat, 4g fiber, 0mg cholesterol, 2mg sodium, 280mg potassium.

## Almond Cake with Citrus Glaze



PREP 15 MIN



COOK 35 MIN



SERVES 6

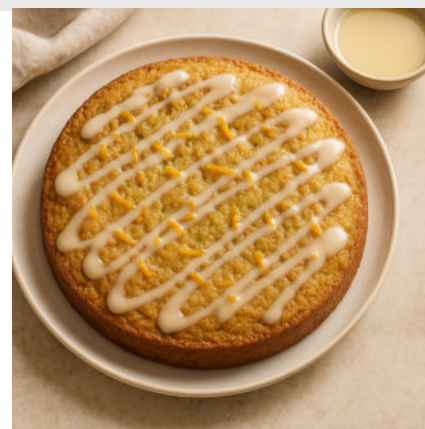
### Ingredients:

- For the cake:**
- 1 cup almond flour
  - 1/2 cup all-purpose flour
  - 1/2 cup granulated sugar
  - 1/4 teaspoon salt
  - 1/2 teaspoon baking powder
  - 3 large eggs
  - 1/4 cup extra virgin olive oil
  - 1/4 cup milk
- For the citrus glaze:**
- 1 teaspoon vanilla extract
  - 1 tablespoon orange zest (from 1 orange)
  - 1/2 cup powdered sugar
  - 1 tablespoon fresh orange juice
  - 1 teaspoon lemon juice
  - Extra orange zest for garnish (optional)

### Directions:

1. Preheat oven to 350°F. Grease and line an 8-inch round cake pan with parchment paper.
2. Whisk together almond flour, all-purpose flour, sugar, salt, and baking powder in a large bowl.
3. Whisk eggs, olive oil, milk, vanilla, and orange zest in another bowl. Combine with the dry ingredients and mix until smooth.
4. Pour batter into the prepared pan and bake for 30–35 minutes, or until a toothpick inserted in the center comes out clean. Cool completely.
5. Whisk powdered sugar with orange and lemon juices to make a glaze. Drizzle over the cooled cake and top with extra zest if desired.

**Nutritional Information:** 290 calories, 6g protein, 28g carbohydrates, 17g fat, 2g fiber, 55mg cholesterol, 95mg sodium, 160mg potassium.





# Mediterranean Diet for Beginners

*CHAPTER 11: Tips*

## Living the Mediterranean Lifestyle

Embracing the Mediterranean diet goes beyond the foods on your plate—it's a holistic way of living that fosters connection, balance, and joy in everyday routines. This chapter provides practical guidance on three pillars of the Mediterranean lifestyle: sharing meals, enjoying wine thoughtfully, and cultivating mindful eating in conjunction with regular physical activity.

### Dining with Family and Friends

#### 1 Make meals an event, not an afterthought

In Mediterranean cultures, lunch and dinner are unhurried opportunities to reconnect. Set aside screens and distractions. Lay the table with beautiful but straightforward touches—linen napkins, a carafe of water or infused olive oil, fresh flowers or herbs in a small vase.

#### 2 Serve family-style

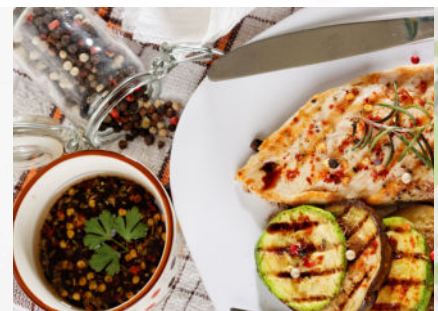
Pass platters of roasted vegetables, bowls of grains, and platters of grilled seafood or lean meats around the table so everyone can take exactly what they like. This communal approach encourages conversation, sharing, and variety on each plate.

#### 3 Cultivate a convivial atmosphere

Invite conversation starters—ask about everyone's day, encourage storytelling, or introduce a simple “question of the meal” (favorite childhood summer memory? most unusual vegetable tried?). Laughter and genuine interest in one another enhance digestion and overall well-being.

#### 4 Extend the meal with leisurely courses

Begin with light appetizers (mezze) of olives, dips, and crudités. Move on to the main course, then linger over fresh fruit or a light dessert paired with herbal tea or coffee. The unhurried progression mirrors traditional Mediterranean dining, where time together is as nourishing as the food itself.



## Wine in Moderation

5

### Choose quality over quantity

A modest glass of red wine—known for its antioxidant content—can complement meals and aid digestion. Opt for regional varieties whenever possible: a crisp rosé from Provence, a full-bodied Tempranillo from Spain, or a light Montepulciano d’Abruzzo.

6

### Mind your pour

Standard serving sizes in Mediterranean countries tend to be smaller than the “typical” glass in many restaurants: about 100–125 mL (3.5–4 oz). This allows you to enjoy the ritual without overindulging.

7

### Pair thoughtfully

Match lighter wines (rosé, pinot grigio) with seafood, chicken, or vegetable dishes; richer reds (chianti, cabernet sauvignon) with red meats, tomato-based sauces, and hearty stews. The goal is harmony between food and wine, elevating flavors without overpowering the palate.

8

### Savor slowly

Take small sips, let the wine warm slightly in the glass, and breathe in its bouquet. This mindful sipping turns each glass into an experience, rather than a quick means to intoxication.

## Mindful Eating and Physical Activity

9

### Eat with awareness

Before you begin, pause for a moment—notice the colors, aromas, and textures of your meal. Chew deliberately, setting down utensils between bites. Pay attention to satiety cues: stop eating when you feel about 80 percent full.



## 10 Honor natural pace and portion

Mediterranean portions prioritize vegetables and legumes, followed by moderate servings of grains and proteins, with healthy fats (primarily olive oil) lending ric

## 11 Cultivate daily movement

In the Mediterranean region, walking is often the primary mode of transportation. Aim for at least 30 minutes of brisk walking most days—whether it’s a neighborhood stroll, a hike in nature, or a lunchtime loop around the office.

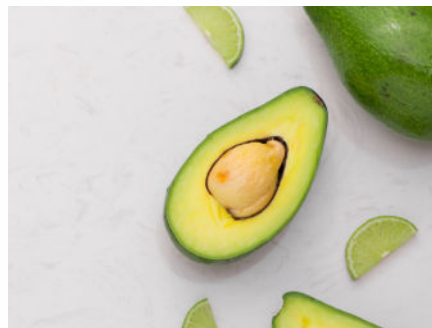
## 12 Incorporate strength and flexibility

Add body-weight exercises (lunges, squats, push-ups) two or three times per week and dedicate a few minutes each day to gentle stretching or practices such as yoga or tai chi. This balances cardiovascular health with musculoskeletal strength and joint mobility.

## 13 Make activity social

Walk with friends, join a dance class, or play a casual game of bocce or pétanque. Combining movement with fellowship harnesses the communal spirit at the heart of Mediterranean living.

**By weaving these practices into daily life, you’ll foster deeper connections, greater balance, and a lasting sense of well-being, just as generations have done along the shores of the Mediterranean Sea. Enjoy the journey as much as the destination!**





# **Mediterranean Diet for Beginners**

***CHAPTER 12:  
Final Thoughts and Inspiration***



As you explore the Mediterranean diet and its many flavors, colors, and health benefits, you may have discovered that this way of eating is not just about food but a way of life. It's about embracing a lifestyle that nourishes your body, mind, and spirit. The Mediterranean diet invites you to savor every meal, celebrate the abundance of fresh ingredients, and enjoy the rituals of eating with those you love.






Switching to a healthier diet may initially seem challenging, but take it one step at a time. You don't have to make drastic changes all at once. Add more vegetables, whole grains, and healthy fats to your meals. Gradually, you'll notice how these nutritious choices become a natural routine. Over time, the Mediterranean approach to eating will become second nature, and you'll see how much better you feel, both inside and out.




Remember that the Mediterranean diet is not about perfection. It's about balance and enjoying life's pleasures in moderation. There will be days when you indulge, and that's okay. What's important is an overall shift to a healthier and more sustainable lifestyle. Every meal is an opportunity to fuel your body, and every choice brings you closer to your goals, no matter how small.

You can do it! Keep going, and let every delicious bite inspire you to live a healthier and happier life. Remember, this journey is about savoring the joy of cooking, sharing meals, and developing meaningful connections while enjoying food. Do it one day at a time, and let each step be a celebration of the vibrant and nutritious path you've chosen.

Stay inspired, curious, and enjoy the Mediterranean lifestyle – one delicious day at a time.

# Cooking Measurements and Kitchen Conversions

Liquid Measurements Conversion Chart				
				
Fluid Ounces	Cups	Pints	Quarts	Gallons
8 fl. oz	1 c	1/2 pt	1/4 qt	1/16 gal
16 fl. oz	2 c	1 pt	1/2 qt	1/8 gal
32 fl. oz	4 c	2 pt	1 qt	1/4 gal
64 fl. oz	8 c	4 pt	2 qt	1/2 gal
128 fl. oz	16 c	8 pt	4 qt	1 gal

Dry Measurements Conversion Chart		
Teaspoons	Tablespoons	Cups
		
3 tsp	1 tbsp	1/16 c
6 tsp	2 tbsp	1/8 c
12 tsp	4 tbsp	1/4 c
24 tsp	8 tbsp	1/2 c
36 tsp	12 tbsp	3/4 c
48 tsp	16 tbsp	1 c

Dry Weight Conversions	
Measurement	Equivalent
16 ounces (oz)	1 pound (lb)
1 ounce	≈ 28.35 grams
1 pound	≈ 453.59 grams

Note: Exact weight varies by ingredient (e.g., flour, sugar, butter differ in density). For accuracy, using a kitchen scale is

Oven Temperature Conversion		
Fahrenheit	Celsius	Gas Mark
500°F	260°C	10
475°F	245°C	9
450°F	230°C	8
425°F	220°C	7
400°F	200°C	6
375°F	190°C	5
350°F	180°C	4
325°F	165°C	3
300°F	150°C	2
275°F	140°C	1
250°F	120°C	½
225°F	110°C	¼

Tip: For fan-forced ovens, reduce the temperature by 20°C / 25°F.

# MEAL PLANNER

	BREAKFAST	LUNCH	DINNER
MON			
TUE			
WEN			
THU			
FRI			
SAT			
SUN			

# MEAL PLANNER

	BREAKFAST	LUNCH	DINNER
MON			
TUE			
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# MEAL PLANNER

	BREAKFAST	LUNCH	DINNER
MON			
TUE			
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SAT			
SUN			

# RECIPE CARD

RECIPE NAME \_\_\_\_\_

SERVES \_\_\_\_\_ PREP \_\_\_\_\_ COOK \_\_\_\_\_ DIFFICULTY \_\_\_\_\_

INGREDIENTS:

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SERVES \_\_\_\_\_ PREP \_\_\_\_\_ COOK \_\_\_\_\_ DIFFICULTY \_\_\_\_\_

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SERVES \_\_\_\_\_ PREP \_\_\_\_\_ COOK \_\_\_\_\_ DIFFICULTY \_\_\_\_\_

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