

Quick & Easy Mediterranean Diet Cookbook:

100 Fast & Delicious 30-Minute Recipes for Healthy
Everyday Meals | Includes a 30-Day Meal Plan and
Shopping List

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INTRODUCTION

Considering the fast-paced nature of the modern world, where time is a valuable asset, maintaining a healthy diet often takes a backseat. There are a lot of folks who have trouble juggling their hectic schedules with the need to prepare nutritious meals, leading to a dependence on processed foods and food that is taken away. However, what if there were a way to enjoy delicious, health-boosting meals without spending hours in the kitchen? Enter the Mediterranean diet – a lifestyle approach to eating that is as satisfying as it is beneficial to your well-being.

The Mediterranean diet is more than just a set of food rules; it is a way of life that emphasizes fresh, whole ingredients, vibrant flavors, and a balanced approach to eating. Based on Mediterranean cuisine, this diet has been praised by health professionals and nutritionists worldwide for its numerous benefits. Studies demonstrate that Mediterranean diets can cause improved heart health, increased energy levels, better weight management, and even enhanced cognitive function.

This book, *Quick & Easy Mediterranean Diet Cookbook*, is designed to make adopting this incredible diet effortless. With 100 simple and delicious recipes, each ready in 30 minutes or less, you can enjoy wholesome meals without the hassle of complex preparation. Whether you're new to the Mediterranean diet or looking for quick meal solutions, this book provides the perfect foundation for creating healthy, flavorful dishes with ease.

Through this introduction, you'll learn why the Mediterranean diet is widely regarded as one of the healthiest eating patterns in the world. You'll discover how it supports overall well-being, what makes it unique, and why it fits seamlessly into even the busiest of lifestyles. If you're ready to take control of your nutrition without sacrificing taste or convenience, this book is here to guide you every step of the way.

Why the Mediterranean Diet?

Extensive research has been conducted on the Mediterranean diet, and its health benefits are well-documented. Unlike restrictive diets that require calorie counting or eliminating entire food groups, the Mediterranean diet offers a flexible, sustainable approach to healthy eating. So, what makes it so special?

1. A Heart-Healthy Approach

A major reason the Mediterranean diet has gained worldwide recognition is its remarkable impact on heart health. Studies have consistently demonstrated that this diet reduces heart disease and stroke risk. The diet is rich in healthy fats, primarily from extra virgin olive oil, nuts, and salmon and sardines, which contain omega-3s known to reduce inflammation and improve cardiovascular health. Additionally, the Mediterranean way of eating minimizes saturated fats and trans fats, further promoting heart health.

2. Rich in Nutrients and Antioxidants

Another highlight of the Mediterranean diet is its emphasis on nutrient-dense foods. Fresh vegetables, leafy greens, legumes, whole grains, nuts, and seeds are vitamin-, mineral-, and antioxidant-rich. These nutrients help combat oxidative stress, reduce inflammation, and support overall well-being. The diet's reliance on many colored fruits and vegetables offers your body the vital nutrients it needs to function optimally.

3. A Natural Way to Maintain a Healthy Weight

Unlike many trendy diets that rely on extreme restrictions, the Mediterranean diet naturally supports weight management. Choosing whole, unprocessed meals and healthy fats promotes satiety and prevents overeating. The inclusion of fiber-rich legumes and whole grains keeps blood sugar levels stable, reducing cravings and the urge to snack on unhealthy foods. Many people find that they lose weight effortlessly when they adopt the Mediterranean diet simply because they are eating satisfying, nutrient-dense meals.

4. Supports Brain Health and Longevity

The Mediterranean diet has benefits beyond physical health; it has also been linked to improved cognitive function and longevity. Research indicates that this diet may lead to a reduction in the likelihood of Alzheimer's disease and various other types of cognitive decline. Healthy fats, antioxidants, and anti-inflammatory foods help protect brain cells and improve mental clarity. Additionally, the diet's balance of nutrients supports long-term health and may extend and improve life.

5. No Restrictive Rules – Just Balanced, Delicious Meals

One of the best things about the Mediterranean diet is its flexibility. Unlike strict diet plans that require rigid meal structures, this diet allows for variety and personal preference. There are no complicated calorie calculations or extreme food eliminations. Instead, the focus is on balance – incorporating nutritious proteins, vibrant vegetables, wholesome grains, and beneficial fats into every meal. This makes the diet sustainable and enjoyable rather than feeling like a temporary eating plan.

6. Perfect for Busy Lifestyles

Many people avoid healthy eating because they believe it requires too much time and effort. The Mediterranean diet proves that healthy meals can be simple, quick, and delicious. The recipes in this book have been specifically created to help busy people eat healthily without spending hours in the kitchen. With easy-to-find ingredients and minimal preparation time, you can enjoy the benefits of the Mediterranean diet even on the busiest of days.

6. A Social and Enjoyable Way of Eating

Food is meant to be enjoyed, and the Mediterranean diet embraces this philosophy. Family and friends often share meals, fostering a sense of connection and enjoyment. The act of sitting down to a meal, savoring the flavors, and appreciating good company is an integral part of the Mediterranean lifestyle. This approach to eating encourages mindfulness and helps foster a healthy relationship with food.

7. Sustainable and Environmentally Friendly

In addition to being beneficial for personal health, the Mediterranean diet is also environmentally sustainable. It emphasizes plant-based foods, which require fewer resources to produce compared to heavily processed or meat-centric diets. By choosing locally sourced vegetables, whole grains, and sustainably caught fish, individuals can support a diet that is both health-conscious and eco-friendly.

How to Get Started

Now that you understand the many advantages of the Mediterranean diet, you may be curious about how to seamlessly integrate it into your daily life. Here are some simple steps to help you get started:

- 1. Stock Your Kitchen with Mediterranean Staples** – Keep essentials like olive oil, whole grains, legumes, nuts, seeds, fresh herbs, and plenty of colorful vegetables on hand.
- 2. Focus on Fresh, Whole Ingredients** – Avoid highly processed foods and opt for natural, nutrient-rich options.
- 3. Incorporate More Plant-Based Meals** – Try including more vegetarian dishes with legumes, grains, and healthy fats.
- 4. Enjoy Lean Proteins** – Include fish, poultry, and plant-based proteins while minimizing red meat consumption.
- 5. Use Healthy Fats** – Replace butter and processed oils with heart-healthy olive oil and avocado.
- 6. Practice Mindful Eating** – Slow down, savor your meals, and enjoy the process of eating with family and friends.
- 7. Plan Your Meals** – To make the transition easier, use the included 30-day meal plan and weekly shopping lists.

BREAKFAST



Vegetable Frittata



10 min



20 min



2 servings



Light, fluffy, and packed with Mediterranean flavors, this quick frittata is a perfect balance of protein and fresh vegetables.

Ingredients:

- 4 large eggs (7 oz | 200 g)
- 2 tbsp milk (1 fl oz | 30 ml)
- 4.2 oz zucchini, thinly sliced (120 g)
- 1.4 oz fresh spinach (40 g)
- 3.5 oz cherry tomatoes, halved (100 g)
- 1.8 oz onion, finely chopped (50 g)
- 1 tbsp extra virgin olive oil (0.5 fl oz | 15 ml)
- ¼ tsp black pepper (0.04 oz | 1 g)
- ¼ tsp salt (0.05 oz | 1.5 g)
- 3 fresh basil leaves, chopped (0.1 oz | 3 g)

Cooking Instructions:

1. In a small bowl, whisk together the eggs with milk, some salt, and black pepper until well combined. Set aside.
2. Warm the olive oil up in a non-stick skillet over medium heat. Adjust the chopped onion and cook for 2 minutes until softened.
3. Adjust the zucchini slices and cook for another 3 minutes, mixing occasionally.
4. Toss in the spinach and cherry tomatoes, mixing for one minute until the spinach wilts slightly.
5. Reduce the heat to low and pour the egg mixture over the vegetables. Let it cook undisturbed for 4-5 minutes until the edges start to set.
6. Use a spatula to lift the sides, allowing any uncooked egg to flow underneath. Continue cooking for another 3 minutes.
7. Once mostly set, place a lid on the skillet and cook for two minutes until the top is firm.
8. Sprinkle with fresh basil and take out of heat.
9. Slice into portions and serve warm.

Nutritional Value (Per Serving):

Calories: 220 kcal Carbohydrates: 7 g Sodium: 340 mg
Protein: 14 g Saturated Fat: 4 g Potassium: 450 mg
Fat: 15 g

Scrambled Eggs with Asparagus



5 min



10 min



2 servings



Fluffy scrambled eggs with tender asparagus, aromatic garlic, and a touch of paprika for a Mediterranean twist.

Ingredients:

- 4 large eggs (200 g)
- 1 tbsp extra virgin olive oil (or 15 ml)
- 3.5 oz asparagus, trimmed and chopped (100 g)
- 1 clove garlic, minced (0.1 oz | 3 g)
- ¼ tsp paprika (0.05 oz | 1.5 g)
- ¼ tsp black pepper (0.04 oz | 1 g)
- ⅓ tsp salt (0.03 oz | 0.8 g)

Cooking Instructions:

1. In a small-sized bowl, whisk the eggs with salt, some black pepper, and paprika until well combined. Set aside.
2. Warm the olive oil up in a non-stick skillet over medium heat.
3. Adjust the minced garlic and cook for 30 seconds until fragrant.
4. Adjust the chopped asparagus and sauté for 3-4 minutes until tender but still slightly crisp.
5. Reduce the heat to low and pour the egg mixture over the asparagus.
6. Gently mix with a spatula, moving the eggs from the edges toward the center until soft curds form.
7. Continue mixing for 2-3 minutes until the eggs are just set but still creamy.
8. Take out of the heat immediately and serve warm.

Nutritional Value (Per Serving):

Calories: 210 kcal Carbohydrates: 4 g Sodium: 220 mg
Protein: 14 g Saturated Fat: 3 g Potassium: 300 mg
Fat: 15 g

Spanish Omelette



10 min



20 min



2 servings



A classic Spanish dish with tender potatoes, sweet onions, and fluffy eggs cooked in rich olive oil for an authentic Mediterranean taste.

Ingredients:

- 4 large eggs (200 g)
- 1 medium potato, thinly sliced (5.3 oz | 150 g)
- 1 small onion, thinly sliced (2.8 oz | 80 g)
- 3 tbsp extra virgin olive oil (or 45 ml)
- ¼ tsp sea salt (0.05 oz | 1.5 g)
- ¼ tsp black pepper (0.04 oz | 1 g)

Cooking Instructions:

1. Reheat two tablespoons of extra virgin olive oil in a non-stick skillet over medium heat.
2. Adjust the thinly sliced potatoes and cook for about 5 minutes, mixing occasionally.
3. Adjust the sliced onion and continue cooking for another 5-7 minutes until the potatoes are tender and slightly golden. Take out of heat.
4. In a small-sized bowl, whisk the eggs with salt and black pepper until well combined.
5. Adjust the cooked potatoes and onions to the egg mixture, mixing gently to coat.
6. Reheat the remaining one tablespoon of olive oil in the skillet over low heat. Add to the egg mixture and spread it evenly.
7. Cook for 5 minutes or until the edges start to set.
8. Carefully flip the omelette using a plate: place a large plate over the skillet, flip the omelette onto the plate, and then slide it back into the pan.
9. Cook for another 3-4 minutes until fully set and golden brown.
10. Take out of the heat, let it cool for a minute, then slice and serve warm.

Nutritional Value (Per Serving):

Calories: 290 kcal Carbohydrates: 16 g Sodium: 260 mg
Protein: 10 g Saturated Fat: 3 g Potassium: 400 mg
Fat: 20 g

Spinach and Feta Egg Muffins



10 min



15 min



2 servings



Fluffy, protein-packed egg muffins with fresh spinach, tangy feta, and aromatic dill—perfect for a quick Mediterranean breakfast or snack.

Ingredients:

- 4 large eggs (200 g)
- 1 tbsp extra virgin olive oil (or 15 ml)
- 1 c up fresh spinach, chopped (1.4 oz | 40 g)
- ½ cup feta cheese, crumbled (1.8 oz | 50 g)
- 2 tbsp green onions, finely chopped (0.5 oz | 15 g)
- 1 tbsp fresh dill, chopped (0.1 oz | 3 g)
- 2 tbsp whole wheat flour (optional) (0.5 oz | 15 g)
- ¼ tsp black pepper (0.04 oz | 1 g)
- ⅛ tsp salt (0.03 oz | 0.8 g)

Cooking Instructions:

1. Start your oven temperature to 375°F (190°C) and splash a muffin tin with a little olive oil.
2. In a pan, warm the olive oil over medium heat. Adjust the chopped spinach and sauté for 2 minutes until wilted. Take out of the heat and let cool slightly.
3. In a bowl, whisk the eggs with black pepper and salt until smooth.
4. Mix the crumbled feta, sautéed spinach, green onions, and fresh dill. If using, whisk in the whole wheat flour to adjust the extra texture.
5. Pour the mixture evenly into four muffin cups, filling each about ¾ full.
6. Bake for 12-15 minutes or until the egg muffins are set and become lightly golden on top.
7. Let them cool for a minute before removing them from the tin. Serve warm.

Nutritional Value (Per Serving):

Calories: 230 kcal Carbohydrates: 5 g Saturated Fat: 5 g
Protein: 14 g (without flour) / 9 g Sodium: 320 mg
Fat: 16 g (with flour) Potassium: 250 mg

Greek Pancakes with Honey and Nuts



10 min



15 min



2 servings



For a delectable Mediterranean twist, try these soft, healthy pancakes prepared with Greek yogurt and topped with crunchy walnuts and honey.

Ingredients:

- ½ cup whole wheat flour (2.1 oz | 60 g)
- ½ cup Greek yogurt (4.2 oz | 120 g)
- ¼ cup water (2 fl oz | 60 ml)
- 1 tbsp extra virgin olive oil (0.5 fl oz | 15 ml)
- 1 tbsp honey (0.7 oz | 20 g) + extra for drizzling
- 1 tbsp walnuts, chopped (0.4 oz | 12 g)
- ½ tsp cinnamon (0.05 oz | 1.5 g)
- ¼ tsp baking powder (0.04 oz | 1 g)
- ⅛ tsp salt (0.03 oz | 0.8 g)

Cooking Instructions:

1. In a small-sized bowl, whisk together the whole wheat flour, baking powder, cinnamon, and salt.
2. In another bowl, mix the Greek yogurt, water, honey, and olive oil until smooth.
3. Gradually adjust the wet ingredients to the dry ingredients, mixing until a thick batter forms. Let it rest for 5 minutes.
4. Reheat a non-stick skillet over medium-low heat and lightly grease with a little olive oil.
5. Small quantities of batter (about two tablespoons for each pancake) should be added to the pan and cooked for two to three minutes or until bubbles appear on the top.
6. After flipping, heat for a further one to two minutes or until golden brown.
7. Place the pancakes on a platter, top with chopped walnuts, and drizzle with more honey.
8. Serve warm and enjoy!

Nutritional Value (Per Serving):

Calories: 290 kcal Carbohydrates: 38 g Sodium: 180 mg
Protein: 9 g Saturated Fat: 2 g Potassium: 210 mg
Fat: 12 g

Greek Scrambled Eggs with Tomato and Feta



5 min



10 min



2 servings



A creamy and flavorful Mediterranean scramble with juicy tomatoes, tangy feta, and aromatic oregano, perfect for a quick and satisfying meal.

Ingredients:

- 4 large eggs (200 g)
- 2 medium ripe tomatoes, diced (5.3 oz | 150 g)
- ½ cup feta cheese, crumbled (1.8 oz | 50 g)
- 1 tbsp extra virgin olive oil (0.5 fl oz | 15 ml)
- 1 small garlic clove, minced (0.1 oz | 3 g)
- ¼ tsp dried oregano (0.04 oz | 1 g)
- ¼ tsp black pepper (0.04 oz | 1 g)
- ⅛ tsp salt (0.03 oz | 0.8 g)

Cooking Instructions:

1. In a bowl, whisk the eggs with black pepper and salt until smooth. Set aside.
2. Warm the olive oil up in a non-stick skillet over medium heat.
3. Adjust the minced garlic and sauté for 30 seconds until fragrant.
4. Mix the diced tomatoes and cook for 3-4 minutes until they soften and release their juices.
5. Reduce the heat to low and pour the whisked eggs into the skillet, mixing gently.
6. Cook for 2-3 minutes, mixing occasionally, until the eggs start to set but remain soft and creamy.
7. After adding the crumbled feta and oregano, mix for one more minute to incorporate everything.
8. Take out of the heat and serve warm.

Nutritional Value (Per Serving):

Calories: 260 kcal Carbohydrates: 6 g Sodium: 360 mg
Protein: 16 g Saturated Fat: 6 g Potassium: 300 mg
Fat: 18 g

Zucchini and Goat Cheese Frittata



10 min



15 min



2 servings



A light and fluffy Mediterranean frittata with tender zucchini, creamy goat cheese, and fresh dill for a burst of flavor.

Ingredients:

- 4 large eggs (200 g)
- 1 small zucchini, thinly sliced (4.2 oz | 120 g)
- ½ cup goat cheese, crumbled (1.8 oz | 50 g)
- 1 tbsp extra virgin olive oil (0.5 fl oz | 15 ml)
- 1 small garlic clove, minced (0.1 oz | 3 g)
- 1 tbsp fresh dill, chopped (0.1 oz | 3 g)
- ¼ tsp black pepper (0.04 oz | 1 g)
- ⅛ tsp salt (0.03 oz | 0.8 g)

Cooking Instructions:

1. Start your oven temperature to 375°F (190°C).
2. In a bowl, whisk the eggs with black pepper and salt until smooth. Set aside.
3. Warm the olive oil up in a non-stick, oven-safe skillet over medium heat.
4. Adjust the minced garlic and sauté for 30 seconds until fragrant.
5. Mix the sliced zucchini and cook for 3-4 minutes until slightly softened.
6. Cover the zucchini with the whisked eggs and simmer for 3 minutes without stirring or until the edges begin to firm.
7. Sprinkle the crumbled goat cheese and fresh dill evenly over the top.
8. Put the skillet in the oven and bake for 8-10 minutes until the frittata is fully set and lightly golden.
9. Let it cool before slicing and serving warm.

Nutritional Value (Per Serving):

Calories: 250 kcal Carbohydrates: 5 g Sodium: 280 mg
Protein: 15 g Saturated Fat: 6 g Potassium: 290 mg
Fat: 18 g

Smoked Salmon and Avocado Toast



5 min



5 min



2 servings



A fresh and flavorful Mediterranean-style toast with creamy avocado, rich smoked salmon, and a hint of lemon for a perfect balance of taste and texture.

Ingredients:

- 2 slices whole grain bread (3.5 oz | 100 g)
- 1 small avocado, mashed (4.2 oz | 120 g)
- 3.5 oz smoked salmon, sliced (100 g)
- 1 tbsp capers (0.5 oz | 15 g)
- 1 tbsp fresh lemon juice (0.5 fl oz | 15 ml)
- ½ cup fresh arugula (0.7 oz | 20 g)

Cooking Instructions:

1. The whole-grain bread should be toasted until crisp and brown.
2. In a little bowl, mash the avocado with lemon juice until smooth.
3. Spread the mashed avocado evenly over the toasted bread slices.
4. Place the avocado on top of the smoked salmon.
5. Sprinkle with capers and adjust fresh arugula for extra freshness.
6. Serve immediately and enjoy!

Nutritional Value (Per Serving):

Calories: 320 kcal Carbohydrates: 25 g Sodium: 480 mg
Protein: 18 g Saturated Fat: 3 g Potassium: 450 mg
Fat: 20 g

Mediterranean Breakfast Bowl



10 min



15 min



2 servings



A nourishing and refreshing breakfast bowl with protein-rich quinoa, crisp cucumbers, tangy feta, and creamy tzatziki for a true Mediterranean start to the day.

Ingredients:

- ½ cup quinoa, uncooked (3.5 oz | 100 g)
- 1 cup of water (8 fl oz | 240 ml)
- 1 medium cucumber, diced (5.3 oz | 150 g)
- ½ cup olives, sliced (1.8 oz | 50 g)
- ½ cup feta cheese, crumbled (1.8 oz | 50 g)
- 2 boiled eggs, sliced (3.5 oz | 100 g)
- 3 tbsp tzatziki sauce (1.6 oz | 45 g)
- 1 tsp lemon zest (0.1 oz | 3 g)

Cooking Instructions:

1. Rinse the quinoa under cold water, then place it in a saucepan with 1 cup (240 ml) of water. Reduce heat to low, place the lid on, and simmer until all the water has been absorbed, 12 to 15 minutes after bringing to a boil. Take out of the heat and allow it to cool slightly.
2. Dice the cucumber, cut the olives, and crumble the feta cheese as the quinoa cooks.
3. Once the quinoa has cooled, divide it between two serving bowls.
4. Top each bowl with diced cucumber, sliced olives, feta cheese, and sliced boiled eggs.
5. Drizzle tzatziki sauce over each bowl and sprinkle with fresh lemon zest for extra brightness.
6. Serve immediately and enjoy!

Nutritional Value (Per Serving):

Calories: 340 kcal Carbohydrates: 32 g Sodium: 460 mg
Protein: 18 g Saturated Fat: 5 g Potassium: 480 mg
Fat: 16 g

Mediterranean Avocado Toast



5 min



5 min



2 servings



A creamy, tangy, and refreshing Mediterranean twist on classic avocado toast, topped with juicy cherry tomatoes and crumbled feta.

Ingredients:

- 2 slices whole grain bread (3.5 oz | 100 g)
- 1 small avocado, mashed (4.2 oz | 120 g)
- 6 cherry tomatoes, halved (3.5 oz | 100 g)
- ½ cup feta cheese, crumbled (1.8 oz | 50 g)
- 1 tbsp extra virgin olive oil (0.5 fl oz | 15 ml)
- 1 tbsp fresh lemon juice (0.5 fl oz | 15 ml)
- ¼ tsp black pepper (0.04 oz | 1 g)

Cooking Instructions:

1. Toast the whole grain bread slices until golden and crisp.
2. In a little bowl, mash the avocado with lemon juice and black pepper until smooth.
3. Spread the mashed avocado evenly over the toasted bread.
4. Top each slice with halved cherry tomatoes and crumbled feta cheese.
5. Splash with extra virgin olive oil for added richness.
6. Serve immediately and enjoy!

Nutritional Value (Per Serving):

Calories: 320 kcal Carbohydrates: 28 g Sodium: 340 mg
Protein: 10 g Saturated Fat: 4 g Potassium: 450 mg
Fat: 20 g

Chickpea Flour Pancakes



10 min



10 min



2 servings



A savory and protein-rich Mediterranean pancake with aromatic spices, fresh herbs, and a crispy golden texture.

Ingredients:

- ½ cup chickpea flour (2.1 oz | 60 g)
- ½ cup water (4 fl oz | 120 ml)
- 1 tbsp extra virgin olive oil (0.5 fl oz | 15 ml)
- ¼ tsp turmeric (0.04 oz | 1 g)
- ¼ tsp cumin (0.04 oz | 1 g)
- 2 tbsp fresh parsley, chopped (0.3 oz | 8 g)
- 2 tbsp scallions, finely chopped (0.5 oz | 15 g)
- ⅛ tsp salt (0.03 oz | 0.8 g)
- ¼ tsp black pepper (0.04 oz | 1 g)

Cooking Instructions:

1. In a small-sized bowl, whisk together the chickpea flour, water, turmeric, cumin, salt, and black pepper until smooth. Let the batter rest for 5 minutes.
2. Mix the chopped parsley and scallions.
3. Warm the olive oil up in a non-stick skillet over medium heat.
4. Pour half of the batter into the pan, spreading it into a thin pancake.
5. Cook for three minutes until bubbles form and the edges start to lift. Flip and cook for another 2 minutes until golden brown.
6. Repeat with the remaining batter.
7. Serve warm, accompanied with a side of yogurt for dipping or a drizzle of olive oil.

Nutritional Value (Per Serving):

Calories: 210 kcal Carbohydrates: 22 g Sodium: 140 mg
Protein: 7 g Saturated Fat: 1.5 g Potassium: 280 mg
Fat: 10 g

Ricotta and Fig Toast



5 min



5 min



2 servings



A creamy and naturally sweet Mediterranean toast with ricotta, fresh figs, a drizzle of honey, and crunchy pistachios.

Ingredients:

- 2 slices whole grain bread (3.5 oz | 100 g)
- ½ cup ricotta cheese (4.2 oz | 120 g)
- 2 fresh figs, sliced (3.5 oz | 100 g)
- 1 tbsp honey (0.7 oz | 20 g)
- 1 tbsp crushed pistachios (0.4 oz | 12 g)

Cooking Instructions:

1. Toast the whole grain bread slices until golden and crisp.
2. Spread the ricotta cheese evenly over each slice.
3. Arrange the fig slices on top of the ricotta.
4. Drizzle with honey for natural sweetness.
5. Sprinkle with crushed pistachios for added crunch.
6. Serve immediately and enjoy!
7. Nutritional Value (Per Serving):

Nutritional Value (Per Serving):

Calories: 320 kcal Carbohydrates: 38 g Sodium: 180 mg
Protein: 12 g Saturated Fat: 5 g Potassium: 300 mg
Fat: 14 g

Almond Butter and Banana Porridge



5 min



10 min



2 servings



A warm and creamy Mediterranean-inspired porridge with almond butter, sweet banana, and a hint of cinnamon.

Ingredients:

- ½ cup rolled oats (1.8 oz | 50 g)
- 1 cup almond milk (8 fl oz | 240 ml)
- 1 medium banana, mashed (4.2 oz | 120 g)
- 1 tbsp almond butter (0.5 oz | 15 g)
- ½ tsp cinnamon (0.05 oz | 1.5 g)
- 1 tbsp flaxseeds (0.4 oz | 12 g)

Cooking Instructions:

1. In a small-sized saucepan, bring the almond milk to a gentle simmer over medium heat.
2. Mix the rolled oats and cook for 5-7 minutes, mixing occasionally until thick and creamy.
3. Adjust the mashed banana, cinnamon, and flaxseeds, mixing to combine. Cook for another 1-2 minutes.
4. Take out the heat and mix the almond butter until fully incorporated.
5. Divide into two bowls and serve warm.

Nutritional Value (Per Serving):

Calories: 280 kcal Carbohydrates: 40 g Sodium: 70 mg
Protein: 7 g Saturated Fat: 1 g Potassium: 380 mg
Fat: 10 g

Ricotta with Honey and Walnuts



5 min



0 min



2 servings



A creamy and naturally sweet Mediterranean treat with ricotta, crunchy walnuts, and a drizzle of honey, perfect on its own or spread over toast.

Ingredients:

- ½ cup ricotta cheese (4.2 oz | 120 g)
- 1 tbsp honey (0.7 oz | 20 g)
- 2 tbsp walnuts, chopped (0.7 oz | 20 g)
- ½ tsp cinnamon (0.05 oz | 1.5 g)
- 2 slices whole-grain toast (optional) (3.5 oz | 100 g)

Cooking Instructions:

1. In a small-sized bowl, mix the ricotta cheese with cinnamon until well combined.
2. Divide the ricotta mixture between two small serving bowls or spread it onto whole-grain toast if using.
3. Drizzle honey evenly over each portion.
4. Sprinkle with chopped walnuts for added crunch.
5. Serve immediately and enjoy!

Nutritional Value (Per Serving):

Calories: 230 kcal Carbohydrates: 18 g Sodium: 120 mg
Protein: 10 g Saturated Fat: 5 g Potassium: 180 mg
Fat: 13 g

Mediterranean-Style Oatmeal



10 min



20 min



2 servings



A warm and nourishing oatmeal with Mediterranean flavors featuring sweet figs, crunchy almonds, and a touch of honey.

Ingredients:

- 1 cup rolled oats (3.5 oz | 100 g)
- 2 cups almond milk (16 fl oz | 480 ml)
- 2 dried figs, chopped (1.4 oz | 40 g)
- 2 tbsp almonds, chopped (0.7 oz | 20 g)
- 1 tbsp honey (0.7 oz | 20 g)
- ½ tsp cinnamon (0.05 oz | 1.5 g)

Cooking Instructions:

1. In a small-sized saucepan, bring the almond milk to a gentle simmer over medium heat.
2. Mix the rolled oats and reduce the heat to low. Cook for 5-7 minutes, mixing occasionally, until the oats absorb most of the liquid and become creamy.
3. Adjust the chopped figs, mixing to distribute them evenly. Continue cooking for another 1-2 minutes.
4. Take the oatmeal out of the heat and mix the cinnamon.
5. After dividing the oats into two dishes, sprinkle the chopped almonds on top.
6. Drizzle honey over each serving and let it sit for a minute to melt into the oats.
7. Serve warm and enjoy!

Nutritional Value (Per Serving):

Calories: 260 kcal Carbohydrates: 38 g Sodium: 90 mg
Protein: 7 g Saturated Fat: 1 g Potassium: 290 mg
Fat: 9 g

SALADS



Grilled Eggplant and Zucchini Salad



10 min



5 min



2 servings



A light and flavorful Mediterranean salad with smoky grilled vegetables, sweet cherry tomatoes, and a tangy balsamic dressing.

Ingredients:

- 1½ small eggplants, sliced (7.4 oz | 210 g)
- 1½ small zucchinis, sliced (6.3 oz | 180 g)
- 9 cherry tomatoes, halved (5.3 oz | 150 g)
- 3 tbsp extra virgin olive oil (1.5 fl oz | 45 ml)
- 1½ tbsp balsamic vinegar (0.75 fl oz | 22 ml)
- 3 tbsp pine nuts, toasted (0.9 oz | 27 g)
- 5 fresh basil leaves, chopped (0.15 oz | 4.5 g)
- ⅜ tsp salt (0.08 oz | 2.3 g)
- ⅜ tsp black pepper (0.06 oz | 1.5 g)

Cooking Instructions:

1. Cooking Instructions:
2. Reheat a grill or grill pan over medium heat.
3. Brush the eggplant and zucchini slices with 1½ tablespoons of olive oil and garnish with salt and some black pepper.
4. Grill the vegetables for 4 minutes per side until tender and lightly charred. Take out of the heat and let cool slightly.
5. In a big bowl, combine the grilled eggplant, zucchini, and cherry tomatoes.
6. Drizzle with balsamic vinegar and the remaining 1½ tablespoons of olive oil. Toss gently to coat.
7. Add some fresh basil and toasted pine nuts as garnish.
8. Serve warm or at room temperature.

Nutritional Value (Per Serving):

Calories: 375 kcal Carbohydrates: 27 g Sodium: 270 mg
Protein: 7.5 g Saturated Fat: 3 g Potassium: 600 mg
Fat: 27 g

Arugula and Orange Salad



10 min



0 min



2 servings



A refreshing Mediterranean salad with peppery arugula, juicy orange segments, crunchy walnuts, and tangy feta, all tied together with a light balsamic dressing.

Ingredients:

- 3 cups arugula (3.2 oz | 90 g)
- 1½ medium oranges, segmented (8 oz | 225 g)
- 4½ tbsp walnuts, chopped (1.4 oz | 40 g)
- ½ small red onion, thinly sliced (2.1 oz | 60 g)
- ½ cup feta cheese, crumbled (2.7 oz | 75 g)
- 3 tbsp extra virgin olive oil (1.5 fl oz | 45 ml)
- 1½ tbsp balsamic vinegar (0.75 fl oz | 22 ml)
- ¾ tsp salt (0.08 oz | 2.3 g)
- ¾ tsp black pepper (0.06 oz | 1.5 g)

Cooking Instructions:

1. In a big bowl, combine the arugula, orange segments, chopped walnuts, and sliced red onion.
2. In a little bowl, mix together the extra virgin olive oil, salt, balsamic vinegar, and black pepper.
3. Splash the dressing over the salad and toss gently to combine.
4. Sprinkle the crumbled feta cheese on top.
5. Serve immediately and enjoy!

Nutritional Value (Per Serving):

Calories: 435 kcal Carbohydrates: 30 g Sodium: 390 mg
Protein: 12 g Saturated Fat: 7.5 g Potassium: 570 mg
Fat: 33 g

Lentil and Roasted Pepper Salad



10 min



20 min



2 servings



A hearty Mediterranean salad with earthy lentils, smoky roasted peppers, juicy cherry tomatoes, and a fragrant cumin-spiced dressing.

Ingredients:

- ¾ cup lentils, uncooked (4.8 oz | 135 g)
- 1½ cups water (12 fl oz | 360 ml)
- 1½ large roasted red bell peppers, chopped (6 oz | 180 g)
- 9 cherry tomatoes, halved (5.3 oz | 150 g)
- ½ small red onion, finely chopped (2.1 oz | 60 g)
- 3 tbsp fresh parsley, chopped (0.9 oz | 27 g)
- 3 tbsp extra virgin olive oil (1.5 fl oz | 45 ml)
- 1½ tbsp balsamic vinegar (0.75 fl oz | 22 ml)
- ½ tsp cumin (0.08 oz | 2.3 g)
- ¾ tsp salt (0.08 oz | 2.3 g)
- ¾ tsp black pepper (0.06 oz | 1.5 g)

Cooking Instructions:

1. Rinse the lentils under cold water, then place them in a saucepan with water. Bring to a boil, decrease the heat, and cook until becomes soft but not mushy, 15 to 20 minutes. Drain and let cool.
2. In a big bowl, combine the cooled lentils, roasted red bell peppers, cherry tomatoes, red onion, and parsley.
3. In a little bowl, whisk together the extra virgin olive oil, balsamic vinegar, cumin, salt, and black pepper.
4. Splash the salad with the dressing and toss to mix.
5. Let the salad sit for 5 minutes to absorb the flavors before serving.

Nutritional Value (Per Serving):

Calories: 460 kcal Carbohydrates: 48 g Sodium: 290 mg
Protein: 18 g Saturated Fat: 3 g Potassium: 630 mg
Fat: 22 g

French Niçoise Salad



15 min



15 min



2 servings



A classic Mediterranean salad packed with protein-rich tuna, tender potatoes, crisp green beans, and a zesty Dijon dressing.

Ingredients:

- 6 oz canned tuna, drained (170 g)
- 3 large eggs, boiled and halved (5.3 oz | 150 g)
- 9 cherry tomatoes, halved (5.3 oz | 150 g)
- 4.5 oz green beans, trimmed (135 g)
- 6.3 oz small potatoes, boiled and halved (180 g)
- ½ cup olives, pitted (1.8 oz | 50 g)
- 3 anchovy fillets, chopped (0.7 oz | 20 g)
- 3 tbsp extra virgin olive oil (1.5 fl oz | 45 ml)
- 1½ tbsp red wine vinegar (0.75 fl oz | 22 ml)
- 1½ tsp Dijon mustard (0.3 oz | 9 g)
- ⅜ tsp salt (0.08 oz | 2.3 g)
- ⅜ tsp black pepper (0.06 oz | 1.5 g)

Cooking Instructions:

1. Heat some salted water in a saucepan until it boils. Adjust the potatoes and cook for about 12-15 minutes until fork-tender. Drain and let cool slightly before halving.
2. Bring water to a boil in a separate saucepan and blanch the green beans for 2 to 3 minutes until they are crisp-tender. Drain and rinse under cold water as a way to stop the cooking process.
3. In a little bowl, combine together the red wine vinegar, extra virgin olive oil, salt, Dijon mustard, and black pepper.
4. In a large salad bowl or plate, arrange the tuna, boiled eggs, cherry tomatoes, green beans, potatoes, olives, and anchovy fillets.
5. Drizzle with the Dijon dressing and toss gently to coat.
6. Serve immediately and enjoy!

Nutritional Value (Per Serving):

Calories: 520 kcal Carbohydrates: 30 g Sodium: 460 mg
Protein: 35 g Saturated Fat: 5 g Potassium: 750 mg
Fat: 30 g

Mushroom Seared Salad with Blue Cheese and Arugula



5 min



10 min



2 servings



A rich and flavorful salad featuring seared mushrooms, tangy blue cheese, and fresh arugula tossed in a balsamic dressing.

Ingredients:

- 6 medium mushrooms, sliced (5.3 oz | 150 g)
- 3 cups fresh arugula (2.1 oz | 60 g)
- ⅓ cup crumbled blue cheese (2 oz | 60 g)
- 1½ tbsp extra virgin olive oil (0.75 fl oz | 22 ml)
- ¾ tbsp balsamic vinegar (0.4 fl oz | 11 ml)
- ¾ tsp Dijon mustard (0.12 oz | 3.5 g)
- ⅜ tsp salt (0.08 oz | 2.3 g)
- ¼ tsp black pepper (0.04 oz | 1 g)

Cooking Instructions:

1. Reheat half of the extra virgin olive oil in a skillet over medium heat.
2. Adjust the sliced mushrooms and sauté for 4-5 minutes until golden brown. Season with salt and black pepper.
3. In a little bowl, whisk together balsamic vinegar, Dijon mustard, and the remaining olive oil.
4. In a big bowl, toss the arugula with the dressing.
5. Divide the salad onto plates and top with seared mushrooms and crumbled blue cheese.
6. Serve immediately as a light and elegant dish.

Nutritional Value (Per Serving):

Calories: 375 kcal Carbohydrates: 18 g Sodium: 480 mg
Protein: 13 g Saturated Fat: 9 g Potassium: 690 mg
Fat: 27 g

Greek Salad



10 min



0 min



2 servings



A fresh and vibrant Mediterranean classic with juicy tomatoes, crisp cucumbers, briny olives, and creamy feta, all tossed in a simple lemon-oregano dressing.

Ingredients:

- 3 medium tomatoes, chopped (10.5 oz | 300 g)
- 1½ medium cucumbers, diced (7.4 oz | 210 g)
- ⅓ small red onion, thinly sliced (2.1 oz | 60 g)
- ½ cup Kalamata olives, pitted (2.7 oz | 75 g)
- ½ cup feta cheese, crumbled (2.7 oz | 75 g)
- 3 tbsp extra virgin olive oil (1.5 fl oz | 45 ml)
- 1½ tsp fresh lemon juice (0.75 fl oz | 22 ml)
- ½ tsp dried oregano (0.08 oz | 2.3 g)
- ⅜ tsp salt (0.08 oz | 2.3 g)
- ⅜ tsp black pepper (0.06 oz | 1.5 g)

Cooking Instructions:

1. In a big bowl, combine the chopped tomatoes, diced cucumbers, sliced red onion, and Kalamata olives.
2. In a little bowl, whisk together the extra virgin olive oil, oregano, lemon juice, salt, and black pepper.
3. Splash the dressing over the salad and toss gently to coat.
4. Sprinkle the crumbled feta cheese on top.
5. Serve immediately and enjoy!

Nutritional Value (Per Serving):

Calories: 410 kcal Carbohydrates: 22 g Sodium: 480 mg
Protein: 12 g Saturated Fat: 8 g Potassium: 520 mg
Fat: 32 g

Moroccan Carrot Salad



10 min



0 min



2 servings



A vibrant and aromatic Mediterranean salad with sweet carrots, juicy raisins, crunchy almonds, and warm spices dressed with lemon and olive oil.

Ingredients:

- 3 medium carrots, grated (7.4 oz | 210 g)
- 3 tbsp raisins (1.4 oz | 40 g)
- 3 tbsp almonds, chopped (1.4 oz | 40 g)
- 3 tbsp fresh mint, chopped (0.9 oz | 27 g)
- 3 tbsp extra virgin olive oil (1.5 fl oz | 45 ml)
- 1½ tsp fresh lemon juice (0.75 fl oz | 22 ml)
- ½ tsp ground cumin (0.08 oz | 2.3 g)
- ½ tsp ground cinnamon (0.08 oz | 2.3 g)
- ⅜ tsp salt (0.08 oz | 2.3 g)
- ⅜ tsp black pepper (0.06 oz | 1.5 g)

Cooking Instructions:

1. In a big bowl, combine the grated carrots, raisins, chopped almonds, and fresh mint.
2. In a little bowl, whisk together the extra virgin olive oil, lemon juice, cumin, cinnamon, salt, and black pepper.
3. Splash the dressing over the carrot mixture and toss well to combine.
4. Allow the salad to sit for five minutes. Let the flavors blend.
5. Serve immediately or chilled for a refreshing taste.

Nutritional Value (Per Serving):

Calories: 340 kcal Carbohydrates: 30 g Sodium: 160 mg
Protein: 6 g Saturated Fat: 3 g Potassium: 500 mg
Fat: 24 g

Spanish Tuna and White Bean Salad



10 min



0 min



2 servings



A protein-packed Mediterranean salad with hearty white beans, flaky tuna, and smoky paprika, all tossed in a zesty lemon and olive oil dressing.

Ingredients:

- 1½ cups cooked white beans (9 oz | 270 g)
- 6 oz canned tuna, drained (170 g)
- 1½ medium red bell peppers, diced (6 oz | 180 g)
- ⅓ small red onion, finely chopped (2.1 oz | 60 g)
- 3 tbsp fresh parsley, chopped (0.9 oz | 27 g)
- 3 tbsp extra virgin olive oil (1.5 fl oz | 45 ml)
- 1½ tbsp fresh lemon juice (0.75 fl oz | 22 ml)
- ½ tsp smoked paprika (0.08 oz | 2.3 g)
- ⅜ tsp salt (0.08 oz | 2.3 g)
- ⅜ tsp black pepper (0.06 oz | 1.5 g)

Cooking Instructions:

1. In a big bowl, combine the white beans, drained tuna, diced red bell pepper, chopped red onion, and parsley.
2. In a little bowl, whisk together the extra virgin olive oil, lemon juice, smoked paprika, salt, and black pepper.
3. Splash the dressing over the salad and toss gently to combine.
4. Let the salad sit for five minutes to absorb the flavors before serving.
5. Serve at room temperature or slightly chilled.

Nutritional Value (Per Serving):

Calories: 460 kcal Carbohydrates: 35 g Sodium: 290 mg
Protein: 35 g Saturated Fat: 3 g Potassium: 620 mg
Fat: 22 g

Italian Caprese Salad



10 min



0 min



2 servings



A simple yet classic Mediterranean salad with creamy mozzarella, juicy tomatoes, and fragrant basil, drizzled with balsamic and olive oil.

Ingredients:

- 9 oz fresh mozzarella, sliced (270 g)
- 3 medium tomatoes, sliced (10.5 oz | 300 g)
- 6 fresh basil leaves (0.2 oz | 6 g)
- 3 tbsp extra virgin olive oil (1.5 fl oz | 45 ml)
- 1½ tbsp balsamic vinegar (0.75 fl oz | 22 ml)
- ⅜ tsp sea salt (0.08 oz | 2.3 g)
- ⅜ tsp black pepper (0.06 oz | 1.5 g)

Cooking Instructions:

1. Arrange alternating slices of fresh mozzarella and tomatoes on a serving plate.
2. To ensure equitable distribution, tuck fresh basil leaves in between the slices.
3. Splash with extra virgin olive oil and balsamic vinegar.
4. Garnish with sea salt and some black pepper to taste.
5. Serve immediately and enjoy!

Nutritional Value (Per Serving):

Calories: 450 kcal Carbohydrates: 10 g Sodium: 380 mg
Protein: 23 g Saturated Fat: 15 g Potassium: 450 mg
Fat: 36 g

Mediterranean Chickpea Salad



10 min



0 min



2 servings



A refreshing and protein-packed Mediterranean salad with hearty chickpeas, crisp vegetables, and a tangy lemon-cumin dressing.

Ingredients:

- 1½ cups cooked chickpeas (9 oz | 270 g)
- 9 cherry tomatoes, halved (5.3 oz | 150 g)
- 1½ medium cucumbers, diced (7.4 oz | 210 g)
- ⅓ small red onion, finely chopped (2.1 oz | 60 g)
- 3 tbsp fresh parsley, chopped (0.9 oz | 27 g)
- ½ cup feta cheese, crumbled (2.7 oz | 75 g)
- 3 tbsp extra virgin olive oil (1.5 fl oz | 45 ml)
- 1½ tbsp fresh lemon juice (0.75 fl oz | 22 ml)
- ½ tsp ground cumin (0.08 oz | 2.3 g)
- ⅜ tsp salt (0.08 oz | 2.3 g)
- ⅜ tsp black pepper (0.06 oz | 1.5 g)

Cooking Instructions:

1. In a big bowl, combine the cooked chickpeas, halved cherry tomatoes, diced cucumbers, chopped red onion, and parsley.
2. In a little bowl, whisk together the extra virgin olive oil, lemon juice, cumin, salt, and black pepper.
3. Splash the dressing over the salad and toss gently to coat.
4. Sprinkle crumbled feta cheese on top.
5. Serve immediately and enjoy!



Nutritional Value (Per Serving):

Calories: 460 kcal Carbohydrates: 36 g Sodium: 400 mg
Protein: 18 g Saturated Fat: 7 g Potassium: 580 mg
Fat: 28 g



Greek Avgolemono Soup



10 min



15 min



2 servings



A creamy and comforting Greek soup with a silky lemon-egg broth, tender rice, and a touch of garlic and parsley for extra flavor.

Ingredients:

- 2 cups chicken broth (16 fl oz | 480 ml)
- ½ cup cooked rice (3 oz | 90 g)
- 1 large egg (1.8 oz | 50 g)
- 2 tbsp fresh lemon juice (1 fl oz | 30 ml)
- 1 small garlic clove, minced (0.1 oz | 3 g)
- 1½ tbsp fresh parsley, chopped (0.45 oz | 13 g)
- 2 tsp extra virgin olive oil (0.3 fl oz | 10 ml)
- ⅛ tsp black pepper (0.02 oz | 0.5 g)
- ¼ tsp salt (0.05 oz | 1.5 g)

Cooking Instructions:

1. In a small-sized saucepan, bring the chicken broth to a gentle simmer over medium heat. Adjust the minced garlic and let it infuse for 2 minutes.
2. Mix the cooked rice and let it warm for another 2 minutes.
3. In another bowl, whisk the egg and lemon juice together until smooth.
4. To temper the egg, slowly pour 60 milliliters (¼ cup) of the hot broth into the egg mixture while whisking continuously.
5. Put the egg mixture in the skillet and stir constantly to achieve a creamy, curdling-free texture.
6. Reduce heat to low and let the soup warm for another 2 minutes, mixing occasionally. Do not let it boil.
7. Mix the extra virgin olive oil, fresh parsley, black pepper, and salt.
8. Serve, garnished with extra parsley if desired.

Nutritional Value (Per Serving):

Calories: 220 kcal Carbohydrates: 22 g Sodium: 350 mg
 Protein: 10 g Saturated Fat: 2 g Potassium: 280 mg
 Fat: 9 g

Italian Minestrone Soup



10 min



20 min



2 servings



A filling and cozy Italian soup made with pasta, soft beans, and fresh veggies in a tasty tomato broth.

Ingredients:

- 2 cups water or vegetable broth (16 fl oz | 480 ml)
- 1 cup diced tomatoes (5.3 oz | 150 g)
- ½ small zucchini, diced (3.5 oz | 100 g)
- ½ medium carrot, diced (2.8 oz | 80 g)
- 1 celery stalk, chopped (2.1 oz | 60 g)
- ¼ medium onion, finely chopped (1.8 oz | 50 g)
- ½ cup cooked white beans (3 oz | 90 g)
- ¼ cup small pasta (1.4 oz | 40 g)
- 1 small garlic clove, minced (0.1 oz | 3 g)
- 1 tbsp extra virgin olive oil (0.5 fl oz | 15 ml)
- 1 tsp fresh basil, chopped (0.3 oz | 8 g)
- ½ tsp dried oregano (0.08 oz | 2.3 g)
- ¼ tsp salt (0.05 oz | 1.5 g)
- ⅛ tsp black pepper (0.02 oz | 0.5 g)

Cooking Instructions:

1. Warm the olive oil up in a saucepan over medium heat. Adjust the onion, garlic, carrot, and celery, and sauté for 3 minutes until softened.
2. Mix the zucchini and cook for another 2 minutes.
3. Adjust the diced tomatoes, water or vegetable broth, white beans, oregano, salt, and black pepper. Bring to a simmer.
4. Mix the pasta and cook for 8-10 minutes or until the pasta is tender.
5. Take out the heat and mix the fresh basil.
6. Serve hot and enjoy!

Nutritional Value (Per Serving):

Calories: 280 kcal Carbohydrates: 40 g Sodium: 350 mg
Protein: 9 g Saturated Fat: 1.5 g Potassium: 420 mg
Fat: 10 g

Spanish Gazpacho



10 min



0 min
(chilling time:
30 minutes
recommended)



2 servings



A refreshing, chilled Spanish soup made with ripe tomatoes, crisp cucumber, and a touch of garlic and vinegar for a perfect Mediterranean summer dish.

Ingredients:

- 2½ medium tomatoes, chopped (9 oz | 255 g)
- ½ medium cucumber, diced (3.5 oz | 100 g)
- ½ medium red bell pepper, chopped (3.5 oz | 100 g)
- ¼ small red onion, chopped (1.4 oz | 40 g)
- 1 small garlic clove, minced (0.1 oz | 3 g)
- 2 tbsp extra virgin olive oil (1 fl oz | 30 ml)
- 1 tbsp red wine vinegar (0.5 fl oz | 15 ml)
- ¼ tsp black pepper (0.04 oz | 1 g)
- ¼ tsp salt (0.05 oz | 1.5 g)
- ¼ cup cold water (2 fl oz | 60 ml)

Cooking Instructions:

1. Put the tomatoes, cucumber, red bell pepper, red onion, and garlic in a blender.
2. Adjust the extra virgin olive oil, red wine vinegar, black pepper, salt, and cold water.
3. Blend until smooth. If a thinner consistency is desired, adjust a bit more cold water.
4. Taste and adjust seasoning if necessary.
5. To enable the flavors to emerge, place them in a bowl and chill for at least half an hour.
6. Serve chilled, and enjoy!

Nutritional Value (Per Serving):

Calories: 190 kcal Carbohydrates: 14 g Sodium: 220 mg
Protein: 3 g Saturated Fat: 2 g Potassium: 500 mg
Fat: 14 g

French Ratatouille Soup



10 min



20 min



2 servings



With its thick tomato foundation, fragrant herbs, and soft veggies, this hearty and rustic French soup captures the spirit of Provence in every bite.

Ingredients:

- ½ small eggplant, diced (4.2 oz | 120 g)
- ½ medium zucchini, diced (3.5 oz | 100 g)
- ½ medium red bell pepper, diced (3.5 oz | 100 g)
- ½ medium yellow bell pepper, diced (3.5 oz | 100 g)
- 1 medium tomato, chopped (5.3 oz | 150 g)
- ¼ medium onion, finely chopped (1.8 oz | 50 g)
- 1 small garlic clove, minced (0.1 oz | 3 g)
- 1½ cups vegetable broth (12 fl oz | 360 ml)
- 1½ tbsp extra virgin olive oil (0.75 fl oz | 22 ml)
- ½ tsp dried thyme (0.08 oz | 2.3 g)
- 1 tbsp fresh basil, chopped (0.3 oz | 8 g)
- ¼ tsp salt (0.05 oz | 1.5 g)
- ¼ tsp black pepper (0.04 oz | 1 g)

Cooking Instructions:

1. Reheat the extra virgin olive oil in a saucepan over medium heat.
2. Adjust the chopped onion and garlic, sautéing for 2 minutes until fragrant.
3. Mix the diced eggplant, zucchini, and bell peppers, and cook for 5 minutes, mixing occasionally.
4. Adjust the chopped tomato, thyme, salt, and black pepper. Mix well and let cook for another 3 minutes.
5. Bring to a slow simmer after adding the veggie broth. For ten minutes, cook with a lid on.
6. Mix the fresh basil and take it out of the heat. Let the soup sit for two minutes before serving.
7. Serve warm and enjoy!

Nutritional Value (Per Serving):

Calories: 240 kcal Carbohydrates: 25 g Sodium: 350 mg
Protein: 5 g Saturated Fat: 2 g Potassium: 520 mg
Fat: 14 g

Moroccan Harira Soup



10 min



25 min



2 servings



A fragrant and hearty Moroccan soup with lentils, chickpeas, and warming spices, perfect for a comforting meal.

Ingredients:

- ¾ cup cooked chickpeas (4.5 oz | 135 g)
- ¼ cup dried lentils (1.8 oz | 50 g)
- 1 medium tomato, chopped (5.3 oz | 150 g)
- ¼ medium onion, finely chopped (1.8 oz | 50 g)
- 1 small celery stalk, chopped (1.4 oz | 40 g)
- 1 small garlic clove, minced (0.1 oz | 3 g)
- 2 cups vegetable broth (16 fl oz | 480 ml)
- 1 tbsp extra virgin olive oil (0.5 fl oz | 15 ml)
- ½ tsp ground cumin (0.08 oz | 2.3 g)
- ¼ tsp ground cinnamon (0.04 oz | 1 g)
- ¼ tsp turmeric (0.04 oz | 1 g)
- 2 tbsp fresh cilantro, chopped (0.6 oz | 18 g)
- ¼ tsp salt (0.05 oz | 1.5 g)
- ⅛ tsp black pepper (0.02 oz | 0.5 g)

Cooking Instructions:

1. Reheat the extra virgin olive oil in a saucepan over medium heat.
2. Adjust the chopped onion, celery, and garlic, sautéing for 2 minutes until fragrant.
3. Mix the cumin, cinnamon, turmeric, salt, and black pepper, cooking for 1 more minute.
4. Adjust the chopped tomato, lentils, and vegetable broth. Lower heat and simmer for fifteen minutes after bringing to a boil.
5. Mix the cooked chickpeas and simmer for another 5 minutes until everything is heated through.
6. Take out the heat and mix the fresh cilantro.
7. Serve warm and enjoy!

Nutritional Value (Per Serving):

Calories: 320 kcal Carbohydrates: 42 g Sodium: 350 mg
Protein: 14 g Saturated Fat: 1.5 g Potassium: 520 mg
Fat: 10 g

Portuguese Caldo Verde



10 min



20 min



2 servings



A comforting and traditional Portuguese soup made with tender potatoes, hearty kale, and a touch of garlic and olive oil for rich flavor.

Ingredients:

- 2 medium potatoes, peeled and diced (7 oz | 200 g)
- 2 cups kale, thinly sliced (2.8 oz | 80 g)
- ¼ medium onion, finely chopped (1.8 oz | 50 g)
- 1 small garlic clove, minced (0.1 oz | 3 g)
- 2 cups vegetable broth (16 fl oz | 480 ml)
- 1 tbsp extra virgin olive oil (0.5 fl oz | 15 ml)
- ¼ tsp black pepper (0.04 oz | 1 g)
- ¼ tsp salt (0.05 oz | 1.5 g)

Cooking Instructions:

1. Warm the olive oil up in a saucepan over medium heat.
2. Adjust the chopped onion and garlic, sautéing for 2 minutes until softened.
3. Mix the diced potatoes, salt, and black pepper, cooking for another minute.
4. Add to the vegetable broth and bring to a gentle simmer. Cover and cook for 15 minutes until the potatoes are tender.
5. To get a creamy texture, gently mash part of the potatoes using a potato masher (or handheld blender), leaving some lumps in place.
6. Mix the sliced kale and cook for another 3-4 minutes until wilted.
7. Take out of the heat and let the soup sit for 2 minutes before serving.
8. Serve warm with a splash of extra olive oil if desired.

Nutritional Value (Per Serving):

Calories: 260 kcal Carbohydrates: 38 g Sodium: 360 mg
Protein: 6 g Saturated Fat: 1.5 g Potassium: 580 mg
Fat: 10 g

Turkish Red Lentil Soup



10 min



20 min



2 servings



A warm and velvety Turkish soup with red lentils, carrots, and aromatic spices, finished with a touch of lemon for brightness.

Ingredients:

- ½ cup red lentils (3.5 oz | 100 g)
- ½ medium carrot, diced (2.8 oz | 80 g)
- ¼ medium onion, finely chopped (1.8 oz | 50 g)
- 1 small garlic clove, minced (0.1 oz | 3 g)
- 2 cups vegetable broth (16 fl oz | 480 ml)
- 1 tbsp extra virgin olive oil (0.5 fl oz | 15 ml)
- ½ tsp ground cumin (0.08 oz | 2.3 g)
- ¼ tsp paprika (0.04 oz | 1 g)
- ¼ tsp salt (0.05 oz | 1.5 g)
- ⅛ tsp black pepper (0.02 oz | 0.5 g)
- 1 tbsp fresh lemon juice (0.5 fl oz | 15 ml)

Cooking Instructions:

1. Warm the olive oil up in a saucepan over medium heat.
2. Adjust the chopped onion, garlic, and carrot, sautéing for 3 minutes until softened.
3. Mix the red lentils, cumin, paprika, salt, and black pepper.
4. Heat to a boil after adding the veggie broth. The lentils and carrots should be tender after fifteen minutes of simmering on low heat.
5. Puree the soup until smooth with a handheld blender or a regular blender.
6. Mix the lemon juice and let the soup rest for 2 minutes before serving.
7. Serve warm with extra lemon wedges if desired.

Nutritional Value (Per Serving):

Calories: 280 kcal Carbohydrates: 38 g Sodium: 350 mg
Protein: 12 g Saturated Fat: 1 g Potassium: 500 mg
Fat: 9 g

Lebanese Lentil and Spinach Soup



10 min



25 min



2 servings



A nourishing Lebanese soup with earthy brown lentils, fresh spinach, and warm spices, finished with a bright touch of lemon.

Ingredients:

- ½ cup brown lentils (3.5 oz | 100 g)
- 2 cups vegetable broth (16 fl oz | 480 ml)
- 1½ cups fresh spinach, chopped (2.8 oz | 80 g)
- ¼ medium onion, finely chopped (1.8 oz | 50 g)
- 1 small garlic clove, minced (0.1 oz | 3 g)
- 1 tbsp extra virgin olive oil (0.5 fl oz | 15 ml)
- ½ tsp ground cumin (0.08 oz | 2.3 g)
- ½ tsp ground coriander (0.08 oz | 2.3 g)
- 1 tbsp fresh lemon juice (0.5 fl oz | 15 ml)
- ¼ tsp salt (0.05 oz | 1.5 g)
- ⅛ tsp black pepper (0.02 oz | 0.5 g)

Cooking Instructions:

1. Warm the olive oil up in a saucepan over medium heat.
2. Adjust the chopped onion and garlic, sautéing for 2 minutes until softened.
3. Mix the cumin, coriander, salt, and black pepper, cooking for 1 more minute.
4. Bring the vegetable broth and brown lentils to a boil, then reduce the heat and simmer for twenty minutes or until the lentils are soft.
5. Mix the chopped spinach and cook for another 2-3 minutes until wilted.
6. Take out the heat and mix the lemon juice.
7. Serve warm and enjoy!

Nutritional Value (Per Serving):

Calories: 290 kcal Carbohydrates: 36 g Sodium: 350 mg
Protein: 14 g Saturated Fat: 1.5 g Potassium: 520 mg
Fat: 10 g

Italian Tomato and Basil Soup



10 min



20 min



2 servings



A classic Italian soup with ripe tomatoes, aromatic basil, and a touch of garlic blended into a smooth and comforting dish.

Ingredients:

- 3 medium tomatoes, chopped (10.5 oz | 300 g)
- ¼ medium onion, finely chopped (1.8 oz | 50 g)
- 1 small garlic clove, minced (0.1 oz | 3 g)
- 1½ cups vegetable broth (12 fl oz | 360 ml)
- 1 tbsp extra virgin olive oil (0.5 fl oz | 15 ml)
- ¼ cup fresh basil leaves, chopped (0.7 oz | 20 g)
- ¼ tsp black pepper (0.04 oz | 1 g)
- ¼ tsp salt (0.05 oz | 1.5 g)

Cooking Instructions:

1. Warm the olive oil up in a saucepan over medium heat.
2. Adjust the chopped onion and garlic, sautéing for 2 minutes until fragrant.
3. Mix the chopped tomatoes, salt, and black pepper. Cook for 5 minutes, mixing occasionally.
4. Bring to a simmer after adding the veggie broth. Cover and cook for 10 minutes.
5. Take out the heat and mix the fresh basil.
6. Blend the soup using a handheld blender (or put it in a blender) until smooth.
7. Return to low heat for 2 more minutes, then serve warm.

Nutritional Value (Per Serving):

Calories: 180 kcal Carbohydrates: 20 g Sodium: 300 mg
Protein: 4 g Saturated Fat: 1.5 g Potassium: 480 mg
Fat: 10 g

Mediterranean Roasted Pepper and Chickpea Soup



10 min



20 min



2 servings



A rich and smoky Mediterranean soup with sweet roasted red peppers, hearty chickpeas, and warm spices blended into a creamy delight.

Ingredients:

- 2 medium roasted red bell peppers, chopped (7 oz | 200 g)
- $\frac{3}{4}$ cup cooked chickpeas (4.5 oz | 135 g)
- $\frac{1}{4}$ medium onion, finely chopped (1.8 oz | 50 g)
- 1 small garlic clove, minced (0.1 oz | 3 g)
- $1\frac{1}{2}$ cups vegetable broth (12 fl oz | 360 ml)
- 1 tbsp extra virgin olive oil (0.5 fl oz | 15 ml)
- $\frac{1}{2}$ tsp ground cumin (0.08 oz | 2.3 g)
- $\frac{1}{2}$ tsp smoked paprika (0.08 oz | 2.3 g)
- $\frac{1}{4}$ tsp salt (0.05 oz | 1.5 g)
- $\frac{1}{8}$ tsp black pepper (0.02 oz | 0.5 g)

Cooking Instructions:

1. Warm the olive oil up in a saucepan over medium heat.
2. Adjust the chopped onion and garlic, sautéing for 2 minutes until fragrant.
3. Mix the cumin, paprika, salt, and black pepper, cooking for 1 more minute.
4. Adjust the roasted red bell peppers, chickpeas, and vegetable broth. Bring to a simmer and cook for ten minutes.
5. Blend the soup using a handheld blender (or put it in a blender) until smooth.
6. Return to low heat and let it warm for another 2 minutes.
7. Serve warm with a splash of olive oil if desired.

Nutritional Value (Per Serving):

Calories: 290 kcal Carbohydrates: 38 g Sodium: 340 mg
Protein: 9 g Saturated Fat: 1.5 g Potassium: 520 mg
Fat: 12 g





Moroccan Spiced Turkey Meatballs



10 min



15 min



2 servings



Juicy and flavorful turkey meatballs infused with warm Moroccan spices, garlic, and fresh herbs, perfect for a Mediterranean-style meal.

Ingredients:

- 8 oz ground turkey (225 g)
- ¼ medium onion, finely chopped (1.8 oz | 50 g)
- 1 small garlic clove, minced (0.1 oz | 3 g)
- 2 tbsp fresh parsley, chopped (0.6 oz | 18 g)
- ½ tsp ground cumin (0.08 oz | 2.3 g)
- ½ tsp ground coriander (0.08 oz | 2.3 g)
- ¼ tsp ground cinnamon (0.04 oz | 1 g)
- ¼ tsp salt (0.05 oz | 1.5 g)
- ⅛ tsp black pepper (0.02 oz | 0.5 g)
- 1 tbsp extra virgin olive oil (0.5 fl oz | 15 ml)

Cooking Instructions:

1. In a small-sized bowl, combine the ground turkey, chopped onion, minced garlic, parsley, cumin, coriander, cinnamon, salt, and black pepper. Mix until well combined.
2. Create little meatballs out of the mixture that are about 1 inch (2.5 cm) in diameter.
3. Reheat the extra virgin olive oil in a skillet over medium heat.
4. Adjust the meatballs and cook for 8-10 minutes, turning occasionally, until they become browned on all sides and cooked through.
5. Take out of heat and let rest for 2 minutes before serving.
6. Serve warm with a side of salad, couscous, or yogurt sauce.

Nutritional Value (Per Serving):

Calories: 290 kcal Carbohydrates: 4 g Sodium: 320 mg
 Protein: 32 g Saturated Fat: 3 g Potassium: 420 mg
 Fat: 16 g

Mediterranean Turkey and Quinoa Salad



10 min



15 min



2 servings



A protein-packed Mediterranean salad with tender turkey, fluffy quinoa, crisp vegetables, and tangy feta tossed in a light lemon dressing.

Ingredients:

- $\frac{3}{4}$ cup cooked quinoa (4.5 oz | 135 g)
- 6 oz cooked turkey breast, diced (170 g)
- 9 cherry tomatoes, halved (5.3 oz | 150 g)
- $\frac{1}{2}$ medium cucumber, diced (3.5 oz | 100 g)
- $\frac{1}{3}$ cup feta cheese, crumbled (1.8 oz | 50 g)
- $\frac{1}{4}$ cup Kalamata olives, sliced (1.8 oz | 50 g)
- 3 tbsp extra virgin olive oil (1.5 fl oz | 45 ml)
- $1\frac{1}{2}$ tsp fresh lemon juice (0.75 fl oz | 22 ml)
- $\frac{1}{4}$ tsp salt (0.05 oz | 1.5 g)
- $\frac{1}{8}$ tsp black pepper (0.02 oz | 0.5 g)

Cooking Instructions:

1. In a big-sized bowl, combine the cooked quinoa, diced turkey, cherry tomatoes, cucumber, feta cheese, and Kalamata olives.
2. In a little bowl, whisk together the extra virgin olive oil, lemon juice, salt, and a pinch of black pepper.
3. Splash the dressing over the salad and toss gently to combine.
4. Serve immediately or chill for 10 minutes for enhanced flavor.

Nutritional Value (Per Serving):

Calories: 450 kcal Carbohydrates: 28 g Sodium: 420 mg
Protein: 40 g Saturated Fat: 6 g Potassium: 550 mg
Fat: 22 g

Italian Herb-Roasted Turkey Breast



10 min



25 min



2 servings



A juicy and flavorful turkey breast infused with aromatic rosemary, thyme, garlic, and lemon zest for a perfect Mediterranean-style roast.

Ingredients:

- 8 oz turkey breast, boneless (225 g)
- 1 tbsp extra virgin olive oil (0.5 fl oz | 15 ml)
- 1 small garlic clove, minced (0.1 oz | 3 g)
- 1 tsp fresh rosemary, chopped (0.05 oz | 1.5 g)
- 1 tsp fresh thyme, chopped (0.05 oz | 1.5 g)
- $\frac{1}{2}$ tsp lemon zest (0.08 oz | 2.3 g)
- $\frac{1}{4}$ tsp black pepper (0.04 oz | 1 g)
- $\frac{1}{4}$ tsp salt (0.05 oz | 1.5 g)

Cooking Instructions:

1. Start your oven temperature to 375°F (190°C).
2. In a small-sized bowl, mix the olive oil, minced garlic, chopped rosemary, thyme, lemon zest, salt, and black pepper to form a marinade.
3. Rub the marinade evenly over the turkey breast.
4. Put the turkey on a baking sheet lined with parchment paper.
5. Roast for 22-25 minutes or until the internal temperature reaches 165°F (74°C).
6. Take it out of the oven and let it rest for 5 minutes before slicing.
7. Serve warm with roasted vegetables or a side salad.

Nutritional Value (Per Serving):

Calories: 250 kcal Carbohydrates: 1 g Sodium: 320 mg
Protein: 40 g Saturated Fat: 2 g Potassium: 460 mg
Fat: 10 g

Greek Lemon Garlic Turkey Skewers



10 min



10 min
(plus 20 minutes
of marinating
time)



2 servings



Juicy and flavorful grilled turkey skewers marinated in lemon, garlic, and oregano for a true Mediterranean taste.

Ingredients:

- 8 oz turkey breast, cut into cubes (225 g)
- 1 tbsp extra virgin olive oil (0.5 fl oz | 15 ml)
- 1 small garlic clove, minced (0.1 oz | 3 g)
- 1½ tbsp fresh lemon juice (0.75 fl oz | 22 ml)
- ½ tsp dried oregano (0.08 oz | 2.3 g)
- ¼ tsp black pepper (0.04 oz | 1 g)
- ¼ tsp salt (0.05 oz | 1.5 g)

Cooking Instructions:

1. In a small-sized bowl, whisk together the extra virgin olive oil, minced garlic, lemon juice, oregano, black pepper, and salt.
2. Adjust the turkey cubes to the marinade, tossing to coat. Lid on and refrigerate for at least 20 minutes.
3. Reheat a grill or grill pan over medium heat.
4. Thread the marinated turkey pieces onto skewers.
5. Grill for ten minutes, turning occasionally until the turkey is cooked through and slightly charred.
6. Take out of the grill and let rest for 2 minutes before serving.
7. Serve warm with a side of tzatziki, pita bread, or a fresh salad.

Nutritional Value (Per Serving):

Calories: 260 kcal Carbohydrates: 2 g Sodium: 320 mg
Protein: 40 g Saturated Fat: 2 g Potassium: 450 mg
Fat: 10 g

Chicken with Artichokes and Olives



10 min



20 min



2 servings



A flavorful Mediterranean chicken dish with tender artichokes, briny olives, and juicy cherry tomatoes infused with garlic and oregano.

Ingredients:

- 8 oz chicken breast, boneless and skinless (225 g)
- ½ cup artichoke hearts, quartered (3.5 oz | 100 g)
- ¼ cup Kalamata olives, pitted and halved (1.8 oz | 50 g)
- 6 cherry tomatoes, halved (3.5 oz | 100 g)
- 1 small garlic clove, minced (0.1 oz | 3 g)
- 1 tbsp extra virgin olive oil (0.5 fl oz | 15 ml)
- ½ tsp dried oregano (0.08 oz | 2.3 g)
- ¼ tsp black pepper (0.04 oz | 1 g)
- ¼ tsp salt (0.05 oz | 1.5 g)

Cooking Instructions:

1. Reheat the extra virgin olive oil in a skillet over medium heat.
2. Adjust the chicken breast and season with salt, black pepper, and oregano. Cook for 5 minutes per side until golden brown.
3. Adjust the minced garlic and cook for 30 seconds until fragrant.
4. Mix the artichoke hearts, Kalamata olives, and cherry tomatoes. Cook for another 5-7 minutes, mixing occasionally, until the chicken is cooked through and the vegetables are slightly softened.
5. Take out of heat and let rest for 2 minutes before slicing.
6. Serve warm with a side of quinoa, couscous, or a fresh salad.

Nutritional Value (Per Serving):

Calories: 320 kcal Carbohydrates: 10 g Sodium: 420 mg
Protein: 40 g Saturated Fat: 2 g Potassium: 520 mg
Fat: 14 g

Portuguese Piri Piri Chicken



10 min



20 min

(plus 30 minutes of marinating time)



2 servings



A bold and spicy Portuguese-style chicken dish marinated with fiery chili peppers, garlic, smoked paprika, and lemon juice for an authentic kick.

Ingredients:

- 8 oz chicken breast, boneless and skinless (225 g)
- 1 small red chili pepper, finely chopped (0.3 oz | 8 g)
- 1 small garlic clove, minced (0.1 oz | 3 g)
- 1 tbsp fresh lemon juice (0.5 fl oz | 15 ml)
- 1 tbsp extra virgin olive oil (0.5 fl oz | 15 ml)
- ½ tsp smoked paprika (0.08 oz | 2.3 g)
- ¼ tsp salt (0.05 oz | 1.5 g)
- ¼ tsp black pepper (0.04 oz | 1 g)

Cooking Instructions:

1. In a little bowl, whisk together the chopped chili pepper, minced garlic, lemon juice, extra virgin olive oil, smoked paprika, salt, and a pinch of black pepper.
2. Rub the marinade evenly over the chicken breast. Cover and let marinate in the refrigerator for at least 30 minutes.
3. Reheat a grill or grill pan over medium-high heat.
4. Grill the chicken for 8-10 minutes per side or until fully cooked and slightly charred.
5. Take out of heat and let rest for 2 minutes before slicing.
6. Serve warm with a side of grilled vegetables, rice, or salad.

Nutritional Value (Per Serving):

Calories: 280 kcal Carbohydrates: 2 g Sodium: 320 mg
Protein: 40 g Saturated Fat: 2 g Potassium: 450 mg
Fat: 12 g

Moroccan Chicken Tagine with Apricots



10 min



30 min



2 servings



A rich and aromatic Moroccan dish with tender chicken, sweet dried apricots, crunchy almonds, and warm spices, slow-cooked to perfection.

Ingredients:

- 8 oz chicken breast, cut into chunks (225 g)
- ¼ medium onion, finely chopped (1.8 oz | 50 g)
- 1 small garlic clove, minced (0.1 oz | 3 g)
- ¼ cup dried apricots, halved (1.4 oz | 40 g)
- 2 tbsp almonds, chopped (0.7 oz | 20 g)
- 1 tbsp extra virgin olive oil (0.5 fl oz | 15 ml)
- ½ tsp ground cinnamon (0.08 oz | 2.3 g)
- ½ tsp ground cumin (0.08 oz | 2.3 g)
- ¼ tsp ground turmeric (0.04 oz | 1 g)
- ¾ cup water or chicken broth (6 fl oz | 180 ml)
- ¼ tsp salt (0.05 oz | 1.5 g)
- ⅛ tsp black pepper (0.02 oz | 0.5 g)

Cooking Instructions:

1. Reheat the extra virgin olive oil in a saucepan or tagine pot over medium heat.
2. Adjust the chopped onion and garlic, sautéing for 2 minutes until softened.
3. Mix the cumin, cinnamon, turmeric, salt, and black pepper, cooking for 1 more minute until fragrant.
4. Adjust the chicken chunks and sear for 3-4 minutes until lightly browned.
5. Pour in the water or chicken broth, cover, and let simmer for 15 minutes.
6. Mix the dried apricots and chopped almonds, cover again, and cook for another 10 minutes until the chicken is tender and the sauce thickens slightly.
7. Take out of heat and let rest for 2 minutes before serving.
8. Serve warm with couscous or quinoa.

Nutritional Value (Per Serving):

Calories: 350 kcal Carbohydrates: 25 g Sodium: 320 mg
Protein: 35 g Saturated Fat: 2 g Potassium: 520 mg
Fat: 14 g

Spanish Chicken with Peppers and Olives



10 min



25 min



2 servings



A rich and savory Spanish-inspired dish with tender chicken, sweet bell peppers, briny olives, and smoky paprika in a flavorful tomato sauce.

Ingredients:

- 8 oz chicken breast, cut into strips (225 g)
- ½ medium red bell pepper, sliced (3.5 oz | 100 g)
- ¼ cup green olives, sliced (1.8 oz | 50 g)
- ¼ medium onion, finely chopped (1.8 oz | 50 g)
- 1 small garlic clove, minced (0.1 oz | 3 g)
- ½ cup canned diced tomatoes (4.2 oz | 120 g)
- ½ tsp smoked paprika (0.08 oz | 2.3 g)
- 1 tbsp extra virgin olive oil (0.5 fl oz | 15 ml)
- ¼ cup water or chicken broth (2 fl oz | 60 ml)
- ¼ tsp salt (0.05 oz | 1.5 g)
- ⅛ tsp black pepper (0.02 oz | 0.5 g)

Cooking Instructions:

1. Reheat the extra virgin olive oil in a skillet over medium heat.
2. Adjust the chopped onion and garlic, sautéing for 2 minutes until softened.
3. Mix the red bell pepper slices and cook for another 3 minutes until slightly tender.
4. Adjust the chicken strips, season with salt, black pepper, and smoked paprika, and cook for five minutes until lightly browned.
5. Pour in the diced tomatoes and water (or broth), mixing well. Cover and simmer for 10 minutes.
6. Mix the green olives and cook for another 2 minutes.
7. Take out of heat and let rest for 2 minutes before serving.
8. Serve warm with rice, quinoa, or crusty bread.

Nutritional Value (Per Serving):

Calories: 310 kcal Carbohydrates: 10 g Sodium: 420 mg
Protein: 38 g Saturated Fat: 2 g Potassium: 480 mg
Fat: 14 g

Italian Chicken Cacciatore



10 min



30 min



2 servings



Tender chicken cooked in a thick tomato sauce with bell peppers, mushrooms, olives, and capers makes up this rustic yet delectable Italian meal.

Ingredients:

- 8 oz chicken breast, cut into chunks (225 g)
- ½ cup canned diced tomatoes (4.2 oz | 120 g)
- ½ medium red bell pepper, sliced (3.5 oz | 100 g)
- ¼ medium onion, finely chopped (1.8 oz | 50 g)
- 2 medium mushrooms, sliced (2.8 oz | 80 g)
- ¼ cup green or black olives, sliced (1.8 oz | 50 g)
- 1 tsp capers, rinsed (0.2 oz | 5 g)
- 1 small garlic clove, minced (0.1 oz | 3 g)
- 1 tbsp extra virgin olive oil (0.5 fl oz | 15 ml)
- ½ tsp dried oregano (0.08 oz | 2.3 g)
- ¼ cup water or chicken broth (2 fl oz | 60 ml)
- ¼ tsp salt (0.05 oz | 1.5 g)
- ⅛ tsp black pepper (0.02 oz | 0.5 g)

Cooking Instructions:

1. Reheat the extra virgin olive oil in a large skillet over medium heat.
2. Adjust the chopped onion and garlic, sautéing for 2 minutes until softened.
3. Mix the sliced bell pepper and mushrooms, cooking for another 3 minutes.
4. Adjust the chicken chunks and season with salt, black pepper, and oregano. Sear for 5 minutes until lightly browned.
5. Pour in the diced tomatoes and water (or broth), mixing well. Cover and let simmer for 15 minutes.
6. Mix the sliced olives and capers, cooking for another 5 minutes until the sauce thickens.
7. Take out of heat and let rest for 2 minutes before serving.
8. Serve warm with a side of whole-grain pasta, quinoa, or crusty bread.

Nutritional Value (Per Serving):

Calories: 340 kcal Carbohydrates: 12 g Sodium: 430 mg
Protein: 40 g Saturated Fat: 2 g Potassium: 520 mg
Fat: 14 g

Greek Chicken Souvlaki with Pita and Yogurt Sauce



10 min



10 min

(plus 30 minutes of marinating time)



2 servings



A flavorful Greek dish with marinated grilled chicken, a warm pita, and a refreshing yogurt sauce.

Ingredients:

For the Chicken Souvlaki:

- 8 oz chicken breast, cut into cubes (225 g)
- 1 tbsp extra virgin olive oil (0.5 fl oz | 15 ml)
- 1 small garlic clove, minced (0.1 oz | 3 g)
- 1½ tsp fresh lemon juice (0.75 fl oz | 22 ml)
- ½ tsp dried oregano (0.08 oz | 2.3 g)
- ¼ tsp salt (0.05 oz | 1.5 g)
- ⅛ tsp black pepper (0.02 oz | 0.5 g)

- ¼ tsp dried oregano (0.08 oz | 2.3 g)
- ¼ tsp salt (0.05 oz | 1.5 g)
- ⅛ tsp black pepper (0.02 oz | 0.5 g)

For Serving:

- 2 whole wheat pita bread (3.5 oz | 100 g)
- ½ cup lettuce, shredded (1.4 oz | 40 g)
- ½ medium cucumber, diced (3.5 oz | 100 g)
- 6 cherry tomatoes, halved (3.5 oz | 100 g)

For the Yogurt Sauce:

- ½ cup Greek yogurt (4.2 oz | 120 g)
- 1 tbsp fresh lemon juice (0.5 fl oz | 15 ml)
- 1 small garlic clove, minced (0.1 oz | 3 g)
- 1 tbsp extra virgin olive oil (0.5 fl oz | 15 ml)

Cooking Instructions:

1. In a small-sized bowl, whisk together the olive oil, lemon juice, garlic, oregano, salt, and black pepper.
2. Adjust the chicken cubes, toss to coat, cover, and refrigerate for at least 30 minutes.
3. In a little bowl, combine the Greek yogurt, lemon juice, garlic, olive oil, oregano, some salt, and black pepper.
4. Mix well and refrigerate until serving.
5. Reheat a grill or grill pan over medium-high heat.
6. Thread the marinated chicken onto skewers (optional) and grill for 8-10 minutes, turning occasionally, until fully cooked and slightly charred.
7. Reheat the pita bread on the grill or in a dry pan for 1 minute per side.
8. Fill each pita with grilled chicken, lettuce, diced cucumber, and cherry tomatoes.
9. Add the yogurt sauce and serve immediately.

Nutritional Value (Per Serving):

Calories: 470 kcal
Protein: 42 g
Fat: 18 g

Carbohydrates: 40 g
Saturated Fat: 4 g

Sodium: 450 mg
Potassium: 520 mg



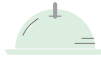
Italian Beef and Tomato Skillet



10 min



15 min



2 servings



A hearty and flavorful Italian-inspired dish with juicy cherry tomatoes, aromatic basil, and savory ground beef, all cooked in a rich balsamic glaze.

Ingredients:

- 8 oz ground beef (225 g)
- 9 cherry tomatoes, halved (5.3 oz | 150 g)
- ¼ medium onion, finely chopped (1.8 oz | 50 g)
- 1 small garlic clove, minced (0.1 oz | 3 g)
- 2 tbsp fresh basil, chopped (0.6 oz | 18 g)
- 1 tbsp extra virgin olive oil (0.5 fl oz | 15 ml)
- 1 tbsp balsamic vinegar (0.5 fl oz | 15 ml)
- ¼ tsp salt (0.05 oz | 1.5 g)
- ⅛ tsp black pepper (0.02 oz | 0.5 g)

Cooking Instructions:

1. Reheat the extra virgin olive oil in a skillet over medium heat.
2. Adjust the chopped onion and garlic, sautéing for 2 minutes until softened.
3. Adjust the ground beef, breaking it up with a spatula. Season with salt and black pepper. Cook for seven minutes until browned.
4. Mix the cherry tomatoes and balsamic vinegar. Cook for another 5 minutes until the tomatoes soften and release their juices.
5. Adjust the chopped basil and mix well. Let cook for one more minute.
6. Take out of heat and let rest for 2 minutes before serving.

Nutritional Value (Per Serving):

Calories: 420 kcal Carbohydrates: 8 g Sodium: 320 mg
 Protein: 35 g Saturated Fat: 9 g Potassium: 480 mg
 Fat: 28 g

Greek Lamb Gyro Wraps with Whole Grain Lavash



10 min



15 min

(plus 30 minutes of marinating time)



2 servings



A flavorful Greek-style lamb wrap with a creamy yogurt sauce, fresh cucumber, and soft whole-grain lavash.

Ingredients:

For the Lamb:

- 8 oz ground lamb (225 g)
- 1 small garlic clove, minced (0.1 oz | 3 g)
- 1 tbsp fresh lemon juice (0.5 fl oz | 15 ml)
- 1 tbsp extra virgin olive oil (0.5 fl oz | 15 ml)
- ½ tsp dried oregano (0.08 oz | 2.3 g)
- ¼ tsp salt (0.05 oz | 1.5 g)
- ⅛ tsp black pepper (0.02 oz | 0.5 g)

For the Yogurt Sauce:

- ½ cup Greek yogurt (4.2 oz | 120 g)
- ½ medium cucumber, grated (3.5 oz | 100 g)

- 1 small garlic clove, minced (0.1 oz | 3 g)
- 1 tbsp fresh lemon juice (0.5 fl oz | 15 ml)
- 1 tbsp extra virgin olive oil (0.5 fl oz | 15 ml)
- ¼ tsp dried oregano (0.08 oz | 2.3 g)
- ¼ tsp salt (0.05 oz | 1.5 g)

For Serving:

- 2 whole grain lavash breads (3.5 oz | 100 g)
- ½ cup lettuce, shredded (1.4 oz | 40 g)
- 6 cherry tomatoes, halved (3.5 oz | 100 g)

Cooking Instructions:

1. In a bowl, mix the ground lamb with garlic, lemon juice, olive oil, oregano, some salt, and black pepper. Cover and marinate for thirty minutes in the fridge.
2. Heat a skillet over medium-high heat. Shape the lamb mixture into small patties or crumble it directly into the pan. Cook for 8 to 10 minutes, mixing occasionally, until fully cooked and slightly crispy.
3. In a small-sized bowl, mix the Greek yogurt, grated cucumber, garlic, lemon juice, olive oil, oregano, and salt. Mix well and refrigerate until serving.
4. Warm the whole-grain lavash on a dry pan for one minute per side.
5. Place the cooked lamb in the center of each lavash. Top with lettuce and cherry tomatoes.
6. Drizzle with the yogurt sauce, roll the lavash tightly, and serve immediately.

Nutritional Value (Per Serving):

Calories: 520 kcal
Protein: 38 g
Fat: 25 g

Carbohydrates: 40 g
Saturated Fat: 10 g

Sodium: 450 mg
Potassium: 520 mg

Spanish Garlic Beef Stir-Fry



10 min



10 min



2 servings



A bold and savory Spanish-inspired stir-fry with tender beef strips, smoky paprika, and sautéed garlic, finished with fresh parsley.

Ingredients:

- 8 oz beef sirloin or flank steak, cut into thin strips (225 g)
- 1 small red bell pepper, sliced (3.5 oz | 100 g)
- ¼ medium onion, sliced (1.8 oz | 50 g)
- 2 small garlic cloves, minced (0.2 oz | 6 g)
- 1 tbsp extra virgin olive oil (0.5 fl oz | 15 ml)
- ½ tsp smoked paprika (0.08 oz | 2.3 g)
- ¼ tsp salt (0.05 oz | 1.5 g)
- ⅛ tsp black pepper (0.02 oz | 0.5 g)
- 2 tbsp fresh parsley, chopped (0.6 oz | 18 g)

Cooking Instructions:

1. Reheat the extra virgin olive oil in a large skillet over medium-high heat.
2. Adjust the sliced onion and garlic, sautéing for 2 minutes until fragrant.
3. Adjust the beef strips, season with salt, black pepper, and smoked paprika, and stir-fry for 5 to 7 minutes until browned.
4. Mix the sliced red bell pepper and cook for another 3 minutes until slightly softened but still crisp.
5. Take out of the heat and sprinkle with fresh parsley.
6. Serve warm with rice, potatoes, or a simple salad.

Nutritional Value (Per Serving):

Calories: 390 kcal Carbohydrates: 6 g Sodium: 320 mg
Protein: 36 g Saturated Fat: 7 g Potassium: 460 mg
Fat: 24 g

French Herbes de Provence Lamb Chops



10 min



12 min

(plus 30 minutes of marinating time)



2 servings



Aromatic and tender lamb chops infused with garlic, Herbes de Provence, and a touch of lemon for a classic French-inspired dish.

Ingredients:

- 4 small lamb chops (8 oz | 225 g)
- 1 small garlic clove, minced (0.1 oz | 3 g)
- 1 tbsp fresh lemon juice (0.5 fl oz | 15 ml)
- 1 tbsp extra virgin olive oil (0.5 fl oz | 15 ml)
- 1 tsp Herbes de Provence (0.1 oz | 3 g)
- ¼ tsp salt (0.05 oz | 1.5 g)
- ¼ tsp black pepper (0.04 oz | 1 g)

Cooking Instructions:

1. In a little bowl, mix the minced garlic, lemon juice, extra virgin olive oil, Herbes de Provence, salt, and black pepper.
2. Rub the marinade evenly over the lamb chops. Lid on and let marinate in the refrigerator for 30 minutes.
3. Reheat a skillet or grill pan over medium-high heat.
4. Cook the lamb chops for 4 minutes on each side for medium-rare or 6 minutes on each side for medium.
5. Take out of the heat and let the lamb rest for 2 minutes before serving.
6. Serve warm with roasted vegetables or a side of couscous.

Nutritional Value (Per Serving):

Calories: 380 kcal Carbohydrates: 2 g Sodium: 320 mg
Protein: 35 g Saturated Fat: 10 g Potassium: 420 mg
Fat: 26 g

Lebanese Beef Kafta Patties



10 min



15 min



2 servings



A flavorful Lebanese dish with spiced ground beef, fresh herbs, and warm Middle Eastern spices, perfect for grilling or pan-searing.

Ingredients:

- 8 oz ground beef (225 g)
- ¼ medium onion, finely chopped (1.8 oz | 50 g)
- 1 small garlic clove, minced (0.1 oz | 3 g)
- 2 tbsp fresh parsley, chopped (0.6 oz | 18 g)
- ½ tsp ground cumin (0.08 oz | 2.3 g)
- ½ tsp ground coriander (0.08 oz | 2.3 g)
- ¼ tsp salt (0.05 oz | 1.5 g)
- ⅛ tsp black pepper (0.02 oz | 0.5 g)
- 1 tbsp extra virgin olive oil (0.5 fl oz | 15 ml)

Cooking Instructions:

1. In a big bowl, mix the ground beef, chopped onion, minced garlic, parsley, cumin, coriander, salt, and black pepper until well combined.
2. Shape the mixture into small oval patties about 1 inch thick.
3. Reheat the extra virgin olive oil in a skillet over medium heat.
4. Adjust the kafta patties and cook for 4 to 5 minutes per side or until browned and fully cooked.
5. Take out of heat and let rest for 2 minutes before serving.
6. Serve warm with hummus, pita, or a fresh salad.

Nutritional Value (Per Serving):

Calories: 350 kcal Carbohydrates: 4 g Sodium: 320 mg
Protein: 34 g Saturated Fat: 7 g Potassium: 450 mg
Fat: 22 g

Beef and Zucchini Stir-Fry



10 min



15 min



2 servings



A quick and flavorful Mediterranean stir-fry with tender beef, zucchini, cherry tomatoes, and aromatic oregano.

Ingredients:

- 8 oz beef sirloin or flank steak, cut into thin strips (225 g)
- ½ medium zucchini, sliced into half-moons (3.5 oz | 100 g)
- 6 cherry tomatoes, halved (3.5 oz | 100 g)
- 1 small garlic clove, minced (0.1 oz | 3 g)
- 1 tbsp extra virgin olive oil (0.5 fl oz | 15 ml)
- ½ tsp dried oregano (0.08 oz | 2.3 g)
- ¼ tsp salt (0.05 oz | 1.5 g)
- ⅛ tsp black pepper (0.02 oz | 0.5 g)

Cooking Instructions:

1. Reheat the extra virgin olive oil in a skillet over medium-high heat.
2. Adjust the beef strips, season with salt, black pepper, and oregano, and stir-fry for 5 to 6 minutes until browned.
3. Adjust the zucchini slices and cook for another 3 minutes until slightly softened.
4. Mix the cherry tomatoes and minced garlic, cooking for an extra 2 minutes until the tomatoes release their juices.
5. Take out of heat and let rest for 2 minutes before serving.
6. Serve warm with quinoa, rice, or a fresh salad.

Nutritional Value (Per Serving):

Calories: 380 kcal Carbohydrates: 8 g Sodium: 320 mg
Protein: 36 g Saturated Fat: 7 g Potassium: 480 mg
Fat: 24 g

Spanish Beef Picadillo



10 min



15 min



2 servings



A rich and savory Spanish-style ground beef dish with smoky paprika, briny green olives, and a flavorful tomato base.

Ingredients:

- 8 oz ground beef (225 g)
- 1 small garlic clove, minced (0.1 oz | 3 g)
- ¼ medium onion, finely chopped (1.8 oz | 50 g)
- ½ cup canned diced tomatoes (4.2 oz | 120 g)
- ¼ cup green olives, sliced (1.8 oz | 50 g)
- ½ tsp ground cumin (0.08 oz | 2.3 g)
- ½ tsp smoked paprika (0.08 oz | 2.3 g)
- 1 tbsp extra virgin olive oil (0.5 fl oz | 15 ml)
- ¼ tsp salt (0.05 oz | 1.5 g)
- ⅛ tsp black pepper (0.02 oz | 0.5 g)

Cooking Instructions:

1. Reheat the extra virgin olive oil in a skillet over medium heat.
2. Adjust the chopped onion and garlic, sautéing for 2 minutes until softened.
3. Adjust the ground beef, breaking it up with a spatula. Season with salt, black pepper, cumin, and smoked paprika. Cook for seven minutes until browned.
4. Mix the diced tomatoes and sliced green olives. Cook for another 5 minutes, mixing occasionally.
5. Take out of heat and let rest for 2 minutes before serving.
6. Serve warm with rice, quinoa, or a side of roasted vegetables.

Nutritional Value (Per Serving):

Calories: 400 kcal Carbohydrates: 8 g Sodium: 420 mg
Protein: 35 g Saturated Fat: 8 g Potassium: 480 mg
Fat: 26 g

Mini Greek Meatloaves



10 min



20 min



2 servings



Juicy and flavorful mini meatloaves packed with Mediterranean spices, fresh herbs, and a hint of garlic.

Ingredients:

- 8 oz ground beef or lamb (225 g)
- ¼ medium onion, finely chopped (1.8 oz | 50 g)
- 1 small garlic clove, minced (0.1 oz | 3 g)
- 2 tbsp fresh parsley, chopped (0.6 oz | 18 g)
- ¼ cup crumbled feta cheese (1.3 oz | 40 g)
- ½ tsp dried oregano (0.08 oz | 2.3 g)
- ¼ tsp ground cumin (0.04 oz | 1 g)
- ¼ tsp salt (0.05 oz | 1.5 g)
- ⅛ tsp black pepper (0.02 oz | 0.5 g)
- 1 tbsp extra virgin olive oil (0.5 fl oz | 15 ml)
- 1 tbsp Greek yogurt (0.5 oz | 15 g)
- 2 tbsp whole wheat breadcrumbs (0.7 oz | 20 g)
- 1 tbsp fresh lemon juice (0.5 fl oz | 15 ml)

Cooking Instructions:

1. Start your oven temperature to 375°F (190°C).
2. In a bowl, mix the ground beef or lamb with onion, garlic, parsley, feta, oregano, cumin, salt, black pepper, olive oil, Greek yogurt, breadcrumbs, and lemon juice until well combined.
3. Shape the mixture into two small meatloaves and place them on a parchment-lined baking sheet.
4. Bake for 18 to 20 minutes or until the meatloaves are fully cooked and golden brown.
5. Take it out of the oven and let it rest for 2 minutes before serving.
6. Serve warm with a side of tzatziki, salad, or roasted vegetables.

Nutritional Value (Per Serving):

Calories: 410 kcal Carbohydrates: 10 g Sodium: 430 mg
Protein: 38 g Saturated Fat: 9 g Potassium: 480 mg
Fat: 26 g

Beef Gyros with Tahini Sauce



10 min



15 min

(plus 30 minutes of marinating time)



2 servings



A delicious Mediterranean-style beef gyro wrapped in warm whole-grain lavash and topped with a creamy tahini sauce.

Ingredients:

For the Beef:

- 8 oz beef sirloin or flank steak, thinly sliced (225 g)
- 1 small garlic clove, minced (0.1 oz | 3 g)
- 1 tbsp extra virgin olive oil (0.5 fl oz | 15 ml)
- 1 tbsp fresh lemon juice (0.5 fl oz | 15 ml)
- ½ tsp dried oregano (0.08 oz | 2.3 g)
- ¼ tsp salt (0.05 oz | 1.5 g)
- ⅛ tsp black pepper (0.02 oz | 0.5 g)

For the Tahini Sauce:

- 2 tbsp tahini (1 oz | 30 g)
- 1 tbsp fresh lemon juice (0.5 fl oz | 15 ml)

- 1 small garlic clove, minced (0.1 oz | 3 g)
- 2 tbsp water (1 fl oz | 30 ml)
- ¼ tsp salt (0.05 oz | 1.5 g)
- ⅛ tsp black pepper (0.02 oz | 0.5 g)

For Serving:

- 2 whole grain lavash breads (3.5 oz | 100 g)
- ½ cup lettuce, shredded (1.4 oz | 40 g)
- 6 cherry tomatoes, halved (3.5 oz | 100 g)
- ¼ medium red onion, thinly sliced (1.8 oz | 50 g)

Cooking Instructions:

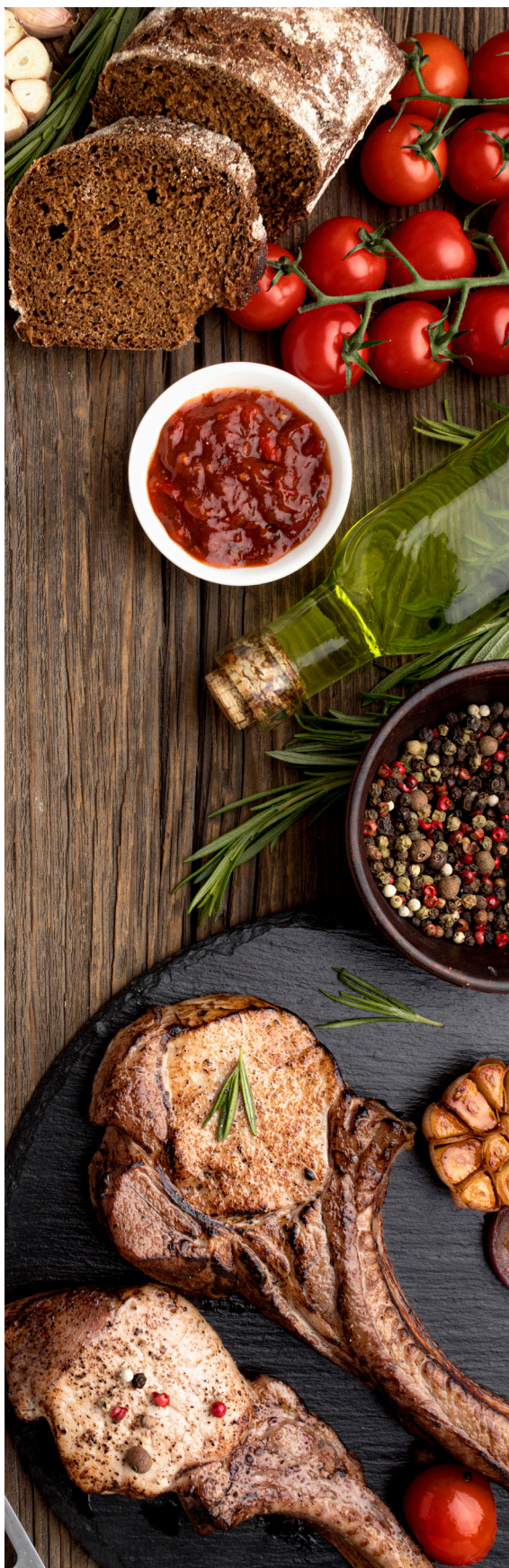
1. In a bowl, mix the beef with garlic, olive oil, lemon juice, oregano, salt, and black pepper. Cover and marinate for thirty minutes in the refrigerator.
2. Heat a skillet over medium-high heat. Adjust the beef slices and cook for 8 minutes until browned and cooked through. Take out the heat and set aside.
3. In a little bowl, whisk together tahini, lemon juice, garlic, water, salt, and black pepper until smooth. Adjust water for desired consistency.
4. Warm the lavash on a dry pan for one minute per side.
5. Place the cooked beef in the center of each lavash. Top with lettuce, cherry tomatoes, and sliced red onion.
6. Drizzle with tahini sauce, roll the lavash tightly, and serve immediately.

Nutritional Value (Per Serving):

Calories: 530 kcal
Protein: 42 g
Fat: 26 g

Carbohydrates: 40 g
Saturated Fat: 6 g

Sodium: 450 mg
Potassium: 520 mg



Greek-Style Lamb Burger



10 min



15 min



2 servings



A juicy and flavorful Mediterranean-inspired lamb burger infused with herbs and spices served on a whole grain bun with fresh toppings.

Ingredients:

For the Lamb Patties:

- 8 oz ground lamb (225 g)
- ¼ medium onion, finely chopped (1.8 oz | 50 g)
- 1 small garlic clove, minced (0.1 oz | 3 g)
- 2 tbsp fresh parsley, chopped (0.6 oz | 18 g)
- ¼ tsp ground cumin (0.04 oz | 1 g)
- ¼ tsp dried oregano (0.04 oz | 1 g)
- ¼ tsp salt (0.05 oz | 1.5 g)
- ⅛ tsp black pepper (0.02 oz | 0.5 g)
- 1 tbsp extra virgin olive oil (0.5 fl oz | 15 ml)

For Serving:

- 2 whole grain burger buns (3.5 oz | 100 g)
- ½ cup lettuce, shredded (1.4 oz | 40 g)
- 4 slices tomato (2.8 oz | 80 g)
- ¼ medium red onion, thinly sliced (1.8 oz | 50 g)
- ¼ cup crumbled feta cheese (1.3 oz | 40 g)
- 2 tbsp Greek yogurt (1 oz | 30 g)
- 1 tbsp fresh lemon juice (0.5 fl oz | 15 ml)

Cooking Instructions:

1. In a bowl, mix the ground lamb with onion, garlic, parsley, cumin, oregano, salt, and black pepper until well combined.
2. Shape the mixture into two equal-sized burger patties.
3. Reheat the extra virgin olive oil in a skillet over medium heat.
4. Cook the lamb patties for 4 to 5 minutes per side or until browned and fully cooked.
5. In a little bowl, combine the Greek yogurt with lemon juice to create a light sauce.
6. Toast the whole grain burger buns on a dry pan for 1 minute.
7. Assemble the burgers by placing lettuce on the bottom bun, followed by the lamb patty, sliced tomatoes, red onion, crumbled feta, and a dollop of yogurt sauce.
8. Serve immediately and enjoy.

Nutritional Value (Per Serving):

Calories: 520 kcal Carbohydrates: 32 g Sodium: 450 mg
 Protein: 40 g Saturated Fat: 10 g Potassium: 480 mg
 Fat: 28 g



Italian Tomato Basil Shrimp



10 min



12 min



2 servings



A light and flavorful Italian shrimp dish cooked in a garlicky cherry tomato sauce with fresh basil and a hint of spice.

Ingredients:

- 10 oz shrimp, peeled and deveined (280 g)
- 9 cherry tomatoes, halved (5.3 oz | 150 g)
- 1 small garlic clove, minced (0.1 oz | 3 g)
- 2 tbsp fresh basil, chopped (0.6 oz | 18 g)
- ¼ cup of dry white wine (2 fl oz | 60 ml)
- 1 tbsp extra virgin olive oil (0.5 fl oz | 15 ml)
- ¼ tsp red pepper flakes (0.04 oz | 1 g)
- ¼ tsp salt (0.05 oz | 1.5 g)
- ⅓ tsp black pepper (0.02 oz | 0.5 g)

Cooking Instructions:

1. Reheat the extra virgin olive oil in a skillet over medium heat.
2. Adjust the garlic and red pepper flakes, sautéing for 30 seconds until fragrant.
3. Mix the cherry tomatoes and cook for 3 minutes until they start to soften.
4. Pour in the white wine and let it simmer for two minutes, allowing the alcohol to cook off.
5. Adjust the shrimp, season with salt and black pepper, and cook for 3 to 4 minutes, turning once, until pink and fully cooked.
6. Mix the fresh basil and take it out of the heat.
7. Serve warm with whole-grain pasta, quinoa, or crusty bread.

Nutritional Value (Per Serving):

Calories: 320 kcal Carbohydrates: 8 g Sodium: 460 mg
 Protein: 42 g Saturated Fat: 2 g Potassium: 520 mg
 Fat: 12 g

Greek Lemon Garlic Grilled Salmon with Green Sauce



10 min



15 min



2 servings



A tender and flavorful Mediterranean salmon dish infused with lemon, garlic, and oregano, served with a fresh and vibrant green sauce.

Ingredients:

For the Salmon:

- 10 oz salmon fillet, skin-on (280 g)
- 1 small garlic clove, minced (0.1 oz | 3 g)
- 1 tbsp fresh lemon juice (0.5 fl oz | 15 ml)
- 1 tbsp extra virgin olive oil (0.5 fl oz | 15 ml)
- ½ tsp dried oregano (0.08 oz | 2.3 g)
- ¼ tsp black pepper (0.04 oz | 1 g)
- ¼ tsp salt (0.05 oz | 1.5 g)

For the Green Sauce:

- ¼ cup fresh parsley, chopped (0.7 oz | 20 g)
- 2 tbsp fresh dill, chopped (0.6 oz | 18 g)
- 1 tbsp fresh lemon juice (0.5 fl oz | 15 ml)
- 1 small garlic clove, minced (0.1 oz | 3 g)
- 1 tbsp extra virgin olive oil (0.5 fl oz | 15 ml)
- ¼ tsp salt (0.05 oz | 1.5 g)
- ⅛ tsp black pepper (0.02 oz | 0.5 g)
- 2 tbsp water (1 fl oz | 30 ml)

Cooking Instructions:

1. In a little bowl, mix the garlic, lemon juice, olive oil, oregano, black pepper, and salt.
2. Rub the marinade evenly over the salmon fillets and let rest for 10 minutes.
3. Reheat a grill or grill pan over medium heat.
4. Place the salmon fillets skin-side down and grill for 5 to 6 minutes. Flip and cook for another five minutes or until the salmon is cooked through.
5. In a small food processor, combine parsley, dill, lemon juice, garlic, olive oil, salt, a pinch of black pepper, and water. Blend until smooth.
6. Drizzle the green sauce over the grilled salmon and serve immediately.

Nutritional Value (Per Serving):

Calories: 420 kcal Carbohydrates: 4 g Sodium: 380 mg
Protein: 42 g Saturated Fat: 4 g Potassium: 620 mg
Fat: 26 g

Spanish Garlic and Paprika Grilled Sardines



10 min



8 min



2 servings



A bold and smoky Spanish-style sardine dish with garlic, smoked paprika, and a splash of lemon juice for a rich Mediterranean flavor.

Ingredients:

- 8 small fresh sardines, cleaned and gutted (10 oz | 280 g)
- 1 small garlic clove, minced (0.1 oz | 3 g)
- 1 tbsp fresh lemon juice (0.5 fl oz | 15 ml)
- 1 tbsp extra virgin olive oil (0.5 fl oz | 15 ml)
- ½ tsp smoked paprika (0.08 oz | 2.3 g)
- ¼ tsp sea salt (0.05 oz | 1.5 g)
- ⅛ tsp black pepper (0.02 oz | 0.5 g)
- Cooking Instructions:

Cooking Instructions:

1. In a little bowl, mix the minced garlic, smoked paprika, lemon juice, sea salt, extra virgin olive oil, and black pepper to make a marinade.
2. Coat the sardines evenly with the marinade and let rest for 10 minutes.
3. Reheat a grill or grill pan over medium-high heat.
4. Place the sardines on the grill and cook for 3 to 4 minutes per side until golden brown and slightly charred.
5. Take out of heat and let rest for 2 minutes before serving.
6. Warm up and serve with whole grain bread, roasted veggies, or a side of fresh salad.

Nutritional Value (Per Serving):

Calories: 340 kcal Carbohydrates: 2 g Sodium: 320 mg
Protein: 42 g Saturated Fat: 3 g Potassium: 550 mg
Fat: 18 g

Portuguese Grilled Cod with Olive Oil and Garlic



10 min



12 min



2 servings



A simple yet flavorful Portuguese-style cod dish, grilled to perfection and drizzled with garlic-infused olive oil and fresh parsley.

Ingredients:

- 10 oz cod fillets, skin-on (280 g)
- 1 small garlic clove, minced (0.1 oz | 3 g)
- 1 tbsp fresh lemon juice (0.5 fl oz | 15 ml)
- 1½ tbsp extra virgin olive oil (0.75 fl oz | 22 ml)
- ¼ tsp black pepper (0.04 oz | 1 g)
- ¼ tsp salt (0.05 oz | 1.5 g)
- 2 tbsp fresh parsley, chopped (0.6 oz | 18 g)

Cooking Instructions:

1. In a little bowl, mix the minced garlic, a pinch of black pepper, lemon juice, extra virgin olive oil, and salt.
2. Coat the cod fillets with the marinade and let rest for 10 minutes.
3. Reheat a grill or grill pan over medium-high heat.
4. Place the cod fillets skin-side down and grill for 5 to 6 minutes. Flip and cook for another five minutes or until the cod is opaque and flakes easily.
5. Take out of heat and let rest for 2 minutes.
6. Sprinkle with fresh parsley and drizzle with extra olive oil before serving.
7. Serve warm with roasted vegetables, quinoa, or whole-grain bread.

Nutritional Value (Per Serving):

Calories: 320 kcal Carbohydrates: 3 g Sodium: 360 mg
Protein: 42 g Saturated Fat: 2 g Potassium: 580 mg
Fat: 14 g

Turkish Spiced Mackerel Wrap



10 min



10 min



2 servings



A bold and flavorful Turkish-style mackerel wrap with tangy sumac, fresh parsley, and zesty lemon, all wrapped in whole wheat lavash.

Ingredients:

For the Mackerel:

- 2 small mackerel fillets, skin-on (10 oz | 280 g)
- 1 tbsp fresh lemon juice (0.5 fl oz | 15 ml)
- 1 tbsp extra virgin olive oil (0.5 fl oz | 15 ml)
- ½ tsp sumac (0.08 oz | 2.3 g)
- ¼ tsp salt (0.05 oz | 1.5 g)
- ⅛ tsp black pepper (0.02 oz | 0.5 g)

For the Wrap:

- 2 whole wheat lavash breads (3.5 oz | 100 g)
- ¼ medium red onion, thinly sliced (1.8 oz | 50 g)
- 2 tbsp fresh parsley, chopped (0.6 oz | 18 g)
- ½ tbsp fresh lemon juice (0.25 fl oz | 7.5 ml)
- ½ tbsp extra virgin olive oil (0.25 fl oz | 7.5 ml)

Cooking Instructions:

1. In a little bowl, mix the lemon juice, olive oil, sumac, salt, and black pepper.
2. After applying the marinade, give the mackerel fillets five minutes to rest.
3. Reheat a grill or skillet over medium heat. Put the mackerel fillets skin-side down and cook for five minutes. Flip and cook for another four minutes until fully cooked and flaky.
4. In a little bowl, mix the sliced red onion, parsley, lemon juice, and olive oil.
5. Warm the whole wheat lavash on a dry pan for 30 seconds per side.
6. Place a grilled mackerel fillet in each lavash, top with the onion and parsley mixture, and roll tightly.
7. Serve immediately and enjoy.

Nutritional Value (Per Serving):

Calories: 520 kcal Carbohydrates: 34 g Sodium: 380 mg
Protein: 45 g Saturated Fat: 5 g Potassium: 620 mg
Fat: 26 g

Moroccan Chermoula Shrimp



10 min



10 min



2 servings



A fragrant and zesty Moroccan-style shrimp dish marinated in a bold chermoula sauce with garlic, cumin, paprika, and fresh cilantro.

Ingredients:

For the Shrimp:

- 10 oz shrimp, peeled and deveined (280 g)
- 1 small garlic clove, minced (0.1 oz | 3 g)
- 2 tbsp fresh cilantro, chopped (0.6 oz | 18 g)
- 1 tbsp fresh lemon juice (0.5 fl oz | 15 ml)
- 1 tbsp extra virgin olive oil (0.5 fl oz | 15 ml)
- ½ tsp ground cumin (0.08 oz | 2.3 g)
- ½ tsp smoked paprika (0.08 oz | 2.3 g)
- ¼ tsp salt (0.05 oz | 1.5 g)
- ⅛ tsp black pepper (0.02 oz | 0.5 g)

Cooking Instructions:

1. In a bowl, mix the garlic, cilantro, lemon juice, olive oil, cumin, paprika, salt, and black pepper to create the chermoula marinade.
2. Adjust the shrimp to the bowl and toss to coat evenly. Let marinate for 10 minutes.
3. Reheat a skillet or grill pan over medium-high heat.
4. Adjust the shrimp and cook for 2 to 3 minutes per side until pink and opaque.
5. Take out of heat and let rest for 1 minute before serving.
6. Serve warm with couscous, quinoa, or a fresh salad.

Nutritional Value (Per Serving):

Calories: 320 kcal Carbohydrates: 5 g Sodium: 460 mg
Protein: 42 g Saturated Fat: 2 g Potassium: 520 mg
Fat: 12 g

Lebanese Baked Fish with Tahini Sauce



1 min



20 min



2 servings



A tender and flavorful Lebanese-style baked fish topped with a creamy tahini sauce, warm cumin, and toasted pine nuts.

Ingredients:

For the Fish:

- 10 oz white fish fillets (cod, sea bass, or haddock) (280 g)
- 1 tbsp extra virgin olive oil (0.5 fl oz | 15 ml)
- ½ tsp ground cumin (0.08 oz | 2.3 g)
- ¼ tsp salt (0.05 oz | 1.5 g)
- ⅛ tsp black pepper (0.02 oz | 0.5 g)

For the Tahini Sauce:

- 2 tbsp tahini (1 oz | 30 g)
- 1 tbsp fresh lemon juice (0.5 fl oz | 15 ml)
- 1 small garlic clove, minced (0.1 oz | 3 g)
- 2 tbsp water (1 fl oz | 30 ml)
- ¼ tsp salt (0.05 oz | 1.5 g)

For Garnish:

- 1 tbsp pine nuts, toasted (0.4 oz | 12 g)
- 1 tbsp fresh parsley, chopped (0.3 oz | 8 g)

Cooking Instructions:

1. Start your oven temperature to 375°F (190°C).
2. Put the fish fillets in a baking dish and rub them with olive oil, cumin, salt, and black pepper.
3. Bake for 15 to 18 minutes or until the fish is flaky and cooked through.
4. In a little bowl, whisk together tahini, lemon juice, garlic, water, and salt until smooth. Adjust more water if needed for a thinner consistency.
5. Toast the pine nuts for one to two minutes or until golden brown in a dry skillet over medium heat.
6. Drizzle the tahini sauce over the baked fish and sprinkle with toasted pine nuts and fresh parsley.
7. Serve warm with a side of quinoa, rice, or roasted vegetables.

Nutritional Value (Per Serving):

Calories: 380 kcal Carbohydrates: 6 g Sodium: 360 mg
Protein: 42 g Saturated Fat: 3 g Potassium: 580 mg
Fat: 20 g

Greek Baked Feta and Prawns



10 min



20 min



2 servings



A rich and flavorful Greek seafood dish featuring succulent prawns baked in a garlicky tomato sauce with creamy feta and a splash of white wine.

Ingredients:

- 10 oz prawns, peeled and deveined (280 g)
- ½ cup canned diced tomatoes (4.2 oz | 120 g)
- ¼ medium onion, finely chopped (1.8 oz | 50 g)
- 1 small garlic clove, minced (0.1 oz | 3 g)
- ¼ cup of dry white wine (2 fl oz | 60 ml)
- ¼ cup feta cheese, crumbled (1.3 oz | 40 g)
- 1 tbsp extra virgin olive oil (0.5 fl oz | 15 ml)
- ½ tsp dried oregano (0.08 oz | 2.3 g)
- ¼ tsp salt (0.05 oz | 1.5 g)
- ⅛ tsp black pepper (0.02 oz | 0.5 g)
- 1 tbsp fresh parsley, chopped (0.3 oz | 8 g)

Cooking Instructions:

1. Start your oven temperature to 375°F (190°C).
2. Reheat the extra virgin olive oil in a skillet over medium heat.
3. Adjust the chopped onion and garlic, sautéing for 2 minutes until fragrant.
4. Mix the diced tomatoes, white wine, oregano, salt, and black pepper. Simmer for five minutes until the sauce thickens slightly.
5. Adjust the prawns to the sauce and cook for 2 minutes, just until they start turning pink.
6. Put the mixture in a small baking dish and sprinkle the crumbled feta on top.
7. Bake for 8 to 10 minutes or until the feta is slightly melted and golden.
8. Take from oven, garnish with fresh parsley, and serve warm over quinoa or crusty whole-grain bread.

Nutritional Value (Per Serving):

Calories: 360 kcal Carbohydrates: 8 g Sodium: 480 mg
Protein: 42 g Saturated Fat: 5 g Potassium: 520 mg
Fat: 16 g

Spanish Grilled Octopus with Paprika



10 min



8 min



2 servings



A tender and smoky Spanish-style grilled octopus dish infused with garlic, smoked paprika, and fresh parsley for a Mediterranean delight.

Ingredients:

- 10 oz cooked octopus tentacles (280 g)
- 1 small garlic clove, minced (0.1 oz | 3 g)
- 1 tbsp fresh lemon juice (0.5 fl oz | 15 ml)
- 1 tbsp extra virgin olive oil (0.5 fl oz | 15 ml)
- ½ tsp smoked paprika (0.08 oz | 2.3 g)
- ¼ tsp salt (0.05 oz | 1.5 g)
- ⅛ tsp black pepper (0.02 oz | 0.5 g)
- 1 tbsp fresh parsley, chopped (0.3 oz | 8 g)

Cooking Instructions:

1. In a little bowl, mix the garlic, lemon juice, olive oil, smoked paprika, salt, and black pepper to create a marinade.
2. Coat the cooked octopus tentacles with the marinade and let rest for 10 minutes.
3. Reheat a grill or grill pan over medium-high heat.
4. Grill the octopus for 3 to 4 minutes per side until slightly charred.
5. Take out the heat, sprinkle with fresh parsley, and serve immediately.

Nutritional Value (Per Serving):

Calories: 320 kcal Carbohydrates: 2 g Sodium: 380 mg
Protein: 40 g Saturated Fat: 2 g Potassium: 520 mg
Fat: 14 g

Italian Sardine and Arugula Pasta



10 min



15 min



2 servings



A light yet flavorful Italian pasta dish with tender sardines, peppery arugula, cherry tomatoes, and briny capers in a garlic-infused olive oil sauce.

Ingredients:

- 4 oz whole wheat pasta (115 g)
- 1 small can of sardines in olive oil, drained (3.5 oz | 100 g)
- 1 small garlic clove, minced (0.1 oz | 3 g)
- 6 cherry tomatoes, halved (3.5 oz | 100 g)
- 1 tbsp capers, rinsed (0.5 oz | 15 g)
- 1 cup fresh arugula (1.4 oz | 40 g)
- 1½ tbsp extra virgin olive oil (0.75 fl oz | 22 ml)
- ½ tbsp fresh lemon juice (0.25 fl oz | 7.5 ml)
- ¼ tsp red pepper flakes (0.04 oz | 1 g)
- ¼ tsp salt (0.05 oz | 1.5 g)
- ⅛ tsp black pepper (0.02 oz | 0.5 g)

Cooking Instructions:

1. As directed on the package, cook the whole wheat pasta in a saucepan of boiling salted water. Drain and set aside, reserving ¼ cup of pasta water.
2. Reheat the extra virgin olive oil in a large skillet over medium heat.
3. Adjust the minced garlic and red pepper flakes, sautéing for 30 seconds until fragrant.
4. Mix the cherry tomatoes and cook for 3 minutes until they soften.
5. Adjust the sardines and break them apart gently with a spatula. Mix the capers and cook for another 2 minutes.
6. Toss in the cooked pasta and reserved pasta water, mixing to combine.
7. Take out the heat and mix in the fresh arugula and lemon juice. Season with salt and black pepper.
8. If preferred, top with an additional drizzle of olive oil.

Nutritional Value (Per Serving):

Calories: 420 kcal Carbohydrates: 42 g Sodium: 460 mg
Protein: 36 g Saturated Fat: 3 g Potassium: 520 mg
Fat: 18 g

French Provençal Bouillabaisse



10 min



20 min



2 servings



A rich and aromatic French seafood stew with white fish, shrimp, tomatoes, and fennel infused with saffron for a classic Provençal touch.

Ingredients:

- 6 oz white fish fillet (cod, sea bass, or haddock), cut into chunks (170 g)
- 6 oz shrimp, peeled and deveined (170 g)
- ½ cup canned diced tomatoes (4.2 oz | 120 g)
- ¼ medium onion, finely chopped (1.8 oz | 50 g)
- 1 small garlic clove, minced (0.1 oz | 3 g)
- ½ small fennel bulb, thinly sliced (2.8 oz | 80 g)
- 1 tbsp extra virgin olive oil (0.5 fl oz | 15 ml)
- 1½ cups fish or vegetable broth (12 fl oz | 360 ml)
- ¼ tsp saffron threads (0.02 oz | 0.5 g)
- ¼ tsp salt (0.05 oz | 1.5 g)
- ⅛ tsp black pepper (0.02 oz | 0.5 g)
- 1 tbsp fresh parsley, chopped (0.3 oz | 8 g)
- ½ tbsp fresh lemon juice (0.25 fl oz | 7.5 ml)

Cooking Instructions:

1. Reheat the extra virgin olive oil in a large pot over medium heat.
2. Adjust the chopped onion, garlic, and sliced fennel, sautéing for 3 minutes until softened.
3. Mix the diced tomatoes, saffron, salt, and black pepper. Cook for another 2 minutes.
4. Pour in the fish or vegetable broth and bring to a simmer. Let cook for 5 minutes.
5. Adjust the white fish chunks and shrimp to the pot, cooking for 5 to 7 minutes until the fish is opaque and the shrimp are pink.
6. Take out the heat and mix the fresh lemon juice and parsley.
7. Serve warm with whole grain bread or a side of roasted vegetables.

Nutritional Value (Per Serving):

Calories: 340 kcal Carbohydrates: 10 g Sodium: 420 mg
Protein: 42 g Saturated Fat: 2 g Potassium: 580 mg
Fat: 12 g

Greek Stuffed Squid with Herbs and Feta



10 min



15 min



2 servings



A flavorful Greek-inspired dish featuring tender squid stuffed with feta, fresh herbs, and cherry tomatoes, finished with a touch of lemon.

Ingredients:

- 2 medium squid, cleaned (10 oz | 280 g)
- ¼ cup crumbled feta cheese (1.3 oz | 40 g)
- 6 cherry tomatoes, finely chopped (3.5 oz | 100 g)
- 1 small garlic clove, minced (0.1 oz | 3 g)
- 2 tbsp fresh parsley, chopped (0.6 oz | 18 g)
- 1 tbsp fresh lemon juice (0.5 fl oz | 15 ml)
- 1½ tbsp extra virgin olive oil (0.75 fl oz | 22 ml)
- ¼ tsp salt (0.05 oz | 1.5 g)
- ⅛ tsp black pepper (0.02 oz | 0.5 g)

Cooking Instructions:

1. In a bowl, mix the crumbled feta, chopped cherry tomatoes, minced garlic, parsley, lemon juice, salt, and black pepper to form the stuffing.
2. Stuff each squid tube with the mixture, leaving some space at the top to prevent overfilling. Secure with toothpicks if needed.
3. Reheat the extra virgin olive oil in a grill pan over medium-high heat.
4. Grill the stuffed squid for 4 to 5 minutes on each side until it becomes lightly charred and cooked through.
5. Take out of heat and let rest for 2 minutes before serving.
6. Serve warm with a side of grilled vegetables or a fresh Greek salad.

Nutritional Value (Per Serving):

Calories: 340 kcal Carbohydrates: 6 g Sodium: 420 mg
Protein: 42 g Saturated Fat: 5 g Potassium: 480 mg
Fat: 16 g

Moroccan Spiced Salmon with Harissa



10 min



12 min



2 servings



A bold and flavorful Moroccan-style salmon dish infused with harissa, warm spices, and citrus for a smoky, slightly spicy kick.

Ingredients:

- 10 oz salmon fillet, skin-on (280 g)
- 1 tbsp harissa paste (0.5 oz | 15 g)
- ½ tsp ground cumin (0.08 oz | 2.3 g)
- ½ tsp ground coriander (0.08 oz | 2.3 g)
- 1 small garlic clove, minced (0.1 oz | 3 g)
- 1 tbsp fresh lemon juice (0.5 fl oz | 15 ml)
- 1 tbsp extra virgin olive oil (0.5 fl oz | 15 ml)
- ¼ tsp salt (0.05 oz | 1.5 g)
- ⅛ tsp black pepper (0.02 oz | 0.5 g)
- 1 tbsp fresh cilantro or parsley, chopped (0.3 oz | 8 g)

Cooking Instructions:

1. In a little bowl, mix harissa paste, cumin, coriander, minced garlic, lemon juice, olive oil, salt, and a pinch of black pepper.
2. Rub the spice mixture over the salmon fillets and let marinate for ten minutes.
3. Reheat a grill or skillet over medium-high heat.
4. Place the salmon skin-side down and cook for 5 to 6 minutes. Flip and cook for another five minutes until the salmon is fully cooked and slightly charred.
5. Take out of heat, sprinkle with fresh cilantro or parsley, and let rest for 2 minutes.
6. Serve warm with couscous, roasted vegetables, or a fresh salad.

Nutritional Value (Per Serving):

Calories: 420 kcal Carbohydrates: 4 g Sodium: 380 mg
Protein: 42 g Saturated Fat: 4 g Potassium: 620 mg
Fat: 26 g

Portuguese Mussels with Blue Cheese Sauce



10 min



12 min



2 servings



A rich and flavorful Portuguese-style mussel dish in a creamy blue cheese sauce with a hint of garlic and lemon.

Ingredients:

- 1 lb fresh mussels, cleaned and debearded (450 g)
- ¼ cup of dry white wine (2 fl oz | 60 ml)
- 1 small garlic clove, minced (0.1 oz | 3 g)
- 1 tbsp extra virgin olive oil (0.5 fl oz | 15 ml)
- ¼ cup blue cheese, crumbled (1.3 oz | 40 g)
- ¼ cup of heavy cream (2 fl oz | 60 ml)
- 1 tbsp fresh lemon juice (0.5 fl oz | 15 ml)
- 1 tbsp fresh parsley, chopped (0.3 oz | 8 g)
- ¼ tsp black pepper (0.04 oz | 1 g)
- ⅛ tsp salt (0.02 oz | 0.5 g)

Cooking Instructions:

1. Reheat the extra virgin olive oil in a large pot over medium heat.
2. Adjust the garlic and sauté for 30 seconds until fragrant.
3. Pour in the white wine and bring to a gentle simmer.
4. Before discarding any mussels that stay closed, adjust the mussels, cover, and steam for five minutes, shaking the pot regularly until the mussels open.
5. Lower the heat and mix the blue cheese, heavy cream, lemon juice, black pepper, and salt. Cook for another 2 minutes until the sauce is creamy and coats the mussels.
6. Take out of the heat and sprinkle with fresh parsley.
7. Serve immediately with crusty whole-grain bread or overcooked quinoa.

Nutritional Value (Per Serving):

Calories: 420 kcal Carbohydrates: 8 g Sodium: 460 mg
Protein: 42 g Saturated Fat: 10 g Potassium: 520 mg
Fat: 24 g

Turkish Pan-Seared Anchovies



10 min



10 min



2 servings



A crispy and flavorful Turkish-style fried anchovy dish coated in cornmeal and pan-seared to perfection served with fresh lemon wedges.

Ingredients:

- 10 oz fresh anchovies, cleaned and deboned (280 g)
- ¼ cup cornmeal (1.3 oz | 40 g)
- 1 small garlic clove, minced (0.1 oz | 3 g)
- ¼ tsp black pepper (0.04 oz | 1 g)
- ¼ tsp salt (0.05 oz | 1.5 g)
- 2 tbsp extra virgin olive oil (1 fl oz | 30 ml)
- 2 lemon wedges for serving

Cooking Instructions:

1. In a shallow bowl, mix the cornmeal, minced garlic, black pepper, and salt.
2. Coat each anchovy evenly in the cornmeal mixture, shaking off any excess.
3. Reheat the extra virgin olive oil in a large skillet over medium-high heat.
4. Adjust the anchovies in a single layer and pan-sear for 3 minutes per side until golden brown and crispy.
5. Take out of the pan and let rest for 1 minute before serving.
6. Serve warm, accompanied with wedges of lemon.

Nutritional Value (Per Serving):

Calories: 380 kcal Carbohydrates: 12 g Sodium: 320 mg
Protein: 42 g Saturated Fat: 3 g Potassium: 480 mg
Fat: 18 g



Greek Spanakopita Bites



15 min



15 min



2 servings



Mini crispy phyllo pastries filled with a savory spinach and feta mixture infused with garlic and fresh dill for a traditional Greek flavor.

Ingredients:

- 6 sheets phyllo dough, cut into squares (3.5 oz | 100 g)
- 1 cup fresh spinach, chopped (1.8 oz | 50 g)
- ¼ cup crumbled feta cheese (1.3 oz | 40 g)
- 1 small garlic clove, minced (0.1 oz | 3 g)
- 1 tbsp fresh dill, chopped (0.3 oz | 8 g)
- 1 tbsp extra virgin olive oil (0.5 fl oz | 15 ml)
- ¼ tsp salt (0.05 oz | 1.5 g)
- ⅓ tsp black pepper (0.02 oz | 0.5 g)

Cooking Instructions:

1. Start your oven temperature to 375°F (190°C).
2. Reheat ½ tbsp of extra virgin olive oil in a pan over medium heat.
3. Adjust the minced garlic and chopped spinach, sautéing for 2 minutes until wilted. Take out of heat.
4. In a small-sized bowl, mix the spinach mixture with feta cheese, dill, salt, and black pepper.
5. Brush the phyllo dough squares lightly with the remaining olive oil.
6. Place a small spoonful of the spinach mixture in the center of each square.
7. Fold the phyllo dough into small triangles or cups and place on a baking sheet.
8. Bake for 12 to 15 minutes until it becomes golden brown and crispy.
9. Take it out of the oven and let it cool slightly before serving.

Nutritional Value (Per Serving):

Calories: 350 kcal Carbohydrates: 28 g Sodium: 420 mg
 Protein: 12 g Saturated Fat: 6 g Potassium: 320 mg
 Fat: 22 g

Italian Caprese Stuffed Portobello Mushrooms



10 min



15 min



2 servings



Juicy Portobello mushrooms filled with fresh mozzarella, cherry tomatoes, and basil drizzled with balsamic vinegar for a classic Italian flavor.

Ingredients:

- 2 large Portobello mushrooms, stems removed (7 oz | 200 g)
- ¼ cup fresh mozzarella, diced (1.8 oz | 50 g)
- 6 cherry tomatoes, halved (3.5 oz | 100 g)
- 2 tbsp fresh basil, chopped (0.6 oz | 18 g)
- 1 tbsp balsamic vinegar (0.5 fl oz | 15 ml)
- 1 tbsp extra virgin olive oil (0.5 fl oz | 15 ml)
- ¼ tsp salt (0.05 oz | 1.5 g)
- ⅛ tsp black pepper (0.02 oz | 0.5 g)

Cooking Instructions:

1. Start your oven temperature to 375°F (190°C).
2. Brush the Portobello mushrooms with extra virgin olive oil and garnish with salt and black pepper.
3. Put the mushrooms on a baking sheet and bake for 8 minutes until slightly softened.
4. Take out of the oven and fill each mushroom cap with diced mozzarella and cherry tomatoes.
5. Return to the oven and bake for another 5 to 7 minutes until the cheese melts.
6. Take from oven, garnish with fresh basil, and sprinkle with balsamic vinegar.
7. Warm up and serve as a side dish or main course.

Nutritional Value (Per Serving):

Calories: 290 kcal Carbohydrates: 14 g Sodium: 320 mg
Protein: 16 g Saturated Fat: 6 g Potassium: 480 mg
Fat: 18 g

Mediterranean-Style Carrots with Peas



10 min



15 min



2 servings



A light and flavorful Mediterranean side dish with tender carrots and sweet peas infused with garlic and olive oil.

Ingredients:

- 2 medium carrots, sliced (5.3 oz | 150 g)
- ½ cup green peas, fresh or frozen (2.8 oz | 80 g)
- 1 small garlic clove, minced (0.1 oz | 3 g)
- 1 tbsp extra virgin olive oil (0.5 fl oz | 15 ml)
- ½ tsp fresh lemon juice (0.25 fl oz | 7.5 ml)
- ½ tsp ground cumin (0.08 oz | 2.3 g)
- ¼ tsp salt (0.05 oz | 1.5 g)
- ⅛ tsp black pepper (0.02 oz | 0.5 g)
- 1 tbsp fresh parsley, chopped (0.3 oz | 8 g)

Cooking Instructions:

1. Reheat the extra virgin olive oil in a pan over medium heat.
2. Adjust the sliced carrots and sauté for 5 minutes until slightly softened.
3. Mix the minced garlic, ground cumin, salt, and black pepper, cooking for another minute.
4. Adjust the green peas and two tablespoons of water. Cover and cook for seven minutes until the carrots become tender and the peas are cooked.
5. Take out the heat and drizzle with fresh lemon juice.
6. Put chopped parsley as a garnish and serve warm as an accompaniment.

Nutritional Value (Per Serving):

Calories: 160 kcal Carbohydrates: 17 g Sodium: 220 mg
Protein: 4 g Saturated Fat: 1 g Potassium: 420 mg
Fat: 9 g

French Ratatouille Stir-Fry



10 min



15 min



2 servings



A quick and vibrant take on the classic French ratatouille, with tender zucchini, eggplant, and bell peppers stir-fried in aromatic garlic and thyme.

Ingredients:

- ½ medium zucchini, diced (3.5 oz | 100 g)
- ½ small eggplant, diced (3.5 oz | 100 g)
- ½ medium red bell pepper, diced (3.5 oz | 100 g)
- 6 cherry tomatoes, halved (3.5 oz | 100 g)
- 1 small garlic clove, minced (0.1 oz | 3 g)
- 1 tbsp extra virgin olive oil (0.5 fl oz | 15 ml)
- ½ tsp dried thyme (0.08 oz | 2.3 g)
- ¼ tsp salt (0.05 oz | 1.5 g)
- ⅛ tsp black pepper (0.02 oz | 0.5 g)
- 1 tbsp fresh parsley, chopped (0.3 oz | 8 g)

Cooking Instructions:

1. Reheat the extra virgin olive oil in a large skillet over medium heat.
2. Adjust the diced eggplant and cook for 3 minutes until it softens.
3. Mix the zucchini and bell pepper, cooking for another 4 minutes.
4. Adjust the garlic, thyme, salt, and black pepper, mixing well. Cook for 1 minute until fragrant.
5. Mix with the cherry tomatoes and cook for another 3 minutes, just until they soften slightly.
6. Take out of the heat and sprinkle with fresh parsley.
7. Serve warm as a side dish or over whole grains like quinoa or brown rice.

Nutritional Value (Per Serving):

Calories: 180 kcal Carbohydrates: 18 g Sodium: 220 mg
Protein: 4 g Saturated Fat: 1.5 g Potassium: 480 mg
Fat: 10 g

Lebanese Falafel Wrap



15 min



15 min



2 servings



A delicious and hearty Lebanese-style wrap featuring crispy homemade falafel, creamy tahini sauce, and fresh herbs, all wrapped in whole wheat pita.

Ingredients:

For the Falafel:

- ½ cup dried chickpeas, soaked overnight and drained (3.5 oz | 100 g)
- 1 small garlic clove, minced (0.1 oz | 3 g)
- 2 tbsp fresh parsley, chopped (0.6 oz | 18 g)
- ½ tsp ground cumin (0.08 oz | 2.3 g)
- ½ tsp ground coriander (0.08 oz | 2.3 g)
- ¼ tsp salt (0.05 oz | 1.5 g)
- ⅛ tsp black pepper (0.02 oz | 0.5 g)
- 1 tbsp extra virgin olive oil (0.5 fl oz | 15 ml)

For the Tahini Sauce:

- 2 tbsp tahini (1 oz | 30 g)
- 1 tbsp fresh lemon juice (0.5 fl oz | 15 ml)
- 1 small garlic clove, minced (0.1 oz | 3 g)
- 2 tbsp water (1 fl oz | 30 ml)
- ¼ tsp salt (0.05 oz | 1.5 g)

For the Wrap:

- 2 whole wheat pita breads (3.5 oz | 100 g)
- ½ cup lettuce, shredded (1.4 oz | 40 g)
- 6 cherry tomatoes, halved (3.5 oz | 100 g)
- ¼ medium cucumber, sliced (1.8 oz | 50 g)

Cooking Instructions:

1. In a food processor, combine the coriander, garlic, chickpeas, parsley, cumin, salt, and black pepper until coarse but combined.
2. Shape the mixture into small patties and let rest for 5 minutes.
3. Reheat the extra virgin olive oil in a skillet over medium heat.
4. Cook the falafel for 3 to 4 minutes per side until golden brown and crispy.
5. In a little bowl, whisk together tahini, lemon juice, garlic, water, and salt until smooth.
6. Warm the whole wheat pita on a dry pan for 30 seconds per side.
7. Assemble the wrap by placing lettuce, tomatoes, and cucumber in each pita, then add the falafel.
8. Drizzle with tahini sauce, roll the pita, and serve immediately.

Nutritional Value (Per Serving):

Calories: 480 kcal Carbohydrates: 52 g Sodium: 450 mg
Protein: 20 g Saturated Fat: 3 g Potassium: 520 mg
Fat: 22 g

Moroccan Spiced Chickpea and Tomato Stew



10 min



20 min



2 servings



A warm and aromatic Moroccan-style stew with chickpeas, tomatoes, and fragrant spices like cumin, paprika, and cinnamon.

Ingredients:

- $\frac{3}{4}$ cup canned chickpeas, drained and rinsed (4.2 oz | 120 g)
- $\frac{1}{2}$ cup canned diced tomatoes (4.2 oz | 120 g)
- $\frac{1}{4}$ medium onion, finely chopped (1.8 oz | 50 g)
- 1 small garlic clove, minced (0.1 oz | 3 g)
- $\frac{1}{2}$ tsp ground cumin (0.08 oz | 2.3 g)
- $\frac{1}{2}$ tsp smoked paprika (0.08 oz | 2.3 g)
- $\frac{1}{4}$ tsp ground cinnamon (0.04 oz | 1 g)
- 1 tbsp extra virgin olive oil (0.5 fl oz | 15 ml)
- $\frac{1}{2}$ cup vegetable broth (4 fl oz | 120 ml)
- $\frac{1}{4}$ tsp salt (0.05 oz | 1.5 g)
- $\frac{1}{8}$ tsp black pepper (0.02 oz | 0.5 g)
- 1 tbsp fresh parsley, chopped (0.3 oz | 8 g)

Cooking Instructions:

1. In a pot, warm the extra virgin olive oil over medium heat.
2. Adjust the chopped onion and garlic, sautéing for 2 minutes until fragrant.
3. Mix the cumin, paprika, and cinnamon, cooking for 1 minute to release their aroma.
4. Adjust the diced tomatoes, chickpeas, vegetable broth, salt, and black pepper. Bring to a medium simmer after thoroughly mixing.
5. Cook, covered, stirring periodically, for 12 to 15 minutes.
6. Take out the heat and mix the chopped parsley.
7. Serve warm with whole grain couscous, quinoa, or crusty bread.

Nutritional Value (Per Serving):

Calories: 320 kcal Carbohydrates: 36 g Sodium: 420 mg
Protein: 12 g Saturated Fat: 2 g Potassium: 520 mg
Fat: 14 g

Greek Zucchini Fritters (Kolokithokeftedes)



10 min



15 min



2 servings



Light and crispy Greek zucchini fritters infused with fresh dill, garlic, and feta, pan-fried to golden perfection.

Ingredients:

- 1 medium zucchini, grated and squeezed dry (5.3 oz | 150 g)
- $\frac{1}{4}$ medium onion, finely chopped (1.8 oz | 50 g)
- $\frac{1}{4}$ cup crumbled feta cheese (1.3 oz | 40 g)
- 1 small garlic clove, minced (0.1 oz | 3 g)
- 1 tbsp fresh dill, chopped (0.3 oz | 8 g)
- 3 tbsp whole wheat flour (0.9 oz | 25 g)
- 1 small egg, beaten (1.8 oz | 50 g)
- 1 tbsp extra virgin olive oil (0.5 fl oz | 15 ml)
- $\frac{1}{4}$ tsp salt (0.05 oz | 1.5 g)
- $\frac{1}{8}$ tsp black pepper (0.02 oz | 0.5 g)

Cooking Instructions:

1. Put the grated zucchini, chopped onion, feta cheese, minced garlic, and fresh dill in a bowl and mix well.
2. Adjust the whole wheat flour, beaten egg, salt, and black pepper. Mix well to form a thick batter.
3. In a pot, warm the extra virgin olive oil over medium heat.
4. Utilize around one heaping tablespoon of the mixture for each fritter and deposit it into the skillet. Flatten slightly.
5. Cook for 3 to 4 minutes per side until golden brown and crispy.
6. Put to a paper towel-lined plate to drain excess oil.
7. Serve warm with Greek yogurt or tzatziki sauce.

Nutritional Value (Per Serving):

Calories: 320 kcal Carbohydrates: 28 g Sodium: 420 mg
Protein: 14 g Saturated Fat: 6 g Potassium: 480 mg
Fat: 18 g

Italian Mushroom and Spinach Risotto



10 min



25 min



2 servings



A creamy and flavorful Italian-style risotto with earthy mushrooms, tender spinach, and rich Parmesan cheese.

Ingredients:

- ½ cup Arborio rice (3.5 oz | 100 g)
- 1 cup vegetable broth, warmed (8 fl oz | 240 ml)
- ¼ medium onion, finely chopped (1.8 oz | 50 g)
- 1 small garlic clove, minced (0.1 oz | 3 g)
- 4 medium mushrooms, sliced (3.5 oz | 100 g)
- 1 cup fresh spinach, chopped (1.4 oz | 40 g)
- ¼ cup grated Parmesan cheese (1 oz | 30 g)
- 1 tbsp extra virgin olive oil (0.5 fl oz | 15 ml)
- ¼ tsp salt (0.05 oz | 1.5 g)
- ⅛ tsp black pepper (0.02 oz | 0.5 g)

Cooking Instructions:

1. In a pan, warm the extra virgin olive oil over medium heat.
2. Adjust the chopped onion and garlic, sautéing for 2 minutes until softened.
3. Mix the sliced mushrooms and cook for 3 to 4 minutes until tender.
4. Adjust the Arborio rice and cook for 1 minute, mixing constantly.
5. Pour in ¼ cup of the warm vegetable broth, mixing frequently until absorbed.
6. Continue adding the broth in small increments, allowing it to absorb each time before adding more, mixing continuously for about 15 minutes.
7. When the rice is tender and creamy, mix the chopped spinach and grated Parmesan cheese.
8. Season with salt and black pepper, then take out of heat.
9. Let rest for 2 minutes before serving warm.

Nutritional Value (Per Serving):

Calories: 390 kcal Carbohydrates: 50 g Sodium: 420 mg
Protein: 14 g Saturated Fat: 4 g Potassium: 480 mg
Fat: 14 g

Lebanese Stuffed Grape Leaves (Warak Enab)



15 min



40 min



2 servings



A traditional Lebanese dish of tender grape leaves filled with a fragrant mix of rice, herbs, and tomatoes, cooked in a lemon-infused broth.

Ingredients:

- 12 grape leaves, rinsed and drained (2.8 oz | 80 g)
- ¼ cup uncooked short-grain rice (1.8 oz | 50 g)
- ½ medium tomato, finely chopped (2.8 oz | 80 g)
- ¼ medium onion, finely chopped (1.8 oz | 50 g)
- 1 tbsp fresh parsley, chopped (0.3 oz | 8 g)
- 1 tbsp fresh mint, chopped (0.3 oz | 8 g)
- 1 small garlic clove, minced (0.1 oz | 3 g)
- 1 tbsp extra virgin olive oil (0.5 fl oz | 15 ml)
- 1 tbsp fresh lemon juice (0.5 fl oz | 15 ml)
- ½ cup vegetable broth (4 fl oz | 120 ml)
- ¼ tsp salt (0.05 oz | 1.5 g)
- ⅛ tsp black pepper (0.02 oz | 0.5 g)

Cooking Instructions:

1. In a bowl, mix the rice, chopped tomatoes, onion, parsley, mint, garlic, olive oil, salt, and black pepper to create the stuffing.
2. Lay each grape leaf flat, vein-side up, and place 1 teaspoon of the stuffing in the center.
3. Fold in the sides, then roll tightly from the bottom to form a small cylinder.
4. Place the stuffed grape leaves seam-side down in a pot, arranging them in a snug layer.
5. Pour the vegetable broth and lemon juice over the stuffed leaves. Cover with a plate to keep them from unraveling.
6. Reduce the heat to low and simmer for 35 to 40 minutes or until rice reaches desired tenderness.
7. Take out of the heat and let cool slightly before serving warm or at room temperature.

Nutritional Value (Per Serving):

Calories: 320 kcal Carbohydrates: 44 g Sodium: 420 mg
Protein: 6 g Saturated Fat: 2 g Potassium: 480 mg
Fat: 12 g

Italian Pesto Zucchini Noodles



10 min



5 min



2 servings



A fresh and light Italian-style dish with zucchini noodles tossed in fragrant basil pesto, juicy cherry tomatoes, and Parmesan cheese.

Ingredients:

- 2 medium zucchinis, spiralized (10.5 oz | 300 g)
- ¼ cup basil pesto (2.1 oz | 60 g)
- 6 cherry tomatoes, halved (3.5 oz | 100 g)
- 2 tbsp grated Parmesan cheese (0.7 oz | 20 g)
- 1 tbsp pine nuts, toasted (0.4 oz | 12 g)
- 1 tbsp extra virgin olive oil (0.5 fl oz | 15 ml)
- ¼ tsp salt (0.05 oz | 1.5 g)
- ⅛ tsp black pepper (0.02 oz | 0.5 g)

Cooking Instructions:

1. Reheat the extra virgin olive oil in a large skillet over medium heat.
2. Adjust the spiralized zucchini and sauté for 2 to 3 minutes until slightly softened but still firm.
3. Mix the cherry tomatoes and cook for another minute.
4. Take out the heat and toss the zucchini noodles with the basil pesto, salt, and black pepper.
5. Add roasted pine nuts and grated Parmesan cheese for garnish.
6. Serve warm or at room temperature.

Nutritional Value (Per Serving):

Calories: 320 kcal Carbohydrates: 14 g Sodium: 320 mg
Protein: 12 g Saturated Fat: 4 g Potassium: 520 mg
Fat: 24 g

Turkish Bulgur Pilaf with Tomatoes and Herbs



10 min



15 min



2 servings



A fragrant and hearty Turkish-style bulgur pilaf infused with tomatoes, garlic, and warm spices, finished with fresh parsley.

Ingredients:

- ½ cup bulgur wheat (3.5 oz | 100 g)
- ½ cup canned diced tomatoes (4.2 oz | 120 g)
- ¼ medium onion, finely chopped (1.8 oz | 50 g)
- 1 small garlic clove, minced (0.1 oz | 3 g)
- 1 tbsp fresh parsley, chopped (0.3 oz | 8 g)
- ½ tsp ground cumin (0.08 oz | 2.3 g)
- 1 tbsp extra virgin olive oil (0.5 fl oz | 15 ml)
- 8 ounces (240 milliliters) of vegetable broth, or 1 cup
- ¼ tsp salt (0.05 oz | 1.5 g)
- ⅛ tsp black pepper (0.02 oz | 0.5 g)

Cooking Instructions:

1. Reheat the extra virgin olive oil in a saucepan over medium heat.
2. Adjust the chopped onion and garlic, sautéing for 2 minutes until fragrant.
3. Mix the cumin and cook for 30 seconds to release its aroma.
4. Adjust the diced tomatoes and cook for another 2 minutes, mixing occasionally.
5. Pour in the bulgur wheat and mix to coat it with the tomato mixture.
6. Adjust the vegetable broth, salt, and black pepper. Bring to a gentle simmer.
7. Ten to twelve minutes of covered cooking time should be enough to soften the bulgur and absorb most of the liquid.
8. Take out of the heat, fluff with a fork, and mix the fresh parsley.
9. Serve warm as a side dish or alongside grilled meats and vegetables.

Nutritional Value (Per Serving):

Calories: 320 kcal Carbohydrates: 42 g Sodium: 380 mg
Protein: 10 g Saturated Fat: 2 g Potassium: 520 mg
Fat: 12 g

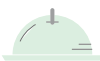
Catalan-Style Spinach



5 min



10 min



2 servings



A traditional Spanish dish featuring sautéed spinach with sweet raisins, crunchy pine nuts, and a hint of garlic.

Ingredients:

- 4 cups fresh spinach, packed (5.3 oz | 150 g)
- 1 small garlic clove, minced (0.1 oz | 3 g)
- 2 tbsp raisins (0.7 oz | 20 g)
- 1 tbsp pine nuts, toasted (0.4 oz | 12 g)
- 1 tbsp extra virgin olive oil (0.5 fl oz | 15 ml)
- ½ tbsp fresh lemon juice (0.25 fl oz | 7.5 ml)
- ¼ tsp salt (0.05 oz | 1.5 g)
- ⅛ tsp black pepper (0.02 oz | 0.5 g)

Cooking Instructions:

1. Reheat a dry skillet over medium heat and toast the pine nuts for one to two minutes until lightly golden. Remove and set aside.
2. In the same skillet, heat the extra virgin olive oil over medium heat.
3. Adjust the minced garlic and sauté for 30 seconds until fragrant.
4. Mix the raisins and cook for 1 minute until they plump up.
5. Adjust the fresh spinach and sauté for 2 to 3 minutes until wilted.
6. Toss in the lemon juice, black pepper, and salt; stir to combine.
7. Take out the heat and garnish with toasted pine nuts.
8. Warm it up and serve it alongside some grilled chicken, fish, or a Spanish tortilla.

Nutritional Value (Per Serving):

Calories: 180 kcal Carbohydrates: 16 g Sodium: 220 mg
Protein: 6 g Saturated Fat: 1.5 g Potassium: 540 mg
Fat: 12 g

Sautéed Cauliflower



5 min



10 min



2 servings



Cauliflower is cooked in a light garlic and extra-virgin olive oil sauce that tastes like the Mediterranean.

Ingredients:

- 2 cups cauliflower florets (7 oz | 200 g)
- 1 small garlic clove, minced (0.1 oz | 3 g)
- 1 tbsp extra virgin olive oil (0.5 fl oz | 15 ml)
- ½ tbsp fresh lemon juice (0.25 fl oz | 7.5 ml)
- ½ tsp ground cumin (0.08 oz | 2.3 g)
- ¼ tsp salt (0.05 oz | 1.5 g)
- ⅛ tsp black pepper (0.02 oz | 0.5 g)
- 1 tbsp fresh parsley, chopped (0.3 oz | 8 g)

Cooking Instructions:

1. Reheat the extra virgin olive oil in a large skillet over medium heat.
2. Adjust the cauliflower florets and sauté for 5 minutes, mixing occasionally.
3. Mix the minced garlic, cumin, salt, and black pepper. Cook for another 3 minutes until the cauliflower is golden brown and tender.
4. Take out of the heat and drizzle with fresh lemon juice.
5. Sprinkle with chopped parsley and serve warm.

Nutritional Value (Per Serving):

Calories: 160 kcal Carbohydrates: 14 g Sodium: 220 mg
Protein: 5 g Saturated Fat: 1.5 g Potassium: 460 mg
Fat: 10 g

Vegetable Rice Bowl



10 min



15 min



2 servings



A nourishing and colorful rice bowl packed with fresh Mediterranean vegetables, herbs, and a drizzle of extra virgin olive oil.

Ingredients:

- ½ cup uncooked brown rice (3.5 oz | 100 g)
- ½ medium zucchini, diced (3.5 oz | 100 g)
- ½ medium red bell pepper, diced (3.5 oz | 100 g)
- ¼ medium onion, finely chopped (1.8 oz | 50 g)
- 6 cherry tomatoes, halved (3.5 oz | 100 g)
- 1 small garlic clove, minced (0.1 oz | 3 g)
- 1 tbsp extra virgin olive oil (0.5 fl oz | 15 ml)
- 1 tbsp fresh lemon juice (0.5 fl oz | 15 ml)
- ½ tsp dried oregano (0.08 oz | 2.3 g)
- ¼ tsp salt (0.05 oz | 1.5 g)
- ⅛ tsp black pepper (0.02 oz | 0.5 g)
- 1 tbsp fresh parsley, chopped (0.3 oz | 8 g)

Cooking Instructions:

1. Follow the cooking directions on the brown rice packet. Set aside.
2. Reheat the extra virgin olive oil in a large pan over medium heat.
3. Adjust the chopped onion and garlic, sautéing for 2 minutes until softened.
4. Mix the zucchini, red bell pepper, cherry tomatoes, oregano, salt, and black pepper. Simmer for 5-7 minutes or until soft.
5. Adjust the cooked rice to the pan and mix well, cooking for another 2 minutes to combine flavors.
6. Take out of the heat, drizzle with lemon juice, and sprinkle with fresh parsley.
7. Warm it up and enjoy it as a main or side meal.

Nutritional Value (Per Serving):

Calories: 380 kcal Carbohydrates: 54 g Sodium: 320 mg
Protein: 10 g Saturated Fat: 2 g Potassium: 520 mg
Fat: 14 g

Orzo with Herbs



5 min



10 min



2 servings



A light and delicious Mediterranean orzo meal mixed with fresh herbs and drizzled with extra virgin olive oil.

Ingredients:

- ½ cup uncooked orzo pasta (3.5 oz | 100 g)
- 1 tbsp extra virgin olive oil (0.5 fl oz | 15 ml)
- 1 tbsp fresh parsley, chopped (0.3 oz | 8 g)
- 1 tbsp fresh dill, chopped (0.3 oz | 8 g)
- ½ tbsp fresh lemon juice (0.25 fl oz | 7.5 ml)
- 1 small garlic clove, minced (0.1 oz | 3 g)
- ¼ tsp salt (0.05 oz | 1.5 g)
- ⅛ tsp black pepper (0.02 oz | 0.5 g)

Cooking Instructions:

1. Cook the orzo according to package instructions until al dente. Drain and set aside.
2. In a large pan, heat the extra virgin olive oil over medium heat.
3. Adjust the minced garlic and sauté for 30 seconds until fragrant.
4. Mix the cooked orzo, salt, and black pepper. Cook for 1 to 2 minutes, mixing to combine flavors.
5. Take out heat and mix in the fresh parsley, dill, and lemon juice.
6. Serve warm as a side dish or base for grilled vegetables or seafood.

Nutritional Value (Per Serving):

Calories: 320 kcal Carbohydrates: 45 g Sodium: 220 mg
Protein: 9 g Saturated Fat: 1.5 g Potassium: 320 mg
Fat: 12 g



Almond Cake



5 min



25 min



2 servings



A traditional Spanish almond cake with a delicate texture, infused with honey, lemon zest, and cinnamon for a fragrant, nutty flavor.

Ingredients:

- ½ cup almond flour (1.8 oz | 50 g)
- 1 large egg (1.8 oz | 50 g)
- 2 tbsp honey (1.4 oz | 40 g)
- ½ tsp lemon zest (0.04 oz | 1 g)
- ¼ tsp ground cinnamon (0.04 oz | 1 g)

Cooking Instructions:

1. Start your oven temperature to 350°F (175°C). Grease a small baking dish or ramekin with a little olive oil.
2. In a bowl, mix the egg until frothy.
3. Adjust the honey, lemon zest, and cinnamon, whisking until well combined.
4. Mix the almond flour until a smooth batter forms.
5. Apply the batter to the prepared dish and smooth the top.
6. After inserting a toothpick in the middle and waiting 20-25 minutes, the cake should be golden brown.
7. Let cool slightly before serving. Optional: dust lightly with powdered sugar.

Nutritional Value (Per Serving):

Calories: 290 kcal Carbohydrates: 22 g Sodium: 60 mg
 Protein: 10 g Saturated Fat: 2 g Potassium: 160 mg
 Fat: 18 g

French Chocolate-Dipped Orange Slices



10 min



5 min

(plus cooling time)



2 servings



A delightful French-inspired treat featuring juicy orange slices dipped in rich dark chocolate, finished with sea salt and crunchy almonds.

Ingredients:

- 1 medium orange, sliced into thin rounds (5.3 oz | 150 g)
- 2 oz dark chocolate (70% cocoa or higher), chopped (60 g)
- 1 tbsp chopped almonds (0.4 oz | 12 g)
- ¼ tsp sea salt (0.05 oz | 1.5 g)

Cooking Instructions:

1. Prepare the baking sheet by lining it with the parchment paper.
2. Dissolve the dark chocolate in a heatproof bowl over the pot of simmering water (double boiler method) or microwave in 20-second intervals, mixing until smooth.
3. Pour melted chocolate over half of each orange slice and let the excess drop off.
4. Place the dipped slices onto the parchment-lined tray.
5. Prior to the chocolate's setting time, top with chopped almonds and a dash of sea salt.
6. Let the slices cool at room temperature or refrigerate for 15 minutes until the chocolate hardens.
7. Serve immediately or store in an airtight container for later enjoyment.

Nutritional Value (Per Serving):

Calories: 220 kcal Carbohydrates: 28 g Sodium: 50 mg
Protein: 4 g Saturated Fat: 6 g Potassium: 320 mg
Fat: 12 g

Lebanese Semolina and Coconut Cake



10 min



30 min



2 servings



A traditional Lebanese cake with a tender, slightly crumbly texture, naturally sweetened with honey and infused with turmeric and coconut.

Ingredients:

- ½ cup semolina flour (2.8 oz | 80 g)
- 2 tbsp shredded coconut (0.7 oz | 20 g)
- 2 tbsp honey (1.4 oz | 40 g)
- ½ tsp ground turmeric (0.08 oz | 2.3 g)
- ½ tsp baking powder (0.08 oz | 2.3 g)
- 2 tbsp extra virgin olive oil (1 fl oz | 30 ml)
- ¼ cup warm water (2 fl oz | 60 ml)
- 4 almonds, halved (0.3 oz | 8 g)

Cooking Instructions:

1. Start your oven temperature to 350°F (175°C). Grease a small baking dish or ramekin with a little olive oil.
2. In a bowl, mix the semolina flour, shredded coconut, turmeric, and baking powder.
3. Adjust the honey, extra virgin olive oil, and warm water. Mix until well combined.
4. After greasing the baking dish, pour in the batter and level it out.
5. Press the halved almonds gently onto the surface of the batter.
6. To achieve a golden top and a clean toothpick when inserted in the middle, bake for 25 to 30 minutes.
7. Let cool slightly before serving.

Nutritional Value (Per Serving):

Calories: 320 kcal Carbohydrates: 40 g Sodium: 60 mg
Protein: 6 g Saturated Fat: 5 g Potassium: 180 mg
Fat: 16 g

Moroccan Date and Almond Truffles



10 min



0 min



2 servings



A naturally sweet and spiced Moroccan treat made with dates, almonds, cinnamon, and a hint of cocoa and orange zest.

Ingredients:

- ½ cup pitted dates, chopped (3.5 oz | 100 g)
- ¼ cup almonds, finely ground (1.3 oz | 40 g)
- ½ tsp ground cinnamon (0.08 oz | 2.3 g)
- 1 tbsp unsweetened cocoa powder (0.3 oz | 8 g)
- ½ tsp orange zest (0.04 oz | 1 g)
- 1 tbsp warm water (0.5 fl oz | 15 ml), if needed

Cooking Instructions:

1. Combine the ground almonds, chopped dates, cinnamon, cocoa powder, and some orange zest in a food processor; process until a sticky dough is formed.
2. If the mixture is too dry, adjust a small amount of warm water and blend again.
3. Scoop out small portions and roll into bite-sized truffles.
4. Optional: roll the truffles in extra cocoa powder, ground almonds, or shredded coconut for coating.
5. Place in the refrigerator for 15 minutes to firm up before serving.

Nutritional Value (Per Serving):

Calories: 320 kcal Carbohydrates: 44 g Sodium: 10 mg
Protein: 6 g Saturated Fat: 2 g Potassium: 450 mg
Fat: 14 g

Turkish Baklava Bites



15 min



20 min



2 servings



A crisp and golden Turkish-style baklava made with layers of phyllo dough, crunchy walnuts, and a drizzle of honey infused with warm cinnamon.

Ingredients:

- 6 sheets phyllo dough, cut into squares (3.5 oz | 100 g)
- ¼ cup walnuts, finely chopped (1.3 oz | 40 g)
- 2 tbsp honey (1.4 oz | 40 g)
- ½ tsp ground cinnamon (0.08 oz | 2.3 g)
- 2 tbsp extra virgin olive oil (1 fl oz | 30 ml)

Cooking Instructions:

1. Start your oven temperature to 350°F (175°C). Line a baking sheet with parchment paper.
2. In a bowl, mix the chopped walnuts with cinnamon.
3. Brush each phyllo square lightly with extra virgin olive oil.
4. Layer 3 squares on top of each other, placing a teaspoon of the walnut mixture in the center.
5. Fold the edges inward to create small bundles or roll them into mini cigars.
6. Place the baklava bites on the baking sheet and brush the tops with a little more olive oil.
7. Bake for 15 to 20 minutes or until golden brown and crispy.
8. Take it out of the oven and drizzle it with honey while still warm.
9. Let cool slightly before serving.

Nutritional Value (Per Serving):

Calories: 320 kcal Carbohydrates: 36 g Sodium: 120 mg
Protein: 6 g Saturated Fat: 2.5 g Potassium: 220 mg
Fat: 18 g

Portuguese Carob and Almond Cookies



10 min



15 min



2 servings



A rich and nutty Portuguese-style cookie made with carob flour, almonds, honey, and warm cinnamon for a naturally sweet and aromatic treat.

Ingredients:

- $\frac{1}{4}$ cup carob flour (1.3 oz | 40 g)
- $\frac{1}{4}$ cup almonds, finely ground (1.3 oz | 40 g)
- 2 tbsp honey (1.4 oz | 40 g)
- 1 small egg, beaten (1.8 oz | 50 g)
- $\frac{1}{2}$ tsp ground cinnamon (0.08 oz | 2.3 g)

Cooking Instructions:

1. Start your oven temperature to 350°F (175°C) and spread the parchment paper on the baking pan.
2. In a bowl, mix the carob flour, ground almonds, and cinnamon.
3. Adjust the honey and beaten egg, mixing until a thick dough forms.
4. Roll out little balls of dough and cut them into cookie shapes.
5. Press down slightly on the baking sheet.
6. Bake for 12 to 15 minutes or until firm and slightly golden.
7. Let cool before serving.

Nutritional Value (Per Serving):

Calories: 280 kcal Carbohydrates: 30 g Sodium: 50 mg
Protein: 8 g Saturated Fat: 2 g Potassium: 220 mg
Fat: 14 g

Greek Olive Oil and Orange Cake



10 min



25 min



2 servings



An aromatic and flavorful Greek-style cake that is organically sweetened with warm cinnamon, extra virgin olive oil, and fresh orange juice.

Ingredients:

- $\frac{1}{2}$ cup whole wheat flour (2.1 oz | 60 g)
- $\frac{1}{2}$ tsp baking powder (0.08 oz | 2.3 g)
- $\frac{1}{2}$ tsp ground cinnamon (0.08 oz | 2.3 g)
- 2 tbsp honey (1.4 oz | 40 g)
- $\frac{1}{4}$ cup fresh orange juice (2 fl oz | 60 ml)
- 2 tbsp extra virgin olive oil (1 fl oz | 30 ml)
- 1 small egg, beaten (1.8 oz | 50 g)

Cooking Instructions:

1. Start your oven temperature to 350°F (175°C). Grease a small baking dish or ramekin with a little olive oil.
2. Combine the cinnamon, baking soda, and whole wheat flour in a mixing dish.
3. In a separate bowl, mix together some honey, orange juice, olive oil, and beaten egg.
4. Gradually adjust the wet ingredients to the dry ingredients, mixing until a smooth batter forms.
5. After greasing the baking dish, pour in the batter and level it out.
6. Inject a toothpick into the middle and bake for 22-25 minutes or until it emerges clean.
7. Let cool slightly before serving. Optional: Drizzle with extra honey or a sprinkle of cinnamon.

Nutritional Value (Per Serving):

Calories: 320 kcal Carbohydrates: 40 g Sodium: 80 mg
Protein: 7 g Saturated Fat: 2 g Potassium: 220 mg
Fat: 14 g

Italian Panna Cotta with Berries



10 min



5 min

(plus chilling time)



2 servings



A silky and light Italian-style panna cotta made with almond milk, sweetened with honey, and topped with fresh mixed berries

Ingredients:

- eight fluid ounces (240 milliliters) of unsweetened almond milk
- 1 tbsp honey (0.7 oz | 20 g)
- ½ tsp vanilla extract (0.08 fl oz | 2.5 ml)
- ½ tsp gelatin powder (0.08 oz | 2.3 g)
- 2 tbsp cold water (1 fl oz | 30 ml)
- ½ cup mixed berries (strawberries, raspberries, blueberries) (2.8 oz | 80 g)

Cooking Instructions:

1. In a little bowl, mix the gelatin powder with cold water and let sit for 5 minutes to bloom.
2. In a saucepan over low heat, warm the almond milk, honey, and vanilla extract. Do not boil.
3. Take out the heat and mix the bloomed gelatin, whisking until fully dissolved.
4. Pour the mixture into two small ramekins or serving glasses.
5. Refrigerate for at least 3 hours or until set.
6. Top with fresh mixed berries before serving.

Nutritional Value (Per Serving):

Calories: 150 kcal Carbohydrates: 28 g Sodium: 60 mg
Protein: 3 g Saturated Fat: 0.5 g Potassium: 220 mg
Fat: 4 g

Spanish Cinnamon Almond Roasted Pears



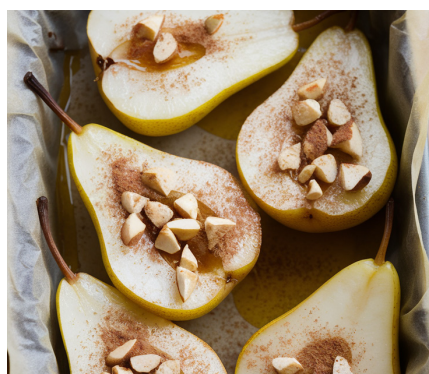
5 min



20 min



2 servings



A warm and comforting Spanish-style dessert featuring roasted pears with crunchy almonds, cinnamon, and a drizzle of honey.

Ingredients:

- 1 large pear, halved and cored (5.3 oz | 150 g)
- 2 tbsp chopped almonds (0.7 oz | 20 g)
- ½ tsp ground cinnamon (0.08 oz | 2.3 g)
- 1 tbsp honey (0.7 oz | 20 g)
- 1 tbsp extra virgin olive oil (0.5 fl oz | 15 ml)

Cooking Instructions:

1. Start your oven temperature to 375°F (190°C). Apply parchment paper to the bottom of a small mixing bowl.
2. Place the pear halves cut side up in the baking dish.
3. Season with cinnamon and drizzle with extra-virgin olive oil.
4. Top each pear half with chopped almonds and drizzle with honey.
5. Bake for 18 to 20 minutes or until the pears are tender and slightly caramelized.
6. Take it out of the oven and let it cool slightly before serving.

Nutritional Value (Per Serving):

Calories: 210 kcal Carbohydrates: 28 g Sodium: 5 mg
Protein: 3 g Saturated Fat: 1.5 g Potassium: 260 mg
Fat: 12 g

French Baked Apples with Walnuts and Honey



10 min



25 min



2 servings



A classic French-style dessert featuring tender baked apples filled with walnuts, raisins, cinnamon, and a drizzle of honey.

Ingredients:

- 1 large apple, halved and cored (5.3 oz | 150 g)
- 2 tbsp chopped walnuts (0.7 oz | 20 g)
- 1 tbsp raisins (0.5 oz | 15 g)
- ½ tsp ground cinnamon (0.08 oz | 2.3 g)
- 1 tbsp honey (0.7 oz | 20 g)
- 2 tbsp water (1 fl oz | 30 ml)

Cooking Instructions:

1. Start your oven temperature to 375°F (190°C).
2. Put the apple halves in a small baking dish and adjust the water to the bottom.
3. In a little bowl, mix the chopped walnuts, raisins, and cinnamon.
4. Fill the center of each apple half with the walnut-raisin mixture.
5. Drizzle honey over the apples and cover the dish with foil.
6. To achieve soft, caramelized apples, bake for 20 minutes with the foil on, then remove and continue baking for 5 more minutes.
7. Let cool slightly before serving.

Nutritional Value (Per Serving):

Calories: 220 kcal Carbohydrates: 32 g Sodium: 5 mg
Protein: 3 g Saturated Fat: 1 g Potassium: 260 mg
Fat: 10 g

Greek Tahini and Sesame Cookies



10 min



15 min



2 servings



Crunchy and nutty Greek-style cookies made with tahini, sesame seeds, and honey infused with warm cinnamon for a naturally sweet treat.

Ingredients:

- ½ cup whole wheat flour (2.1 oz | 60 g)
- 2 tbsp tahini (1 oz | 30 g)
- 2 tbsp honey (1.4 oz | 40 g)
- 1 tbsp sesame seeds (0.4 oz | 12 g)
- ½ tsp ground cinnamon (0.08 oz | 2.3 g)
- ¼ tsp baking powder (0.04 oz | 1 g)

Cooking Instructions:

1. Start your oven temperature to 350°F (175°C). Line a baking sheet with parchment paper.
2. The cinnamon, sesame seeds, baking powder, and whole wheat flour should be combined in a basin.
3. The tahini and honey should be whisked together until smooth in a different bowl.
4. Gradually adjust the wet mixture to the dry ingredients, mixing until a dough forms.
5. Slightly flatten each dough ball before placing it on the baking pan.
6. Bake for 12 to 15 minutes or until golden brown.
7. Let cool before serving.

Nutritional Value (Per Serving):

Calories: 280 kcal Carbohydrates: 34 g Sodium: 60 mg
Protein: 6 g Saturated Fat: 2 g Potassium: 180 mg
Fat: 14 g

Italian Dark Chocolate and Hazelnut Clusters



10 min



5 min

(plus cooling time)



2 servings



Rich and nutty Italian-style chocolate clusters made with dark chocolate, roasted hazelnuts, a touch of sea salt, and fragrant orange zest.

Ingredients:

- 2 oz dark chocolate (70% cocoa or higher), chopped (60 g)
- ¼ cup hazelnuts, roasted and chopped (1.3 oz | 40 g)
- ½ tsp orange zest (0.04 oz | 1 g)
- ⅛ tsp sea salt (0.02 oz | 0.5 g)

Cooking Instructions:

1. Put parchment paper on the baking pan to prepare it.
2. Dissolve the dark chocolate using a double boiler or microwave in 20-second intervals, mixing until smooth.
3. Mix the roasted hazelnuts, orange zest, and a pinch of sea salt.
4. Cluster tiny spoonfuls of the mixture on the parchment-lined baking sheet.
5. Let cool at room temperature or refrigerate for 15 minutes until set.
6. Either serve right away or put in a sealed container for later use.

Nutritional Value (Per Serving):

Calories: 250 kcal Carbohydrates: 16 g Sodium: 40 mg
Protein: 5 g Saturated Fat: 6 g Potassium: 220 mg
Fat: 18 g

Turkish Rosewater and Pistachio Energy Bites



10 min



0 min



2 servings



Fragrant and naturally sweet Turkish-style energy bites are made with dates, pistachios, rosewater, coconut, and a hint of cardamom.

Ingredients:

- ½ cup pitted dates, chopped (3.5 oz | 100 g)
- ¼ cup pistachios, finely ground (1.3 oz | 40 g)
- ½ tsp rosewater (0.08 fl oz | 2.5 ml)
- 1 tbsp unsweetened shredded coconut (0.3 oz | 8 g)
- ¼ tsp ground cardamom (0.04 oz | 1 g)
- 1 tbsp warm water (0.5 fl oz | 15 ml), if needed

Cooking Instructions:

1. In a food processor, mix the chopped dates, ground pistachios, rosewater, shredded coconut, and cardamom until a sticky dough forms.
2. If the mixture is too dry, adjust a small amount of warm water and blend again.
3. Scoop out small portions and roll them into bite-sized balls.
4. Optional: roll the bites in extra ground pistachios or shredded coconut for coating.
5. Refrigerate for 15 minutes to firm up before serving.

Nutritional Value (Per Serving):

Calories: 320 kcal Carbohydrates: 44 g Sodium: 10 mg
Protein: 6 g Saturated Fat: 2 g Potassium: 450 mg
Fat: 14 g

Raspberry and Lime Frozen Yogurt



5 min



Freeze
Time: 2
hours



2 servings



A refreshing and tangy frozen yogurt made with sweet raspberries, zesty lime, and creamy yogurt for a naturally delicious treat.

Ingredients:

- 1 cup fresh or frozen raspberries (4.2 oz | 120 g)
- ½ cup Greek yogurt (4.2 oz | 120 g)
- 1 tbsp honey (0.7 oz | 20 g)
- 1 tbsp fresh lime juice (0.5 fl oz | 15 ml)
- ½ tsp lime zest (0.04 oz | 1 g)

Cooking Instructions:

1. Smoothly combine the Greek yogurt, honey, lime juice, and zest with the raspberries in a blender or food processor.
2. First, pour the mixture into a container that is shallow, and then freeze it for two hours, making sure to stir it every half an hour to prevent the formation of ice crystals.
3. You can either serve it right away or put it in the freezer in an airtight container once the mixture is hard yet scoopable.
4. Optional: garnish with fresh raspberries and a sprinkle of lime zest before serving.

Nutritional Value (Per Serving):

Calories: 180 kcal Carbohydrates: 32 g Sodium: 40 mg
Protein: 6 g Saturated Fat: 2 g Potassium: 280 mg
Fat: 4 g

Melon Cucumber Smoothie



5 min



0 min



2 servings



A light and hydrating smoothie with sweet melon, refreshing cucumber, and a hint of lime for a cooling Mediterranean treat.

Ingredients:

- 1 cup melon (cantaloupe or honeydew), diced (5.3 oz | 150 g)
- ½ medium cucumber, peeled and chopped (3.5 oz | 100 g)
- ½ cup unsweetened almond milk or water (4 fl oz | 120 ml)
- 1 tbsp fresh lime juice (0.5 fl oz | 15 ml)
- 1 tsp honey (0.35 oz | 10 g) (optional)
- 4 ice cubes

Cooking Instructions:

1. Adjust all ingredients to a blender.
2. Blend on high speed until smooth.
3. Pour into glasses and serve immediately.
4. Optional: sliced cucumber or a sprig of mint makes a nice garnish.

Nutritional Value (Per Serving):

Calories: 80 kcal Carbohydrates: 18 g Sodium: 30 mg
Protein: 1 g Saturated Fat: 0 g Potassium: 320 mg
Fat: 1 g

30-DAY MEAL PLAN

Day	Breakfast	Lunch	Dinner	Dessert
1	Vegetable Frittata	French Niçoise Salad, Greek Avgolemono Soup	Greek Lemon Garlic Grilled Salmon with Green Sauce, Orzo with Herbs	French Chocolate-Dipped Orange Slices
2	Mediterranean-Style Oatmeal	Italian Tomato and Basil Soup, Greek Zucchini Fritters	Moroccan Chicken Tagine with Apricots, Sautéed Cauliflower	Greek Olive Oil and Orange Cake
3	Scrambled Eggs with Asparagus	Spanish Tuna and White Bean Salad, Turkish Red Lentil Soup	Italian Beef and Tomato Skillet, Mediterranean-Style Carrots with Peas	Moroccan Date and Almond Truffles
4	Spanish Omelette	French Ratatouille Soup, Lebanese Falafel Wrap	Portuguese Grilled Cod with Olive Oil and Garlic, Bulgur Pilaf with Tomatoes and Herbs	Italian Panna Cotta with Berries
5	Spinach and Feta Egg Muffins	Moroccan Carrot Salad, Lebanese Lentil and Spinach Soup	Greek Stuffed Squid with Herbs and Feta, Vegetable Rice Bowl	Spanish Cinnamon Almond Roasted Pears
6	Greek Pancakes with Honey and Nuts	Italian Minestrone Soup, Greek Spanakopita Bites	Spanish Garlic Beef Stir-Fry, Caprese Stuffed Portobello Mushrooms	Turkish Rosewater and Pistachio Energy Bites
7	Greek Scrambled Eggs with Tomato and Feta	Arugula and Orange Salad, Portuguese Caldo Verde	Moroccan Spiced Turkey Meatballs, Orzo with Herbs	Lebanese Semolina and Coconut Cake
8	Zucchini and Goat Cheese Frittata	Italian Caprese Salad, Mediterranean Roasted Pepper and Chickpea Soup	Greek Chicken Souvlaki with Pita and Yogurt Sauce, Mediterranean Chickpea Salad	French Baked Apples with Walnuts and Honey
9	Smoked Salmon and Avocado Toast	Grilled Eggplant and Zucchini Salad, Moroccan Harira Soup	Spanish Grilled Octopus with Paprika, Pesto Zucchini Noodles	Italian Dark Chocolate and Hazelnut Clusters
10	Mediterranean Breakfast Bowl	Spanish Tuna and White Bean Salad, Turkish Red Lentil Soup	Moroccan Spiced Salmon with Harissa, Vegetable Rice Bowl	Greek Tahini and Sesame Cookies
11	Mediterranean Avocado Toast	French Niçoise Salad, Mediterranean Roasted Pepper and Chickpea Soup	Lebanese Baked Fish with Tahini Sauce, Sautéed Cauliflower	Spanish Cinnamon Almond Roasted Pears
12	Chickpea Flour Pancakes	Arugula and Orange Salad, Italian Tomato and Basil Soup	Spanish Beef Picadillo, Bulgur Pilaf with Tomatoes and Herbs	Portuguese Carob and Almond Cookies
13	Ricotta and Fig Toast	Moroccan Carrot Salad, Mediterranean Roasted Pepper and Chickpea Soup	Italian Sardine and Arugula Pasta, Catalan-Style Spinach	Raspberry and Lime Frozen Yogurt
14	Almond Butter and Banana Porridge	Lentil and Roasted Pepper Salad, Turkish Red Lentil Soup	Italian Mushroom and Spinach Risotto, Greek Zucchini Fritters	Melon Cucumber Smoothie
15	Ricotta with Honey and Walnuts	French Ratatouille Soup, Greek Spanakopita Bites	Spanish Chicken with Peppers and Olives, Orzo with Herbs	Greek Olive Oil and Orange Cake

16	Mediterranean Breakfast Bowl	Grilled Eggplant and Zucchini Salad, Italian Minestrone Soup	Greek-Style Lamb Burger, Mediterranean-Style Carrots with Peas	Turkish Baklava Bites
17	Smoked Salmon and Avocado Toast	Italian Caprese Salad, Lebanese Lentil and Spinach Soup	Portuguese Mussels with Blue Cheese Sauce, Vegetable Rice Bowl	Italian Dark Chocolate and Hazelnut Clusters
18	Zucchini and Goat Cheese Frittata	Moroccan Chickpea Salad, Greek Avgolemono Soup	Lebanese Beef Kafta Patties, Pesto Zucchini Noodles	French Baked Apples with Walnuts and Honey
19	Mediterranean-Style Oatmeal	French Niçoise Salad, Mediterranean Roasted Pepper and Chickpea Soup	Moroccan Spiced Turkey Meatballs, Orzo with Herbs	Lebanese Semolina and Coconut Cake
20	Chickpea Flour Pancakes	Lentil and Roasted Pepper Salad, Turkish Red Lentil Soup	Greek Baked Feta and Prawns, Caprese Stuffed Portobello Mushrooms	Spanish Cinnamon Almond Roasted Pears
21	Greek Scrambled Eggs with Tomato and Feta	Spanish Tuna and White Bean Salad, French Ratatouille Soup	Greek Lemon Garlic Grilled Salmon with Green Sauce, Orzo with Herbs	Italian Panna Cotta with Berries
22	Greek Pancakes with Honey and Nuts	Moroccan Carrot Salad, Italian Tomato and Basil Soup	Spanish Garlic and Paprika Grilled Sardines, Bulgur Pilaf with Tomatoes and Herbs	Turkish Rosewater and Pistachio Energy Bites
23	Almond Butter and Banana Porridge	Grilled Eggplant and Zucchini Salad, Lebanese Lentil and Spinach Soup	Italian Beef and Tomato Skillet, Sautéed Cauliflower	Moroccan Date and Almond Truffles
24	Ricotta with Honey and Walnuts	French Niçoise Salad, Greek Avgolemono Soup	Lebanese Stuffed Grape Leaves, Vegetable Rice Bowl	Portuguese Carob and Almond Cookies
25	Mediterranean Avocado Toast	Arugula and Orange Salad, Moroccan Harira Soup	Spanish Beef Picadillo, Orzo with Herbs	Italian Dark Chocolate and Hazelnut Clusters
26	Vegetable Frittata	Italian Minestrone Soup, Greek Spanakopita Bites	Moroccan Spiced Salmon with Harissa, Catalan-Style Spinach	Raspberry and Lime Frozen Yogurt
27	Scrambled Eggs with Asparagus	Spanish Tuna and White Bean Salad, French Ratatouille Soup	Lebanese Baked Fish with Tahini Sauce, Bulgur Pilaf with Tomatoes and Herbs	Melon Cucumber Smoothie
28	Spanish Omelette	Moroccan Chickpea Salad, Turkish Red Lentil Soup	Greek Stuffed Squid with Herbs and Feta, Sautéed Cauliflower	Turkish Baklava Bites
29	Ricotta and Fig Toast	Lentil and Roasted Pepper Salad, Turkish Red Lentil Soup	Italian Sardine and Arugula Pasta, Catalan-Style Spinach	Portuguese Carob and Almond Cookies
30	Almond Butter and Banana Porridge	Mushroom Seared Salad with Blue Cheese and Arugula, French Ratatouille Stir-Fry	Greek-Style Lamb Burger, Mediterranean-Style Carrots with Peas	Raspberry and Lime Frozen Yogurt

Shopping Lists

WEEK 1 (DAYS 1-7)

Vegetables & Greens

- Spinach – 200g / 7oz
- Cherry tomatoes – 300g / 10.5oz
- Bell pepper – 2 pieces
- Garlic – 4 cloves
- Parsley – 1 bunch
- Olives – 100g / 3.5oz
- Artichokes – 150g / 5.3oz
- Basil – 1 bunch
- Thyme – 1 tsp
- Lemon – 2 pieces

Fruits

- Pears – 2 pieces
- Figs – 4 pieces
- Dates – 6 pieces
- Oranges – 2 pieces

Dairy

- Greek yogurt – 500g / 17.6oz
- Feta cheese – 200g / 7oz
- Halloumi cheese – 250g / 8.8oz
- Mozzarella – 200g / 7oz
- Goat cheese – 150g / 5.3oz

Proteins

- Chicken breast – 500g / 1.1lb
- Turkey – 500g / 1.1lb
- Salmon – 400g / 14oz
- Ussels – 300g / 10.5oz
- Shrimps – 300g / 10.5oz
- Mackerel – 2 fillets
- Tuna steak – 2 steaks
- Eggs – 6 pieces

Grains & Bakery

- Whole wheat flour – 500g / 1.1lb
- Oat flour – 250g / 8.8oz
- Pita bread – 4 pieces
- Tortillas – 4 pieces

Oils & Spices

- Olive oil – 500ml / 17fl oz
- Paprika – 1 tsp
- Cumin – 1 tsp
- Oregano – 1 tsp
- Rosemary – 1 tsp
- Garlic powder – 1 tsp
- Black pepper – 1 tsp
- Sea salt – 1 tsp
- Cinnamon – 1 tsp
- Coriander – 1 tsp

WEEK 2 (DAYS 8-14)

Vegetables & Greens

- Sweet potatoes – 2 medium
- Mushrooms – 200g / 7oz
- Zucchini – 2 pieces
- Potatoes – 300g / 10.5oz
- Eggplant – 1 medium
- Fruits
- Apples – 2 pieces
- Dates – 6 pieces

Dairy

- Greek yogurt – 500g / 17.6oz
- Feta cheese – 200g / 7oz

Proteins

- Lamb mince – 400g / 14oz
- Chicken mince – 400g / 14oz
- Turkey meatloaf – 400g / 14oz
- Turkey tenderloin – 500g / 1.1lb
- Trout fillets – 2 fillets
- Tilapia – 2 fillets
- Eggs – 6 pieces

Grains & Bakery

- Phyllo dough – 200g / 7oz
- Whole wheat flour – 500g / 1.1lb
- **Oils & Spices**

Olive oil – 500ml / 17fl oz

- Cinnamon – 1 tsp
- Coriander – 1 tsp
- Sea salt – 1 tsp
- Black pepper – 1 tsp
- Thyme – 1 tsp

WEEK 3 (DAYS 15-21)

Vegetables & Greens

- Cauliflower – 1 head
- Tomatoes – 3 medium
- Artichokes – 150g / 5.3oz
- Bell pepper – 2 pieces

Fruits

- Oranges – 2 pieces
- Apples – 2 pieces

Dairy

- Greek yogurt – 500g / 17.6oz
- Feta cheese – 200g / 7oz

Proteins

- Chicken drumsticks – 500g / 1.1lb
- Turkey strips – 400g / 14oz
- Turkey meatballs – 400g / 14oz
- Sea bass – 2 fillets
- Eggs – 6 pieces

Grains & Bakery

- Pita bread – 4 pieces
- Whole wheat flour – 500g / 1.1lb

Oils & Spices

- Olive oil – 500ml / 17fl oz
- Paprika – 1 tsp
- Cumin – 1 tsp
- Oregano – 1 tsp

WEEK 4 (DAYS 22-28)

Vegetables & Greens

- Eggplant – 1 medium
- Olives – 100g / 3.5oz
- Spinach – 200g / 7oz
- Cherry tomatoes – 300g / 10.5oz
- Bell pepper – 2 pieces
- Garlic – 4 cloves
- Mushrooms – 200g / 7oz
- Zucchini – 2 pieces
- Artichokes – 150g / 5.3oz

Fruits

- Apples – 2 pieces
- Oranges – 2 pieces
- Dates – 6 pieces

Dairy

- Greek yogurt – 500g / 17.6oz
- Feta cheese – 200g / 7oz
- Halloumi cheese – 250g / 8.8oz

Proteins

- Turkey meatloaf – 400g / 14oz
- Turkey tenderloin – 500g / 1.1lb
- Trout fillets – 2 fillets
- Salmon fillet – 400g / 14oz
- Chicken breast – 500g / 1.1lb
- Eggs – 6 pieces
- Shrimps – 300g / 10.5oz
- Sea bass – 2 fillets

WEEK 5 (DAYS 29-30)

Vegetables & Greens

- Tomatoes – 3 medium
- Olives – 100g / 3.5oz
- Zucchini – 2 pieces

Proteins

- Turkey – 500g / 1.1lb
- Trout fillets – 2 fillets
- Tuna steak – 2 steaks
- Chicken breast – 500g / 1.1lb
- Eggs – 6 pieces

Miscellaneous

- White wine – 250ml / 8.4fl oz
- Capers – 50g / 1.8oz
- Tahini – 100g / 3.5oz
- Honey – 150g / 5.3oz
- Tofu – 200g / 7oz

Conclusion

The Mediterranean diet offers a realistic, delicious, and scientifically proven approach to healthy eating. It is more than just a way to lose weight or improve heart health – it is a sustainable lifestyle that supports overall well-being. By focusing on fresh, wholesome ingredients and embracing the joy of food, you can achieve better health while still enjoying every bite.

With this book, you have all the tools you need to make the Mediterranean diet work for you. Whether you're looking for quick meal solutions, inspiration for nutritious recipes, or a structured plan to help you get started, this cookbook is here to make your journey effortless and enjoyable. So, get ready to transform your meals, boost your energy, and experience the incredible benefits of the Mediterranean way of eating!

