Mediterranean Wellness Cuisine

A Comprehensive Cookbook for Healthy Living and Weight

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INTRODUCTION

Slowly breathe in and savor the breeze that wafts inland from the Mediterranean Sea, alive with the scent of history and romance, mingled with the wholesome aromas of local kitchens. These aromas represent the spirit of Mediterranean cul-ture: vibrant, active, and rich in flavor. Food is meant to be the flavor of life, used to spice up your days and be a nexus for happy memories. The Mediterranean diet supplies this flavor with healthy antioxidants, nutrients, weight control, and improved cardiovascular health.

We'll start with a brief discussion of the traditional foods of the main historical civilizations on the coast of the Mediterranean Sea and explore the role of food in Mediterranean society and culture. In the first chapter, we'll look at some history of the Mediterranean diet, from its humble beginnings as poor peasant fare to the modern fusion of coastal, Southern European, and Arabic-influenced North African cuisine.

In the second chapter, we'll take a detailed look into the health benefits of the Mediterranean diet, such as bone health, weight maintenance, weight loss, better brain health, and more. All benefits will be backed up with scientific studies, and there will be no unrealistic claims. You'll get the whole truth to help you start a healthier lifestyle.

Chapter 3 focuses on the foods themselves. We put the main ingredients of the Mediterranean diet under the microscope to determine their health benefits and, in cases such as herbs and wine, the role they play in the Mediterranean lifestyle.

We end our Mediterranean journey by discussing the proper application of the diet to obtain the best results. In Chapter 4, we'll examine the principles of diet and common dietary mistakes to avoid.

The Mediterranean diet encompasses a lifestyle that is in harmony with the needs of the body and soul. Togetherness, mindfulness, moderation, and whole foods combine into a system that promotes health, longevity, and physical activity. Food isn't gobbled up, but every morsel is mindfully tasted, and every recipe has flavors that have been enjoyed by many generations.

Living the Mediterranean way means sharing this slow, simple, nourishing, and grounded way of life. Being unrushed with every sense attuned to nature's bounty leads to the full benefits of the Mediterranean diet. You can also enjoy the same energetic health enjoyed by Roman emperors and Greek demigods and the active, clear-minded longevity of modern elders carrying fresh vegetables in a basket on their way home from the local market. Mediterranean people are relative strangers to heart disease, chronic illness, diabetes, osteoporosis, chronic inflammation, diabetes, and obesity.

Join me in Chapter 1 for a taste of Mediterranean tradition.

Chapter 1: A Little History

The Mediterranean Sea washes on the shores of several countries, each with its own vibrant culture and colorful foods. Despite being so diverse, the region developed similarities in cuisine and lifestyle due to trade and conquest.

The Mediterranean diet that started in ancient Greece, Egypt, and Rome based their meals on olive oil, wine, and bread. These staples were supplemented by mutton, lamb, cheeses, beef, fish, local mushrooms, lettuce, leeks, mallow, and chicory. Although fish made its way inland, transport was slow, and unless local river fish was available, fresh fish was a rare luxury. The upper classes added fresh grilled or fried fish to their plates, and wealthy Romans enjoyed raw oysters. The slaves had to make do with a monthly ration of salted fish, olive oil, bread, and half a pound of olives.

Greek and Roman cuisine spread across the Mediterranean and later merged with Arabian and Southern European fare. The diet evolved to include citrus fruits, al-monds, spinach, sugar cane, and spices. The discovery of the New World added tomatoes, beans, potatoes, and peppers to the plate.

Many of the newer foods were above the pockets of the poorer classes, who still had to rely mostly on bread and other cereal-based staples. Necessity is the mother of invention, and the less well-off broke the monotony of simple bread with new dishes such as pasta, couscous, paella, soups, polenta, and pizza.

Today, the Mediterranean region consists of three main areas, and although they all follow the Mediterranean diet, each adds its own flavors and local ingredients. The three areas are below:

- The **North African** countries of Tunisia, Libya, Morocco, and Algeria tend to use spices liberally and add dried fruits to sweeten their dishes. The spices you're likely to encounter in these countries' traditional foods include paprika, cinnamon, cloves, cumin, coriander, and saffron.
- The **Eastern Mediterranean** countries of Greece, Israel, Palestine, Syria, Lebanon, and Turkey love to use dairy products in their meals. The milk is sourced from cows, goats, and, in some places, milk from camels and don-keys. Did you know that camel's milk has less cholesterol and fat and more vitamin C and calcium than cow milk? Donkey milk isn't just nutritious but also contains a protein called lactoferrin, which is antimicrobial. Expect an eastern Mediterranean table to be laden with yogurt and cheeses, kabobs, nuts, rice, chickpeas, and pitas flavored with mint, parsley, sumac, and fresh lemon juice.
- In **Southern Europe,** the cooks of Spain, Italy, Portugal, and Southern France always have a bottle of good wine at hand. The wine is used in many dishes flavored with garlic and pine nuts. Traditional dishes include a variety of breads still warm from the oven, pasta, minestrone, and a small serving of fish or meat garnished with sun-dried tomatoes and a sprinkling of olive oil or tomato sauce. Afterward, fresh fruit is served for dessert.

Mediterranean foods often revolve around the humble olive. Olive oil has been used in Mediterranean food preparation for several millennia as a dressing or as a cooking oil. Its popularity is due to its flavor and lack of unhealthy fats. Grapes are used to make exquisite wines and, in their dried form, are added to breads and salads. Herbs such as oregano, rosemary, and basil are used generously to enhance the taste of wheat-based foods and vegetables alike.

This heart-healthy diet is more than a selection of edibles; it is the embodiment of the Mediterranean people's lust for life, and, as such, the foods have become an edible philosophy of health, in which family and friends gather around a bottle of red wine to enjoy a moderate feast after an active day. Mediterranean culture considers mealtimes an opportunity to socialize and maintain strong familial and community bonds. The meals are prepared according to family traditions with a focus on fresh, whole-food ingredients, the food is savored, and each nuance is appreciated. Much of the ingredients are locally sourced, and many families grow their own vegetables and herbs.

Healthy food combines with a cultural appreciation of physical activity and an awareness of moderation to elevate the Mediterranean diet to a lifestyle. People often prefer to walk or ride a bicycle rather than drive, and they take pride in working in their gardens and doing their own housekeeping.

Join me in the next chapter to discover the health benefits of the Mediterranean diet.

Chapter 2: Your Real Health Benefits

In this chapter, we'll explore the health benefits that the Mediterranean diet's principles can bring to your table. You might be surprised by the difference natural, fresh cuisine can make to your overall well-being! In fact, the Mediterranean diet topped the list of the U.S. News & World Report's Best Diets Overall (Hinzey, 2024). Let's jump in and discuss each benefit.

Reduced Risk of Cardiovascular Disease

Scientific research has found that people who regularly eat according to the Medi-terranean diet have a 40% reduced risk of stroke, heart attack (myocardial infarc-tion), and coronary heart disease (Grosso et al., 2017).

A Spanish study confirmed that one of the primary reasons why the Mediterranean diet reduces the risk of cardiovascular disease is the inclusion of extra-virgin olive oil and nuts (Estruch et al., 2013).

Conventional medicine tells us that a low-fat diet is imperative for a healthy heart, but the Mediterranean diet disproves that notion. The heart-healthy secret of the Mediterranean diet is that it doesn't cut out fats but uses healthy unsaturated fats. This claim is backed by a scientific study that compared 24 people following a low-fat diet with those who followed a Mediterranean diet. The scientists concluded that the Mediterranean diet reduced the volunteers' risks of developing cardiovascular disease and atherosclerosis (Yubero-Serrano et al., 2020).

Improved Blood Lipid Profile

If your doctor has advised you to lower your cholesterol, an easy way to get great results is to change your diet to the Mediterranean. Unhealthy seed oils don't form part of the Mediterranean diet, and meat isn't eaten excessively. This results in lower low-density lipoprotein (LDL)—bad—cholesterol.

In research, blood lipid levels were compared in volunteers who followed the Mediterranean diet for a year. The results showed that the individuals had significantly higher levels of HDL cholesterol or high-density lipoprotein. It was also discovered that the volunteers had even more good cholesterol than people who followed a low-fat diet for the same amount of time (Hernáez et al., 2017).

Control Blood Sugar Levels

Blood sugar is mainly influenced by diet and physical activity. Type 1 diabetes re-sults from an autoimmune condition in which the pancreas loses the ability to ef-fectively produce insulin. The cause isn't exactly known, and diet will not make a significant difference.

On the other hand, type 2 diabetes can be medically controlled, prevented, or even put in remission with the correct foods. A scientific review determined that the Mediterranean diet can control blood glucose levels and, thereby, not only prevent and reduce type 2 diabetes but also increase the lifespan and quality of life of people with this ailment (Milenkovic et al., 2021).

Because fruit as dessert and dried fruit as an ingredient are common in Mediterranean dishes, you have to keep in mind that some fruits have higher sugar (fructose) content than others. Prevent a sudden blood glucose spike by eating nuts or cheese with fruit, and keep your fruit portions small if you are diabetic.

Support Inflammation Levels

Another superpower of olive oil, especially extra-virgin olive oil and olive leaf ex-tract, is its anti-inflammatory and antioxidant properties, which are due to its high polyphenol content. These polyphenols also have anticancer and antitumor properties (Gorzynik-Debicka et al., 2018).

Have you ever tasted extra-virgin olive oil and felt a peppery, almost tickling sen-sation in your throat? The tickle is due to oleacanthal, the polyphenol in olive oil that works the same way as ibuprofen. Oleacanthal, together with some other more than 30 olive oil polyphenols, has been shown to reduce the inflammation and symptoms of arthritis (Rath, 2023).

Boost Cognitive Health

The brain needs a good blood supply from unclogged arteries to perform at its best, and we've seen that the Mediterranean diet promotes vascular health and low cholesterol levels. A scientific study found that the Mediterranean diet does more than that for the brain; it reduces brain atrophy, meaning that it slows cognitive decline in people with certain kinds of dementia («Green Mediterranean Diet,» 2022) with the rich, neuroprotective fatty acids from olive oil (Petersson & Philippou, 2016). The omega-3 fatty acids in fish are proven to boost brain power (Dighriri et al., 2022) and are also available in supplement form for people who want the full benefits of the Mediterranean diet but are allergic to fish.

Support Bone Health

A meta-analysis of scientific studies found that volunteers who followed the Mediterranean diet had higher bone mass density (BMD) than volunteers who didn't follow the diet (Noori et al., 2022). For strong, healthy hips and a spine that will last a lifetime, the Mediterranean diet is the way to go.

Weight Control

Having a healthy weight is essential for joint and cardiovascular health, as well as to control or prevent type 2 diabetes, gallstones, high blood pressure, and certain types of cancer. The Mediterranean diet promises numerous health benefits, in-cluding helping you lose weight if your current diet contains too much saturated fat, sugar, and sodium.

If you want to maintain your weight, the high-fiber grains, fruits, and vegetables in the Mediterranean diet will help you feel satiated longer. This makes weight control easy since it takes away the need to snack between meals.

The Mediterranean diet doesn't have fixed rules, but be careful to keep portion sizes reasonable. Eating too many high-calorie foods, including nuts and olive oil, will lead to weight gain.

In the next chapter, we'll sink our teeth into the ingredients used in the Mediterranean diet.

Chapter 3: Food for a Good Life

Imagine having dinner on a Greek island, with a table groaning under a variety of traditional Mediterranean dishes. What foods will you choose? Let's explore what is on the menu for a healthy, happy, vibrant life.

Olive Oil

This vegetable oil is the mainstay of Mediterranean cuisine. It contains an abun-dance of healthy monounsaturated fats and polyphenols and adds the particular flavor associated with traditional Mediterranean foods. Olive oil is generally used as a salad dressing, cooking, and sautéing oil, as well as as a drizzle for bread and pasta.

Vegetables and Fruits

A wide variety of unprocessed, seasonal vegetables and fruits will add color, min-erals, and vitamins to your table. Fresh is best but opt for canned or frozen if you prefer a longer shelf life, desire fruit or vegetables that are out of season, or are looking for a more cost-effective choice. When you buy canned or frozen products, read the label to help you select foods without added sodium or sugar.

Fish and Seafood

The main protein-rich food in the Mediterranean diet is fish, and modern dishes may use canned instead of fresh fish since fresh fish isn't always available. White-fish and shellfish are also recommended as sources of protein in the Mediterranean diet, although their omega-3 content is lower than that of fatty fish like salmon.

Nuts and Seeds

Nuts and seeds are tasty and nutritious, containing high amounts of heart-healthy mono- and polyunsaturated fats, carbohydrates, fiber, and protein. The combination of protein, fiber, and fat controls appetite, regulates blood sugar, and lowers inflammation, making nuts and seeds, when eaten in moderation, ideal snacks and salad toppings.

Beans and Peas

Beans and peas add vitamin B, carbohydrates, and fiber to the diet. Eat them fresh, canned, or dried, but be aware that canned foods usually have added sodium as a preservative. Rinse your canned beans and peas with cool, running water to reduce the sodium by half.

Whole Grains

Whole grains contain the grain plant's entire kernel, which consists of the endo-sperm, bran, and germ. They are healthier than processed (refined) grains, which have a longer shelf life and finer texture but lack fiber, vitamins, and iron.

Follow the Mediterranean diet by choosing bread, pasta, brown rice, oats, cous-cous, and other grain products that contain whole grains only.

You can eat whole grains every day to benefit from their high vitamin B, fiber, and energy-rich carbohydrate content. To avoid weight gain, be careful not to exceed 48 g of whole grains daily (Grains, n.d.).

Cheese and Yogurt

Cheese and yogurt are on the Mediterranean menu, but only in moderate portions. The yogurt should be unsweetened, plain, or Greek style. Choose unprocessed cheeses such as feta, Parmesan, Swiss, Brie, and ricotta.

Herbs and Spices

Traditional Mediterranean foods often use several spices for flavor, which is much healthier than using salt exclusively. The herbs can be fresh or dry, but be aware that dried herbs have a more concentrated flavor. Delight your tastebuds with herbs such as mint, dill, basil, black pepper, oregano, rosemary, paprika, sage, ginger, tarragon, parsley, cilantro, thyme, turmeric, and garlic. If you are unsure about which herbs and spices to use, opt for pre-blended flavorings, such as Portuguese, Spanish, or Italian seasoning.

Chicken, Red Meat, and Eggs

Chicken, turkey, and pork find their way onto the plate fairly regularly but in small portions. Red meat is eaten rarely and only in small amounts, often as thin slivers to add flavor to other dishes.

Red Wine

If you don't drink, you can skip the red wine and still enjoy all the benefits of the vivacious Mediterranean diet. If you do, keep your intake moderate and don't ex-ceed more than one glass daily if you're a woman or two glasses daily if you're a man.

Join me in the next chapter, where we'll examine the principles of the Mediterranean diet and the common pitfalls to avoid.

Chapter 4: The Proper Application of the Mediterranean Diet Equals Good Results

The Mediterranean diet has benefits galore, but there are pitfalls to avoid if you want the best results. Let's have a look at the principles of the Mediterranean diet you should keep in mind and the common mistakes that may spoil your good re-sults.

The Principles of the Mediterranean Diet

The Mediterranean diet is more than a list of what food to eat; it is also a complete lifestyle.

The Mediterranean lifestyle suggests that, whenever possible, meals should be shared with family and friends.

When sharing food, eat at the table and not in front of the TV, and switch off all mobile phones. The company and togetherness are just as important as the food. Meals shouldn't be rushed, but time should be taken to savor the color, texture, and aroma of every bite.

Use extra-virgin olive oil as your main source of fat. If you dislike olive oil, opt for avocado oil instead.

Focus on natural, unprocessed foods and base your diet on whole grains, vegeta-bles, fruits, nuts, and legumes.

Red meat should be eaten sparingly. Fish can be eaten as a main dish twice weekly. Eggs, poultry, yogurt, and cheese can be eaten more often but only in moderate portions.

Instead of salt, flavor foods with a selection of dried or fresh herbs and spices.

Use dried fruit or honey to sweeten dishes instead of adding refined sugar.

Bread and other grain-based foods are a staple in the Mediterranean diet, but you should take your individual needs into account. For example, if you are gluten-intolerant, avoid wheat and whole wheat. You might be able to eat rice, almonds, corn, and soy flour. If you are unsure, use gluten-free flour such as coconut, tapio-ca, buckwheat, sorghum, and millet flour.

To enjoy the full benefit of the Mediterranean diet and lifestyle, be physically ac-tive. When possible, walk to your destinations instead of driving, going to the garden, or enjoying a leisurely stroll. Keep moving!

Common Mistakes

Fruit is fine but fruit juice isn't because of the high sugar content.

Red wine is allowed but not in excess. More than a glass or two daily will harm instead of improve your overall health, cognition, and longevity.

Avoid all added sugar. This includes soda, candy, dessert, and baked goods.

Grain foods are allowed but stay away from refined grains such as white bread, chips, crackers, and tortillas.

Don't include hot dogs, deli meats, microwave popcorn, fast food, or processed cheese in your diet.

Coffee and tea are fine as long as you only consume a small amount of sugar and cream. These extra sneaked-in calories can make a difference to your blood sugar and waistline.

Be aware of portion sizes. Keep in mind that just because food is healthy, you can't eat large portions and cannot expect to gain weight, especially if you aren't very active.

Be realistic. Your health won't improve, or your weight will be affected after only a few days on the diet. Stick to the diet for at least a month before expecting noticeable changes.

Being too strict with your diet and too hard on yourself is against the easygoing, natural lifestyle of the Mediterranean diet. The diet doesn't have any rules, only principles, and there is room for adaptation and a chocolate bar or steak on occa-sion. Something sweet on payday or a barbecue on someone's birthday won't ruin your health as long as you keep your portions moderate and stick to your diet all the other days.

There is a common misconception that the Mediterranean diet is expensive because it emphasizes fresh ingredients and whole foods. The Mediterranean diet originated among poor peasants, and you can also enjoy its benefits without breaking the bank. It is perfectly fine to prefer more cost-effective canned or frozen foods and more affordable fish and cuts of meat. All you need is olive oil, herbs, and spices to transform any meal into a feast.

A Final Word

We've come to the end of our Mediterranean journey. We've discovered that the lifestyle of the Mediterranean diet includes the enjoyment of wholesome, flavorful food, company, and activity. Savor every morsel of Mediterranean food and taste the joy of life in every bite.

BREAKFAST





Quinoa & Chia Oatmeal Mix

PREP TIME: 5 minutes

COOK TIME: 25 minutes

SERVING: 2

NUTRITION:

Cal 320; Fat 10 g; Carb 46 g; Protein 15 g; Fiber: 8 g; Sodium: 90 mg;

- *1/2 cup rolled oats*
- *1/2 cup cooked quinoa*
- *1/2 cup almond milk (or any milk of choice)*
- *1 tablespoon honey*
- *1/4 cup mixed berries*
- *2 tablespoons nuts (such as almonds or walnuts), chopped*
- *1 tablespoon seeds (such as chia or flaxseed)*
- *A sprinkle of cinnamon*

INSTRUCTIONS:

1. In a jar or bowl, combine the rolled oats, cooked quinoa, almond milk, honey, mixed berries, chopped nuts, seeds, and sprinkle of cinnamon.
2. Stir well to thoroughly combine all ingredients.
3. Cover the jar or bowl and refrigerate for at least 4 hours or overnight to allow the flavors to meld and the oats to soften.
4. Once chilled and ready to serve, give the mixture a good stir and enjoy your nutritious Quinoa & Chia Oatmeal Mix!



Vegetable Frittata

PREP TIME: 15 minutes

COOK TIME: 25 minutes

SERVING: 2

NUTRITION:

Cal 308; Fat 21 g; Carb 10 g;
Protein 16 g Fiber: 2 g
Sodium: 383 mg

- *4 large eggs*
- *1/2 cup cherry tomatoes, halved*
- *1/2 red bell pepper, diced*
- *1/2 yellow bell pepper, diced*
- *1/2 small red onion, diced*
- *1 cup baby spinach*
- *1/4 cup crumbled feta cheese*
- *1 tablespoon chopped fresh basil*
- *1 tablespoon chopped fresh parsley*
- *1 clove garlic, minced*
- *1 tablespoon olive oil*
- *Salt and pepper to taste*

INSTRUCTIONS:

1. Set the oven temperature to 375°F or 190°C.
2. In a medium-sized mixing bowl, thoroughly beat the eggs. To taste, season with salt and pepper.
3. Preheat the olive oil to medium heat in a medium oven-safe skillet. Add diced red onion, bell peppers, and sauté for approximately five minutes or until softened.
4. Add cherry tomatoes and minced garlic to the skillet. Cook for an additional two minutes.
5. Add the baby spinach to the skillet and simmer for about 2 minutes or until wilted.
6. Evenly distribute the eggs over the vegetable mixture in the skillet. Give the eggs two to three minutes to set around the edges.
7. Evenly scatter chopped parsley, chopped basil, and crumbled Feta cheese on top of the frittata.
8. Place the pan in the oven that has been preheated, and bake for 15 to 20 minutes or until the frittata is set in the middle and has a golden brown top.
9. Before slicing, take the frittata out of the oven and allow it to cool for a few minutes.
10. Present the Mediterranean Vegetable Frittata slices warm or at room temperature, topped with more fresh herbs if preferred.



Baby Kale Salad with Quinoa & Strawberries

PREP TIME: 10 minutes

COOK TIME: 15 minutes

SERVING: 2

NUTRITION:

Cal 280; Fat 8 g; Carb 40 g; Protein 12 g; Fiber: 8 g; Sodium: 120 mg;

- *2 cups baby kale*
- *1 cup cooked quinoa, cooled*
- *1/2 cup sliced strawberries*
- *1/4 cup chopped almonds*
- *2 tablespoons crumbled feta cheese*
- *1 tablespoon balsamic glaze*
- *1 tablespoon olive oil*
- *Salt and pepper to taste*

INSTRUCTIONS:

1. In a large mixing bowl, combine the baby kale, cooked quinoa, sliced strawberries, chopped almonds, and crumbled feta cheese.
2. Drizzle olive oil and balsamic glaze over the salad ingredients.
3. Season with salt and pepper to taste.
4. Toss gently to coat all ingredients evenly with the dressing.
5. Divide the salad mixture onto plates or bowls.
6. Serve immediately and enjoy your refreshing and nutritious Baby Kale Breakfast Salad with Quinoa & Strawberries!



Veggie Omelette

PREP TIME: 10 minutes

COOK TIME: 10 minutes

SERVING: 2

NUTRITION:

Cal 240; Fat 18 g; Carb 5 g;
Protein 15 g; Fiber: 1 g;
Sodium: 320 mg;

- *4 large eggs*
- *1 tablespoon olive oil*
- *1 cup baby spinach leaves*
- *1/2 cup cherry tomatoes, halved*
- *1/4 cup diced onion*
- *1/4 cup crumbled feta cheese*
- *Salt and black pepper, to taste*

INSTRUCTIONS:

1. Crack the eggs into a bowl and gently beat them with a fork. Season with salt and black pepper to taste.
2. Heat the olive oil in a nonstick skillet over medium heat.
3. Add the baby spinach leaves to the skillet and cook until wilted, about 1-2 minutes.
4. Add the diced onion and halved cherry tomatoes to the skillet. Sauté for another 2-3 minutes or until the onions become translucent and the tomatoes soften slightly.
5. Pour the beaten eggs into the skillet, ensuring they spread evenly over the vegetables.
6. Cook the omelette for 2-3 minutes or until the edges start to firm up.
7. Sprinkle the crumbled feta cheese evenly over one half of the omelette.
8. Using a spatula, gently fold the other half of the omelette over the cheese-covered half.
9. Continue cooking for an additional 1-2 minutes or until the cheese melts and the eggs are fully set.
10. Slide the omelette onto a serving platter and cut it in half to serve.



Shakshuka

PREP TIME: 10 minutes

COOK TIME: 20 minutes

SERVING: 2

NUTRITION:

Cal 230; Fat 12 g; Carb 18 g; Protein 13 g; Fiber: 5 g; Sodium: 470 mg;

- *1 tablespoon olive oil*
- *1/2 onion, finely chopped*
- *1 bell pepper, diced*
- *2 cloves garlic, minced*
- *1 teaspoon ground cumin*
- *1 teaspoon paprika*
- *1/2 teaspoon ground cayenne pepper (optional, for added heat)*
- *1 can (14 ounces) diced tomatoes*
- *Salt and black pepper, to taste*
- *4 large eggs*
- *Fresh parsley, chopped, for garnish*
- *Whole-grain bread or pita, for serving*

INSTRUCTIONS:

1. Heat the olive oil in a large skillet over medium heat.
2. Add the diced bell pepper and finely chopped onion to the skillet. Sauté for 5-7 minutes or until the vegetables are tender.
3. Stir in the minced garlic, paprika, ground cumin, and ground cayenne pepper (if using). Cook for 1-2 minutes or until fragrant.
4. Add the diced tomatoes and their juices to the skillet. Season with salt and black pepper to taste. Stir well to combine.
5. Simmer the tomato and pepper mixture for 10-15 minutes or until it has thickened slightly.
6. Use a spoon to create four small wells in the tomato mixture. Crack an egg into each well.
7. Place a cover on the pan and heat for five to seven minutes, or until the yolks are still somewhat runny but the egg whites are set.
8. Remove from heat and sprinkle with freshly chopped parsley.
9. Serve the hot Shakshuka with whole-grain bread or pita for dipping.



Avocado Toast with Poached Egg

PREP TIME: 10 minutes

COOK TIME: 10 minutes

SERVING: 2

NUTRITION:

Cal 340; Fat 20 g; Carb 30 g; Protein 13 g; Fiber: 10 g; Sodium: 540 mg;

- *2 slices of whole grain bread*
- *1 ripe avocado*
- *2 eggs*
- *1/2 cup cherry tomatoes, halved*
- *1 tablespoon lemon juice*
- *1/4 cup crumbled feta cheese*
- *Pinch of red pepper flakes (optional)*
- *1 tablespoon olive oil*
- *Salt and pepper to taste*

INSTRUCTIONS:

1. Toast the whole grain bread slices until golden brown and crisp.
2. While the bread is toasting, bring a pot of water to a gentle simmer. Crack one egg into a small bowl or ramekin.
3. Once the water is simmering, carefully slide the egg into the water. Poach the egg for about 3-4 minutes or until the whites are set, but the yolk is still runny. Remove the poached egg with a slotted spoon and set aside. Repeat with the second egg.
4. In a small bowl, mash the ripe avocado with lemon juice until smooth. Season with salt and pepper to taste.
5. Spread the mashed avocado evenly onto the toasted bread slices.
6. Top each avocado toast with halved cherry tomatoes, crumbled feta cheese, and a pinch of red pepper flakes, if desired.
7. Place a poached egg on top of each avocado toast.
8. Drizzle with olive oil and sprinkle with additional salt and pepper, if desired.
9. Serve the avocado toast with poached egg immediately, garnished with fresh herbs if desired.



Pumpkin Overnight Oats

PREP TIME: 5 minutes

COOK TIME: 4 hours or overnight

SERVING: 2

NUTRITION:

Cal 320; Fat 10 g; Carb 45 g; Protein 10 g; Fiber: 8 g; Sodium: 90 mg;

- *1 cup rolled oats*
- *1 cup almond milk (or any milk of choice)*
- *1/2 cup canned pumpkin puree*
- *2 tablespoons maple syrup or honey*
- *1 teaspoon pumpkin pie spice (or a mixture of cinnamon, nutmeg, and ginger)*
- *1/4 cup chopped pecans or walnuts (optional)*
- *1/4 cup raisins or dried cranberries (optional)*

INSTRUCTIONS:

1. In a mixing bowl or jar, combine the rolled oats, almond milk, canned pumpkin puree, maple syrup or honey, and pumpkin pie spice. Stir well until all ingredients are thoroughly mixed.
2. If desired, stir in chopped pecans or walnuts and raisins or dried cranberries for added texture and flavor.
3. Cover the bowl or jar with a lid or plastic wrap.
4. Refrigerate the mixture overnight or for at least 4 hours to allow the oats to soften and absorb the liquid.
5. Before serving, give the pumpkin overnight oats a good stir to ensure everything is well combined.
6. Divide the oats into serving bowls and garnish with additional toppings like chopped nuts, dried fruit, or a drizzle of maple syrup if desired.



Whole Wheat Greek Yogurt Pancakes

PREP TIME: 5 minutes

COOK TIME: 10 minutes

SERVING: 2

NUTRITION:

Cal 120; Fat 2 g; Carb 21 g; Protein 6 g; Fiber: 3 g; Sodium: 85 mg;

- *1 cup whole wheat flour*
- *1/2 cup Greek yogurt*
- *2 eggs*
- *1 teaspoon baking powder*
- *2 tablespoons honey*
- *1 teaspoon vanilla extract*
- *Pinch of salt*
- *Olive oil or butter for greasing the skillet*

INSTRUCTIONS:

1. In a large bowl, whisk together the whole wheat flour, baking powder, and salt.
2. In a separate bowl, mix the Greek yogurt, eggs, honey, and vanilla extract until smooth.
3. The dry ingredients mix into the wet mixture until well combined. A little lumpiness in the batter is okay.
4. Heat a non-stick skillet or griddle over medium heat and lightly grease with olive oil or butter.
5. Pour about 1/4 cup of batter onto the skillet for each pancake. Cook until bubbles form on the surface, then flip and cook the other side until golden brown, about 2-3 minutes per side.
6. Repeat with the remaining batter, greasing the skillet as necessary.
7. Serve the pancakes warm with fresh fruit and a drizzle of honey.



Oatmeal Cottage Cheese Pancakes

PREP TIME: 5 minutes

COOK TIME: 10 minutes

SERVING: 2

NUTRITION:

Cal 140; Fat 5 g; Carb 14 g; Protein 9 g; Fiber: 2 g; Sodium: 330 mg;

- *1 cup rolled oats*
- *1 cup cottage cheese*
- *2 eggs*
- *1 teaspoon baking powder*
- *1 teaspoon vanilla extract*
- *Pinch of salt*
- *Olive oil or butter for greasing the skillet*
- *Fresh berries and chopped nuts for serving*

INSTRUCTIONS:

1. Start by blending the rolled oats, cottage cheese, eggs, baking powder, vanilla extract, and salt in a blender until you get a smooth and well-combined batter. The batter should be thick but pourable.
2. Heat a non-stick skillet or griddle over medium heat and lightly grease it with olive oil or butter.
3. Pour about 1/4 cup of batter onto the skillet for each pancake. Use the back of a spoon to spread the batter into a round shape.
4. Cook the pancakes until bubbles form on the surface, then carefully flip them and cook until both sides are golden brown, about 2-3 minutes per side.
5. Repeat the cooking process with the remaining batter, greasing the skillet as needed between batches.
6. Serve the pancakes warm, topped with fresh berries and a sprinkle of chopped nuts. Enjoy your nutritious oatmeal cottage cheese pancakes!



Spinach and Feta Savory Pancakes

PREP TIME: 10 minutes

COOK TIME: 10 minutes

SERVING: 2

NUTRITION:

Cal 130; Fat 5 g; Carb 15 g; Protein 7 g; Fiber: 2 g; Sodium: 220 mg;

- *1 cup whole wheat flour*
- *2 eggs*
- *3/4 cup milk*
- *1 cup fresh spinach, chopped*
- *1/2 cup crumbled feta cheese*
- *2 tablespoons chopped green onions*
- *1 teaspoon baking powder*
- *Pinch of salt*
- *Olive oil or butter for greasing the skillet*
- *Greek yogurt for serving*

INSTRUCTIONS:

1. In a large mixing bowl, combine the whole wheat flour, eggs, milk, baking powder, and salt. Whisk until the mixture achieves a smooth consistency.
2. Add the chopped spinach, crumbled feta cheese, and chopped green onions to the bowl. Stir well until all ingredients are evenly distributed throughout the batter.
3. Heat a non-stick skillet or griddle over medium heat and lightly grease it with olive oil or butter.
4. Pour about 1/4 cup of the batter onto the skillet for each pancake. Use the back of a spoon to spread the batter into a round shape.
5. Cook the pancakes until bubbles start to form on the surface. Carefully flip them over and continue cooking until both sides are golden brown, which should take about 2-3 minutes per side.
6. Repeat the cooking process with the remaining batter, greasing the skillet as needed between batches.
7. Serve the savory pancakes warm, topped with a dollop of Greek yogurt. Enjoy the delightful combination of flavors!



Zucchini and Parmesan Pancakes

PREP TIME: 10 minutes

COOK TIME: 10 minutes

SERVING: 2

NUTRITION:

Cal 130; Fat 6 g; Carb 12 g;
Protein 8 g; Fiber: 2 g;
Sodium: 220 mg;

- *2 cups grated zucchini*
- *2 eggs*
- *1/2 cup whole wheat flour*
- *1/4 cup grated Parmesan cheese*
- *2 tablespoons chopped fresh herbs (such as basil or parsley)*
- *1 teaspoon baking powder*
- *Pinch of salt*
- *Olive oil or butter for greasing the skillet*
- *Marinara sauce and extra grated Parmesan cheese for serving*

INSTRUCTIONS:

1. Begin by combining the grated zucchini, eggs, whole wheat flour, grated Parmesan cheese, chopped fresh herbs, baking powder, and salt in a large mixing bowl. Mix thoroughly until all the ingredients are well combined.
2. Heat a non-stick skillet or griddle over medium heat and lightly grease it with olive oil or butter.
3. Pour approximately 1/4 cup of the batter onto the skillet for each pancake. Use the back of a spoon to spread the batter into a round shape, ensuring even cooking.
4. Cook the pancakes until bubbles start to form on the surface. Carefully flip them over using a spatula and continue cooking until both sides are golden brown, approximately 2-3 minutes per side.
5. Repeat the cooking process with the remaining batter, greasing the skillet as needed between batches to prevent sticking.
6. Once all the pancakes are cooked, serve them warm, topped with a dollop of marinara sauce and extra grated Parmesan cheese on top. Enjoy the delightful combination of flavors!



Creamy Blueberry-Pecan Oatmeal

PREP TIME: 5 minutes

COOK TIME: 10 minutes

SERVING: 2

NUTRITION:

Cal 300; Fat 10 g; Carb 45 g; Protein 8 g; Fiber: 7 g; Sodium: 90 mg;

- *1 cup rolled oats*
- *2 cups water*
- *1/2 cup almond milk (or any milk of choice)*
- *1/2 cup fresh or frozen blueberries*
- *1/4 cup chopped pecans*
- *2 tablespoons honey or maple syrup*
- *1 teaspoon vanilla extract*
- *Pinch of salt*
- *Optional toppings: additional blueberries, pecans, or a drizzle of honey*

INSTRUCTIONS:

1. In a medium saucepan, bring the water to a boil.
2. Stir in the rolled oats and reduce the heat to low. Simmer for 5-7 minutes, stirring occasionally, until the oats are creamy and tender.
3. Add the almond milk, fresh or frozen blueberries, chopped pecans, honey or maple syrup, vanilla extract, and a pinch of salt to the saucepan.
4. Continue to cook, stirring frequently, for an additional 2-3 minutes or until the blueberries are softened and the oatmeal reaches your desired consistency.
5. Remove the oatmeal from the heat and let it sit for a minute or two to cool slightly and thicken.
6. Divide the creamy blueberry-pecan oatmeal into serving bowls.
7. Garnish with additional toppings like fresh blueberries, chopped pecans, or a drizzle of honey if desired.
8. Serve warm.



Quinoa Breakfast Bowl

PREP TIME: 10 minutes

COOK TIME: 15 minutes

SERVING: 2

NUTRITION:

Cal 450; Fat 28 g; Carb 35 g; Protein 16 g; Fiber: 8 g; Sodium: 570 mg;

- *1 cup cooked quinoa*
- *1/2 cup cherry tomatoes, halved*
- *1/2 cucumber, diced*
- *2 tablespoons sliced olives*
- *1/4 cup crumbled feta cheese*
- *1/2 avocado, sliced*
- *1 poached egg*
- *1 tablespoon lemon juice*
- *1 tablespoon olive oil*
- *Salt and pepper to taste*

INSTRUCTIONS:

1. Begin by layering the cooked quinoa in a serving bowl. Top the quinoa with halved cherry tomatoes, diced cucumber, sliced olives, crumbled feta cheese, and sliced avocado.
2. Next, gently place a poached egg on top of the ingredients in the bowl.
3. Drizzle lemon juice and olive oil evenly over the bowl's contents.
4. Season the Mediterranean Quinoa Breakfast Bowl with salt and pepper according to your taste preferences.
5. Serve the bowl immediately, allowing the yolk of the poached egg to run over the ingredients when broken, creating a delicious and nutritious breakfast experience.



Greek Yogurt Bowl with Granola and Fruit

PREP TIME: 5 minutes

COOK TIME: 0 minutes

SERVING: 2

NUTRITION:

Cal 300; Fat 8 g; Carb 43 g; Protein 16 g; Fiber: 6 g; Sodium: 90 mg;

- *1 cup Greek yogurt*
- *1/2 cup mixed berries (such as strawberries, blueberries, and raspberries)*
- *1/2 banana, sliced*
- *1/4 cup granola*
- *1 tablespoon honey*
- *1 tablespoon chopped nuts (such as almonds or walnuts)*

INSTRUCTIONS:

1. Start by layering the Greek yogurt in a serving bowl.
2. Add the mixed berries, banana slices, and granola on top of the yogurt in an appealing arrangement.
3. Drizzle honey generously over the contents of the bowl to add sweetness and flavor.
4. Sprinkle the Greek Yogurt Breakfast Bowl with Granola and Fruit with chopped nuts for an added crunch and delightful nuttiness.
5. Serve the bowl immediately to enjoy the freshness and contrast of textures in each bite. It's a delicious and nutritious way to start your day!



Mediterranean Hummus Breakfast Bowl

PREP TIME: 10 minutes

COOK TIME: 15 minutes

SERVING: 2

NUTRITION:

Cal 380; Fat 24 g; Carb 30 g; Protein 14 g; Fiber: 6 g; Sodium: 480 mg;

- *1/2 cup hummus*
- *1/2 cup cooked quinoa or farro*
- *1/4 cup cherry tomatoes, halved*
- *1/4 cup cucumber, diced*
- *2 tablespoons red onion, thinly sliced*
- *2 tablespoons Kalamata olives, halved*
- *2 tablespoons crumbled feta cheese*
- *1 poached egg*
- *1 tablespoon olive oil*
- *1 teaspoon lemon juice*
- *Salt and pepper to taste*

INSTRUCTIONS:

1. Start by spreading a layer of hummus at the bottom of each serving bowl.
2. Next, top the hummus with cooked quinoa or farro.
3. Add the halved cherry tomatoes, diced cucumber, thinly sliced red onion, and halved Kalamata olives on top of the quinoa or farro.
4. Sprinkle the crumbled feta cheese evenly over the vegetables and grains.
5. Carefully place a poached egg on top of each bowl, ensuring it sits nicely on the ingredients.
6. Drizzle the olive oil and lemon juice evenly over the entire bowl for added flavor.
7. Season your Mediterranean Hummus Breakfast Bowl with salt and pepper according to your taste preferences.



Mediterranean Overnight Oats

PREP TIME: 5 minutes

COOK TIME: 4 hours or overnight

SERVING: 2

NUTRITION:

Cal 320; Fat 10 g; Carb 46 g; Protein 15 g; Fiber: 8 g; Sodium: 90 mg;

- *1/2 cup rolled oats*
- *1/2 cup Greek yogurt*
- *1/2 cup almond milk (or any milk of choice)*
- *1 tablespoon honey*
- *1/4 cup mixed berries*
- *2 tablespoons nuts (such as almonds or walnuts), chopped*
- *1 tablespoon seeds (such as chia or flaxseed)*
- *A sprinkle of cinnamon*

INSTRUCTIONS:

1. Combine rolled oats, Greek yogurt, almond milk, and honey in a jar or bowl. Stir well until fully mixed.
2. Add mixed berries, chopped nuts, and seeds to the mixture. Stir to combine.
3. Cover the jar or bowl and refrigerate overnight or for at least 6 hours.
4. In the morning, give the oats a good stir to evenly distribute the ingredients.
5. Sprinkle cinnamon over the oats before serving.
6. Enjoy your Mediterranean Overnight Oats straight from the fridge or allow them to sit at room temperature for a few minutes if you prefer a slightly warmer temperature.



Quinoa Porridge with Almond Milk

PREP TIME: 5 minutes

COOK TIME: 5 minutes

SERVING: 2

NUTRITION:

Cal 350; Fat 10 g; Carb 60 g; Protein 8 g; Fiber: 7 g; Sodium: 10 mg;

- *1 cup cooked quinoa*
- *1 cup almond milk (or any milk of choice)*
- *1 tablespoon honey*
- *1/2 teaspoon vanilla extract*
- *1 banana, sliced*
- *2 tablespoons chopped nuts (such as almonds or pistachios)*
- *2 tablespoons dried fruits (such as apricots or raisins)*

INSTRUCTIONS:

1. Combine the cooked quinoa, almond milk, honey, and vanilla extract in a saucepan.
2. Heat the mixture over medium heat, stirring occasionally, until warmed through, about 3-5 minutes.
3. Once warmed through, remove the saucepan from the heat.
4. Divide the quinoa porridge into serving bowls.
5. Top each bowl with sliced banana, chopped nuts, and dried fruits.



Mediterranean Chia Seed Pudding

PREP TIME: 5 minutes

COOK TIME: 4 hours or overnight

SERVING: 2

NUTRITION:

Cal 350; Fat 10 g; Carb 60 g; Protein 8 g; Fiber: 7 g; Sodium: 10 mg;

- *1/4 cup chia seeds*
- *1/2 cup Greek yogurt*
- *1 cup almond milk (or any milk of choice)*
- *1 tablespoon honey*
- *1/2 teaspoon vanilla extract*
- *1/4 cup mixed berries*
- *2 tablespoons sliced almonds*
- *Instructions*

INSTRUCTIONS:

1. In a bowl or jar, combine the chia seeds, Greek yogurt, almond milk, honey, and vanilla extract.
2. Stir well to thoroughly combine all ingredients.
3. Cover the bowl or jar and refrigerate for at least 4 hours or overnight to allow the chia seeds to absorb the liquid and thicken into a pudding-like consistency.
4. Once chilled and thickened, give the chia seed pudding a good stir to evenly distribute the ingredients.
5. Before serving, top the chia seed pudding with mixed berries and sliced almonds for added flavor and texture.



Egg White Frittata With Smoked Salmon

PREP TIME: 10 minutes

COOK TIME: 15 minutes

SERVING: 2

NUTRITION:

Cal 105; Fat 5 g; Carb 3 g;
Protein 12 g; Fiber: 1 g;
Sodium: 272 mg;

- *4 egg whites*
- *1/8 cup chopped smoked salmon*
- *1/8 cup chopped spinach*
- *1 tablespoon chopped red onion*
- *1 tablespoon chopped dill*
- *1/2 tablespoon olive oil*
- *Salt and pepper to taste*

INSTRUCTIONS:

1. Preheat your oven to 375°F (190°C).
2. Whisk egg whites in a bowl until frothy.
3. Heat olive oil in an oven-safe skillet over medium heat.
4. Sauté chopped red onion in the skillet until softened, about 2-3 minutes.
5. Add chopped spinach to the skillet and sauté until wilted, about 1-2 minutes.
6. Pour whisked egg whites into the skillet, ensuring they cover the entire surface evenly.
7. Evenly distribute chopped smoked salmon over the egg whites.
8. Sprinkle chopped dill over the top of the frittata.
9. Season with salt and pepper to taste.
10. Cook the frittata on the stovetop for 3-4 minutes until the edges start to set.
11. Transfer the skillet to the preheated oven and bake for 10-12 minutes or until the frittata is fully set and slightly golden on top.
12. Remove the frittata from the oven and let it cool for a few minutes before slicing and serving.
13. Serve warm or at room temperature.



Berry-Orange Chia Pudding

PREP TIME: 5 minutes

COOK TIME: 4 hours or overnight

SERVING: 2

NUTRITION:

Cal 190; Fat 7 g; Carb 28 g; Protein 5 g; Fiber: 9 g; Sodium: 10 mg;

- *1/4 cup chia seeds*
- *1 cup almond milk (or any milk of choice)*
- *1/2 cup Greek yogurt*
- *1 tablespoon honey*
- *1/2 teaspoon vanilla extract*
- *1/4 cup mixed berries*
- *2 tablespoons sliced almonds*

INSTRUCTIONS:

1. In a bowl or jar, combine the chia seeds, almond milk, Greek yogurt, honey, and vanilla extract.
2. Stir well to thoroughly combine all ingredients.
3. Cover the bowl or jar and refrigerate for at least 4 hours or overnight to allow the chia seeds to absorb the liquid and thicken into a pudding-like consistency.
4. Once chilled and thickened, give the chia seed pudding a good stir to evenly distribute the ingredients.
5. Before serving, top the chia seed pudding with mixed berries and sliced almonds for added flavor and texture.

LUNCH





Greek Lemon Chicken Soup (Avgolemono)

PREP TIME: 10 minutes

COOK TIME: 20 minutes

SERVING: 2

NUTRITION:

Cal 300; Fat 9 g; Carb 25 g; Protein 25 g; Fiber: 4 g; Sodium: 900 mg;

- *4 cups chicken broth*
- *1 cup shredded cooked chicken breast*
- *1/4 cup orzo pasta (substitute whole wheat or quinoa for lower carbs)*
- *2 large eggs*
- *Juice of 1 lemon (about 3-4 tablespoons)*
- *Salt and black pepper, to taste*
- *Fresh dill or parsley, chopped, for garnish*

INSTRUCTIONS:

1. In a large pot, bring the chicken broth to a simmer over medium heat.
2. Add the shredded cooked chicken and orzo pasta to the pot. Cook until the orzo is tender for 8-10 minutes.
3. In a mixing bowl, whisk together the eggs and lemon juice until well combined.
4. Once the orzo is cooked, ladle about 1 cup of the hot broth from the pot into the bowl with the egg-lemon mixture, whisking constantly to temper the eggs.
5. Gradually pour the egg-lemon mixture back into the pot with the soup, stirring continuously.
6. Cook the soup for another 2-3 minutes, stirring occasionally, until it thickens slightly and the eggs are fully cooked.
7. Season the soup with salt and black pepper to taste.
8. Serve the Greek Lemon Chicken Soup hot, garnished with chopped fresh dill or parsley.



Tuscan White Bean Soup

PREP TIME: 10 minutes

COOK TIME: 25 minutes

SERVING: 2

NUTRITION:

Cal 280; Fat 6 g; Carb 48 g; Protein 13 g; Fiber: 13 g; Sodium: 940 mg;

- *1 tablespoon olive oil*
- *1 onion, diced*
- *2 cloves garlic, minced*
- *1 can (15 ounces) white beans, drained and rinsed*
- *1 can (14.5 ounces) diced tomatoes*
- *2 cups vegetable broth*
- *2 cups chopped kale leaves*
- *1 teaspoon dried rosemary*
- *1 teaspoon dried thyme*
- *Salt and black pepper, to taste*
- *Extra olive oil for drizzling (optional)*

INSTRUCTIONS:

1. In a large pot, heat olive oil over medium heat. Add diced onion and minced garlic, and sauté until softened, about 3-4 minutes.
2. Add drained and rinsed white beans, diced tomatoes, vegetable broth, chopped kale leaves, dried rosemary, and dried thyme to the pot. Stir to combine.
3. Bring the soup to a simmer, and then reduce the heat to low. Cover and let it simmer for 15-20 minutes, allowing the flavors to meld and the kale to wilt.
4. Season the soup with salt and black pepper to taste.
5. Once the soup is ready, ladle it into bowls and drizzle each serving with a bit of extra olive oil, if desired.
6. Serve the Tuscan White Bean Soup hot, garnished with a sprinkle of freshly chopped parsley or grated Parmesan cheese if desired.



Lentil and Spinach Soup

PREP TIME: 10 minutes

COOK TIME: 30 minutes

SERVING: 2

NUTRITION:

Cal 320; Fat 9 g; Carb 50 g; Protein 18 g; Fiber: 18 g; Sodium: 1250 mg;

- *1 tablespoon olive oil*
- *1 onion, diced*
- *2 cloves garlic, minced*
- *1 cup dried lentils, rinsed and drained*
- *1 can (14 ounces) diced tomatoes*
- *4 cups vegetable broth*
- *2 cups fresh spinach leaves, chopped*
- *1 teaspoon ground cumin*
- *1 teaspoon ground coriander*
- *Pinch of red pepper flakes (optional)*
- *Salt and black pepper, to taste*

INSTRUCTIONS:

1. In a large pot, heat olive oil over medium heat. Add diced onion and minced garlic, and sauté until softened, about 3-4 minutes.
2. Add rinsed and drained lentils to the pot, along with diced tomatoes and vegetable broth. Stir to combine.
3. Bring the soup to a boil, and then reduce the heat to low, cover, and simmer for 20-25 minutes or until the lentils are tender.
4. Stir in chopped spinach leaves, ground cumin, ground coriander, and a pinch of red pepper flakes (if using). Cook for an additional 5 minutes until the spinach is wilted and the flavors are well combined.
5. Season the soup with salt and black pepper to taste.
6. Serve the Lentil and Spinach Soup hot, garnished with a sprinkle of freshly chopped parsley or a drizzle of olive oil if desired.



Vegetable Soup

PREP TIME: 15 minutes

COOK TIME: 25 minutes

SERVING: 2

NUTRITION:

Cal 180; Fat 9 g; Carb 23 g; Protein 4 g; Fiber: 7 g; Sodium: 650 mg;

- *2 tablespoons olive oil*
- *2 cloves garlic, minced*
- *1 onion, diced*
- *1 zucchini, diced*
- *1 bell pepper, diced*
- *2 tomatoes, diced*
- *2 cups vegetable broth*
- *1 teaspoon dried oregano*
- *Salt and black pepper, to taste*
- *2 cups fresh spinach leaves*
- *Optional: 1 cup cooked beans (such as chickpeas or white beans)*

INSTRUCTIONS:

1. In a large pot, heat the olive oil over medium heat. Add the minced garlic and diced onion, and sauté for 2-3 minutes until softened.
2. Add the diced zucchini and bell pepper to the pot, and cook for another 3-4 minutes until they begin to soften.
3. Stir in the diced tomatoes, vegetable broth, dried oregano, salt, and black pepper. Bring the soup to a simmer.
4. Reduce the heat to low and let the soup simmer for 15-20 minutes, allowing the flavors to meld and the vegetables to become tender.
5. If using, add the cooked beans to the soup and let them heat through for a few minutes.
6. Stir in the fresh spinach leaves and cook for an additional 2-3 minutes until wilted.
7. Taste the soup and adjust seasoning if necessary.
8. Serve the Mediterranean Vegetable Soup hot, garnished with a drizzle of olive oil and a sprinkle of freshly chopped parsley if desired.



Chunky Mediterranean Tomato Soup

PREP TIME: 25 minutes

COOK TIME: 25 minutes

SERVING: 2

NUTRITION:

Cal 180; Fat 8 g; Carb 24 g; Protein 4 g; Fiber: 5 g; Sodium: 780 mg;

- *1 tablespoon olive oil*
- *1/2 onion, chopped*
- *2 cloves garlic, minced*
- *1 carrot, diced*
- *1 celery stalk, diced*
- *1/2 teaspoon dried oregano*
- *1/2 teaspoon dried basil*
- *1/4 teaspoon red pepper flakes (adjust to taste)*
- *1 can (14.5 ounces) diced tomatoes*
- *1 cup vegetable broth*
- *Salt and black pepper, to taste*
- *Fresh basil leaves, chopped, for garnish (optional)*
- *Croutons, for serving (optional)*

INSTRUCTIONS:

1. Heat olive oil in a pot over medium heat. Add chopped onion and cook until softened, about 3-4 minutes.
2. Add minced garlic to the pot and cook for another 1 minute until fragrant.
3. Add diced carrot and celery to the pot. Cook for 5 minutes, stirring occasionally, until the vegetables are slightly softened.
4. Stir in dried oregano, dried basil, and red pepper flakes. Cook for another 1 minute to toast the spices.
5. Pour in the diced tomatoes (with their juices) and vegetable broth. Bring the mixture to a simmer.
6. Reduce the heat to low and let the soup simmer, uncovered, for 15 minutes to allow the flavors to meld together.
7. Season the soup with salt and black pepper to taste.
8. Ladle the Chunky Mediterranean Tomato Soup into bowls. Garnish with chopped fresh basil leaves if desired.
9. Serve hot, optionally with croutons on top for added texture.



Mediterranean Zoodle Salad

PREP TIME: 15 minutes

COOK TIME: 0 minutes

SERVING: 2

NUTRITION:

Cal 210; Fat 16 g; Carb 14 g; Protein 6 g; Fiber: 4 g; Sodium: 330 mg;

- *2 medium zucchini, spiralized into «zoodles»*
- *1 cup cherry tomatoes, halved*
- *1/2 cup diced bell peppers (any color)*
- *1/4 cup sliced olives (Kalamata or black)*
- *1/4 cup crumbled feta cheese*
- *2 tablespoons chopped fresh basil*

For the vinaigrette:

- *2 tablespoons extra virgin olive oil*
- *1 tablespoon red wine vinegar*
- *1 clove garlic, minced*
- *1/2 teaspoon Italian seasoning*
- *Salt and black pepper, to taste*

INSTRUCTIONS:

1. In a large mixing bowl, combine the spiralized zucchini «zoodles», halved cherry tomatoes, diced bell peppers, sliced olives, crumbled feta cheese, and chopped fresh basil.
2. In a small bowl, whisk together the extra virgin olive oil, red wine vinegar, minced garlic, Italian seasoning, salt, and black pepper to make the vinaigrette.
3. Pour the vinaigrette over the zoodle salad and toss until all ingredients are evenly coated.
4. Serve the Mediterranean Zoodle Salad immediately, or refrigerate for at least 30 minutes to allow the flavors to meld before serving.



Quinoa Tabbouleh Salad

PREP TIME: 15 minutes

COOK TIME: 15 minutes

SERVING: 2

NUTRITION:

Cal 280; Fat 14 g; Carb 34 g; Protein 7 g; Fiber: 5 g; Sodium: 15 mg;

- *1/2 cup quinoa*
- *1 cup water*
- *1 cup fresh parsley, finely chopped*
- *1/4 cup fresh mint leaves, finely chopped*
- *1/2 cucumber, diced*
- *1 tomato, diced*
- *2 green onions, thinly sliced*
- *2 tablespoons olive oil*
- *1 lemon, juiced*
- *Salt and black pepper, to taste*

INSTRUCTIONS:

1. Rinse the quinoa under cold water using a fine-mesh sieve. In a small saucepan, combine the rinsed quinoa and water. Bring to a boil over medium-high heat.
2. Reduce the heat to low, cover, and simmer for 15 minutes or until the quinoa is tender and the water is absorbed. Remove from heat and let it cool slightly.
3. In a large mixing bowl, combine the cooked quinoa, finely chopped parsley, finely chopped mint leaves, diced cucumber, diced tomato, and thinly sliced green onions.
4. In a small bowl, whisk together the olive oil and lemon juice to make the dressing.
5. Pour the dressing over the quinoa tabbouleh salad and toss to combine, ensuring the ingredients are evenly coated.
6. Season with salt and black pepper to taste.
7. Serve the Quinoa Tabbouleh Salad immediately, or refrigerate for at least 30 minutes to allow the flavors to meld before serving.



Tuna Salad Stuffed Avocado

PREP TIME: 15 minutes

COOK TIME: 0 minutes

SERVING: 2

NUTRITION:

Cal 350; Fat 23 g; Carb 20g; Protein 20 g; Fiber: 15 g; Sodium: 450 mg

- *1 can (5 oz) tuna, drained*
- *1/2 cucumber, diced*
- *1/2 cup cherry tomatoes, halved*
- *2 tablespoons red onion, finely chopped*
- *2 tablespoons olives, sliced*
- *1 tablespoon fresh lemon juice*
- *Salt and black pepper, to taste*
- *2 ripe avocados, halved and pitted*

INSTRUCTIONS:

1. Put the drained tuna, chopped red onion, diced cucumber, half cherry tomatoes, sliced olives, and fresh lemon juice in a mixing dish.
2. To taste, add salt and black pepper to the tuna mixture. Toss to blend well.
3. Make a mound on top of each half-avowal by scooping some of the tuna salad inside.
4. Continue doing this until the Mediterranean Tuna Salad is inside each avocado.
5. Present the filled avocados right away as a filling and healthy snack.



Beet and Walnut Salad

PREP TIME: 10 minutes

COOK TIME: 40 minutes

SERVING: 2

NUTRITION:

Cal 220; Fat 15 g; Carb 20 g; Protein 5 g; Fiber: 5 g; Sodium: 160 mg;

- *2 medium beets, cooked, peeled, and sliced*
- *1/4 cup walnuts, chopped and toasted*
- *2 cups mixed salad greens (such as lettuce, spinach, and arugula)*
- *1/4 cup crumbled feta cheese*
- *2 tablespoons extra-virgin olive oil*
- *1 tablespoon balsamic vinegar*
- *1 teaspoon Dijon mustard*
- *1 clove garlic, minced*
- *Salt and black pepper, to taste*

INSTRUCTIONS:

1. Preheat your oven to 400°F (200°C). Wrap each beet individually in aluminum foil and place them on a baking sheet. Roast in the preheated oven for about 40 minutes or until the beets are tender when pierced with a fork. Let them cool slightly, then peel and slice them.
2. While the beets are roasting, toast the chopped walnuts in a dry skillet over medium heat for 3-4 minutes or until fragrant and lightly browned. Remove from heat and let them cool.
3. In a large salad bowl, combine the mixed salad greens, sliced roasted beets, toasted walnuts, and crumbled feta cheese.
4. In a small bowl, whisk together the extra-virgin olive oil, balsamic vinegar, Di-jon mustard, minced garlic, salt, and black pepper to make the dressing.
5. Drizzle the dressing over the salad ingredients.
6. Toss the salad gently until everything is evenly coated with the dressing.



Mediterranean Grilled Chicken with Roasted Vegetables

PREP TIME: 15 minutes

COOK TIME: 25 minutes

SERVING: 2

NUTRITION:

Cal 250; Fat 11 g; Carb 8 g; Protein 30 g; Fiber: 2 g; Sodium: 310 mg;

For the Chicken:

- *2 boneless, skinless chicken breasts*
- *2 tablespoons olive oil*
- *2 tablespoons lemon juice*
- *2 cloves garlic, minced*
- *1 teaspoon dried oregano*
- *1 teaspoon dried thyme*
- *Salt and black pepper to taste*

For the Roasted Vegetables:

- *1 red bell pepper, cut into strips*
- *1 zucchini, sliced*
- *1 red onion, cut into wedges*
- *1 cup cherry tomatoes, halved*
- *2 tablespoons olive oil*
- *1 teaspoon dried basil*
- *1 teaspoon dried rosemary*
- *Salt and black pepper to taste*

INSTRUCTIONS:

1. In a bowl, whisk together olive oil, lemon juice, minced garlic, dried oregano, dried thyme, salt, and black pepper.
2. Place the chicken breasts in a shallow dish or resealable plastic bag. Pour the marinade over the chicken, ensuring it is well-coated. Cover or seal and refrigerate for at least 30 minutes, or up to 4 hours, to allow the flavors to infuse.
3. Preheat your oven to 400°F (200°C).
4. In a large bowl, toss the red bell pepper, zucchini, red onion, and cherry tomatoes with olive oil, dried basil, dried rosemary, salt, and black pepper.
5. Spread the vegetables in a single layer on a baking sheet.
6. Roast in the preheated oven for 20-25 minutes or until the vegetables are tender and slightly caramelized, stirring halfway through.
7. Preheat your grill to medium-high heat.
8. Remove the chicken breasts from the marinade and discard any excess marinade.
9. Place the chicken breasts on the preheated grill. Grill for about 6-8 minutes per side or until the chicken is cooked through and no longer pink in the center, with an internal temperature of 165°F (75°C).
10. After the chicken is done, take it from the grill and give it a few minutes to rest before slicing.
11. Serve the grilled chicken hot, alongside the roasted vegetables.



Stuffed Chicken Breast with Baked Cauliflower

PREP TIME: 20 minutes

COOK TIME: 35 minutes

SERVING: 2

NUTRITION:

Cal 320; Fat 16 g; Carb 10 g; Protein 34 g; Fiber: 4 g; Sodium: 480 mg;

For the Chicken:

- *2 boneless, skinless chicken breasts*
- *1 cup fresh spinach, chopped*
- *1/4 cup sun-dried tomatoes, chopped*
- *1/4 cup feta cheese, crumbled*
- *2 tablespoons Kalamata olives, pitted and sliced*
- *1 tablespoon olive oil*
- *1 teaspoon dried oregano*
- *Salt and black pepper, to taste*
- *Lemon wedges for serving*

For the Baked Cauliflower:

- *1 small head of cauliflower, cut into florets*
- *2 tablespoons olive oil*
- *1 teaspoon garlic powder*
- *1 teaspoon paprika*
- *Salt and black pepper, to taste*
- *Fresh parsley, chopped (for garnish)*

INSTRUCTIONS:

1. Preheat your oven to 375°F (190°C). Butterfly the chicken breasts by making a horizontal cut through the thickest part without cutting all the way through. Open the chicken breasts like a book. In a bowl, combine chopped spinach, sun-dried tomatoes, feta cheese, Kalamata olives, olive oil, dried oregano, salt, and black pepper. Mix well.
2. Spoon the spinach mixture onto one side of each butterflied chicken breast.
3. Fold the other side of the chicken breast over the spinach mixture, creating a stuffed chicken breast. Secure the edges with toothpicks if needed.
4. Place the stuffed chicken breasts in a baking dish.
5. In a large bowl, toss the cauliflower florets with olive oil, garlic powder, paprika, salt, and black pepper. Spread the cauliflower in a single layer on a baking sheet.
6. Place the chicken in the preheated oven. Bake for 20-25 minutes or until the chicken is cooked through and no longer pink in the center, with an internal temperature of 165°F (75°C).
7. At the same time, bake the cauliflower for 20-25 minutes or until tender and slightly caramelized, stirring halfway through. Once the chicken is cooked, remove it from the oven and let it rest for a few minutes. After baking, sprinkle the cauliflower with chopped fresh parsley.
8. Serve the Mediterranean Stuffed Chicken Breast hot, with lemon wedges on the side for squeezing over. Accompany with a portion of baked cauliflower.



Chicken and Spinach Lasagna

PREP TIME: 20 minutes

COOK TIME: 40 minutes

SERVING: 2

NUTRITION:

Cal 450; Fat 18 g; Carb 38 g; Protein 35 g; Fiber: 5 g; Sodium: 600 mg;

- *2 boneless, skinless chicken fillets, cooked and shredded*
- *1 cup fresh spinach, chopped*
- *1 cup ricotta cheese*
- *1/2 cup grated Parmesan cheese*
- *1/2 cup shredded mozzarella cheese*
- *1 egg, beaten*
- *1 cup marinara sauce*
- *4 lasagna noodles, cooked according to package instructions*
- *1 tablespoon olive oil*
- *1 clove garlic, minced*
- *1 teaspoon dried oregano*
- *1 teaspoon dried basil*
- *Salt and black pepper, to taste*
- *Fresh basil leaves, for garnish*

INSTRUCTIONS:

1. Preheat your oven to 375°F (190°C).
2. In a skillet, heat the olive oil over medium heat. Add minced garlic and sauté until fragrant, about 1 minute.
3. Add the chopped spinach to the skillet and cook until wilted, about 2-3 minutes. Remove from heat.
4. In a large bowl, combine the ricotta cheese, grated Parmesan cheese, beaten egg, cooked and shredded chicken, cooked spinach, dried oregano, dried basil, salt, and black pepper. Mix well.
5. Spread a thin layer of marinara sauce on the bottom of a small baking dish.
6. Place a cooked lasagna noodle over the sauce.
7. Spread half of the chicken and spinach mixture over the noodle.
8. Add another layer of marinara sauce on top of the chicken mixture.
9. Repeat the layers: lasagna noodle, remaining chicken mixture, marinara sauce.
10. Top with the final lasagna noodle, a thin layer of marinara sauce, and shredded mozzarella cheese.
11. Cover the baking dish with aluminum foil and bake in the preheated oven for 20 minutes.
12. Remove the foil and bake for an additional 10 minutes or until the cheese is melted and bubbly.
13. Remove the lasagna from the oven and let it rest for 5-10 minutes before serving.
14. Garnish with fresh basil leaves



Harissa Chickpea Stew with Eggplant and Millet

PREP TIME: 15 minutes

COOK TIME: 35 minutes

SERVING: 2

NUTRITION:

Cal 350; Fat 14 g; Carb 48 g; Protein 10 g; Fiber: 12 g; Sodium: 420 mg;

- *1 cup cooked millet*
- *1 tablespoon olive oil*
- *1 medium eggplant, diced*
- *1 small onion, finely chopped*
- *2 cloves garlic, minced*
- *1 tablespoon harissa paste*
- *1 can (15 oz) chickpeas, drained and rinsed*
- *1 can (14.5 oz) diced tomatoes*
- *1 cup vegetable broth*
- *1 teaspoon ground cumin*
- *1 teaspoon ground coriander*
- *Salt and black pepper, to taste*
- *2 tablespoons fresh parsley, chopped (for garnish)*
- *Lemon wedges (for serving)*

INSTRUCTIONS:

1. Cook the millet according to the package instructions and set aside.
2. Heat the olive oil in a large pot over medium heat. Add the diced eggplant and cook, stirring occasionally, until the eggplant is softened and slightly browned, about 8-10 minutes.
3. Remove the eggplant from the pot and set aside.
4. In the same pot, add the chopped onion and cook until softened, about 5 minutes.
5. Add the minced garlic and cook for another 1-2 minutes until fragrant.
6. Stir in the harissa paste, ground cumin, and ground coriander. Cook for 1-2 minutes, allowing the spices to become fragrant.
7. Add the drained chickpeas, diced tomatoes, vegetable broth, and the cooked eggplant back to the pot.
8. Stir well to combine and bring the mixture to a simmer.
9. Reduce the heat to low and let the stew simmer for about 20 minutes, stirring occasionally, until the flavors have melded together. Season with salt and black pepper to taste.
10. Divide the cooked millet between two bowls.
11. Ladle the harissa chickpea stew over the millet.
12. Garnish with chopped fresh parsley and serve with lemon wedges on the side.



Greek Chicken and Rice Skillet

PREP TIME: 15 minutes

COOK TIME: 30 minutes

SERVING: 2

NUTRITION:

Cal 400; Fat 15 g; Carb 35 g; Protein 30 g; Fiber: 4 g; Sodium: 500 mg;

- *2 boneless, skinless chicken breasts, cut into bite-sized pieces*
- *1 tablespoon olive oil*
- *1 small onion, finely chopped*
- *2 cloves garlic, minced*
- *1 cup long-grain rice*
- *1 3/4 cups chicken broth*
- *1/2 cup diced tomatoes (canned or fresh)*
- *1/2 cup Kalamata olives, pitted and sliced*
- *1 teaspoon dried oregano*
- *1 teaspoon dried basil*
- *1/2 teaspoon ground cumin*
- *Salt and black pepper, to taste*
- *1/2 cup crumbled feta cheese*
- *1/4 cup fresh parsley, chopped (for garnish)*
- *Lemon wedges (for serving)*

INSTRUCTIONS:

1. Heat the olive oil in a large skillet over medium-high heat.
2. Add the chicken pieces and cook until browned on all sides, about 5-7 minutes.
3. Remove the chicken from the skillet and set aside.
4. In the same skillet, add the chopped onion and cook until softened, about 3-5 minutes.
5. Add the minced garlic and cook for another 1-2 minutes until fragrant.
6. Add the rice to the skillet and stir to coat it in the oil and aromatics.
7. Pour in the chicken broth and bring to a boil.
8. Reduce the heat to low, cover the skillet, and let the rice simmer for about 15 minutes.
9. Stir in the diced tomatoes, sliced olives, dried oregano, dried basil, ground cumin, and season with salt and black pepper.
10. Return the chicken to the skillet, nestling it into the rice mixture.
11. Cover and continue to cook for an additional 10 minutes or until the rice is tender and the chicken is cooked through.
12. Sprinkle the crumbled feta cheese over the top of the skillet.
13. Garnish with chopped fresh parsley and serve with lemon wedges on the side.



Pesto Quinoa Bowls with Roasted Veggies and Labneh

PREP TIME: 15 minutes

COOK TIME: 30 minutes

SERVING: 2

NUTRITION:

Cal 450; Fat 20 g; Carb 50 g; Protein 15 g; Fiber: 10 g; Sodium: 400 mg;

For the Roasted Veggies:

- *1 small eggplant, diced*
- *1 zucchini, sliced*
- *1 red bell pepper, chopped*
- *1 cup cherry tomatoes, halved*
- *2 tablespoons olive oil*
- *Salt and black pepper, to taste*

For the Quinoa:

- *1 cup quinoa, rinsed*
- *2 cups water or vegetable broth*
- *Salt, to taste*

For the Pesto:

- *1 cup fresh basil leaves*
- *1/4 cup pine nuts*
- *1/4 cup grated Parmesan cheese*
- *2 cloves garlic*
- *1/4 cup olive oil*
- *Salt and black pepper, to taste*

For the Bowls:

- *1/2 cup labneh (strained yogurt)*
- *Fresh parsley, chopped (for garnish)*

INSTRUCTIONS:

1. Preheat the oven to 400°F (200°C).
2. On a baking sheet, toss the diced eggplant, sliced zucchini, chopped red bell pepper, and halved cherry tomatoes with olive oil, salt, and black pepper.
3. Spread the veggies in a single layer and roast for 25-30 minutes or until tender and slightly caramelized, stirring halfway through. In a medium saucepan, bring the water or vegetable broth to a boil. Add the rinsed quinoa and a pinch of salt.
4. Reduce the heat to low, cover, and simmer for about 15 minutes, or until the quinoa is tender, and the water is absorbed.
5. Take it off the stove and cover it for five minutes before fluffing it with a fork.
6. In a food processor, combine the basil leaves, pine nuts, grated Parmesan cheese, and garlic.
7. Pulse until finely chopped. With the processor running, slowly add the olive oil until the pesto is smooth. Season with salt and black pepper to taste.
8. Divide the cooked quinoa between two bowls.
9. Top each bowl with the roasted veggies.
10. Add a generous dollop of labneh to each bowl.
11. Drizzle the pesto over the top. Garnish with chopped fresh parsley.
12. Serve the Pesto Quinoa Bowls with Roasted Veggies and Labneh immediately.



Greek Chicken and Rice Skillet

PREP TIME: 15 minutes

COOK TIME: 30 minutes

SERVING: 2

NUTRITION:

Cal 400; Fat 15 g; Carb 35 g; Protein 30 g; Fiber: 4 g; Sodium: 500 mg;

- *2 boneless, skinless chicken breasts, cut into bite-sized pieces*
- *1 small onion, finely chopped*
- *2 cloves garlic, minced*
- *1 cup long-grain rice*
- *1 3/4 cups chicken broth*
- *1/2 cup diced tomatoes (canned or fresh)*
- *1/2 cup Kalamata olives*
- *1 teaspoon dried oregano*
- *1 teaspoon dried basil*
- *1/2 teaspoon ground cumin*
- *Salt and black pepper, to taste*
- *1/2 cup crumbled feta cheese*
- *1/4 cup fresh parsley, chopped (for garnish)*
- *Lemon wedges (for serving)*

INSTRUCTIONS:

1. Preheat your oven to 375°F (190°C). In a medium saucepan, bring the water or beef broth to a boil. Add the rinsed quinoa and a pinch of salt.
2. Reduce the heat to low, cover, and simmer for about 15 minutes, or until the quinoa is tender, and the water is absorbed. Take it off the fire and cover it for five minutes before fluffing it with a fork. While the quinoa is cooking, prepare the bell peppers by halving them lengthwise and removing the seeds and membranes.
3. Place them in a baking dish, cut side up, and drizzle with a little olive oil.
4. In a large skillet, heat 1 tablespoon of olive oil over medium heat.
5. Add the finely chopped onion and minced garlic, and cook until softened, about 3 minutes.
6. Add the ground beef and cook until browned, breaking it up with a spoon, about 5-7 minutes.
7. Stir in the diced tomatoes, cooked quinoa, dried oregano, dried basil, paprika, salt, and black pepper. Cook for another 2-3 minutes until the mixture is well combined and heated through.
8. Spoon the beef and quinoa mixture evenly into the prepared bell pepper halves.
9. Top each stuffed pepper with shredded mozzarella cheese.
10. Cover the baking dish with aluminum foil and bake in the preheated oven for 30 minutes.
11. Remove the foil and bake for an additional 10 minutes or until the peppers are tender and the cheese is melted and bubbly. Once cooked, remove the stuffed peppers from the oven and let them cool for a few minutes. Garnish with chopped fresh parsley.
12. Serve the Stuffed Bell Peppers with Quinoa and Beef hot.



Whole Wheat Penne with Roasted Vegetables

PREP TIME: 10 minutes

COOK TIME: 25 minutes

SERVING: 2

NUTRITION:

Cal 250; Fat 8 g; Carb 38 g; Protein 22 g; Fiber: 4 g; Sodium: 400 mg;

- *8 oz whole wheat penne pasta*
- *1 medium eggplant, diced*
- *2 small zucchinis, sliced*
- *1 red bell pepper, sliced*
- *1 red onion, sliced*
- *3 cloves garlic, minced*
- *3 tablespoons olive oil*
- *2 tablespoons balsamic vinegar*
- *Salt and pepper to taste*
- *Fresh basil leaves for garnish (optional)*
- *Grated Parmesan cheese for serving (optional)*

INSTRUCTIONS:

1. Preheat your oven to 400°F (200°C).
2. Place the diced eggplant, sliced zucchinis, red bell pepper, and red onion on a large baking sheet.
3. Drizzle the vegetables with olive oil and balsamic vinegar. Sprinkle minced garlic over the top. Toss everything together until evenly coated.
4. Season the vegetables with salt and pepper to taste.
5. Roast the vegetables in the preheated oven for about 20-25 minutes or until they are tender and slightly caramelized, stirring halfway through.
6. While the vegetables are roasting, cook the whole wheat penne pasta according to the package instructions until al dente. Drain and set aside.
7. Once the vegetables are done roasting, remove them from the oven and let them cool slightly.
8. In a large mixing bowl, toss the cooked penne pasta with the roasted vegetables until well combined.
9. Serve the whole wheat penne with roasted vegetables garnished with fresh basil leaves and grated Parmesan cheese if desired.



Greek Turkey Burgers With Tzatziki Sauce

PREP TIME: 15 minutes

COOK TIME: 10 minutes

SERVING: 2

NUTRITION:

Cal 320; Fat 12 g; Carb 27 g; Protein 25 g; Fiber: 4 g; Sodium: 520 mg;

For the Turkey Burgers:

- *½ lb ground turkey*
- *½ small red onion, finely chopped*
- *2 cloves garlic, minced*
- *2 tablespoons fresh parsley, chopped*
- *1 teaspoon dried oregano*
- *½ teaspoon ground cumin*

For the Tzatziki Sauce:

- *½ cup Greek yogurt*
- *1 clove garlic, minced*
- *¼ cucumber, grated and squeezed to remove excess moisture*
- *1 tablespoon fresh dill, chopped*
- *1 tablespoon lemon juice*

For Serving:

- *Whole wheat burger buns or lettuce leaves*
- *Sliced tomatoes*
- *Sliced red onion*
- *Crumbled feta cheese (optional)*
- *Kalamata olives (optional)*

INSTRUCTIONS:

1. In a mixing bowl, combine the ground turkey, chopped red onion, minced garlic, chopped parsley, dried oregano, ground cumin, salt, and pepper. Mix well until everything is evenly combined. Divide the turkey mixture into two equal portions and shape each portion into a burger patty. Heat a drizzle of olive oil in a skillet or grill pan over medium heat.
2. Once hot, add the turkey burgers to the pan. Cook the burgers for about 4-5 minutes on each side or until they are cooked through and nicely browned on the outside. Make sure the internal temperature reaches 165°F (75°C). While the burgers are cooking, prepare the tzatziki sauce. In a small bowl, combine the Greek yogurt, grated cucumber, minced garlic, chopped dill, lemon juice, salt, and pepper. Stir until well combined.
3. Once the burgers are done cooking, remove them from the heat and let them rest for a few minutes. To serve, place each turkey burger on a whole wheat burger bun or lettuce leaves.
4. Top with sliced tomatoes, sliced red onion, and a generous dollop of tzatziki sauce.
5. Optionally, sprinkle crumbled feta cheese and Kalamata olives over the burgers for extra Mediterranean flavor.
6. Serve the Greek Turkey Burgers with Tzatziki Sauce immediately and enjoy!



Chicken and Mushroom Stuffed Eggplants

PREP TIME: 15 minutes

COOK TIME: 25 minutes

SERVING: 2

NUTRITION:

Cal 310; Fat 12 g; Carb 28 g; Protein 24 g; Fiber: 9 g; Sodium: 480 mg;

- *2 medium-sized eggplants*
- *1 tablespoon olive oil*
- *1 small onion, finely chopped*
- *2 cloves garlic, minced*
- *200g boneless, skinless chicken breast, diced*
- *200g mushrooms, finely chopped*
- *1/4 cup Greek yogurt*
- *1/4 cup grated Parmesan cheese*
- *1 teaspoon dried oregano*
- *Salt and pepper to taste*
- *Fresh parsley, chopped (for garnish)*

INSTRUCTIONS:

1. Preheat your oven to 375°F (190°C).
2. Cut the eggplants in half lengthwise. Score the flesh with a sharp knife in a crisscross pattern, being careful not to cut through the skin. Scoop out the flesh, leaving about a 1/2-inch border around the edges. Set aside the scooped-out flesh.
3. Heat olive oil in a skillet over medium heat. Add the chopped onion and garlic, and sauté until softened and fragrant, about 3-4 minutes.
4. Add the diced chicken breast to the skillet and cook until browned and cooked through, about 5-6 minutes. Add the chopped mushrooms to the skillet and cook until they release their moisture and become tender, about 5 minutes.
5. Stir in the reserved eggplant flesh and cook for another 2-3 minutes.
6. Remove the skillet from the heat and stir in the Greek yogurt, grated Parmesan cheese, dried oregano, salt, and pepper until well combined.
7. Place the hollowed-out eggplant halves on a baking sheet lined with parchment paper. Divide the chicken and mushroom mixture evenly among the eggplant halves, pressing gently to fill them. Bake in the preheated oven for 20-25 minutes or until the eggplant is tender and the filling is golden and bubbly.
8. Remove from the oven and let cool for a few minutes. Garnish with chopped fresh parsley before serving. Serve the creamy chicken and mushroom stuffed eggplants hot, with a side salad or your favorite whole grain for a complete Mediterranean meal.



Lamb Kebab Roll

PREP TIME: 15 minutes

COOK TIME: 10 minutes

SERVING: 2

NUTRITION:

Cal 380; Fat 18 g; Carb 28 g; Protein 24 g; Fiber: 5 g; Sodium: 430 mg;

- *300g ground lamb*
- *2 cloves garlic, minced*
- *1 small onion, finely chopped*
- *1 teaspoon ground cumin*
- *1 teaspoon ground coriander*
- *1/2 teaspoon paprika*
- *Salt and pepper to taste*
- *2 whole wheat tortillas or flatbreads*
- *1 cup shredded lettuce*
- *1 tomato, sliced*
- *1/2 cucumber, thinly sliced*
- *2 tablespoons Greek yogurt or tzatziki sauce*
- *Fresh parsley or mint leaves for garnish (optional)*

INSTRUCTIONS:

1. In a large bowl, mix together the ground lamb, minced garlic, chopped onion, ground cumin, ground coriander, paprika, salt, and pepper until well combined.
2. Divide the lamb mixture into two-equal portions and shape each portion into a long, thin sausage shape.
3. Preheat a grill or grill pan over medium-high heat. Grill the lamb kebabs for 4-5 minutes on each side or until cooked through and nicely charred.
4. While the lamb is grilling, warm the tortillas or flatbreads in the oven or on the grill for about 1-2 minutes on each side.
5. Place a warmed tortilla or flatbread on a serving plate. Top with shredded lettuce, sliced tomato, and cucumber.
6. Once the lamb kebabs are cooked, place them on top of the vegetables.
7. Drizzle with Greek yogurt or tzatziki sauce.
8. Garnish with fresh parsley or mint leaves, if desired.
9. Roll up the tortilla or flatbread tightly around the filling to form a roll.
10. Serve the lamb kebab rolls immediately, either whole or sliced in half.

DINNER





Turkey Meatballs with Zucchini Spaghetti

PREP TIME: 15 minutes

COOK TIME: 15 minutes

SERVING: 2

NUTRITION:

Cal 320; Fat 14 g; Carb 20 g; Protein 28 g; Fiber: 5 g; Sodium: 720 mg;

- *300g lean ground turkey*
- *1/4 cup breadcrumbs (whole wheat for Mediterranean diet)*
- *1 egg*
- *2 cloves garlic, minced*
- *1/4 cup grated Parmesan cheese*
- *1 tablespoon chopped fresh parsley*
- *Salt and pepper to taste*
- *2 large zucchinis*
- *2 cups marinara sauce*
- *Olive oil for cooking*

INSTRUCTIONS:

1. In a large mixing bowl, combine the ground turkey, breadcrumbs, egg, minced garlic, grated Parmesan cheese, chopped parsley, salt, and pepper. Mix until well combined.
2. Roll the turkey mixture into meatballs, about 1 inch in diameter.
3. Heat olive oil in a skillet over medium heat. Add the turkey meatballs and cook for 8-10 minutes, turning occasionally, until browned and cooked through.
4. While the meatballs are cooking, use a spiralizer to spiralize the zucchinis into spaghetti-like strands.
5. Once the meatballs are cooked, remove them from the skillet and set aside. In the same skillet, add the spiralized zucchini and sauté for 2-3 minutes until just tender.
6. Return the cooked meatballs to the skillet with the zucchini, and pour the marinara sauce over them.
7. Cook for an additional 2-3 minutes, stirring gently, until the meatballs are heated through and the sauce is warm.
8. Serve the turkey meatballs and zucchini spaghetti hot, garnished with additional grated Parmesan cheese and chopped parsley if desired.



Greek Style Grilled Lamb Chops

PREP TIME: 10 minutes

COOK TIME: 10 minutes

SERVING: 2

NUTRITION:

Cal 350; Fat 24 g; Carb 2 g; Protein 30 g; Fiber: 0 g; Sodium: 140 mg;

- *4 lamb chops*
- *2 tablespoons olive oil*
- *2 tablespoons lemon juice*
- *3 cloves garlic, minced*
- *1 teaspoon dried rosemary*
- *1 teaspoon dried oregano*
- *Salt and black pepper, to taste*
- *Greek yogurt tzatziki sauce*

For the Greek yogurt tzatziki sauce:

- *1/2 cup Greek yogurt*
- *1/4 cucumber, grated and squeezed to remove excess moisture*
- *1 clove garlic, minced*
- *1 tablespoon fresh lemon juice*
- *1 tablespoon fresh dill, chopped*
- *Salt and black pepper, to taste*

INSTRUCTIONS:

1. To make the marinade, combine the olive oil, lemon juice, minced garlic, dried oregano, dried rosemary, salt, and black pepper in a bowl.
2. Transfer the lamb chops to a plastic bag that can be sealed or a shallow plate. Make sure the lamb chops are thoroughly coated by pouring the marinade over them. To enable the flavors to infuse, cover, or seal, and refrigerate for at least one hour or up to overnight.
3. Make the Greek yogurt tzatziki sauce in the meanwhile. Greek yogurt, grated cucumber, minced garlic, lemon juice, chopped dill, salt, and black pepper should all be combined in a bowl. Toss to blend well. Keep chilled and covered until you're ready to serve.
4. Turn the heat up to medium-high on your grill.
5. Take the lamb chops out of the marinade, throwing away any extra marinade.
6. Set the lamb chops onto the grill that has been prepared. For medium-rare, grill for 3–4 minutes on each side, adjusting the cooking time to achieve your preferred doneness.
7. Take the lamb chops from the grill and let them a few minutes to rest after they are cooked to your preference.
8. Present the Greek Style Grilled Lamb Chops hot, accompanied by a side dish of tzatziki sauce made with Greek yogurt.



Spinach Ravioli with Artichokes & Olives

PREP TIME: 10 minutes

COOK TIME: 10 minutes

SERVING: 2

NUTRITION:

Cal 350; Fat 12 g; Carb 45 g; Protein 10 g; Fiber: 5 g; Sodium: 700 mg;

- *1 package (about 9 oz) of spinach-filled ravioli*
- *1 tablespoon extra virgin olive oil*
- *2 cloves garlic, minced*
- *1 can (14 oz) artichoke hearts, drained and chopped*
- *1/2 cup Kalamata olives, pitted and sliced*
- *1/4 cup sun-dried tomatoes, chopped*
- *1/4 teaspoon red pepper flakes (optional)*
- *Salt and black pepper, to taste*
- *2 tablespoons chopped fresh parsley*
- *Grated Parmesan cheese for serving*

INSTRUCTIONS:

1. Cook the spinach ravioli according to the package instructions until al dente. Drain and set aside, reserving a small amount of pasta cooking water.
2. In a large skillet, heat the olive oil over medium heat. Add the minced garlic and cook for about 1 minute or until fragrant.
3. Add the chopped artichoke hearts, sliced Kalamata olives, and chopped sun-dried tomatoes to the skillet. Cook for another 2-3 minutes, stirring occasionally, until the ingredients are heated through.
4. If using, add the red pepper flakes to the skillet for a bit of heat. Season with salt and black pepper to taste.
5. Add the cooked spinach ravioli to the skillet with the artichoke mixture. Toss gently to combine, adding a splash of reserved pasta cooking water if needed to loosen the sauce.
6. Cook for an additional 2-3 minutes, allowing the flavors to meld together.
7. Remove the skillet from heat and sprinkle chopped fresh parsley over the Spinach Ravioli with Artichokes & Olives.
8. Serve the ravioli immediately, garnished with grated Parmesan cheese if desired.



Chicken & Spinach Skillet Pasta

PREP TIME: 10 minutes

COOK TIME: 20 minutes

SERVING: 2

NUTRITION:

Cal 400; Fat 10 g; Carb 45 g; Protein 30 g; Fiber: 7 g; Sodium: 350 mg;

- *8 oz whole wheat penne pasta*
- *2 boneless, skinless chicken breasts, diced*
- *2 tablespoons olive oil*
- *2 cloves garlic, minced*
- *1 onion, finely chopped*
- *2 cups cherry tomatoes, halved*
- *4 cups fresh spinach leaves*
- *1 teaspoon dried oregano*
- *1/2 teaspoon red pepper flakes (optional)*
- *Salt and black pepper, to taste*
- *Grated Parmesan cheese for serving*

INSTRUCTIONS:

1. Cook the whole wheat penne pasta according to the package instructions until al dente. Drain and set aside.
2. In a large skillet, heat the olive oil over medium-high heat. Add the diced chicken breasts and cook until lightly browned and cooked through, about 5-6 minutes. Remove the chicken from the skillet and set aside.
3. In the same skillet, add the minced garlic and finely chopped onion. Cook for 2-3 minutes or until softened and fragrant.
4. Add the halved cherry tomatoes to the skillet and cook for another 3-4 minutes, until they start to soften and release their juices.
5. After cooking, add the chicken back to the skillet. Add the fresh spinach leaves, dried oregano, and red pepper flakes (if using). Season with salt and black pepper to taste.
6. Cook for an additional 2-3 minutes, stirring occasionally, until the spinach is wilted and the ingredients are heated through.
7. Add the cooked whole wheat penne pasta to the skillet with the chicken and spinach mixture. Toss gently to combine, ensuring that the pasta is evenly coated with the sauce.
8. Cook for another 1-2 minutes, allowing the flavors to meld together.
9. Remove the skillet from heat and serve the Chicken & Spinach Skillet Pasta immediately, garnished with grated Parmesan cheese if desired.



Beef Kebabs with Green Salad

PREP TIME: 20 minutes

COOK TIME: 10 minutes

SERVING: 2

NUTRITION:

Cal 380; Fat 24 g; Carb 15 g; Protein 28 g; Fiber: 4 g; Sodium: 450 mg;

For the marinade:

- *2 tablespoons olive oil*
- *2 cloves garlic, minced*
- *1 teaspoon paprika*
- *1 teaspoon cumin*
- *1 teaspoon dried oregano*
- *Juice of 1 lemon*

For the green salad:

- *4 cups mixed salad greens (such as lettuce, spinach, arugula)*
- *1 cucumber, sliced*
- *1/2 cup cherry tomatoes, halved*
- *1/4 cup red onion, thinly sliced*
- *Juice of 1 lemon*
- *2 tablespoons extra virgin olive oil*
- *400g beef sirloin or tenderloin, cut into cubes*
- *1 red bell pepper, cut into chunks*
- *1 green bell pepper, c1 red onion, cut into chunks*
- *8 cherry tomatoes*
- *Wooden or metal skewers (if using wooden skewers, soak them in water for 30 minutes before using)*
- *Salt and pepper to taste*

INSTRUCTIONS:

1. In a bowl, whisk together all the marinade ingredients - olive oil, minced garlic, paprika, cumin, dried oregano, lemon juice, salt, and pepper. Place the beef cubes in a shallow dish or resealable plastic bag. Pour the marinade over the beef, making sure it's evenly coated. Cover or seal and refrigerate for at least 30 minutes, or up to 4 hours, to allow the flavors to meld.
2. Preheat your grill or grill pan over medium-high heat. Thread the marinated beef cubes onto the skewers, alternating with chunks of red bell pepper, green bell pepper, red onion, and cherry tomatoes. Brush the grill grates with olive oil to prevent sticking.
3. Put the steak kebabs on the grill and cook for 3–4 minutes on each side, or until the steak is cooked through and the vegetables are soft and slightly caramelized. While the kebabs are cooking, prepare the green salad. In a large bowl, toss together the mixed salad greens, sliced cucumber, halved cherry tomatoes, and thinly sliced red onion. In a small bowl, whisk together the lemon juice and extra virgin olive oil to make the dressing.
4. Season with salt and pepper to taste. Drizzle the dressing over the salad and toss until evenly coated. Once the beef kebabs are done, remove them from the grill and let them rest for a few minutes. Serve the beef kebabs hot, alongside the fresh green salad.



Mediterranean Herb Crusted Pork Tenderloin

PREP TIME: 10 minutes

COOK TIME: 25 minutes

SERVING: 2

NUTRITION:

Cal 280; Fat 12 g; Carb 2 g; Protein 35 g; Fiber: 0 g; Sodium: 100 mg;

- *1 pork tenderloin (about 1 lb or 450g)*
- *2 cloves garlic, minced*
- *1 teaspoon dried rosemary*
- *1 teaspoon dried thyme*
- *1 teaspoon dried oregano*
- *2 tablespoons olive oil*
- *Salt and black pepper, to taste*
- *Sautéed spinach and cherry tomatoes for serving*

INSTRUCTIONS:

1. Set the oven temperature to 400°F or 200°C.
2. To make the herb crust mixture, combine minced garlic, olive oil, salt, black pepper, dried thyme, dried oregano, and dried rosemary in a small dish.
3. Use paper towels to gently pat the pork tenderloin dry. Make sure to coat the pork tenderloin completely by rubbing it with the herb crust mixture.
4. Turn up the heat to medium-high in a big oven-safe skillet. When the skillet is heated, sprinkle it with olive oil.
5. Place the tenderloin of pork in the skillet and sear it for two to three minutes on each side or until it turns brown.
6. Place the skillet in the preheated oven and roast the pork tenderloin for 15 to 20 minutes or until an internal temperature thermometer inserted into the thickest portion of the meat registers 145°F (63°C) for medium-rare or 160°F (71°C) for medium.
7. You may make the side dish of sautéed spinach and cherry tomatoes while the pork tenderloin is cooking.
8. After the pork tenderloin is done cooking, take it out of the oven and let it a few minutes to rest before slicing.
9. Present the hot, sliced pork tenderloin with a Mediterranean herb crust, accompanied by cherry tomatoes and sautéed spinach.



Speedy Mediterranean Gnocchi

PREP TIME: 5 minutes

COOK TIME: 10 minutes

SERVING: 2

NUTRITION:

Cal 400; Fat 7 g; Carb 65 g; Protein 7 g; Fiber: 4 g; Sodium: 700 mg;

- *1 lb store-bought gnocchi*
- *2 tablespoons extra virgin olive oil*
- *2 cloves garlic, minced*
- *1 cup cherry tomatoes, halved*
- *1/4 cup Kalamata olives, sliced*
- *2 tablespoons capers*
- *1/4 teaspoon red pepper flakes (optional)*
- *Salt and black pepper, to taste*
- *2 tablespoons chopped fresh basil*
- *2 tablespoons chopped fresh parsley*
- *2 tablespoons grated Parmesan cheese (optional)*

INSTRUCTIONS:

1. Bring a large pot of salted water to a boil. Cook the gnocchi according to the package instructions until they float to the surface, usually about 2-3 minutes. Drain and set aside.
2. In a large skillet, heat the extra virgin olive oil over medium heat. Add the minced garlic and cook for about 1 minute or until fragrant.
3. Add the cherry tomatoes, Kalamata olives, capers, and red pepper flakes (if using) to the skillet. Cook for another 2-3 minutes, stirring occasionally, until the tomatoes start to soften.
4. Add the cooked gnocchi to the skillet and toss to coat in the olive oil mixture. Cook for an additional 2-3 minutes or until the gnocchi are heated through.
5. Season the gnocchi with salt and black pepper to taste.
6. Remove the skillet from heat and sprinkle the chopped fresh basil and parsley over the gnocchi. Toss to combine.
7. Transfer the Speedy Mediterranean Gnocchi to serving plates.
8. If desired, sprinkle grated Parmesan cheese over the gnocchi before serving.



Gnocchi with Salmon and Spinach in Cream Sauce

PREP TIME: 10 minutes

COOK TIME: 20 minutes

SERVING: 2

NUTRITION:

Cal 480; Fat 28 g; Carb 30 g; Protein 25 g; Fiber: 3 g; Sodium: 370 mg;

- *1 lb store-bought gnocchi*
- *7 oz fresh salmon fillet, skin removed and cut into bite-sized pieces*
- *2 cups fresh spinach leaves*
- *2 tablespoons olive oil*
- *2 cloves garlic, minced*
- *1/2 cup heavy cream*
- *1/4 cup grated Parmesan cheese*
- *1 tablespoon lemon juice*
- *Salt and pepper to taste*
- *Fresh parsley, chopped, for garnish*
- *Lemon wedges for serving*

INSTRUCTIONS:

1. Cook the potato gnocchi according to the package instructions. Drain and set aside.
2. In a large skillet, heat 1 tablespoon of olive oil over medium heat. Add the salmon pieces to the skillet and cook for 3-4 minutes on each side or until cooked through. Remove the salmon from the skillet and set aside.
3. In the same skillet, add the remaining tablespoon of olive oil. Add the minced garlic and cook for 1-2 minutes or until fragrant.
4. Add the fresh spinach leaves to the skillet and cook until wilted, stirring occasionally.
5. Pour in the heavy cream and bring to a simmer. Allow the cream to reduce slightly, about 2-3 minutes.
6. Stir in the grated Parmesan cheese and lemon juice. Season with salt and pepper to taste.
7. Return the cooked gnocchi and salmon to the skillet. Gently toss everything together until well combined and heated through.
8. Remove from heat and garnish with chopped fresh parsley.
9. Serve the Mediterranean Gnocchi with Salmon and Spinach in Cream Sauce hot, with lemon wedges on the side for squeezing over.



Zucchini Lasagna Rolls with Smoked Mozzarella

PREP TIME: 20 minutes

COOK TIME: 25 minutes

SERVING: 2

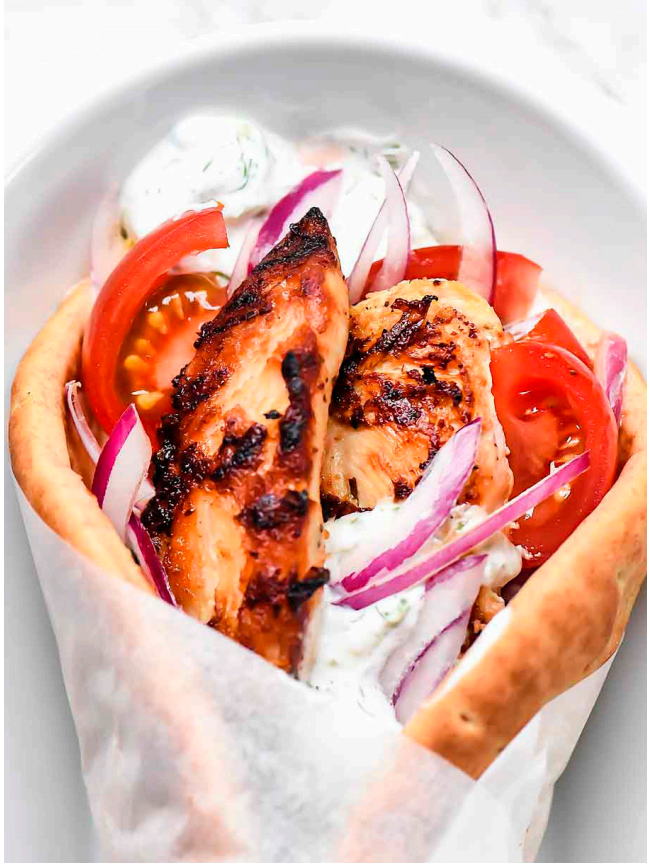
NUTRITION:

Cal 250; Fat 15 g; Carb 15 g; Protein 16 g; Fiber: 3 g; Sodium: 550 mg;

- *2 large zucchinis, thinly sliced lengthwise (about 1/4 inch thick)*
- *1 cup ricotta cheese*
- *1/2 cup grated Parmesan cheese, divided*
- *1 egg*
- *1 tablespoon chopped fresh basil*
- *1 tablespoon chopped fresh parsley*
- *Salt and black pepper, to taste*
- *1 cup marinara sauce*
- *1 cup smoked mozzarella cheese, shredded*
- *Fresh basil leaves, for garnish*

INSTRUCTIONS:

1. Preheat your oven to 375°F (190°C). Lightly grease a 9x13-inch baking dish with olive oil or non-stick cooking spray.
2. In a mixing bowl, combine the ricotta cheese, 1/4 cup grated Parmesan cheese, egg, chopped fresh basil, chopped fresh parsley, salt, and black pepper. Mix until well combined.
3. Spread a thin layer of marinara sauce on the bottom of the prepared baking dish.
4. Lay the thinly sliced zucchini strips on a flat surface. Place a spoonful of the ricotta mixture at one end of each zucchini strip and roll it up tightly.
5. Place the zucchini rolls seam-side down in the baking dish, arranging them side by side.
6. Once all the zucchini rolls are assembled, spoon the remaining marinara sauce over the top, covering them evenly.
7. Sprinkle the shredded smoked mozzarella cheese and the remaining grated Parmesan cheese over the zucchini rolls.
8. Cover the baking dish with aluminum foil and bake in the preheated oven for 20 minutes.
9. Remove the foil and bake for an additional 5 minutes or until the cheese is melted and bubbly.
10. Remove the Zucchini Lasagna Rolls with Smoked Mozzarella from the oven and let them cool for a few minutes before serving.
11. Garnish with fresh basil leaves before serving.



Easy Chicken Gyros With Tzatziki Sauce

PREP TIME: 5 minutes

COOK TIME: 10 minutes

SERVING: 2

NUTRITION:

Cal 400; Fat 7 g; Carb 65 g; Protein 7 g; Fiber: 4 g; Sodium: 700 mg;

For the Chicken Gyros:

- *1 lb boneless, skinless chicken breasts, thinly sliced*
- *2 tablespoons extra virgin olive oil*
- *2 cloves garlic, minced*
- *1 teaspoon dried oregano*
- *1 teaspoon dried thyme*
- *1 teaspoon paprika*
- *Salt and black pepper, to taste*
- *4 pita bread rounds*

For the Tzatziki Sauce:

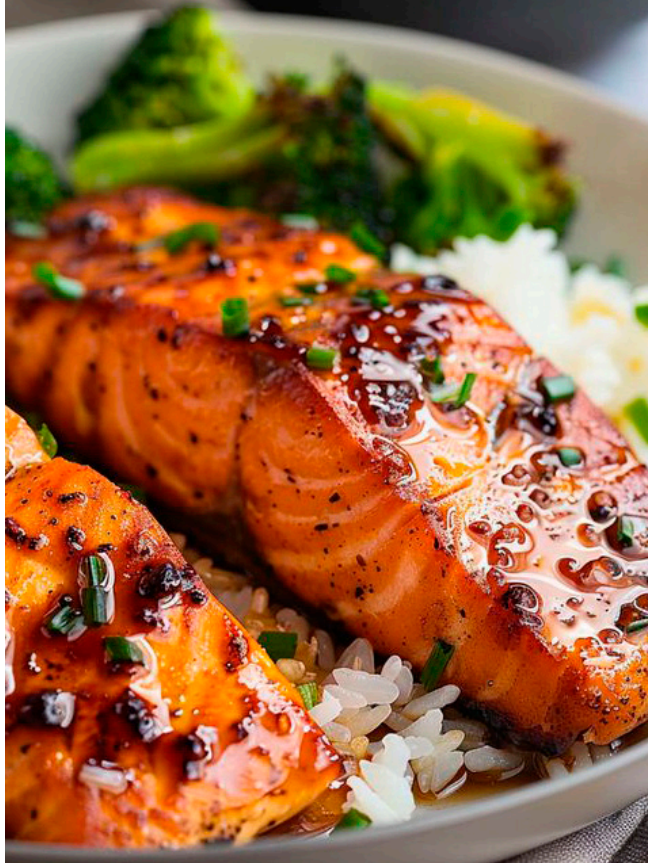
- *1 cup Greek yogurt*
- *1 cucumber, grated and squeezed to remove excess moisture*
- *2 cloves garlic, minced*
- *1 tablespoon fresh lemon juice*
- *1 tablespoon extra virgin olive oil*
- *1 tablespoon chopped fresh dill (or 1 teaspoon dried dill)*
- *Salt and black pepper, to taste*

For Serving:

- *Thinly sliced red onion*
- *Sliced tomatoes*
- *Chopped fresh parsley*
- *Lemon wedges (optional)*

INSTRUCTIONS:

1. In a bowl, combine the thinly sliced chicken breasts with extra virgin olive oil, minced garlic, dried oregano, dried thyme, paprika, salt, and black pepper. Toss until the chicken is evenly coated in the marinade. Let it marinate for at least 15 minutes, or refrigerate for up to 2 hours for more flavor. While the chicken is marinating, prepare the tzatziki sauce. In another bowl, mix together Greek yogurt, grated cucumber, minced garlic, fresh lemon juice, extra virgin olive oil, chopped fresh dill, salt, and black pepper. Stir until well combined. Refrigerate the tzatziki sauce until ready to serve.
2. Heat a grill pan or skillet over medium-high heat. Once hot, add the marinated chicken slices in a single layer and cook for about 3-4 minutes per side or until cooked through and nicely charred. Warm the pita bread rounds on the grill or in a toaster oven until heated through.
3. To assemble the gyros, spread a generous amount of tzatziki sauce onto each warm pita bread round. Top with cooked chicken slices, thinly sliced red onion, sliced tomatoes, and chopped fresh parsley.
4. Serve the Easy Chicken Gyros immediately with lemon wedges on the side, if desired.



Grilled Halibut with Pilaf

PREP TIME: 10 minutes

COOK TIME: 25 minutes

SERVING: 2

NUTRITION:

Cal 450; Fat 14 g; Carb 44 g; Protein 36 g; Fiber: 4 g; Sodium: 700 mg;

- *2 halibut fillets (6-8 ounces each)*
- *2 tablespoons olive oil*
- *2 cloves garlic, minced*
- *1 teaspoon dried oregano*
- *1 teaspoon dried thyme*
- *1 teaspoon paprika*
- *Salt and pepper to taste*
- *Lemon wedges for serving*

For the Pilaf:

- *1 cup long-grain rice (such as basmati)*
- *1 3/4 cups chicken or vegetable broth*
- *1 small onion, finely chopped*
- *1 small carrot, diced*
- *1/2 cup frozen peas*
- *2 tablespoons chopped fresh parsley*

INSTRUCTIONS:

1. In a small bowl, mix together the olive oil, minced garlic, dried oregano, dried thyme, paprika, salt, and pepper to create a marinade.
2. Place the halibut fillets in a shallow dish and coat them with the marinade. Cover and refrigerate for at least 30 minutes to allow the flavors to meld.
3. Preheat your grill to medium-high heat.
4. Remove the halibut fillets from the marinade and discard any excess marinade.
5. Grill the halibut fillets for 4-5 minutes per side or until they are opaque and easily flake with a fork. Cooking time may vary depends on the thickness of the fillets.
6. In a medium saucepan, heat 1 tablespoon of olive oil over medium heat.
7. Add the chopped onion and diced carrot to the saucepan and cook until softened, about 5 minutes.
8. Stir in the long-grain rice and cook for an additional 2 minutes, stirring frequently.
9. Pour in the chicken or vegetable broth and bring the mixture to a boil.
10. Reduce the heat to low, cover the saucepan, and simmer for 15-20 minutes or until the rice is cooked and the liquid is absorbed.
11. Stir in the frozen peas and chopped parsley. Season with salt and pepper to taste.
12. Divide the grilled halibut fillets and pilaf among serving plates.
13. Add some fresh parsley as a garnish. Serve the fish with lemon wedges.



Italian-Inspired Baked Haddock

PREP TIME: 10 minutes

COOK TIME: 20 minutes

SERVING: 2

NUTRITION:

Cal 280; Fat 14 g; Carb 14 g; Protein 25 g; Fiber: 5 g; Sodium: 500 mg;

- *2 haddock fillets (6-8 ounces each)*
- *2 tablespoons olive oil*
- *2 cloves garlic, minced*
- *1 teaspoon dried oregano*
- *1 teaspoon dried basil*
- *1/2 teaspoon dried thyme*
- *Salt and pepper to taste*
- *1 cup cherry tomatoes, halved*
- *1/2 cup sliced black olives*
- *1/2 cup sliced red onion*
- *1/2 cup sliced zucchini*
- *1/2 cup sliced bell peppers (any color)*
- *2 tablespoons chopped fresh parsley*
- *Lemon wedges for serving*

INSTRUCTIONS:

1. Preheat your oven to 375°F (190°C).
2. Place the haddock fillets in a baking dish lightly greased with olive oil.
3. In a small bowl, mix together the olive oil, minced garlic, dried oregano, dried basil, dried thyme, salt, and pepper.
4. Make sure the haddock fillets are uniformly coated by drizzling them with the olive oil mixture.
5. In a separate bowl, toss the cherry tomatoes, black olives, red onion, zucchini, and bell peppers with a tablespoon of olive oil. Season with salt and pepper to taste.
6. Arrange the seasoned vegetables around the haddock fillets in the baking dish.
7. Sprinkle chopped fresh parsley over the haddock and vegetables.
8. Cover the baking dish with aluminum foil and bake in the preheated oven for 15-20 minutes or until the fish is cooked through and flakes easily with a fork.
9. Once baked, remove the foil from the baking dish.
10. Serve the Italian-inspired baked haddock with vegetables hot, garnished with lemon wedges on the side.



Grilled Mediterranean Sea Bass with Asparagus

PREP TIME: 10 minutes

COOK TIME: 12 minutes

SERVING: 2

NUTRITION:

Cal 300; Fat 15 g; Carb 8 g; Protein 32 g; Fiber: 4 g; Sodium: 150 mg;

- *2 sea bass fillets (6-8 ounces each)*
- *2 tablespoons olive oil*
- *2 cloves garlic, minced*
- *1 teaspoon dried oregano*
- *1 teaspoon dried basil*
- *1/2 teaspoon dried thyme*
- *Salt and pepper to taste*
- *1 lemon, sliced*
- *1 bunch asparagus, woody ends trimmed*
- *1 tablespoon balsamic vinegar*
- *Fresh parsley, chopped (for garnish)*

INSTRUCTIONS:

1. Preheat your grill to medium-high heat.
2. In a small bowl, combine the olive oil, minced garlic, dried oregano, dried basil, dried thyme, salt, and pepper to create a marinade.
3. Rub the marinade over both sides of the sea bass fillets.
4. Place the sea bass fillets on the grill, skin side down.
5. Grill for 4-5 minutes on each side or until the fish is cooked through and flakes easily with a fork.
6. During the last few minutes of grilling, add lemon slices to the grill and cook for 1-2 minutes on each side until lightly charred.
7. While the sea bass is grilling, toss the asparagus spears with a drizzle of olive oil, salt, and pepper.
8. Grill the asparagus alongside the sea bass for 4-5 minutes, turning occasionally, until tender and lightly charred.
9. Transfer the grilled sea bass and asparagus to a serving platter.
10. Drizzle the balsamic vinegar over the grilled sea bass.
11. Garnish with chopped fresh parsley and grilled lemon slices.



Greek-Style Stuffed Trout with Zucchini Fritters

PREP TIME: 25 minutes

COOK TIME: 45 minutes

SERVING: 2

NUTRITION:

Cal 380; Fat 21 g; Carb 16 g; Protein 31 g; Fiber: 4 g; Sodium: 670 mg;

For the Stuffed Trout:

- *2 whole trout, gutted and cleaned*
- *1/2 cup feta cheese, crumbled*
- *1/4 cup Kalamata olives, pitted and chopped*
- *1/4 cup sun-dried tomatoes,*
- *2 cloves garlic, minced*
- *1 tablespoon fresh lemon juice*
- *1 teaspoon dried oregano*
- *Lemon wedges for serving*

For the Zucchini Fritters:

- *2 medium zucchinis, grated*
- *1/4 cup feta cheese, crumbled*
- *1/4 cup grated Parmesan cheese*
- *1/4 cup chopped fresh parsley*
- *2 cloves garlic, minced*
- *1/4 cup all-purpose flour*
- *1 large egg, beaten*
- *Salt and pepper to taste*
- *Olive oil for frying*

INSTRUCTIONS:

For the Stuffed Trout:

1. Preheat your oven to 375°F (190°C). In a bowl, combine the crumbled feta cheese, chopped Kalamata olives, chopped sun-dried tomatoes, minced garlic, fresh lemon juice, olive oil, dried oregano, salt, and pepper. Mix well to create the stuffing.
2. Make several diagonal cuts on both sides of each trout, about 1-inch apart.
3. Season the inside and outside of the trout with salt and pepper. Stuff each trout cavity with the prepared feta cheese and olive mixture, distributing it evenly.
4. Bake in the preheated oven for 15-20 minutes or until the trout is cooked through and flakes easily with a fork. Once cooked, remove the trout from the oven and serve immediately with lemon wedges.

For the Zucchini Fritters:

1. Place the grated zucchini in a clean kitchen towel, or cheesecloth and squeeze out any excess moisture. In a large bowl, combine the grated zucchini, crumbled feta cheese, grated Parmesan cheese, chopped fresh parsley, minced garlic, all-purpose flour, beaten egg, salt, and pepper. Scoop about 2 tablespoons of the zucchini mixture and form it into a patty.
2. Repeat with the remaining mixture. Carefully place the zucchini fritters in the skillet and cook for 3-4 minutes on each side or until golden brown and crispy.
3. Once cooked, transfer the zucchini fritters to a plate lined with paper towels to drain any excess oil. Serve the Greek-style stuffed trout with zucchini fritters alongside your favorite Mediterranean side dishes.



Salmon Rice Bowl

PREP TIME: 10 minutes

COOK TIME: 15 minutes

SERVING: 2

NUTRITION:

Cal 450; Fat 23 g; Carb 28 g; Protein 34 g; Fiber: 5 g; Sodium: 320 mg;

For the Salmon:

- *2 salmon fillets (4-6 ounces each)*
- *2 tablespoons olive oil*
- *2 cloves garlic, minced*
- *1 teaspoon dried oregano*
- *1 teaspoon smoked paprika*
- *Salt and pepper to taste*

For the Rice Bowl:

- *1 cup cooked brown rice*
- *1 cup cherry tomatoes, halved*
- *1 cucumber, diced*
- *1/2 red onion, thinly sliced*
- *2 tablespoons Kalamata olives, pitted and sliced*
- *2 tablespoons crumbled feta cheese*
- *2 tablespoons chopped fresh parsley*
- *Lemon wedges for serving*

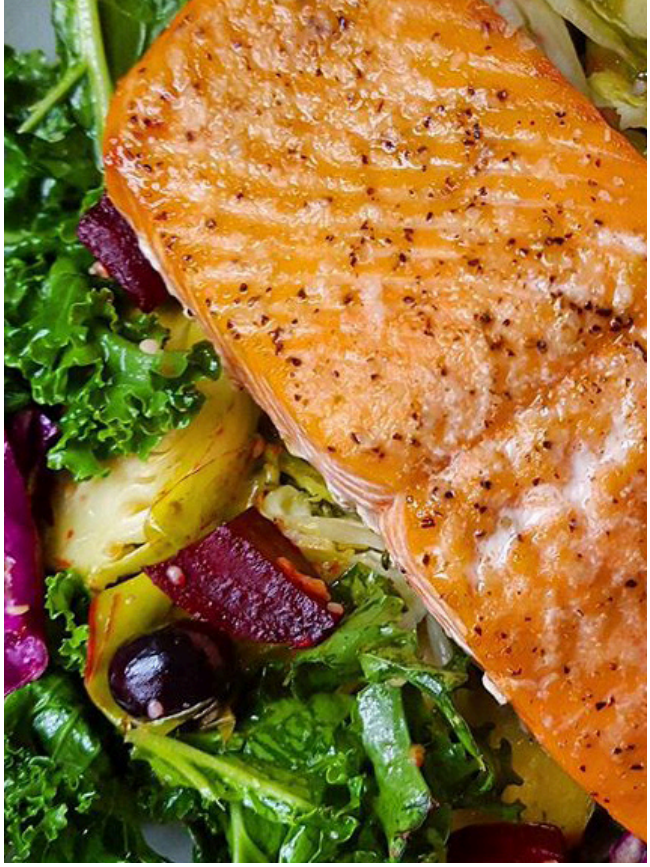
INSTRUCTIONS:

For the Salmon:

1. Preheat your oven to 400°F (200°C).
2. In a small bowl, mix together the olive oil, minced garlic, dried oregano, smoked paprika, salt, and pepper.
3. Place the salmon fillets on a baking sheet lined with parchment paper.
4. To ensure that the salmon fillets are uniformly coated, brush them with the olive oil mixture.
5. Bake in the preheated oven for 12-15 minutes or until the salmon is cooked through and flakes easily with a fork.
6. Once cooked, remove the salmon from the oven and set aside.

For the Rice Bowl:

1. Divide the cooked brown rice between two serving bowls.
2. Top the rice with cherry tomatoes, diced cucumber, thinly sliced red onion, Kalamata olives, crumbled feta cheese, and chopped fresh parsley.
3. Place a baked salmon fillet on top of each rice bowl.
4. Serve the salmon rice bowls with lemon wedges on the side for squeezing over the salmon.



Roasted Salmon Rice Bowl with Beets & Brussels

PREP TIME: 10 minutes

COOK TIME: 30 minutes

SERVING: 2

NUTRITION:

Cal 380; Fat 18 g; Carb 40 g; Protein 20 g; Fiber: 8 g; Sodium: 280 mg;

- *2 salmon fillets (4-6 ounces each)*
- *1 cup cooked brown rice*
- *2 small beets, peeled and diced*
- *1 cup Brussels sprouts, halved*
- *2 tablespoons olive oil*
- *1 tablespoon balsamic vinegar*
- *Salt and pepper to taste*
- *Fresh herbs (such as parsley or dill) for garnish*

INSTRUCTIONS:

1. Preheat your oven to 400°F (200°C).
2. Place the diced beets and halved Brussels sprouts on a baking sheet. Drizzle with 1 tablespoon of olive oil, season with salt and pepper, and toss to coat evenly.
3. Roast the vegetables in the preheated oven for about 20-25 minutes or until they are tender and caramelized.
4. While the vegetables are roasting, prepare the salmon. Season the salmon fillets with salt and pepper on both sides.
5. Heat the remaining tablespoon of olive oil in a skillet over medium-high heat. Once hot, add the salmon fillets, skin side down, and sear for 3-4 minutes, until the skin is crispy and golden brown.
6. Flip the salmon fillets and continue to cook for another 2-3 minutes or until the salmon is cooked to your desired doneness.
7. In a bowl, divide the cooked brown rice evenly between two servings.
8. Top each bowl of rice with roasted beets and Brussels sprouts.
9. Place a seared salmon fillet on top of each rice bowl.
10. Drizzle each bowl with balsamic vinegar and garnish with fresh herbs.



Casserole With Brussels Sprouts, Cheese And Pistachios

PREP TIME: 15 minutes

COOK TIME: 30 minutes

SERVING: 2

NUTRITION:

Cal 320; Fat 20 g; Carb 15 g; Protein 15 g; Fiber: 6 g; Sodium: 350 mg;

- *2 cups Brussels sprouts, trimmed and halved*
- *1/4 cup shelled pistachios, chopped*
- *1/2 cup shredded mozzarella cheese*
- *1/4 cup grated Parmesan cheese*
- *1 tablespoon olive oil*
- *2 cloves garlic, minced*
- *Salt and pepper to taste*
- *Fresh parsley for garnish (optional)*

INSTRUCTIONS:

1. Preheat your oven to 375°F (190°C). Lightly grease a baking dish with olive oil or non-stick cooking spray.
2. In a large mixing bowl, toss the halved Brussels sprouts with olive oil, minced garlic, salt, and pepper until evenly coated.
3. Transfer the seasoned Brussels sprouts to the prepared baking dish, spreading them out in an even layer.
4. Sprinkle the chopped pistachios over the Brussels sprouts, followed by the shredded mozzarella cheese and grated Parmesan cheese.
5. Cover the baking dish with aluminum foil and bake in the preheated oven for 20 minutes.
6. After 20 minutes, remove the foil from the baking dish and continue to bake for another 10 minutes or until the cheese is melted and bubbly, and the Brussels sprouts are tender.
7. Once done, remove the casserole from the oven and let it cool slightly before serving.
8. Garnish with fresh parsley, if desired, and serve the Brussels sprouts casserole warm as a delicious Mediterranean-inspired side dish or light meal for two.



Chicken-Stuffed Veggie Rolls with Parmesan

PREP TIME: 20 minutes

COOK TIME: 25 minutes

SERVING: 2

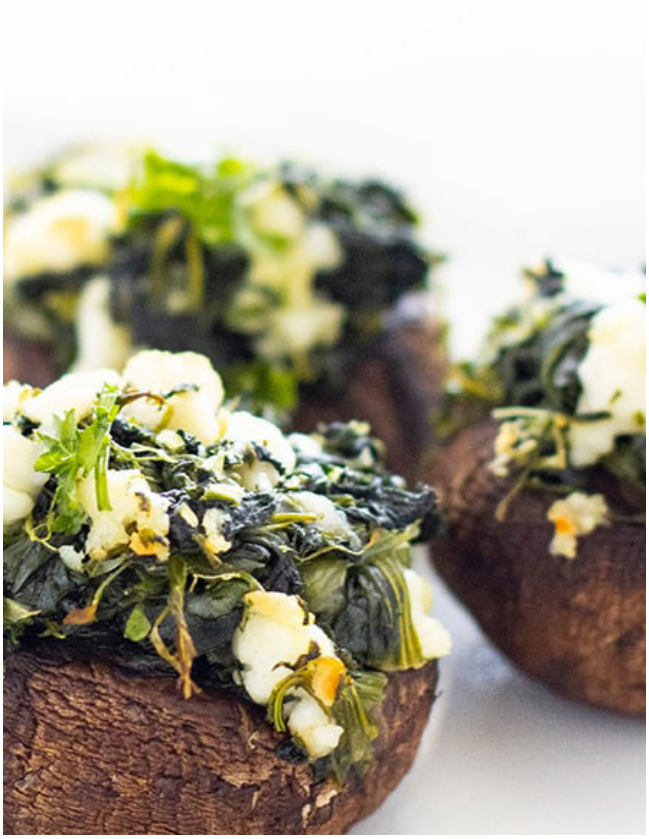
NUTRITION:

Cal 280; Fat 12 g; Carb 20 g; Protein 18 g; Fiber: 4 g; Sodium: 360 mg;

- *2 medium zucchinis*
- *1 large carrot*
- *1/2 cup finely chopped onion*
- *2 cloves garlic, minced*
- *1 tablespoon olive oil*
- *1/2 pound ground chicken*
- *Salt and pepper to taste*
- *1/4 cup grated Parmesan cheese*
- *Fresh parsley, chopped, for garnish*

INSTRUCTIONS:

1. Preheat your oven to 375°F (190°C). Lightly grease a baking dish with olive oil or non-stick cooking spray.
2. Using a vegetable peeler or a mandoline slicer, thinly slice the zucchinis and carrots lengthwise into long strips, resembling lasagna noodles. Set aside.
3. In a skillet over medium heat, heat olive oil. Add the chopped onion and minced garlic, and sauté until softened and fragrant, about 3-4 minutes.
4. Add the ground chicken to the skillet, breaking it up with a spatula, and cook until browned and cooked through, about 5-6 minutes. Season with salt and pepper to taste.
5. Lay out the zucchini and carrot strips on a clean work surface. Spoon the cooked chicken mixture onto each strip, then roll them up tightly.
6. Place the rolled-up vegetable pancake rolls seam side down in the prepared baking dish. Sprinkle the grated Parmesan cheese evenly over the top.
7. Bake in the preheated oven for 20-25 minutes or until the cheese is melted and golden brown.
8. Once done, remove the baking dish from the oven and let it cool for a few minutes before serving.
9. Garnish with chopped fresh parsley, if desired, and serve the vegetable pancake rolls stuffed with minced chicken warm as a delightful Mediterranean-inspired meal for two.



Stuffed Portobello Mushrooms

PREP TIME: 15 minutes

COOK TIME: 20 minutes

SERVING: 2

NUTRITION:

Cal 150; Fat 10 g; Carb 9 g; Protein 7 g; Fiber: 3 g; Sodium: 130 mg;

- *2 large portobello mushrooms*
- *1 cup mushrooms, finely chopped*
- *1 cup fresh spinach, chopped*
- *1 clove garlic, minced*
- *1/4 cup almond flour (or breadcrumbs)*
- *2 tablespoons grated Parmesan cheese*
- *Salt and pepper, to taste*
- *Olive oil, for sautéing*

INSTRUCTIONS:

1. Preheat your oven to 375°F (190°C).
2. Clean the portobello mushrooms and remove the stems. Place them on a baking sheet lined with parchment paper.
3. In a skillet, heat a drizzle of olive oil over medium heat. Add the chopped mushrooms and garlic, and sauté until the mushrooms are golden brown and the liquid has evaporated, about 5-7 minutes.
4. Add the chopped spinach to the skillet and cook until wilted, about 2-3 minutes. Season with salt and pepper to taste.
5. Remove the skillet from the heat and stir in the almond flour (or breadcrumbs) and grated Parmesan cheese until well combined.
6. Spoon the mushroom and spinach mixture evenly into each portobello mushroom cap, pressing down gently to pack the filling.
7. Place the stuffed portobello mushrooms in the preheated oven and bake for 15-20 minutes or until the mushrooms are tender and the filling is golden brown.
8. Once baked, remove the stuffed portobello mushrooms from the oven and let them cool for a few minutes before serving.



Stuffed Zucchini Boats

PREP TIME: 10 minutes

COOK TIME: 25 minutes

SERVING: 2

NUTRITION:

Cal 150; Fat 6 g; Carb 18 g;
Protein 7 g; Fiber: 4 g;
Sodium: 150 mg;

- *2 medium zucchini*
- *1/2 cup cooked quinoa*
- *1/2 cup diced tomatoes*
- *1 cup fresh spinach, chopped*
- *2 cloves garlic, minced*
- *1/2 cup shredded mozzarella cheese*
- *Salt and pepper, to taste*
- *Olive oil for drizzling*

INSTRUCTIONS:

1. Preheat your oven to 375°F (190°C).
2. Slice the zucchini in half lengthwise and scoop out the seeds to create a hollow «boat.»
3. In a mixing bowl, combine the cooked quinoa, diced tomatoes, chopped spinach, minced garlic, and shredded mozzarella cheese. Season with salt and pepper to taste.
4. Fill each zucchini boat with the quinoa mixture, pressing it down gently to pack the filling.
5. Place the stuffed zucchini boats on a baking sheet lined with parchment paper.
6. Drizzle the tops of the stuffed zucchini boats with olive oil.
7. Bake in the preheated oven for 20-25 minutes or until the zucchini is tender and the filling is heated through.
8. Once baked, remove the stuffed zucchini boats from the oven and let them cool for a few minutes before serving.

DESSERTS





Almond Orange Cake

PREP TIME: 15 minutes

COOK TIME: 30 minutes

SERVING: 2

NUTRITION:

Cal 380; Fat 22 g; Carb 38 g; Protein 11 g; Fiber: 5 g; Sodium: 80 mg;

- *1 cup almond flour*
- *2 eggs*
- *1/4 cup honey*
- *Zest of 1 orange*
- *Juice of 1/2 orange*
- *1/2 teaspoon baking powder*
- *Sliced almonds for garnish*

INSTRUCTIONS:

1. Preheat the oven to 350°F (175°C). Line a small cake pan with parchment paper or grease it.
2. In a mixing bowl, combine the almond flour and baking powder.
3. In another bowl, beat the eggs and honey until thoroughly blended.
4. Gradually add the almond flour mixture to the egg mixture while whisking to ensure smoothness.
5. Stir in the orange juice and zest, mixing thoroughly.
6. Pour the batter into the cake pan and spread it evenly.
7. Garnish the cake batter with sliced almonds.
8. When a toothpick put into the middle comes out clean, bake for about 25 to 30 minutes in a preheated oven.
9. Let the cake cool slightly before slicing and serving.



No-Sugar-Added Mini Apple Pies

PREP TIME: 15 minutes

COOK TIME: 30 minutes

SERVING: 2

NUTRITION:

Cal 180; Fat 8 g; Carb 26 g; Protein 2 g; Fiber: 4 g; Sodium: 80 mg;

- *2 medium apples, peeled and diced*
- *1/2 teaspoon ground cinnamon*
- *1/4 teaspoon ground nutmeg*
- *1/4 teaspoon ground cloves*
- *1/2 tablespoon lemon juice*
- *2 tablespoons unsweetened applesauce*
- *1/4 cup chopped walnuts*
- *2 whole wheat pie crusts (store-bought or homemade)*
- *Cooking spray*

INSTRUCTIONS:

1. Preheat the oven to 375°F (190°C). Lightly grease a muffin tin with cooking spray.
2. In a mixing bowl, combine the diced apples, ground cinnamon, ground nutmeg, ground cloves, lemon juice, and unsweetened applesauce. Mix well to coat the apples evenly.
3. Roll out the pie crusts on a lightly floured surface and use a round cutter to cut out circles slightly larger than the muffin tin openings.
4. Gently press the pie crust circles into the muffin tin, making sure they cover the bottom and sides evenly.
5. Fill each pie crust with the apple mixture, dividing it evenly among the crusts.
6. Sprinkle chopped walnuts over the top of each mini pie.
7. Place the muffin tin in the preheated oven and bake for 25-30 minutes or until the crust is golden brown and the apples are tender.
8. Remove the mini apple pies from the oven and let them cool in the muffin tin for a few minutes before transferring them to a wire rack to cool completely.
9. Serve the no-sugar-added mini apple pies warm or at room temperature.



Italian Chocolate Cake

PREP TIME: 15 minutes

COOK TIME: 30 minutes

SERVING: 2

NUTRITION:

Cal 300; Fat 18 g; Carb 32 g; Protein 4 g; Fiber: 2 g; Sodium: 150 mg;

- *1 cup all-purpose flour*
- *1/2 cup unsweetened cocoa powder*
- *1 teaspoon baking powder*
- *1/2 teaspoon baking soda*
- *1/4 teaspoon salt*
- *1/2 cup unsalted butter, softened*
- *1 cup granulated sugar*
- *2 large eggs*
- *1 teaspoon vanilla extract*
- *3/4 cup buttermilk*
- *1/2 cup strong brewed coffee, cooled*

For the Chocolate Ganache:

- *1/2 cup heavy cream*
- *6 oz (170g) semisweet chocolate, chopped*
- *1 tablespoon unsalted butter*

For Garnish (optional):

- *Fresh berries*
- *Whipped cream*
- *Chocolate shavings*

INSTRUCTIONS:

1. Preheat oven to 350°F (175°C). Prepare a 9-inch round cake pan by greasing and flouring it.
2. Sift together flour, cocoa powder, baking powder, baking soda, and salt in a medium bowl. Set aside.
3. In a large mixing bowl, cream softened butter and granulated sugar until light and fluffy.
4. Beat in eggs one at a time, followed by vanilla extract.
5. Gradually add dry ingredients to wet mixture, alternating with buttermilk and coffee, starting and ending with dry ingredients. Mix until just combined.
6. Pour batter into prepared cake pan, smoothing the top with a spatula.
7. Bake for 25 to 30 minutes.
8. Allow cake to cool in the pan for 10 minutes before transferring to a wire rack to cool completely.
9. While cake cools, prepare chocolate ganache. Heat heavy cream in a small saucepan until simmering, then pour over chopped chocolate in a heatproof bowl. Let sit for 1-2 minutes, then stir in butter until smooth.
10. Let ganache cool for 10 minutes, then pour over cooled cake, allowing it to drip down the sides.
11. Garnish with fresh berries, whipped cream, or chocolate shavings if desired.



Greek Almond Cookies

PREP TIME: 15 minutes

COOK TIME: 15 minutes

SERVING: 2

NUTRITION:

Cal 80; Fat 4 g; Carb 10 g;
Protein 2 g; Fiber: 1 g;
Sodium: 10 mg;

- *1 cup almond flour*
- *1 cup powdered sugar*
- *1/4 teaspoon almond extract*
- *1/4 teaspoon vanilla extract*
- *1 large egg white*
- *Pinch of salt*
- *Sliced almonds, for garnish (optional)*

INSTRUCTIONS:

1. Preheat oven to 325°F (160°C). Line a baking sheet with parchment paper.
2. In a mixing bowl, combine almond flour and powdered sugar.
3. Add almond extract, vanilla extract, and egg white to the dry ingredients. Mix until a dough forms.
4. Adjust consistency by adding more almond flour if the dough is too sticky.
5. Pinch off small pieces of dough and roll them into 1-inch diameter balls. Place the balls on the prepared baking sheet, leaving space between each cookie.
6. Flatten each ball slightly with the palm of your hand or the back of a fork. Optionally, press a sliced almond into the center of each cookie for garnish.
7. Bake in the preheated oven for 12-15 minutes or until the cookies are set and lightly golden around the edges.
8. Remove the cookies from the oven and let them cool on the baking sheet for a few minutes before transferring them to a wire rack to cool completely.
9. Once cooled, store the Greek Almond Cookies in an airtight container at room temperature.



Peanut Butter-Oat Energy Balls

PREP TIME: 10 minutes

COOK TIME: 0 minutes

SERVING: 2

NUTRITION:

Cal 180; Fat 9 g; Carb 19 g; Protein 7 g; Fiber: 3 g; Sodium: 80 mg;

- *1/2 cup old-fashioned oats*
- *1/4 cup creamy peanut butter*
- *2 tablespoons honey*
- *1 tablespoon chia seeds*
- *1/2 teaspoon vanilla extract*
- *Pinch of salt*
- *Optional add-ins: dark chocolate chips, chopped nuts, dried fruit*

INSTRUCTIONS:

1. In a mixing bowl, combine the old-fashioned oats, creamy peanut butter, honey, chia seeds, vanilla extract, and a pinch of salt.
2. Stir well until all ingredients are evenly incorporated and the mixture holds together.
3. If desired, fold in any optional add-ins like dark chocolate chips, chopped nuts, or dried fruit.
4. Scoop out tablespoon-sized portions of the mixture and roll them into balls using your hands. If the mixture is too sticky, you can lightly wet your hands with water.
5. Place the energy balls on a plate or baking sheet lined with parchment paper.
6. Once all the mixture has been rolled into balls, transfer the plate or baking sheet to the refrigerator.
7. Chill the energy balls for at least 30 minutes to firm up before serving.
8. Once chilled, serve the peanut butter-oat energy balls immediately, or store them in an airtight container in the refrigerator for up to one week.



Torta with Jam

PREP TIME: 15 minutes

COOK TIME: 35 minutes

SERVING: 2

NUTRITION:

Cal 250; Fat 10 g; Carb 35 g; Protein 4 g; Fiber: 1 g; Sodium: 120 mg;

- *2 cups all-purpose flour*
- *1/2 cup granulated sugar*
- *1 teaspoon baking powder*
- *1/4 teaspoon salt*
- *1/2 cup unsalted butter, softened*
- *2 large eggs*
- *1 teaspoon vanilla extract*
- *1/2 cup milk*
- *1/2 cup your favorite jam or preserves (such as strawberry, raspberry, or apricot)*
- *Powdered sugar, for dusting (optional)*

INSTRUCTIONS:

1. Preheat the oven to 350°F (175°C) and prepare a 9-inch round cake pan by greasing and flouring it.
2. In a medium bowl, whisk together the all-purpose flour, granulated sugar, baking powder, and salt.
3. Cream together the softened butter and granulated sugar in a large mixing bowl until light and fluffy.
4. Beat in the eggs one at a time, followed by the vanilla extract.
5. Gradually add the dry ingredients to the wet ingredients, alternating with milk, until just combined.
6. Pour half of the batter into the prepared cake pan and spread it evenly.
7. Spoon the jam or preserves over the batter, spreading it evenly.
8. Pour the remaining batter over the jam layer, spreading it to cover.
9. Bake for 30-35 minutes until a toothpick inserted into the center comes out clean.
10. Let the cake cool in the pan for 10 minutes before transferring it to a wire rack to cool completely.
11. Dust with powdered sugar before serving if desired.



Peanut Butter–Banana Cookies

PREP TIME: 10 minutes

COOK TIME: 12 minutes

SERVING: 2

NUTRITION:

Cal 180; Fat 9 g; Carb 20 g; Protein 6 g; Fiber: 3 g; Sodium: 80 mg;

- *1 ripe banana, mashed*
- *1/4 cup natural peanut butter*
- *2 tablespoons honey or maple syrup*
- *1/2 teaspoon vanilla extract*
- *1/2 cup rolled oats*
- *1/4 teaspoon ground cinnamon*
- *Pinch of salt*

INSTRUCTIONS:

1. Preheat your oven to 350°F (175°C). Line a baking sheet with parchment paper.
2. In a mixing bowl, combine the mashed banana, peanut butter, honey or maple syrup, and vanilla extract. Mix until smooth and well combined.
3. Add the rolled oats, ground cinnamon, and a pinch of salt to the banana-peanut butter mixture. Stir until all ingredients are evenly incorporated.
4. Using a spoon or cookie scoop, drop spoonfuls of the cookie dough onto the prepared baking sheet, spacing them apart to allow for spreading.
5. Use the back of a fork to gently flatten each cookie, creating a crisscross pattern on the top.
6. Bake in the preheated oven for about 10-12 minutes or until the cookies are lightly golden around the edges.
7. Remove the cookies from the oven and let them cool on the baking sheet for a few minutes before transferring them to a wire rack to cool completely.
8. Once cooled, serve the Peanut Butter–Banana Cookies as a delightful snack or dessert, perfect for satisfying your sweet cravings while adhering to the Mediterranean diet.



Zucchini Brownies

PREP TIME: 15 minutes

COOK TIME: 25 minutes

SERVING: 2

NUTRITION:

Cal 150; Fat 8 g; Carb 18 g; Protein 3 g; Fiber: 3 g; Sodium: 70 mg;

- *1/2 cup grated zucchini, squeezed to remove excess moisture*
- *1/4 cup almond flour*
- *1/4 cup unsweetened cocoa powder*
- *2 tablespoons honey or maple syrup*
- *1 tablespoon coconut oil, melted*
- *1 egg*
- *1/2 teaspoon vanilla extract*
- *1/4 teaspoon baking powder*
- *Pinch of salt*
- *Optional: chopped nuts, dark chocolate chips*

INSTRUCTIONS:

1. Preheat your oven to 350°F (175°C). Grease a small baking dish or line it with parchment paper.
2. In a mixing bowl, combine the grated zucchini, almond flour, unsweetened cocoa powder, honey or maple syrup, melted coconut oil, egg, vanilla extract, baking powder, and a pinch of salt.
3. Mixing the ingredients well will result in a thick batter.
4. If desired, fold in chopped nuts or dark chocolate chips for added texture and flavor.
5. Pour the batter into the prepared baking dish and spread it out evenly with a spatula.
6. Bake in the preheated oven for 20-25 minutes or until the brownies are set and a toothpick inserted into the center comes out mostly clean with a few moist crumbs.
7. Remove the brownies from the oven and let them cool in the baking dish for 10 minutes.
8. Once cooled slightly, carefully transfer the brownies to a wire rack to cool completely before slicing.
9. Slice the zucchini brownies into squares and serve.



Italian Chocolate Coffee Cake

PREP TIME: 15 minutes

COOK TIME: 35 minutes

SERVING: 2

NUTRITION:

Cal 280; Fat 12 g; Carb 38 g; Protein 5 g; Fiber: 2 g; Sodium: 200 mg;

- *1 and 1/2 cups all-purpose flour*
- *1/2 cup unsweetened cocoa powder*
- *1 teaspoon baking powder*
- *1/2 teaspoon baking soda*
- *1/4 teaspoon salt*
- *1/2 cup unsalted butter, softened*
- *1 cup granulated sugar*
- *2 large eggs*
- *1 teaspoon vanilla extract*
- *1/2 cup strong brewed coffee, cooled*
- *1/2 cup milk*
- *Powdered sugar, for dusting (optional)*

INSTRUCTIONS:

1. Preheat your oven to 350°F (175°C). Prepare a 9-inch round cake pan by greasing and flouring it lightly.
2. Sift together the all-purpose flour, cocoa powder, baking powder, baking soda, and salt in a medium bowl. Set aside.
3. In a large mixing bowl, beat the softened butter and granulated sugar until creamy and fluffy.
4. Add the eggs one at a time, mixing well after each addition. Stir in the vanilla extract.
5. Gradually incorporate the dry ingredients into the wet mixture, alternating with the cooled coffee and milk. Begin and end with the dry ingredients, stirring until just combined.
6. Pour the batter into the prepared cake pan, spreading it evenly with a spatula.
7. For 30 to 35 minutes bake in a oven or until a toothpick inserted in the middle comes out clean.
8. Once baked, remove the cake from the oven and allow it to cool in the pan for 10 minutes.
9. Transfer the cake onto a wire rack to cool completely.
10. Dust with powdered sugar before serving if desired.



Olive Oil Chocolate Chip Cookies

PREP TIME: 10 minutes

COOK TIME: 10 minutes

SERVING: 2

NUTRITION:

Cal 150; Fat 9 g; Carb 17 g; Protein 2 g; Fiber: 1 g; Sodium: 80 mg;

- *1/4 cup olive oil*
- *1/4 cup granulated sugar*
- *1/4 cup packed brown sugar*
- *1 egg*
- *1/2 teaspoon vanilla extract*
- *1 cup all-purpose flour*
- *1/2 teaspoon baking soda*
- *1/4 teaspoon salt*
- *1/2 cup dark chocolate chips*

INSTRUCTIONS:

1. Preheat your oven to 350°F (175°C). Line a baking sheet with parchment paper.
2. In a mixing bowl, combine the olive oil, granulated sugar, and brown sugar. Mix until well combined.
3. Add the egg and vanilla extract to the bowl, and mix until smooth.
4. In a separate bowl, whisk together the flour, baking soda, and salt.
5. Stir the dry ingredients gradually into the wet mixture until a dough forms, stirring frequently.
6. Fold in the dark chocolate chips until evenly distributed throughout the dough.
7. Scoop tablespoon-sized portions of dough and roll them into balls. Place them on the prepared baking sheet, spacing them a few inches apart.
8. Gently flatten each cookie dough ball with the palm of your hand or the back of a spoon.
9. Bake in the preheated oven for 8-10 minutes or until the edges are set and golden brown.
10. Remove the cookies from the oven and let them cool on the baking sheet for a few minutes before transferring them to a wire rack to cool completely.



Rosemary Olive Oil Teacakes

PREP TIME: 15 minutes

COOK TIME: 20 minutes

SERVING: 2

NUTRITION:

Cal 220; Fat 11 g; Carb 26 g; Protein 4 g; Fiber: 1 g; Sodium: 120 mg;

- *1 and 1/2 cups all-purpose flour*
- *1 teaspoon baking powder*
- *1/4 teaspoon baking soda*
- *1/4 teaspoon salt*
- *1 tablespoon fresh rosemary, finely chopped*
- *2/3 cup granulated sugar*
- *1/2 cup extra virgin olive oil*
- *2 large eggs*
- *1/2 cup plain Greek yogurt*
- *1 teaspoon vanilla extract*
- *Zest of 1 lemon*
- *1/4 cup milk*
- *Powdered sugar, for dusting (optional)*

INSTRUCTIONS:

1. Preheat the oven to 350°F (175°C). Prepare a muffin tin or teacake pan by greasing and flouring it.
2. In a medium bowl, combine the all-purpose flour, baking powder, baking soda, salt, and finely chopped rosemary.
3. In a large mixing bowl, whisk together the granulated sugar and extra virgin olive oil until well combined.
4. Add the eggs one at a time, beating well after each addition. Mix in the Greek yogurt, vanilla extract, and lemon zest.
5. Gradually add the dry ingredients to the wet ingredients, alternating with milk, starting and ending with the dry ingredients. Mix until just combined.
6. Spoon the batter into the prepared muffin tin or teacake pan, filling each cavity about two-thirds full.
7. Bake for 18-20 minutes or when a toothpick is placed in the middle, it emerges clean.
8. Allow the teacakes to cool in the pan for 5 minutes before transferring them to a wire rack to cool completely.
9. Once cooled, dust with powdered sugar if desired.
10. Serve the teacakes as a delightful treat alongside your favorite cup of tea or coffee.



Greek Yogurt Chocolate Mousse

PREP TIME: 10 minutes

COOK TIME: 0 minutes

SERVING: 2

NUTRITION:

Cal 180; Fat 10 g; Carb 14 g; Protein 8 g; Fiber: 2 g; Sodium: 50 mg;

- *1 cup Greek yogurt*
- *2 tablespoons cocoa powder*
- *2 tablespoons honey or maple syrup*
- *1 teaspoon vanilla extract*
- *Dark chocolate shavings or cocoa nibs, for garnish (optional)*
- *Fresh berries, for serving (optional)*

INSTRUCTIONS:

1. In a mixing bowl, combine the Greek yogurt, cocoa powder, honey or maple syrup, and vanilla extract.
2. Whisk the ingredients together until smooth and well combined.
3. Divide the chocolate yogurt mixture evenly between two serving glasses or bowls.
4. Cover the glasses or bowls with plastic wrap and refrigerate for at least 2 hours or until the mousse is chilled and set.
5. Once chilled, remove the mousse from the refrigerator and garnish with dark chocolate shavings or cocoa nibs, if desired.
6. Serve the Greek Yogurt Chocolate Mousse with fresh berries on the side for a delightful Mediterranean-inspired dessert.



Cinnamon Walnut Apple Cake

PREP TIME: 15 minutes

COOK TIME: 35 minutes

SERVING: 2

NUTRITION:

Cal 250; Fat 12 g; Carb 32 g;
Protein 4 g; Fiber: 2 g;
Sodium: 120 mg;

- *1 and 1/2 cups all-purpose flour*
- *1 teaspoon baking powder*
- *1/2 teaspoon baking soda*
- *1/2 teaspoon ground cinnamon*
- *1/4 teaspoon salt*
- *1/2 cup unsalted butter, softened*
- *1/2 cup granulated sugar*
- *1/4 cup brown sugar*
- *2 large eggs*
- *1 teaspoon vanilla extract*
- *1/2 cup plain Greek yogurt*
- *1 and 1/2 cups apples, peeled and diced*
- *1/2 cup walnuts, chopped*

For the Topping:

- *2 tablespoons brown sugar*
- *1/2 teaspoon ground cinnamon*
- *1/4 cup walnuts, chopped*

INSTRUCTIONS:

1. Preheat your oven to 350°F (175°C). Grease and flour a 9-inch round cake pan.
2. Whisk together the flour, baking powder, baking soda, cinnamon, and salt. Set aside.
3. In a large mixing bowl, cream together the softened butter, granulated sugar, and brown sugar until light and fluffy.
4. Beat in the eggs, one at a time, then stir in the vanilla extract.
5. Gradually add the dry ingredients to the wet ingredients, alternating with the Greek yogurt, mixing until just combined.
6. Gently fold in the diced apples and chopped walnuts until evenly distributed throughout the batter.
7. Pour the batter into the prepared cake pan, spreading it out evenly with a spatula.
8. In a small bowl, mix together the brown sugar, cinnamon, and chopped walnuts for the topping. Sprinkle this mixture evenly over the batter in the cake pan.
9. Bake in the preheated oven for 30-35 minutes when a toothpick inserted into the center comes out clean.
10. Once baked, remove the cake from the oven and let it cool in the pan for 10 minutes before transferring it to a wire rack to cool completely.
11. Slice and serve the Cinnamon Walnut Apple Cake as a delicious dessert or snack.



Turkish Yogurt Cake With Figs

PREP TIME: 15 minutes

COOK TIME: 30 minutes

SERVING: 2

NUTRITION:

Cal 280; Fat 12 g; Carb 36 g; Protein 6 g; Fiber: 2 g; Sodium: 180 mg;

- *1/2 cup all-purpose flour*
- *1/4 teaspoon baking powder*
- *1/4 teaspoon baking soda*
- *Pinch of salt*
- *1/4 cup honey or maple syrup*
- *1/4 cup plain Greek yogurt*
- *2 tablespoons olive oil*
- *1 teaspoon vanilla extract*
- *2 dried figs, chopped*
- *2 tablespoons chopped walnuts*
- *Greek yogurt and extra figs for garnish (optional)*

INSTRUCTIONS:

1. Preheat your oven to 350°F (175°C). Grease and flour a small cake pan or line it with parchment paper.
2. In a medium bowl, sift together the all-purpose flour, baking powder, baking soda, and salt.
3. In another bowl, whisk together the honey or maple syrup, Greek yogurt, olive oil, and vanilla extract until well combined.
4. Dry ingredients add to the wet components gradually and stir just until incorporated.
5. Fold in the chopped figs and walnuts until evenly distributed throughout the batter.
6. Pour the batter into the prepared cake pan and spread it out evenly.
7. Bake in the preheated oven for 25-30 minutes when a toothpick is placed in the middle, it emerges clean.
8. Once baked, remove the cake from the oven and let it cool in the pan for 10 minutes before transferring it to a wire rack to cool completely.
9. Once cooled, slice the Turkish Yogurt Cake into servings.
10. Optionally, garnish each slice with a dollop of Greek yogurt and a slice of fig before serving.



Low-Fat Apple Cake

PREP TIME: 15 minutes

COOK TIME: 30 minutes

SERVING: 2

NUTRITION:

Cal 220; Fat 5 g; Carb 42 g;
Protein 3 g; Fiber: 3 g;
Sodium: 150 mg;

- *1 medium apple, peeled, cored, and diced*
- *1/2 cup whole wheat flour*
- *1/4 cup granulated sugar*
- *1/2 teaspoon baking powder*
- *1/4 teaspoon baking soda*
- *Pinch of salt*
- *1/2 teaspoon ground cinnamon*
- *1/4 teaspoon ground nutmeg*
- *1/4 cup unsweetened applesauce*
- *1 tablespoon olive oil*
- *1 egg*
- *1/2 teaspoon vanilla extract*

INSTRUCTIONS:

1. Preheat your oven to 350°F (175°C). Grease and flour a small cake pan or line it with parchment paper.
2. In a medium bowl, whisk together the whole wheat flour, granulated sugar, baking powder, baking soda, salt, cinnamon, and nutmeg.
3. In another bowl, mix together the applesauce, olive oil, egg, and vanilla extract until well combined.
4. Wet ingredients add to the dry components, stirring until just combined.
5. Fold in the diced apple until evenly distributed throughout the batter.
6. Pour the batter into the prepared cake pan and spread it out evenly.
7. Bake in the preheated oven for 25-30 minutes. When toothpick inserted into the center comes out clean.
8. Once baked, remove the cake from the oven and let it cool in the pan for 10 minutes before transferring it to a wire rack to cool completely.
9. Once cooled, slice the Low-Fat Apple Cake into servings.



Grilled Pineapple with Honey and Mint

PREP TIME: 10 minutes

COOK TIME: 6 minutes

SERVING: 4

NUTRITION:

Cal 100; Fat 0 g; Carb 26 g; Protein 1 g; Fiber: 2 g; Sodium: 0 mg;

- *1 pineapple, peeled, cored, and sliced into rings*
- *2 tablespoons honey*
- *2 tablespoons fresh mint leaves, chopped*

INSTRUCTIONS:

1. Preheat your grill to medium-high heat.
2. Place the pineapple slices on the grill and cook for about 3 minutes on each side or until caramelized grill marks form.
3. Remove the grilled pineapple slices from the grill and arrange them on a serving platter.
4. Drizzle the grilled pineapple with honey, evenly distributing it over the slices.
5. Sprinkle the chopped fresh mint leaves over the grilled pineapple.



Mediterranean Fruit Sorbet

PREP TIME: 5 minutes

COOK TIME: 0 minutes

SERVING: 2

NUTRITION:

Cal 120; Fat 0 g; Carb 30 g;
Protein 1 g; Fiber: 4 g;
Sodium: 10 mg;

- *1 cup frozen mango chunks*
- *1 cup frozen pineapple chunks*
- *1 cup frozen peach slices*
- *1/4 cup coconut water*

INSTRUCTIONS:

1. Place the frozen mango, pineapple, and peach chunks in a blender.
2. Add the coconut water to the blender.
3. Mix the ingredients on high speed until they become creamy and smooth, scraping down the blender's edges as necessary.
4. Once the mixture is smooth and resembles sorbet, stop blending.
5. Serve the Mediterranean Fruit Sorbet immediately in bowls or glasses.
6. Optionally, garnish with fresh mint leaves or a slice of lime for an extra burst of flavor.



Popped Quinoa Crunch Bars

PREP TIME: 15 minutes

COOK TIME: 10 minutes

SERVING: 2

NUTRITION:

Cal 180; Fat 8 g; Carb 24 g; Protein 4 g; Fiber: 3 g; Sodium: 50 mg;

- *1/2 cup quinoa, uncooked*
- *1/4 cup honey*
- *2 tablespoons almond butter*
- *1/4 teaspoon vanilla extract*
- *Pinch of salt*
- *2 tablespoons chopped nuts (such as almonds, walnuts, or pecans)*
- *2 tablespoons dried fruit (such as cranberries, raisins, or chopped apricots)*

INSTRUCTIONS:

1. Rinse the quinoa under cold water using a fine-mesh sieve. Drain well.
2. Heat a dry skillet over medium heat. Add the rinsed quinoa to the skillet and toast, stirring frequently, for about 5 minutes or until the quinoa starts to pop and becomes golden brown. Remove from heat and let it cool.
3. In a small saucepan, combine the honey, almond butter, vanilla extract, and salt. Cook over low heat, stirring constantly, until the mixture is smooth and well combined.
4. In a mixing bowl, combine the toasted quinoa, chopped nuts, and dried fruit.
5. Pour the honey-almond butter mixture over the quinoa mixture and stir until everything is evenly coated.
6. Line a small baking dish or container with parchment paper, leaving some overhang on the sides for easy removal.
7. Transfer the quinoa mixture to the lined baking dish and press it down firmly using the back of a spoon or your hands to form an even layer.
8. Place the baking dish in the refrigerator and chill for at least 1 hour or until the mixture is firm and set.
9. Once set, use the parchment paper overhang to lift the quinoa mixture out of the baking dish and transfer it to a cutting board.
10. Cut the chilled quinoa mixture into bars or squares using a sharp knife.



Ricotta Casserole with Raisins

PREP TIME: 15 minutes

COOK TIME: 25 minutes

SERVING: 2

NUTRITION:

Cal 280; Fat 12 g; Carb 25 g; Protein 16 g; Fiber: 2 g; Sodium: 220 mg;

- *1 cup ricotta cheese*
- *2 tablespoons honey*
- *1 egg*
- *1/4 teaspoon vanilla extract*
- *2 tablespoons raisins*
- *Pinch of cinnamon*
- *1 tablespoon sliced almonds (optional, for topping)*
- *Fresh mint leaves, for garnish (optional)*

INSTRUCTIONS:

1. Preheat your oven to 350°F (175°C). Grease a small baking dish or individual ramekins with cooking spray or butter.
2. In a mixing bowl, combine the ricotta cheese, honey, egg, and vanilla extract. Mix until well combined.
3. Stir in the raisins and a pinch of cinnamon, ensuring they are evenly distributed throughout the mixture.
4. Transfer the ricotta mixture to the prepared baking dish or divide it evenly among individual ramekins.
5. If using sliced almonds, sprinkle them over the top of the ricotta mixture.
6. Place the baking dish or ramekins in the preheated oven and bake for 20-25 minutes or until the casserole is set and the edges are golden brown.
7. Once baked, remove the casserole from the oven and let it cool for a few minutes before serving.



Baked Pears with Maple Syrup and Almond Crumble

PREP TIME: 10 minutes

COOK TIME: 25 minutes

SERVING: 2

NUTRITION:

Cal 220; Fat 8 g; Carb 38 g;
Protein 2 g; Fiber: 6 g;
Sodium: 5 mg;

- *2 ripe pears, halved and cored*
- *2 tablespoons maple syrup*
- *1/4 teaspoon ground cinnamon*
- *1/4 cup old-fashioned oats*
- *2 tablespoons almond flour*
- *1 tablespoon sliced almonds*
- *1 tablespoon melted coconut oil*
- *Pinch of salt*

INSTRUCTIONS:

1. Preheat your oven to 375°F (190°C). Line a baking dish with parchment paper or lightly grease it with coconut oil.
2. Arrange the pear halves, cut side up, in the prepared baking dish.
3. Drizzle the maple syrup evenly over the pear halves, then sprinkle them with ground cinnamon.
4. In a small bowl, combine the oats, almond flour, sliced almonds, melted coconut oil, and a pinch of salt. Mix until the ingredients are well incorporated and form a crumbly mixture.
5. Spoon the almond crumble mixture evenly over the pear halves, pressing it gently onto the surface.
6. Bake in the preheated oven for about 20-25 minutes or until the pears are tender and the crumble topping is golden brown and crisp.
7. Remove the baked pears from the oven and let them cool for a few minutes before serving.
8. Serve the Baked Pears with Maple Syrup and Almond Crumble warm, optionally garnished with a drizzle of additional maple syrup or a dollop of Greek yogurt, for a delightful and nutritious dessert or snack on the Mediterranean diet.

SNACKS





Apricot-Sunflower Granola Bars

PREP TIME: 15 minutes

COOK TIME: 20 minutes

SERVING: 2

NUTRITION:

Cal 250; Fat 10 g; Carb 35 g; Protein 6 g; Fiber: 5 g; Sodium: 50 mg;

- *1 cup rolled oats*
- *1/4 cup sunflower seeds*
- *1/4 cup dried apricots, chopped*
- *2 tablespoons honey or maple syrup*
- *2 tablespoons almond butter*
- *1/4 teaspoon vanilla extract*
- *1/4 teaspoon ground cinnamon*
- *A pinch of salt*

INSTRUCTIONS:

1. Preheat your oven to 350°F (175°C). Line a small baking dish with parchment paper.
2. In a large bowl, combine the rolled oats, sunflower seeds, and chopped dried apricots.
3. In a small saucepan over low heat, melt together the honey or maple syrup and almond butter, stirring until smooth. Remove from heat and stir in the vanilla extract, ground cinnamon, and a pinch of salt.
4. Pour the almond butter mixture over the dry ingredients. Stir well to ensure everything is evenly coated.
5. Transfer the mixture to the prepared baking dish, pressing it down firmly with the back of a spoon or spatula to create an even layer.
6. Bake in the preheated oven for 18-20 minutes or until the edges are golden brown.
7. Remove from the oven and let cool completely in the baking dish.
8. Once cooled, lift the granola bars out of the dish using the parchment paper. Cut into bars or squares.
9. Store the granola bars in an airtight container at room temperature for up to a week.



Carrot Cake Energy Bites

PREP TIME: 15 minutes

COOK TIME: 0 minutes

SERVING: 2

NUTRITION:

Cal 150; Fat 7 g; Carb 20 g; Protein 3 g; Fiber: 4 g; Sodium: 40 mg;

- *1/2 cup rolled oats*
- *1/4 cup grated carrot*
- *1/4 cup almond flour*
- *1/4 cup unsweetened shredded coconut*
- *1/4 cup chopped walnuts*
- *2 tablespoons almond butter*
- *2 tablespoons honey or maple syrup*
- *1 teaspoon vanilla extract*
- *1/2 teaspoon ground cinnamon*
- *1/4 teaspoon ground nutmeg*
- *A pinch of salt*

INSTRUCTIONS:

1. In a large mixing bowl, combine the rolled oats, grated carrot, almond flour, shredded coconut, and chopped walnuts.
2. In a small saucepan over low heat, melt together the almond butter and honey or maple syrup until smooth. Remove from heat and stir in the vanilla extract, ground cinnamon, ground nutmeg, and a pinch of salt.
3. Pour the almond butter mixture over the dry ingredients. Stir well until everything is evenly coated.
4. Using your hands, form the mixture into small bite-sized balls, about 1 inch in diameter. If the mixture is too sticky, you can wet your hands slightly to make rolling easier.
5. Place the energy bites on a baking sheet lined with parchment paper and refrigerate for at least 30 minutes to firm up.
6. Once chilled, transfer the energy bites to an airtight container. Store in the refrigerator for up to a week.



Eggplant Rollatini

PREP TIME: 15 minutes

COOK TIME: 30 minutes

SERVING: 2

NUTRITION:

Cal 350; Fat 20 g; Carb 25 g; Protein 20 g; Fiber: 10 g; Sodium: 680 mg;

- *1 large eggplant, thinly sliced lengthwise*
- *Olive oil for brushing*
- *1 cup ricotta cheese*
- *1 cup chopped spinach*
- *2 cloves garlic, minced*
- *1/4 cup grated Parmesan cheese*
- *1 tablespoon chopped fresh basil*
- *Salt and black pepper, to taste*
- *1 cup marinara sauce*
- *Fresh parsley, chopped, for garnish (optional)*

INSTRUCTIONS:

1. Preheat the oven to 375°F (190°C).
2. Arrange the thinly sliced eggplant on a baking sheet lined with parchment paper. Brush both sides of the eggplant slices with olive oil.
3. Bake the eggplant slices for 5 to 7 minutes on each side or until they are tender. Remove from heat and let cool slightly.
4. In a mixing bowl, combine the ricotta cheese, chopped spinach, minced garlic, grated Parmesan cheese, chopped fresh basil, salt, and black pepper. Mix thoroughly until well combined.
5. Spread a spoonful of the ricotta mixture onto each eggplant slice and roll them up tightly.
6. Place the rolled eggplant slices seam-side down in a baking dish.
7. Evenly spread the marinara sauce over the rolled eggplant slices.
8. Bake in the preheated oven for 20 to 25 minutes or until the sauce is bubbly and the dish is heated through.
9. Remove from the oven and let cool slightly.
10. If desired, garnish with freshly chopped parsley and serve the eggplant rollatini warm.



Crunchy Roasted Chickpeas

PREP TIME: 10 minutes

COOK TIME: 40 minutes

SERVING: 2

NUTRITION:

Cal 180; Fat 6 g; Carb 24 g; Protein 8 g; Fiber: 6 g; Sodium: 200 mg;

- *1 can (15 oz) chickpeas, drained and rinsed*
- *1 tablespoon extra virgin olive oil*
- *1 teaspoon smoked paprika*
- *1/2 teaspoon ground cumin*
- *1/2 teaspoon garlic powder*
- *1/2 teaspoon sea salt*
- *1/4 teaspoon black pepper*

INSTRUCTIONS:

1. Preheat your oven to 400°F (200°C). Line a baking sheet with parchment paper.
2. After draining and rinsing the chickpeas, spread them out on a clean kitchen towel or paper towel. Pat them dry thoroughly. Removing as much moisture as possible is key to achieving a crunchy texture.
3. Transfer the dried chickpeas to a large bowl. Add the olive oil, smoked paprika, ground cumin, garlic powder, sea salt, and black pepper. Toss well to coat the chickpeas evenly with the oil and spices.
4. Spread the seasoned chickpeas in a single layer on the prepared baking sheet.
5. Roast in the preheated oven for 35-40 minutes, shaking the pan or stirring the chickpeas every 10-15 minutes to ensure they cook evenly. The chickpeas should be golden brown and crunchy.
6. Remove from the oven and let cool completely. The chickpeas will continue to crisp up as they cool.
7. Once cooled, transfer the crunchy roasted chickpeas to an airtight container. Store at room temperature for up to a week.



Curried Cashews

PREP TIME: 15 minutes

COOK TIME: 15 minutes

SERVING: 2

NUTRITION:

Cal 220; Fat 18 g; Carb 12 g; Protein 6 g; Fiber: 2 g; Sodium: 150 mg;

- *1 cup raw cashews*
- *1 tablespoon extra virgin olive oil*
- *1 teaspoon curry powder*
- *1/2 teaspoon ground cumin*
- *1/4 teaspoon cayenne pepper (optional, for heat)*
- *1/2 teaspoon sea salt*
- *1 teaspoon honey or maple syrup (optional, for a hint of sweetness)*

INSTRUCTIONS:

1. Preheat your oven to 350°F (175°C). Line a baking sheet with parchment paper.
2. In a medium bowl, combine the olive oil, curry powder, ground cumin, cayenne pepper (if using), sea salt, and honey or maple syrup (if using). Stir until well mixed.
3. Add the raw cashews to the bowl and toss until they are evenly coated with the spice mixture.
4. Spread the spiced cashews in a single layer on the prepared baking sheet.
5. Roast in the preheated oven for 10-15 minutes, stirring once halfway through, until the cashews are golden brown and fragrant. Be careful not to burn them.
6. Remove from the oven and let the cashews cool completely on the baking sheet. They will become crunchier as they cool.
7. Once cooled, transfer the curried cashews to an airtight container. Store at room temperature for up to two weeks.



Baked Zucchini Chips

PREP TIME: 10 minutes

COOK TIME: 15 minutes

SERVING: 2

NUTRITION:

Cal 80; Fat 4 g; Carb 10 g; Protein 2 g; Fiber: 2 g; Sodium: 150 mg;

- *1 large zucchini*
- *1 tablespoon extra virgin olive oil*
- *1/4 teaspoon sea salt*
- *1/4 teaspoon black pepper*
- *1/4 teaspoon garlic powder*
- *1/4 teaspoon paprika*
- *Optional: grated Parmesan cheese for sprinkling*

INSTRUCTIONS:

1. Preheat your oven to 225°F (110°C). Line a baking sheet with parchment paper.
2. Slice the zucchini into thin, even rounds using a mandoline slicer or a sharp knife. Aim for about 1/8-inch thickness to ensure they bake evenly.
3. In a large bowl, toss the zucchini slices with the olive oil, sea salt, black pepper, garlic powder, and paprika until well coated.
4. Arrange the zucchini slices in a single layer on the prepared baking sheet. Ensure they do not overlap to allow for even baking.
5. Optional: Sprinkle a light layer of grated Parmesan cheese over the zucchini slices for added flavor.
6. Bake in the preheated oven for 1.5 to 2 hours or until the zucchini slices are crisp and golden brown. Check periodically to prevent burning, especially towards the end of the baking time.
7. Remove from the oven and let the chips cool on the baking sheet. They will continue to crisp up as they cool.
8. Once completely cooled, transfer the zucchini chips to an airtight container. Store at room temperature for up to a week.



Stuffed Grape Leaves (Dolmas)

PREP TIME: 30 minutes

COOK TIME: 120 minutes

SERVING: 2

NUTRITION:

Cal 200; Fat 8 g; Carb 30 g; Protein 3 g; Fiber: 2 g; Sodium: 450 mg;

- *10-12 grape leaves, rinsed and drained (if using jarred, rinse well to remove excess brine)*
- *1/2 cup cooked rice*
- *2 tablespoons pine nuts, toasted*
- *2 tablespoons currants or raisins*
- *1 tablespoon fresh lemon juice*
- *1 tablespoon chopped fresh herbs (such as parsley, dill, and mint)*
- *1 tablespoon olive oil, plus extra for drizzling*
- *Salt and black pepper, to taste*
- *Greek yogurt for serving (optional)*

INSTRUCTIONS:

1. In a mixing bowl, combine the cooked rice, olive oil, lemon juice, chopped herbs, toasted pine nuts, and currants or raisins. Season with salt and black pepper to taste. Mix well.
2. Lay a grape leaf, vein side up, flat on a clean surface. Place a small spoonful of the rice mixture near the stem end of the leaf.
3. Fold the bottom of the leaf over the filling, fold in the sides, and roll tightly into a cylinder. Repeat with the remaining grape leaves and filling.
4. Arrange the stuffed grape leaves seam-side down in a single layer in a pot or skillet.
5. Drizzle the stuffed grape leaves with a bit of olive oil and add enough water to the pot to just cover them.
6. Place a heatproof plate or lid directly on top of the stuffed grape leaves to keep them submerged.
7. Bring the water to a gentle simmer over medium heat. Cover the pot and simmer for 30 minutes or until the rice is tender.
8. Remove the stuffed grape leaves from the pot and let them cool to room temperature.
9. Once cooled, transfer the stuffed grape leaves to a serving platter and refrigerate for at least two hours before serving.
10. Serve the chilled stuffed grape leaves (dolmas) as a refreshing snack, optionally with Greek yogurt for dipping.



Smoked Salmon Roll-Ups

PREP TIME: 10 minutes

COOK TIME: 0 minutes

SERVING: 2

NUTRITION:

Cal 180; Fat 10 g; Carb 3 g;
Protein 20 g; Fiber: 1 g;
Sodium: 520 mg;

- *4 slices smoked salmon*
- *4 tablespoons cream cheese*
- *1/2 cucumber, thinly sliced*
- *2 tablespoons capers*
- *Fresh dill, for garnish*
- *Lemon wedges, for serving*

INSTRUCTIONS:

1. Lay out the smoked salmon slices on a clean surface.
2. Spread 1 tablespoon of cream cheese evenly over each slice of smoked salmon.
3. Place cucumber slices and capers evenly along one edge of each smoked salmon slice.
4. Carefully roll up each slice of smoked salmon, starting from the edge with the cucumber and capers to form tight rolls.
5. If desired, secure the rolls with toothpicks to prevent them from unraveling.
6. Arrange the smoked salmon roll-ups on a serving platter.
7. Garnish with fresh dill on top of the roll-ups.
8. Before consuming, drizzle the roll-ups with the lemon wedges that are placed on the side.



Mediterranean Cucumber Bites

PREP TIME: 10 minutes

COOK TIME: 0 minutes

SERVING: 2

NUTRITION:

Cal 30; Fat 1 g; Carb 4 g;
Protein 1 g; Fiber: 1 g;
Sodium: 80 mg;

- *1 large cucumber, sliced into rounds*
- *1/4 cup tzatziki sauce*
- *1 tablespoon chopped fresh herbs (such as mint or dill)*
- *Optional: Crumbled feta cheese for garnish*

INSTRUCTIONS:

1. Arrange the cucumber slices on a dish or serving board.
2. Dollop each slice of cucumber with tzatziki sauce.
3. Garnish the tzatziki sauce with the finely chopped fresh herbs.
4. You can optionally top each cucumber piece with a tiny bit of feta cheese crumbles.
5. Present the tasty and refreshing Mediterranean Cucumber Bites as an appetizer or snack right away.



Pide

PREP TIME: 15 minutes

COOK TIME: 20 minutes

SERVING: 2

NUTRITION:

Cal 320; Fat 10 g; Carb 48 g; Protein 10 g; Fiber: 4 g; Sodium: 480 mg;

- *1 cup all-purpose flour*
- *1/2 teaspoon active dry yeast*
- *1/2 teaspoon sugar*
- *1/4 teaspoon salt*
- *1/4 cup warm water*
- *1 tablespoon olive oil*
- *1 small onion, thinly sliced*
- *1 small tomato, thinly sliced*
- *1/2 green bell pepper, thinly sliced*
- *2 tablespoons crumbled feta cheese*
- *1 tablespoon chopped fresh parsley*
- *Salt and black pepper to taste*

INSTRUCTIONS:

1. In a mixing bowl, combine the flour, yeast, sugar, and salt. Gradually add warm water and olive oil, mixing until a dough forms.
2. Knead the dough on a floured surface for about 5-7 minutes until it becomes smooth and elastic.
3. Place the dough back in the mixing bowl, cover it with a clean kitchen towel, and let it rest in a warm place for about 1 hour or until it doubles in size.
4. Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
5. Punch down the risen dough and divide it into two equal portions. Roll out each portion into an oval shape, about 1/4 inch thick.
6. Transfer the rolled dough to the prepared baking sheet.
7. Arrange the sliced onion, tomato, and bell pepper on top of the dough, leaving a border around the edges.
8. Sprinkle crumbled feta cheese over the vegetables and season with salt and black pepper to taste.
9. Bake in the preheated oven for 15-20 minutes or until the edges of the dough are golden brown and crispy.
10. Remove from the oven and sprinkle chopped fresh parsley over the baked pide.



Mediterranean Caprese Skewers

PREP TIME: 10 minutes

COOK TIME: 0 minutes

SERVING: 2

NUTRITION:

Cal 150; Fat 9 g; Carb 7 g;
Protein 8 g; Fiber: 2 g;
Sodium: 300 mg;

- *12 cherry tomatoes*
- *12 mini mozzarella balls*
- *12 fresh basil leaves*
- *Balsamic glaze for drizzling*
- *Sea salt for sprinkling*

INSTRUCTIONS:

1. Begin by threading a cherry tomato onto a skewer, followed by a small mozzarella ball, a fresh basil leaf, and repeat until all ingredients are used.
2. Arrange the skewers neatly on a serving plate or tray.
3. Drizzle each skewer lightly with balsamic glaze.
4. Sprinkle a pinch of sea salt over the skewers for added flavor.
5. Serve the Mediterranean Caprese Skewers immediately as a delicious and refreshing appetizer or snack.



Smoky Loaded Eggplant Dip

PREP TIME: 15 minutes

COOK TIME: 30 minutes

SERVING: 2

NUTRITION:

Cal 180; Fat 12 g; Carb 15 g; Protein 4 g; Fiber: 6 g; Sodium: 320 mg;

- *1 medium eggplant*
- *1 tablespoon olive oil*
- *2 cloves garlic, minced*
- *1/4 teaspoon smoked paprika*
- *1/4 teaspoon ground cumin*
- *1/4 teaspoon chili powder*
- *1/4 cup Greek yogurt*
- *1 tablespoon tahini*
- *1 tablespoon lemon juice*
- *Salt and black pepper to taste*
- *Chopped fresh parsley for garnish*
- *Toasted pine nuts for garnish (optional)*

INSTRUCTIONS:

1. Preheat the oven to 400°F (200°C).
2. Prick the eggplant several times with a fork and place it on a baking sheet. Roast in the preheated oven for 25-30 minutes or until the eggplant is soft and collapsed.
3. Remove the eggplant from the oven and let it cool slightly. Once cool enough to handle cut the eggplant in half and scoop out the flesh into a bowl, discarding the skin.
4. Heat olive oil in a skillet over medium heat. Add minced garlic, smoked paprika, cumin, and chili powder. Cook for 1-2 minutes, stirring constantly, until fragrant.
5. Add the cooked spices to the bowl with the eggplant flesh.
6. Mash the eggplant with a fork until smooth, or blend briefly in a food processor for a smoother consistency.
7. Stir in Greek yogurt, tahini, and lemon juice until well combined. Season with salt and black pepper to taste.
8. Transfer the eggplant dip to a serving bowl and garnish with chopped fresh parsley and toasted pine nuts, if desired.
9. Serve the smoky loaded eggplant dip with your favorite vegetables, pita bread, or crackers.



Kalamata Olive Tapenade

PREP TIME: 10 minutes

COOK TIME: 0 minutes

SERVING: 2

NUTRITION:

Cal 120; Fat 11 g; Carb 5 g; Protein 1 g; Fiber: 2 g; Sodium: 760 mg;

- *1 cup pitted Kalamata olives*
- *2 cloves garlic, minced*
- *2 tablespoons capers, drained*
- *2 tablespoons fresh lemon juice*
- *2 tablespoons extra virgin olive oil*
- *1 tablespoon chopped fresh parsley*
- *Salt and black pepper, to taste*

INSTRUCTIONS:

1. In a food processor, add the pitted Kalamata olives, minced garlic, drained capers, and fresh lemon juice.
2. Pulse the ingredients until a coarse paste forms.
3. While pulsing, slowly drizzle in the extra virgin olive oil until the tapenade reaches your desired consistency.
4. Add the chopped fresh parsley and pulse a few more times to combine.
5. Season with salt and black pepper to taste.
6. Transfer the Kalamata Olive Tapenade to a serving dish.
7. Serve with crusty bread, and crackers, or use as a flavorful spread for sandwiches and wraps.



Greek Salad Skewers

PREP TIME: 15 minutes

COOK TIME: 0 minutes

SERVING: 2

NUTRITION:

Cal 150; Fat 12 g; Carb 8 g; Protein 4 g; Fiber: 2 g; Sodium: 350 mg;

- *1 cup cherry tomatoes*
- *1 cucumber, cut into chunks*
- *1/2 cup Kalamata olives*
- *1/2 cup feta cheese, cubed*
- *1/4 red onion, cut into small pieces*
- *2 tablespoons extra virgin olive oil*
- *1 tablespoon red wine vinegar*
- *1 teaspoon dried oregano*
- *Salt and black pepper, to taste*
- *Wooden skewers*

INSTRUCTIONS:

1. Thread cherry tomatoes, cucumber chunks, Kalamata olives, feta cheese cubes, and red onion pieces onto wooden skewers, alternating the ingredients as desired.
2. In a small bowl, whisk together the extra virgin olive oil, red wine vinegar, dried oregano, salt, and black pepper to make the dressing.
3. Drizzle the dressing over the assembled Greek Salad Skewers.
4. Serve immediately as a colorful and flavorful appetizer or side dish, or refrigerate until ready to serve.



Apple with Cinnamon Almond Butter

PREP TIME: 10 minutes

COOK TIME: 0 minutes

SERVING: 2

NUTRITION:

Cal 200; Fat 12 g; Carb 24 g; Protein 4 g; Fiber: 5 g; Sodium: 50 mg;

- *2 medium apples, cored and sliced*
- *4 tablespoons almond butter*
- *1 teaspoon ground cinnamon*
- *1 tablespoon honey (optional, for extra sweetness)*
- *1 tablespoon chopped almonds (optional, for garnish)*

INSTRUCTIONS:

1. Core and slice the apples into thin wedges.
2. In a small bowl, mix the almond butter with the ground cinnamon until well combined. If desired, stir in the honey for extra sweetness.
3. Arrange the apple slices on a serving plate.
4. Serve the cinnamon almond butter alongside the apple slices for dipping.
5. Optionally, sprinkle the chopped almonds over the almond butter for added texture and flavor.



Cranberry-Almond Energy Balls

PREP TIME: 15 minutes

COOK TIME: 0 minutes

SERVING: 2

NUTRITION:

Cal 220; Fat 12 g; Carb 25 g; Protein 5 g; Fiber: 4 g; Sodium: 40 mg;

- *1/2 cup rolled oats*
- *1/4 cup almond butter*
- *1/4 cup dried cranberries, chopped*
- *2 tablespoons honey or maple syrup*
- *1/4 cup almonds, finely chopped*
- *1/2 teaspoon vanilla extract*
- *1/4 teaspoon ground cinnamon*
- *1 tablespoon chia seeds (optional)*

INSTRUCTIONS:

1. In a medium bowl, combine the rolled oats, chopped dried cranberries, finely chopped almonds, and chia seeds (if using).
2. Add the almond butter, honey or maple syrup, vanilla extract, and ground cinnamon to the dry ingredients.
3. Mix well until all ingredients are thoroughly combined and a sticky dough forms.
4. Using your hands, roll the mixture into small balls, about 1 inch in diameter.
5. Place the energy balls on a plate or baking sheet lined with parchment paper.
6. Refrigerate for at least 30 minutes to allow the balls to firm up.
7. Once set, store the cranberry-almond energy balls in an airtight container in the refrigerator for up to a week.



Savory Feta Spinach and Sweet Red Pepper Muffins

PREP TIME: 15 minutes

COOK TIME: 25 minutes

SERVING: 2

NUTRITION:

Cal 220; Fat 10 g; Carb 21 g; Protein 12 g; Fiber: 3 g; Sodium: 480 mg;

- *1/2 cup whole wheat flour*
- *1/2 teaspoon baking powder*
- *1/4 teaspoon baking soda*
- *1/4 teaspoon salt*
- *1/4 cup crumbled feta cheese*
- *1/4 cup chopped fresh spinach*
- *1/4 cup chopped sweet red pepper*
- *1/4 cup Greek yogurt*
- *1 egg*
- *1 tablespoon olive oil*
- *1 tablespoon chopped fresh parsley*
- *1/2 teaspoon dried oregano*
- *Freshly ground black pepper, to taste*

INSTRUCTIONS:

1. Preheat the oven to 375°F (190°C). Grease or line a muffin tin with paper liners.
2. In a large mixing bowl, combine the whole wheat flour, baking powder, baking soda, and salt.
3. Add the crumbled feta cheese, chopped spinach, and chopped sweet red pepper to the dry ingredients. Toss to combine.
4. In a separate bowl, whisk together the Greek yogurt, egg, and olive oil until smooth.
5. Mixing until just mixed, pour the wet components into the dry ingredients. Take care not to blend too much.
6. Fold in the chopped fresh parsley and dried oregano. Season with freshly ground black pepper to taste.
7. Divide the batter evenly among the muffin cups, filling each about three-quarters full.
8. Bake in the preheated oven for 20-25 minutes or until the muffins are golden brown and a toothpick inserted into the center comes out clean.
9. Remove the muffins from the oven and let them cool in the muffin tin for a few minutes before transferring them to a wire rack to cool completely.
10. Serve the savory feta spinach and sweet red pepper muffins warm or at room temperature.



Smoked Salmon, Avocado, and Cucumber Bites

PREP TIME: 15 minutes

COOK TIME: 0 minutes

SERVING: 2

NUTRITION:

Cal 180; Fat 10 g; Carb 8 g; Protein 12 g; Fiber: 3 g; Sodium: 280 mg;

- *4 slices of cucumber, about 1/4 inch thick*
- *4 oz smoked salmon, thinly sliced*
- *1 small ripe avocado*
- *1 tablespoon fresh lemon juice*
- *Salt and black pepper, to taste*
- *Fresh dill, for garnish (optional)*

INSTRUCTIONS:

1. Peel the cucumber and slice it into rounds about 1/4 inch thick. Place them on a serving platter or plate.
2. In a small bowl, mash the ripe avocado with a fork until smooth. Add fresh lemon juice, salt, and black pepper to taste. Mix well.
3. Spread a thin layer of the mashed avocado onto each cucumber slice.
4. Top each cucumber slice with a piece of thinly sliced smoked salmon.
5. Garnish the bites with fresh dill, if desired, for added flavor and presentation



Spicy Red Lentil Dip

PREP TIME: 10 minutes

COOK TIME: 20 minutes

SERVING: 2

NUTRITION:

Cal 160; Fat 6 g; Carb 20 g; Protein 8 g; Fiber: 8 g; Sodium: 320 mg;

- *1/2 cup dried red lentils*
- *1 cup water*
- *2 tablespoons olive oil*
- *1 small onion, finely chopped*
- *2 cloves garlic, minced*
- *1 teaspoon ground cumin*
- *1/2 teaspoon smoked paprika*
- *1/4 teaspoon cayenne pepper (adjust to taste)*
- *Salt and black pepper, to taste*
- *1 tablespoon lemon juice*
- *2 tablespoons chopped fresh parsley or cilantro, for garnish*
- *Optional: Greek yogurt or tahini for serving*
- *Optional: Red pepper flakes for extra spice*

INSTRUCTIONS:

1. Rinse the red lentils under cold water and drain.
2. In a saucepan, combine the rinsed lentils and water. Bring to a boil, then reduce heat and simmer for about 15-20 minutes or until the lentils are tender and most of the water is absorbed. Remove from heat and let cool slightly. In a separate pan, heat the olive oil over medium heat. Add the chopped onion and sauté until translucent and lightly golden, about 5-6 minutes.
3. Add the minced garlic to the onions and cook for another 1-2 minutes until fragrant.
4. Stir in the ground cumin, smoked paprika, cayenne pepper, salt, and black pepper. Cook for another minute to toast the spices. Add the cooked lentils to the onion-spice mixture. Stir well to combine and cook for a few minutes to allow the flavors to meld together.
5. Remove the mixture from heat and let it cool slightly. Transfer the lentil mixture to a food processor or blender. Add lemon juice and blend until smooth and creamy. If the dip is too thick, you can add a little water or olive oil to reach your desired consistency. Taste and adjust seasoning if needed, adding more salt, pepper, or cayenne pepper for extra spice. Serve the spicy red lentil dip in a bowl, garnished with chopped fresh parsley or cilantro.
6. Optionally, drizzle with a swirl of Greek yogurt or tahini for added creaminess and flavor. If you like it even spicier, sprinkle with red pepper flakes before serving.
7. Enjoy the dip with your favorite Mediterranean diet-friendly dippers like pita bread, vegetable sticks, or whole-grain crackers.



Endive Appetizer with Goat Cheese

PREP TIME: 15 minutes

COOK TIME: 0 minutes

SERVING: 2

NUTRITION:

Cal 120; Fat 8 g; Carb 6 g; Protein 5 g; Fiber: 2 g; Sodium: 180 mg;

- *2 large endives*
- *2 ounces soft goat cheese*
- *1 tablespoon honey*
- *2 tablespoons chopped walnuts*
- *1 tablespoon fresh thyme leaves*
- *Salt and pepper, to taste*
- *Optional: Balsamic glaze for drizzling*

INSTRUCTIONS:

1. Rinse the endives and pat them dry with paper towels. Cut off and discard the root end, then carefully separate the leaves, keeping them intact.
2. In a small bowl, mix the soft goat cheese with honey until well combined. Season with salt and pepper to taste.
3. Spoon a small amount of the goat cheese mixture onto the base of each endive leaf.
4. Sprinkle chopped walnuts over the goat cheese mixture in each endive leaf.
5. Garnish with fresh thyme leaves, distributing them evenly among the endive leaves.
6. Arrange the filled endive leaves on a serving platter.
7. Optionally, drizzle a little balsamic glaze over the filled endive leaves for extra flavor and presentation.
8. Serve the endive appetizer with goat cheese immediately as a delicious and elegant Mediterranean diet-friendly snack or appetizer.

Measurement Conversion Chart

Measuring Spoons and Tablespoons:
1 teaspoon (tsp) = 5 milliliters (ml)
1 tablespoon (tbsp) = 3 teaspoons = 15 milliliters

Cup Measures:
1 cup (c) = 16 tablespoons = 8 fluid ounces
(fl oz) = 240 milliliters (ml)

Pints, Quarts, Gallons, and Pounds:
1 pint (pt) = 2 cups = 16 fluid ounces
1 quart (qt) = 2 pints = 4 cups = 32 fluid ounces
1 gallon (gal) = 4 quarts = 8 pints = 16 cups = 128 fluid ounces
1 pound (lb) = 16 ounces (oz)

Conversion of Metric Volumes:
1 milliliter (ml) = 0.001 liters (l)
1 liter (l) = 1000 milliliters

Conversion of Metric Scales:
1 gram (g) = 0.001 kilograms (kg)
1 kilogram (kg) = 1000 grams

Conversion of Cooking Temperature and Oven Temperature:
°F to °C: Celsius = (Fahrenheit - 32) / 1.8
°C to °F: Fahrenheit = (Celsius * 1.8) + 32

Example: 350°F = (350 - 32) / 1.8 = 176.67°C
180°C = (180 * 1.8) + 32 = 356°F

Meal Plan

Day 1

Total calories per day: 1421 kcal, Fat 66 g, Carbs 146 g, Protein 59 g
Breakfast: Vegetable frittata
Lunch 1: Quinoa and Chia Oatmeal Mix
Lunch 2: Mediterranean Hummus Bracket Bowl
Add 2 slices of whole grain bread or crispbread
Dinner: Pumpkin pancakes at night

Day 2

Total calories per day: 1478 kcal, Fat 66 g, Carbs 148 g, Protein 73 g
Breakfast: Avocado Toast with poached egg
For dessert, 200 g of berries
Lunch 1: Quinoa Breakfast Bowl
Lunch 2: Greek Yogurt Bowl with granola and fruit
Dinner: Greek Lemon Chicken Soup (Avgolemono)

Day 3

Total calories per day: 1355 kcal, Fat 64 g, Carbohydrates 154 g, Proteins 50 g
Breakfast: Vegetarian omelet
For dessert, 200 g of berries
Lunch 1: Quinoa porridge with almond milk
Lunch 2: Tuscan white bean soup
Add 2 slices of whole grain bread or crispbread + 10 g butter
Dinner: Mediterranean noodles

Day 4

Total calories per day: 1451 kcal, Fat 68 g, Carbohydrates 158 g, Proteins 63 g
Breakfast: Cheese sticks with oatmeal (make 2 servings)
200 g fresh berries
30 g nuts
Lunch 2: Quinoa Tabbouleh Salad
Dinner: Egg White Frittata with Smoked Salmon
Add 2 slices whole grain bread or crispbread

Day 5

Total Calories for the Day: 1387 kcal, Fat 72 g, Carbs 133 g, Protein 58 g
Breakfast: Shakshuka
Add 2 slices whole grain bread or crispbread + 10 g butter
Lunch: Creative Blueberry Pecan Oatmeal
Lunch 2: Vegetable Soup, Cheese Sticks with Oatmeal
Dinner: Stuffed Avocado with Tuna (make for 2 times)

Day 6

Total Calories for the Day: 1412 kcal, Fat 64 g, Carbs 140 g, Protein 78 g
Breakfast: Mediterranean Overnight Oat
Lunch 1: Chunky Mediterranean Tomato Soup,
Add 2 slices of whole grain bread or crispbread
Lunch 2: Stuffed avocado with tuna
Dinner: Lasagne with chicken and spinach

Day 7

Total calories for the day: 1367 kcal, Fat 54 gr, Carbohydrates 157 g, Proteins 80 g
Breakfast: Babi Kale with quinoa and lingonberries
Lunch 1: Greek chicken with rice in a frying pan
Lunch 2: Whole wheat penne with roasted vegetables
200 gr fresh berries
Dinner: Zucchini and parsnips
+ 30 gr nuts

Day 8

Total calories per day: 1472 kcal, Fat 58 g, Carbs 158 g, Proteins 81 g
Breakfast: Mediterranean chia seed pudding
Lunch 1: Grilled chicken with roasted vegetables
Add 2 slices of whole grain bread or crispbread
Lunch 2: Pesto Quinoa bowls with roasted vegetables and labneh
Dinner: Chicken and mushroom stuffed eggs

Day 9

Total calories per day: 1397 kcal, Fat 67 g, Carbs 113 g, Proteins 83 g
Breakfast: Berry-orange chia pudding
+ 30 g cashews

Lunch 1: Stuffed chicken breast with baked cauliflower
Add 2 slices of whole grain bread or crispbread
Lunch 2: Lamb Kebab Roll + 2 apricots
Dinner: Spinach and Feta Savori Pan-Kakes

Day 10

Total calories per day: 1334 kcal, Fat 57 g, Carbohydrates 143 g, Proteins 62 g
Breakfast: Salad with nuts
+ 200 g fresh berries
Lunch 1: Greek chicken with rice in a frying pan
Lunch 2: Spinach ravioli with artichokes and olives
Dinner: Zucchini rolls with smoked mozzarella

Day 11

Total calories per day: 1416 kcal, Fat 57 g, Carbohydrates 156 g, Proteins 64 g
Breakfast: Pancakes whole grain Greek yogurt
+ 200 g fresh berries
+ 30 g almonds
Lunch 1: Greek turkey burgers with tzatziki sauce
Lunch 2: Mini apple pies without sugar
Dinner: Vegetarian rolls with minced chicken and steam
Add 2 pieces of whole grain bread or crispbread
3 apricots

Day 12

Total calories per day: 1507 kcal, Fat 65 g, Carbohydrates 150 g, Proteins 72 g
Breakfast: Shakshuka
+ 200 g fresh berries
+ 30 g cashews
Lunch 1: Turkey meat with zucchini spaghetti
Lunch 2: Quick-cooking dumplings «Mediterranean
Dinner: Rolls from zucchini with smoked mozzarella

Day 13

Total calories per day: 1414 kcal, Fat 62 g, Carbs 136 g, Proteins 79 g
Breakfast: Casserole with Brussels sprouts, cheese and pistachios
+ 200 g fresh berries
Lunch 1: Grilled Khalibut with pilaf
Lunch 2: Salmon rice bowl with beets and Brussels sprouts
Dinner: Stuffed portobello mushrooms

Day 14

Total calories per day: 1374 kcal, Fat 64 g, Carbs 148 g,
Proteins 56 g
Breakfast: Almond Orange Kake
+ 200 g fresh berries
Lunch 1: Salmon rice bowl
Lunch 2: Peanut Butter Energy Bars
Dinner: Yam Torta

Day 15

Total calories per day: 1344 kcal, Fat 71 g, Carbs 118 g,
Proteins 70 g
Breakfast: Steaming stuffed egg mince
+ 30 g cashews
+ 200 g fresh berries
Lunch 1: Grilled Lagman chops in Greek style
+ 2 apricots
Lunch 2: Italian-inspired Baked Haddock
Dinner: Low-calorie apple muffin

Day 16

Total calories per day: 1397 kcal, Fat 56 g, Carbs 161 g,
Proteins 55 g
Breakfast: Avocado Toast with poached egg
3 apricots
Lunch 1: Pan-fried pasta with chicken and spinach
Lunch 2: Greek almond cookies
+ 200 g fresh berries
Dinner: Rosemary Olive oil Teacakes
+ 30 g pistachios

Day 17

Total calories per day: 1352 kcal, Fat 51 g, Carbohydrates 149 g,
Protein 63 g
Breakfast: Cinnamon with nuts and apples
Lunch 1: Grilled Seyas bass with asparagus
Add 2 slices of whole grain bread or crispbread
Lunch 2: Stuffed zucchini boats

Cheese sticks with oatmeal
Dinner: Chicken gyros with tzatziki sauce

Day 18

Total calories per day: 1378 kcal, Fat 66 g, Carbohydrates 133 g, Protein 60 g
Breakfast: Peanut butter cookies
Turkish yogurt Kake with figs
Lunch 1: Pork tenderloin with herb crust
Add 2 slices whole grain bread or crispbread
Lunch 2: Zucchini cakes
+ 30 g almonds
Dinner: Quinoa crispy bars
+ 200 g fresh berries

Day 19

Total calories per day: 1418 kcal, Fat 67 g, Carbohydrates 144 g, Proteins 54 g
Breakfast: Ricotta Casserole with raisins
+ 200 g fresh berries
Lunch 1: Salmon and spinach gnocchi in cream sauce
Lunch 2: Grilled pineapples with honey and mint
+ 30 g almonds
Dinner: Apricot-sunflower granola leopard

Day 20

Total daily calories: 1385 kcal, Fat 59 g, Carbs 164 g, Protein 52 g
Breakfast: Carrot Cake Energy Bites
+ 200 g fresh berries
Lunch 1: Pide
+ 30 g cashews
Lunch 2: Spinach and sweet red pepper muffins
+ 3 apricots
Dinner: Smoked salmon, avocado and cucumber bites
Add 2 slices whole grain bread or crispbread

Day 21

Total daily calories: 1416 kcal, Fat 70 g, Carbs 137 g, Protein 60 g
Breakfast: Endive appetizer with Goa cheese
+ 200 g fresh berries
+ 30 g almonds
Lunch 1: Beef kebabs with green salad
Add 2 slices whole grain bread or crispbread
Lunch 2: Olive oil chocolate chip cookies
Whole-grain Greek yogurt Pancakes
Dinner: Spinach and feta Savory Pancakes
+ 3 apricots

Day 22

Total calories per day: 1434 kcal, Fat 67 g, Carbs 149 g, Protein 63 g
Breakfast: Energy bars with berries and almonds
+ 200 g fresh berries
Lunch 1: Spicy red lentil dip
Cheese sticks with oatmeal
Lunch 2: Vegetable frittata
Add 2 slices of whole grain bread or crispbread
Dinner: Salmon rice bowl with beets and Brussels sprouts

Day 23

Total calories per day: 1337 kcal, Fat 60 g, Carbs 155 g, Protein 49 g
Breakfast: Chocolate mousse from Greek yogurt
+ 200 g fresh berries
+ 30 g cashews
Lunch 1: Egg rollatini
Fruit sorbet «Mediterranean»
Lunch 2: Crispy roasted chickpeas
Dinner: Stuffed leave (dolma)

Day 24

Total calories per day: 1351 kcal, Fat 68 g, Carbohydrates 134 g, Proteins 52 g
Breakfast: Rolls with smoked salmon
+ 200 g fresh berries
Lunch 1: Creative blueberry-pecan oatmeal
Cucumber bites with Wednesday
Lunch 2: Apple with almond butter cinnamon
+ 30 g pistachios
Dinner: Bracket bowl with hummus «Mediterranean»

Day 25

Total calories per day: 1346 kcal, Fat 68 g, Carbs 137 g, Proteins 55 g
Breakfast: Curried Cashews
+ 200 g fresh berries
Lunch 1: Zucchini Chips

Stuffed Portobello Mushrooms
Add 2 slices of whole grain bread or crispbread
Lunch 2: Baked Brownies with Almond Syrup and Almond Crumble
Dinner: Salmon Rice Bowl

Day 26

Total Calories for the Day: 1369 kcal, Fat 74 g, Carbs 103 g, Proteins 75 g
Breakfast: Veggie Omelette
+ 200 g fresh berries
+ 30 g Cashews
Lunch 1: Crispy Roasted Chickpeas
Lunch 2: Italian-inspired baked Haddock
Add 2 slices whole grain bread or crispbread
Dinner: Zucchini rolls with smoked mozzarella

Day 27

Total calories per day: 1488 kcal, Fat 79 g, Carbohydrates 105 g, Protein 87 g
Breakfast: Skewers with Mediterranean cabbage
+ 200 g fresh berries
+ 30 g almonds
Lunch 1: Beef kebabs with green salad
Lunch 2: Greek lemon chicken soup (Avgolemono)
Dinner: Egg rollatini

Day 28

Total calories per day: 1451 kcal, Fat 63 g, Carbohydrates 154 g, Protein 87 g
Breakfast: Avocado Toast with poached egg
+ 200 g fresh berries
Lunch 1: Grilled Sejas Bass with Asparagus
Lunch 2: Whole Wheat Penne with Roasted Vegetables
Dinner: Greek Yogurt Bowl with Granola and Fruit
+ 30 g Pistachios

Day 29

Total calories per day: 1352 kcal, Fat 69 g, Carbs 132 g, Protein 51 g
Breakfast: Stuffed avocado with tuna
Lunch 1: Pesto Quinoa bowls with roasted vegetables and labneh
Lunch 2: Olive tapenade
Add 2 slices of whole grain bread or crispbread
Dinner: Pumpkin pancakes at night

Day 30

Total calories per day: 1474 kcal, Fat 66 g, Carbs 162 g, Protein 44 g
Breakfast: Apricot-sunflower granola bars
+ 30 g almonds
Lunch 1: Skewers with Greek lard
Stuffed leaves (dolmas)
Lunch 2: Vegetarian Chicken Steam Rolls
Dinner: Instant Dumplings «Mediterranean»

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About the Author

Emma Foster has dedicated 18 years to the study of proper nutrition and diets. She ap-plies this wealth of knowledge successfully to her daily life. Her experience provides an in-depth understanding of the challenges faced by those who seek to improve their health. Through dieting, Emma's life has undergone positive changes, and today, she uses her personal experience to guide others on a similar path.

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