



The 30-Minute Mediterranean Diet Cookbook for Beginners

**120+ Quick & Healthy Recipes with
Full-Color Pictures, 28-Day Meal Plan
& Shopping List for Busy People and
New Cooks**



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INTRODUCTION TO THE MEDITERRANEAN DIET: A FRESH, FLAVORFUL PATH TO LASTING HEALTH

WHAT IS THE MEDITERRANEAN DIET?

The Mediterranean Diet is more than just a way of eating - it's a lifestyle rooted in the traditional culinary habits of countries bordering the Mediterranean Sea, such as Greece, Italy, Spain, and southern France. Recognized for its vibrant flavours, heart-healthy ingredients, and nourishing balance, this diet has stood the test of time.

Rather than focusing on strict rules or counting calories, the Mediterranean Diet emphasizes **fresh, whole foods, simple preparation, and joyful, mindful eating**. It celebrates seasonal produce, high-quality fats, lean proteins, and a relaxed, communal meal approach.

At its core, the Mediterranean Diet is built on the following components:

- **Fruits and Vegetables:** A rainbow of fresh, seasonal produce forms the foundation of nearly every meal.
- **Whole Grains:** Bulgur, farro, whole wheat, brown rice, and oats are preferred over refined grains.
- **Healthy Fats:** Olive oil is the primary source of fat, replacing butter or margarine in cooking and dressings.
- **Legumes and Nuts:** Beans, lentils, chickpeas, almonds, and walnuts offer plant-based protein and fibre.
- **Lean Proteins:** Fish, seafood, poultry, and eggs are eaten regularly, while red meat is enjoyed in moderation.
- **Dairy in Moderation:** Cheese and yoghurt are included in small amounts, often as part of meals rather than snacks.
- **Herbs and Spices:** Meals are flavoured with garlic, oregano, basil, mint, and cinnamon rather than salt or heavy sauces.
- **Wine in Moderation:** A small red wine with meals is standard, though it's always optional.
- **Water as the Main Beverage:** Sugary drinks are avoided for water, herbal teas, or coffee.

Importantly, the Mediterranean Diet isn't just about *what* you eat - it's also about *how* you eat: slowly, socially, and with appreciation.

HEALTH BENEFITS BACKED BY SCIENCE

The Mediterranean Diet is consistently ranked among the healthiest diets in the world. Decades of research support its role in preventing chronic disease and promoting long-term well-being.

Proven Health Benefits:

- **Heart Health:** Numerous studies, including those by the American Heart Association, show that this diet reduces the risk of heart disease and stroke.
- **Weight Management:** The diet encourages nutrient-dense foods and healthy fats, which help with satiety and reduce overeating.
- **Diabetes Control:** Its emphasis on fibre-rich grains and low-glycemic foods helps regulate blood sugar levels.
- **Brain Health:** Linked to a lower risk of Alzheimer's and cognitive decline due to its anti-inflammatory and antioxidant-rich foods.

- **Cancer Prevention:** A plant-heavy diet with lots of olive oil and fish has been associated with reduced cancer risk.
- **Longevity:** Mediterranean populations tend to live longer, healthier lives with fewer chronic illnesses.

What makes the diet especially appealing is its *sustainability*. Unlike restrictive or fad diets, the Mediterranean Diet is realistic, flexible, and culturally enjoyable, making it easier to follow for life.

WHY 30-MINUTE MEALS MATTER

In today's fast-paced world, time is a precious commodity. Many people believe cooking Mediterranean meals requires hours in the kitchen, but that's a myth.

Quick, wholesome Mediterranean recipes can be made in **30 minutes or less**, especially when your pantry is stocked with essentials and your cooking methods are streamlined.

This cookbook was created with **busy home cooks in mind** -people who want the health benefits and incredible flavours of the Mediterranean lifestyle but need meals that fit into real-life schedules.

Whether cooking for one, feeding a family, or prepping ahead, this book offers **fast, fuss-free recipes** that nourish the body without sacrificing flavour or quality.

How to Use This Book for Maximum Results

To get the most out of this cookbook - and the Mediterranean Diet itself - start by embracing a few simple principles:

- **Start small.** Introduce one Mediterranean-style meal each day.
- **Cook with purpose.** Use fresh ingredients, limit processed foods, and savour the cooking process.
- **Eat mindfully.** Turn off distractions and make meals an occasion, even on busy weekdays.
- **Share meals.** Enjoy food with others - family, friends, or neighbours - whenever possible.
- **Keep it flexible.** This isn't about perfection. It's about progress and enjoying the journey.

This book is divided into chapters based on meal types - from breakfast and salads to seafood, grains, and sweet treats. Each recipe is:

- Designed to be ready in **30 minutes or less**
- Focused on **balanced nutrition**
- Made with **accessible, wholesome ingredients**
- Full of **Mediterranean flavour and heart**

Incorporating the Mediterranean Diet into Daily Life

Ready to get started? Here are some **practical ways to adopt the Mediterranean Diet** with ease:

Simple Swaps:

- Use olive oil instead of butter or margarine.
- Choose whole grains (like brown rice or quinoa) over white rice or pasta.
- Replace sugary snacks with nuts, fruit, or plain yoghurt.
- Opt for grilled or baked fish instead of fried meats.

- Add legumes to soups, stews, and salads for a plant-based protein boost.

Shopping Tips:

- Shop the grocery store's perimeter for fresh produce, seafood, and whole foods.
- Keep staples like canned beans, olives, whole grain pasta, tomatoes, and herbs on hand.
- Buy seasonal produce and try something new each week.

Cooking Techniques:

- Sauté with olive oil and garlic.
- Roast vegetables for added depth of flavour.
- Grill meats and seafood for a healthy char.
- Make fresh sauces with herbs, lemon juice, and olive oil.

Meal Planning Made Easy:

- Choose 2–3 core proteins (like chicken, salmon, or chickpeas) to build your week's meals.
- Prep ingredients like chopped veggies and cooked grains in advance.
- Use leftovers creatively - today's grilled veggies can be tomorrow's salad topping or wrap filling.

CONCLUSION: EMBRACE THE MEDITERRANEAN SPIRIT

The Mediterranean Diet is not just a strategy for better health - it's a celebration of life. It's about choosing **fresh, wholesome food**, cooking joyfully, eating **slowly and socially**, and moving your body regularly.

Imagine enjoying a vibrant plate of grilled vegetables, fresh herbs, and a drizzle of golden olive oil under the sun with people you love. That's the essence of Mediterranean living.

Whether you're here for better health, weight management, or a more delicious way to eat, the Mediterranean Diet offers all that - and more.

So pour a glass of water (or a little wine), prepare a quick meal, and savour every bite. Here's to **eating well, feeling great, and living fully** - the Mediterranean way.

CHAPTER 1: MEDITERRANEAN PANTRY STAPLES

The beauty of the Mediterranean diet lies in its simplicity: fresh ingredients, bold flavours, and wholesome meals that are easy to prepare. To cook delicious 30-minute Mediterranean meals, stocking your kitchen with the right staples is essential.

In this chapter, you'll discover the core ingredients, herbs, and tools that make fast and flavorful cooking possible, even on the busiest days.

MUST-HAVE INGREDIENTS FOR QUICK COOKING

A well-stocked pantry is your secret weapon for preparing quick and healthy Mediterranean meals. Here are the must-haves:

Whole Grains

- **Quinoa** – cooks in just 15 minutes and is a protein-rich base for salads or bowls.
- **Couscous** – a staple in North African cuisine that steams in under 10 minutes.
- **Brown rice & wild rice** – longer cooking, but great to prep ahead.
- **Whole wheat pasta & orzo** – for quick pasta dishes that offer more fibre.

Canned & Jarred Essentials

- **Chickpeas and cannellini beans** – perfect for salads, stews, or quick mash.
- **Tomatoes (crushed, diced, or pasted)** – create sauces or bases in no time.
- **Tuna, sardines, or salmon in olive oil** – protein-packed and ready to eat.
- **Jarred roasted red peppers, olives, and artichoke hearts** – excellent for sides, spreads, or pasta tosses.

Healthy Fats & Dairy

- **Extra virgin olive oil** – the heart of the Mediterranean diet.
- **Feta, halloumi, and Greek yoghurt** – for flavour, creaminess, and protein.

Nuts & Seeds

- **Almonds, walnuts, pine nuts, and sesame seeds** add crunch and healthy fats.
- **Tahini (sesame seed paste)** – a base for dressings and sauces.

Whole-grain breads & Wraps

- **Pita bread** – versatile and quick to warm for wraps or chips.
- **Whole grain flatbreads or tortillas** – for roll-ups or personal pizzas.

HERBS, SPICES & OILS THAT ADD AUTHENTIC FLAVOR

The Mediterranean kitchen comes alive with aromatic herbs and warming spices. These staples help you build flavour fast:

Herbs

- **Fresh or dried oregano** – a Mediterranean classic.
- **Basil** – perfect for pasta, sauces, and salads.
- **Parsley & mint** – for bright, fresh flavour.
- **Rosemary & thyme** – great for roasting meats and vegetables.

Spices

- **Cumin** is earthy and aromatic and is used in North African and Middle Eastern dishes.
- **Cinnamon** – used in savoury stews and sweet treats alike.
- **Paprika (especially smoked)** – adds depth and colour to proteins and sauces.
- **Turmeric** adds a golden hue and anti-inflammatory properties.

Flavorful Oils & Acids

- **Extra virgin olive oil** – for drizzling, cooking, and dressing.
- **Lemon juice & zest** – a brightener for almost every dish.
- **Red wine vinegar & balsamic vinegar** – for dressings and marinades.

These ingredients transform simple dishes into vibrant, satisfying meals in under 30 minutes.

TIME-SAVING TIPS: WHAT TO PREP AHEAD

Meal prep doesn't mean spending hours in the kitchen, but being smart with your time. Here's what to prep for effortless weekday cooking:

- **Cook a big batch of grains (like brown rice, farro, or quinoa)** and store them in the fridge for up to 5 days.
- **Wash and chop veggies like bell peppers, cucumbers, or cherry tomatoes** and store them in containers.
- **Whisk up dressings and sauces (e.g., vinaigrettes or tahini sauce)** beforehand.
- **Boil a few eggs** or roast a tray of mixed veggies for grab-and-go lunches.
- **Prepare the garlic and lemon juice in small jars for quick flavour boosts.**

You'll shave 10–15 minutes off your daily time by prepping just one or two items weekly.

BEST KITCHEN TOOLS FOR 30-MINUTE MEDITERRANEAN MEALS

Having the right tools makes all the difference when time is tight. Equip your kitchen with these basics:

- **Chef's knife and cutting board** – for quick and safe chopping.
- **Large skillet or sauté pan** – excellent for one-pan meals.
- **Small saucepan and medium pot** – for boiling grains or heating sauces.
- **Salad spinner** – saves time washing and drying greens.
- **Blender or mini food processor** – for dips, dressings, and hummus.
- **Citrus juicer or zester** – to add bright citrus flavour quickly.
- **Sheet pans** are for fast roasting in the oven.

These tools aren't fancy, but they're functional and help you eat healthy even when hectic.

WRAP-UP: READY, SET, COOK!

With a stocked pantry, fragrant herbs, a little prep, and the right tools, you're well on your way to making fast, nourishing Mediterranean meals that taste like they took hours. The rest of this book is packed with recipes that bring these staples to life—so grab your skillet, pour some olive oil, and cook the Mediterranean in 30 minutes or less!



**CHAPTER 2:
BREAKFASTS IN 30
MINUTES OR LESS**



Greek Yogurt Parfait with Honey and Walnuts

Calories: 260 | Protein: 14g | Carbohydrates: 21g | Fats: 14g | Fiber: 2g |
Cholesterol: 10mg | Sodium: 50mg | Potassium: 300mg

Yield: 2 servings | Prep Time: 10 minutes | Cook Time: 0 minutes



Mediterranean Diet Highlight:

Greek yogurt provides probiotics and protein, walnuts offer heart-healthy omega-3s, and honey adds natural sweetness. Berries bring antioxidants and fiber.

Ingredients

- 1½ cups plain Greek yogurt (2% or whole milk for creaminess)
- 2 tbsp raw honey (or date syrup for variation)
- ¼ cup walnuts, chopped and lightly toasted
- ½ tsp ground cinnamon (optional)
- 1 tsp orange zest (optional for brightness)
- ½ cup fresh berries (e.g., strawberries, blueberries, raspberries)
- Pinch of sea salt (optional, enhances flavor)

Instructions

1. Toast the walnuts (Optional but Recommended): In a dry skillet over medium heat, toast the chopped walnuts for 2–3 minutes until fragrant. Let cool.
2. Layer the parfait: Spoon a layer of Greek yogurt (about ¾ cup each) into two small glasses or bowls.
3. Add the flavor: Drizzle 1 tbsp of honey over each serving. Sprinkle with toasted walnuts, cinnamon, and optional orange zest.
4. Top with fruit: Finish with a generous handful of fresh berries.
5. Serve: Enjoy immediately or refrigerate for up to 2 hours for a chilled treat.

Spinach and Feta Egg Muffins

Calories: 160 | Protein: 12g | Carbohydrates: 3g | Fats: 11g | Fiber: 1g |
Cholesterol: 280mg | Sodium: 360mg | Potassium: 200mg

Yield: 6 muffins | Prep Time: 10 minutes | Cook Time: 20 minutes



Mediterranean Diet Highlight:

These egg muffins are packed with heart-healthy ingredients like spinach, olive oil, and feta, offering a protein-rich, low-carb meal infused with the vibrant flavors of the Mediterranean lifestyle.

Ingredients

- 6 large eggs
- 1 cup fresh spinach, chopped
- 1/3 cup crumbled feta cheese
- 2 tbsp red onion, finely diced
- 2 tbsp sun-dried tomatoes, chopped (oil-packed, drained)
- 1 tbsp fresh parsley or dill, chopped (optional)
- 1/4 tsp dried oregano
- 1/4 tsp garlic powder
- Salt and black pepper to taste
- Olive oil spray (for muffin tin)

Instructions

1. Preheat the oven to 350°F (175°C). Lightly spray a 6-cup muffin tin with olive oil.
2. Whisk the eggs in a medium bowl until smooth—season with oregano, garlic powder, salt, and pepper.
3. Add the chopped spinach, feta, red onion, sun-dried tomatoes, and herbs (if using). Mix gently to combine.
4. Pour the mixture evenly into the muffin cups, filling each about ¾ full.
5. Bake for 18–20 minutes until the egg muffins are set and lightly golden on top.
6. Let cool for 5 minutes, then remove from the tin. Serve warm or store in the fridge for up to 4 days.

Avocado Toast with Za'atar and Cherry Tomatoes

Calories: 275 | Protein: 5g | Carbohydrates: 25g | Fats: 18g | Fiber: 8g |
Cholesterol: 0mg | Sodium: 180mg | Potassium: 650mg

Yield: 2 servings | Prep Time: 10 minutes | Cook Time: 0 minutes



Ingredients

- 2 slices whole grain or sourdough bread
- 1 ripe avocado
- 1 tsp extra virgin olive oil
- 1 tsp fresh lemon juice
- ½ tsp za'atar seasoning (plus more to taste)
- ½ cup cherry tomatoes, halved
- 1 tbsp chopped fresh parsley or mint (optional)
- Sea salt and cracked black pepper, to taste
- Optional: pinch of red pepper flakes

Instructions

1. Toast the bread: Toast the bread slices to your desired crispness using a toaster or skillet.
2. Prepare the avocado spread: In a small bowl, mash the avocado with lemon juice, olive oil, za'atar, salt, and pepper until mostly smooth with some texture.
3. Assemble the toast: Spread the mashed avocado evenly over the toasted bread. Top with cherry tomatoes, cut side up.
4. Finish and serve: Sprinkle with additional za'atar and fresh herbs. If desired, add a pinch of red pepper flakes for heat. Serve immediately.

Mediterranean Diet Highlight:

This vibrant dish delivers healthy monounsaturated fats from avocado, anti-inflammatory benefits from za'atar and olive oil, and antioxidant-rich tomatoes—making it a delicious expression of the Mediterranean lifestyle.

Tomato and Cucumber Breakfast Salad with Olives

Calories: 190 | Protein: 2g | Carbohydrates: 8g | Fats: 17g | Fiber: 2g |
Sodium: 380mg | Cholesterol: 10mg | Potassium: 320mg

Yield: 2 servings | Prep Time: 10 minutes | Cook Time: 0 minutes



Ingredients

- 1 cup cherry tomatoes, halved
- 1 cup cucumber, diced (peeled if preferred)
- ¼ cup Kalamata olives, pitted and sliced
- 2 tablespoons red onion, finely sliced
- 2 tablespoons extra virgin olive oil
- 1 tablespoon fresh lemon juice
- ¼ teaspoon sea salt (adjust to taste)
- ⅛ teaspoon freshly ground black pepper
- 1 tablespoon fresh parsley or mint, chopped (optional)
- 1 oz (about ¼ cup) crumbled feta cheese (optional for added creaminess)

Instructions

1. Prepare the vegetables: Combine cherry tomatoes, cucumber, olives, and red onion in a medium mixing bowl.
2. Make the dressing: In a small bowl or jar, whisk together olive oil, lemon juice, salt, and pepper.
3. Toss and garnish: Pour the dressing over the salad and gently toss to combine. Sprinkle with herbs and feta if using.
4. Chill (optional): For extra flavor, let sit for 5–10 minutes before serving.

Mediterranean Diet Highlight:

Packed with hydrating vegetables, heart-healthy olive oil, and flavorful olives, this salad reflects the Mediterranean lifestyle - fresh, simple, and full of nutrients that support heart health and longevity.

Mediterranean Scrambled Eggs with Herbs

Calories: 210 | Protein: 13g | Carbohydrates: 4g | Fat: 16g | Fiber: 1g |
Cholesterol: 330mg | Sodium: 290mg | Potassium: 240mg

Yield: 2 servings | Prep Time: 5 minutes | Cook Time: 7 minutes



Ingredients

- 4 large eggs
- 2 tbsp crumbled feta cheese
- 1 tbsp extra virgin olive oil
- 1 small tomato, diced (about ½ cup)
- ¼ cup chopped baby spinach
- 1 tbsp chopped red onion
- 1 tbsp fresh parsley, chopped
- 1 tbsp fresh basil or dill, chopped (optional, customize to taste)
- 1 small garlic clove, minced (optional for extra flavor)
- Salt and freshly ground black pepper to taste

Instructions

1. Prepare the ingredients: Crack the eggs into a bowl and whisk until frothy. Season lightly with salt and pepper.
2. Sauté the vegetables: Heat olive oil in a non-stick skillet over medium heat. Add red onion and garlic (if using) and cook for 1–2 minutes until softened. Add diced tomato and spinach, sautéing for another 1–2 minutes until spinach wilts.
3. Add eggs: Lower the heat slightly. Pour the beaten eggs over the veggies. Let set for a few seconds, then gently stir with a spatula, scraping from the edges to the center. Continue folding until softly scrambled.
4. Finish with the flavor: Just before the eggs are cooked, sprinkle in feta and fresh herbs. Stir briefly, then remove from heat. Eggs will finish cooking in the residual heat.
5. Serve: Plate immediately and garnish with extra herbs or a drizzle of olive oil if desired.

Mediterranean Diet Highlight:

This simple dish showcases the core of the Mediterranean Diet: fresh vegetables, heart-healthy olive oil, and flavorful herbs, all wrapped into a protein-rich, satisfying meal.

Mini Shakshuka (Baked Eggs in Tomato Sauce)

Calories: 165 | Protein: 10g | Carbohydrates: 10g | Fat: 10g | Fiber: 2g |
Cholesterol: 186mg | Sodium: 210mg | Potassium: 430mg

Yield: 4 servings | Prep Time: 10 minutes | Cook Time: 20 minutes



Ingredients

- 1 tbsp extra virgin olive oil
- 1 small red onion, finely chopped
- 2 garlic cloves, minced
- 1 red bell pepper, diced
- 1 tsp ground cumin
- ½ tsp smoked paprika (optional)
- ¼ tsp crushed red pepper flakes (optional)
- 1 can (14 oz / 400g) diced tomatoes, no salt added
- Salt and black pepper to taste
- 4 large eggs
- 2 tbsp chopped fresh parsley or cilantro (optional)
- ¼ cup crumbled feta cheese (optional)

Instructions

1. Preheat the oven to 375°F (190°C).
2. Sauté the aromatics: Heat olive oil in an oven-safe skillet over medium heat. Add onion and cook for 2–3 minutes until softened. Add garlic and bell pepper, sauté for another 3–4 minutes.
3. Add spices and tomatoes: Stir in cumin, paprika, and red pepper flakes (if using). Pour in the diced tomatoes, season with salt and pepper, and let simmer for 5–7 minutes, stirring occasionally.
4. Create wells and add eggs: Use a spoon to make 4 small wells in the sauce. Crack an egg into each well.
5. Bake: Transfer the skillet to the oven and bake for 8–10 minutes, or until egg whites are set but yolks remain slightly runny (or to desired doneness).
6. Garnish and serve: Sprinkle with chopped herbs and feta, if desired.

Mediterranean Diet Highlight:

This bowl features lean protein, heart-healthy olive oil, fiber-rich veggies, and classic Mediterranean staples like hummus and olives, which promote satiety, gut health, and reduced inflammation.

Olive Oil Granola with Dried Figs

Calories: 240 | Protein: 4g | Carbohydrates: 27g | Fat: 13g | Fiber: 4g |
Cholesterol: 0mg | Sodium: 65mg | Potassium: 220mg

Yield: 6 servings | Prep Time: 10 minutes | Cook Time: 30 minutes



Ingredients

- 2 cups old-fashioned rolled oats
- ½ cup raw almonds, chopped
- ¼ cup raw sunflower seeds
- 1 tsp ground cinnamon
- ¼ tsp sea salt
- ⅓ cup extra virgin olive oil
- ⅓ cup pure maple syrup or honey
- 1 tsp vanilla extract
- ½ cup dried figs, chopped
- Optional: 1 tsp orange zest or ½ tsp ground cardamom for a citrusy or spiced twist

Instructions

1. Preheat the oven to 325°F (165°C). Line a baking sheet with parchment paper.
2. Combine dry ingredients: In a large mixing bowl, toss oats, almonds, sunflower seeds, cinnamon, and sea salt.
3. Mix wet ingredients: In a separate bowl, whisk olive oil, maple syrup (or honey), and vanilla extract. Pour the mixture over the oats and stir until fully coated.
4. Spread & bake: Evenly spread the mixture onto the baking sheet. Bake for 25–30 minutes, stirring once halfway through, until golden brown.
5. Cool & add figs: Remove from oven and let cool completely. Stir in chopped dried figs and optional zest or spices.
6. Store: Keep in an airtight container at room temperature for up to 2 weeks.

Mediterranean Diet Highlight:

This granola celebrates Mediterranean staples like extra virgin olive oil, nuts, and dried fruit. It offers heart-healthy fats, antioxidants, and a satisfying texture - ideal for a wholesome start to the day or a nourishing snack. Let me know if you want a companion recipe for the same page layout!

Cottage Cheese with Apricots and Pistachios

Calories: 170 | Protein: 13 g | Carbohydrates: 14 g | Fat: 8 g | Fiber: 2 g |
Cholesterol: 10 mg | Sodium: 320 mg | Potassium: 310 mg

Yield: 2 servings | Prep Time: 5 minutes | Cook Time: 0 minutes



Ingredients

- 1 cup low-fat cottage cheese
- 4 dried apricots, chopped (or 2 fresh apricots, sliced)
- 2 tablespoons shelled pistachios, roughly chopped
- 1 teaspoon honey (optional, or use date syrup for a more Mediterranean touch)
- 1/4 teaspoon ground cinnamon (optional)
- Fresh mint leaves for garnish (optional)

Instructions

1. Prepare the base: Divide the cottage cheese evenly into two serving bowls.
2. Add the toppings: Sprinkle chopped apricots and pistachios over the cottage cheese.
3. Finish with the flavor: Drizzle with honey or date syrup if using. Sprinkle a pinch of cinnamon and garnish with fresh mint leaves for a refreshing touch.
4. Serve immediately as a breakfast, snack, or light dessert.

Mediterranean Diet Highlight:

This recipe incorporates Mediterranean staples like dried fruits, nuts, and fresh dairy, offering a balance of protein, healthy fats, and natural sweetness. Pistachios and apricots are rich in antioxidants, fiber, and potassium, while cottage cheese adds a protein punch to keep you full and energized.

Whole Grain Toast with Hummus and Sliced Cucumber

Calories: 210 | Protein: 6g | Carbohydrates: 24g | Fiber: 5g | Fat: 10g |
Cholesterol: 0mg | Sodium: 260mg | Potassium: 280mg

Yield: 2 servings | Prep Time: 10 minutes | Cook Time: 0 minutes



Ingredients

- 2 slices whole grain or sprouted grain bread
- 4 tbsp classic hummus (store-bought or homemade)
- ½ medium cucumber, thinly sliced
- 1 tsp extra virgin olive oil
- ¼ tsp za'atar or dried oregano (optional)
- Pinch of sea salt
- Freshly ground black pepper, to taste
- Fresh herbs for garnish: parsley, mint, or dill (optional)
- Lemon wedge for serving (optional)

Instructions

1. Toast the bread to your preferred crispness using a toaster or oven.
2. Spread 2 tbsp of hummus evenly on each slice while warm.
3. Layer cucumber slices neatly on top of the hummus.
4. Drizzle with olive oil, then sprinkle with za'atar or oregano.
5. Season with salt and pepper, and garnish with fresh herbs.
6. Serve immediately, optionally, with a squeeze of lemon juice for brightness.

Mediterranean Diet Highlight:

This recipe combines fiber-rich whole grains, heart-healthy olive oil, and plant-based protein from hummus. It's naturally vegetarian, dairy-free, and loaded with fresh flavors and healthy fats - ideal for a balanced Mediterranean lifestyle.

Chickpea Flour Pancakes with Herbs

Calories: 180 | Protein: 7g | Carbohydrates: 20g | Fat: 9g | Fiber: 5g |
Cholesterol: 0mg | Sodium: 190mg | Potassium: 330mg

Yield: 4 servings | Prep Time: 10 minutes | Cook Time: 15 minutes



Ingredients

- 1 cup chickpea flour (also called gram flour or besan)
- 1 cup water
- 2 tablespoons extra virgin olive oil (plus more for cooking)
- 1 garlic clove, minced
- ¼ teaspoon sea salt
- ¼ teaspoon ground black pepper
- ½ teaspoon ground cumin (optional)
- ¼ cup chopped fresh parsley
- 2 tablespoons chopped fresh dill or cilantro (or a mix)
- 2 tablespoons finely chopped red onion or scallion

Instructions

1. Prepare the batter: In a medium bowl, whisk chickpea flour with water, olive oil, minced garlic, salt, pepper, and cumin (if using) until smooth. Let the batter rest for 5 minutes.
2. Add herbs and veggies: Fold in the chopped herbs and onion. The batter should be pourable; add a splash of water if needed.
3. Cook the pancakes: Heat a non-stick skillet or cast-iron pan over medium heat. Lightly brush with olive oil. Pour ¼ cup of batter per pancake and spread into a 4–5 inch circle.
4. Flip and cook: Cook for 2–3 minutes until the edges lift and bubbles form. Flip and cook another 1–2 minutes until golden and firm. Repeat with the remaining batter, adding oil as needed.

Mediterranean Diet Highlight:

Chickpea flour is high in plant-based protein and fiber, which supports blood sugar control. Olive oil is a heart-healthy fat rich in antioxidants. Fresh herbs and garlic boast anti-inflammatory benefits and flavor without added salt.

Greek Breakfast Wrap with Feta and Spinach

Calories: 280 | Protein: 17g | Carbohydrates: 20g | Fat: 15g | Fiber: 5g |
Cholesterol: 200mg | Sodium: 510mg | Potassium: 450mg

Yield: 2 servings | Prep Time: 10 minutes | Cook Time: 10 minutes



Ingredients

- 1 tsp extra virgin olive oil
- 2 cups fresh spinach, chopped
- 4 large eggs
- 2 tbsp milk (or unsweetened plant-based milk)
- ¼ tsp sea salt
- ⅛ tsp freshly ground black pepper
- ½ tsp dried oregano (optional)
- ¼ cup crumbled feta cheese
- 2 whole grain or low-carb wraps (8-inch)
- 1 small tomato, diced
- Optional: chopped fresh parsley or dill for garnish

Instructions

1. Sauté the spinach: Heat olive oil over medium heat in a nonstick skillet. Add spinach and cook for 1–2 minutes until wilted. Set aside.
2. Scramble the eggs: In a bowl, whisk eggs with milk, salt, pepper, and oregano (if using). Pour into the skillet and cook over medium-low heat, stirring gently until set (about 3–4 minutes). Remove from heat.
3. Assemble the wraps: Warm the wraps briefly in a dry skillet or microwave to soften them. Then, evenly distribute scrambled eggs, sautéed spinach, crumbled feta, and diced tomatoes in the center of each wrap.
4. Wrap & serve: Fold in the sides, roll tightly, and slice in half. If desired, garnish with parsley or dill.

Mediterranean Diet Highlight:

This quick and satisfying breakfast wrap embraces key Mediterranean staples like olive oil, leafy greens, eggs, and feta cheese. It's rich in protein, fiber, and healthy fats—perfect for a balanced start to your day.

Pita Breakfast Pizza with Eggs and Veggies

Calories: 290 | Protein: 14g | Carbohydrates: 28g | Fat: 14g | Fiber: 5g |
Cholesterol: 190mg | Sodium: 420mg | Potassium: 410mg

Yield: 2 servings | Prep Time: 10 minutes | Cook Time: 12 minutes



Ingredients

- 2 whole-wheat pita breads (6-inch)
- 2 tsp extra virgin olive oil
- ¼ cup crumbled feta cheese
- ½ cup cherry tomatoes, halved
- ½ cup baby spinach leaves
- ¼ red onion, thinly sliced
- 2 large eggs
- ½ tsp dried oregano (or fresh oregano, to taste)
- ¼ tsp crushed red pepper flakes (optional)
- Salt and black pepper, to taste
- Fresh parsley or basil, for garnish (optional)

Instructions

1. Preheat oven to 400°F (200°C). Line a baking sheet with parchment paper.
2. Brush pitas lightly with olive oil and place on the prepared baking sheet.
3. Top each pita with spinach, tomatoes, onion, and feta. Sprinkle with oregano and a pinch of salt and pepper.
4. Create a slight well in the center of each pita and carefully crack an egg into the center.
5. Bake for 10–12 minutes until the egg whites are set and yolks are slightly runny or cooked to your liking.
6. Remove from oven; sprinkle with crushed red pepper flakes and fresh herbs if using.
7. Slice and serve warm.

Mediterranean Diet Highlight:

This recipe features classic Mediterranean staples - olive oil, feta, vegetables, and whole grains - which support heart health and provide a balanced, nutrient-rich start to your day.

Fresh Fruit Salad with Yogurt Drizzle

Calories: 140 | Protein: 5g | Carbohydrates: 25g | Fat: 3g | Fiber: 4g |
Cholesterol: 3mg | Sodium: 20mg | Potassium: 390mg

Yield: 4 servings | Prep Time: 15 minutes | Cook Time: 0 minute



Ingredients

For the Salad:

- 1 cup strawberries, hulled and halved
- 1 cup seedless grapes (red or green), halved
- 1 cup cantaloupe or honeydew, cubed
- 1 cup blueberries
- 1 medium orange, peeled and segmented
- 2 tbsp chopped fresh mint (optional)
- 1 tbsp chopped pistachios or almonds (optional, for crunch)

For the Yogurt Drizzle:

- ½ cup plain Greek yogurt (low-fat or full-fat)
- 1 tbsp honey or maple syrup (adjust to taste)
- ½ tsp vanilla extract
- Zest of ½ lemon
- 1–2 tsp lemon juice (optional, for tang)

Mediterranean Diet Highlight:

This dish highlights antioxidant-rich fruits, probiotic-packed Greek yogurt, healthy fats from nuts, and fresh herbs - all central to the Mediterranean lifestyle, which supports heart health, digestive wellness, and balanced blood sugar.

Instructions

1. Prepare the fruit: Wash and chop all fruit as indicated. Combine in a large bowl.
2. Mix the drizzle: In a small bowl, whisk together the Greek yogurt, honey (or maple syrup), vanilla extract, lemon zest, and lemon juice until smooth.
3. Assemble the salad: Drizzle the yogurt mixture over the fruit before serving. Gently toss to coat or serve the drizzle on the side.
4. Garnish: Sprinkle with chopped mint and nuts if using. Serve chilled.

Lemon-Ricotta Pancakes with Blueberries

Calories: 180 | Protein: 10g | Carbohydrates: 18g | Fat: 8g | Fiber: 3g |
Cholesterol: 95mg | Sodium: 230mg | Potassium: 220mg

Yield: 4 servings | Prep Time: 10 minutes | Cook Time: 15 minutes



Ingredients

- ¾ cup part-skim ricotta cheese
- 2 large eggs
- ⅓ cup unsweetened almond milk (or low-fat milk)
- Zest of 1 lemon
- 1 tbsp lemon juice (freshly squeezed)
- 1 tsp vanilla extract
- ½ cup whole wheat flour (or oat flour for gluten-free)

- 1 tsp baking powder
- ¼ tsp sea salt
- 1 tbsp extra virgin olive oil (for cooking)
- ½ cup fresh or frozen blueberries

Optional Add-ins:

- ¼ tsp ground cinnamon or cardamom for warmth
- Chopped fresh mint or basil for a herby touch

Instructions

1. Mix wet ingredients: In a large bowl, whisk together ricotta, eggs, almond milk, lemon zest, lemon juice, and vanilla until smooth.
2. Add dry ingredients: Gently fold whole wheat flour, baking powder, and salt until combined. Do not overmix.
3. Cook the pancakes: Heat a non-stick skillet or griddle over medium heat and brush with olive oil. Pour ¼ cup batter per pancake. Sprinkle a few blueberries on each pancake. Cook for 2–3 minutes per side until golden and set.
4. Serve warm: Top with more fresh blueberries, a dollop of Greek yogurt, and a drizzle of honey (optional).

Mediterranean Diet Highlight:

This recipe highlights Mediterranean staples—ricotta, olive oil, lemon, whole grains, and berries - offering a delightful balance of flavor, fiber, and protein while supporting heart health and blood sugar control.

Sardines on Toast with Tomato and Arugula

Calories: 280 | Protein: 16g | Carbohydrates: 18g | Fiber: 4g | Fat: 17g |
Cholesterol: 35mg | Sodium: 350mg | Potassium: 420mg

Yield: 2 servings | Prep Time: 10 minutes | Cook Time: 5 minutes



Mediterranean Diet Highlight:

Rich in omega-3 fatty acids (sardines), antioxidants (tomatoes, arugula), heart-healthy fats (olive oil), and fiber (whole-grain bread), this dish embodies simplicity, balance, and bold flavor typical of the Mediterranean lifestyle.

Ingredients

- 2 slices whole grain or sourdough bread
- 1 can (3.75 oz / ~106g) sardines in olive oil, drained
- 1 medium ripe tomato, finely chopped
- 1 cup fresh arugula
- 1 small garlic clove, halved
- 2 tsp extra virgin olive oil
- 1 tsp fresh lemon juice
- 1/4 tsp sea salt (optional)
- 1/4 tsp black pepper
- Optional: Pinch of chili flakes, chopped fresh parsley or basil for garnish

Instructions

1. Toast the bread: Toast the bread slices until golden and crisp. While still warm, rub one side of each slice with the cut side of the garlic for flavor.
2. Tomato layer: Spoon the chopped tomato evenly over the garlic-rubbed toast. Drizzle with 1 tsp olive oil and season with a pinch of salt and pepper.
3. Add sardines: Arrange the sardines on the tomato layer. Break larger pieces in half if needed for even coverage.
4. Top with the arugula: In a small bowl, toss the arugula with lemon juice and the remaining 1 tsp of olive oil. Place a generous handful on top of each toast.
5. Garnish (Optional): Sprinkle with chili flakes for heat and fresh herbs for brightness.

Mushroom and Goat Cheese Omelet

Calories: 255 | Protein: 15g | Carbohydrates: 5g | Fiber: 1g | Fat: 19g |
Cholesterol: 330mg | Sodium: 265mg | Potassium: 320mg

Yield: 2 servings | Prep Time: 10 minutes | Cook Time: 8 minutes



Mediterranean Diet Highlight:

Olive oil is the primary fat. The diet includes fresh vegetables, herbs, and goat cheese. It is rich in protein and healthy fats and low in carbohydrates. It is naturally gluten-free and customizable for vegetarians.

Ingredients

- 4 large eggs
- 2 tbsp milk (or unsweetened almond milk)
- 1 cup cremini or button mushrooms, sliced
- 1 small shallot, finely chopped
- 2 oz goat cheese, crumbled
- 1 tbsp extra virgin olive oil
- 1 tbsp fresh parsley or chives, chopped (optional)
- Salt and freshly ground black pepper, to taste

Instructions

1. Whisk the eggs with milk, salt, and pepper until well combined and slightly frothy.
2. Heat 1 tsp olive oil in a nonstick skillet over medium heat. Add shallots and sauté for 1 minute, then add mushrooms. Cook for 4–5 minutes until tender and browned. Transfer to a small plate.
3. Wipe the skillet clean and add the remaining olive oil. Pour in the egg mixture and swirl the pan gently to distribute it.
4. Cook the omelet for 2–3 minutes until the edges begin to set. Use a spatula to lift the edges, gently letting the uncooked egg flow underneath.
5. Add the sautéed mushrooms and crumbled goat cheese to one-half of the omelet. Fold the other half over to enclose the filling.
6. Cook another 1–2 minutes until the omelet is fully set but moist inside.
7. Slide onto a plate, garnish with herbs if desired, and serve warm.



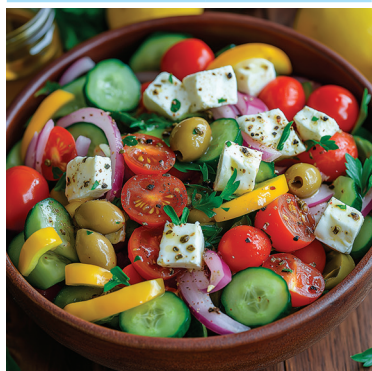
CHAPTER 3: LIGHT & SATISFYING SALADS



Classic Greek Salad with Lemon-Olive Oil Dressing

Calories: 210 | Protein: 5g | Carbohydrates: 10g | Fiber: 3g | Fat: 17g |
Cholesterol: 15mg | Sodium: 430mg | Potassium: 350mg

Yield: 4 servings | Prep Time: 15 minutes | Cook Time: 0 minutes



Ingredients

Salad:

- 2 cups cherry tomatoes, halved
- 1 cucumber, sliced (about 1 cup)
- 1/2 red onion, thinly sliced
- 1 yellow bell pepper, sliced
- 1/2 cup Kalamata olives, pitted
- 1/2 cup feta cheese, cut into cubes or crumbled
- 1/4 cup fresh parsley or oregano leaves (optional)

Dressing:

- 3 tbsp extra virgin olive oil
- 1 tbsp freshly squeezed lemon juice
- 1 tsp red wine vinegar
- 1/2 tsp dried oregano
- 1 small garlic clove, minced
- Salt and black pepper, to taste

Instructions

1. Prepare the vegetables: Wash and chop tomatoes, cucumbers, onion, and bell peppers, then place them in a large salad bowl.
2. Add olives and feta: Gently fold in Kalamata olives and feta cheese.
3. Make the dressing: Whisk together olive oil, lemon juice, red wine vinegar, oregano, and minced garlic in a small bowl or jar, and season with salt and pepper to taste.
4. Toss and serve: Drizzle the dressing over the salad and toss gently to combine. If using, garnish with fresh parsley or oregano.

Mediterranean Diet Highlight:

This salad is rich in antioxidants, heart-healthy fats from olive oil and olives, and calcium from feta cheese. It exemplifies the Mediterranean Diet's focus on fresh, whole foods and vibrant flavors with minimal processing.

Couscous Tabbouleh with Mint and Parsley

Calories: 180 | Protein: 4g | Carbohydrates: 24g | Fat: 8g | Fiber: 3g |
Cholesterol: 0mg | Sodium: 150mg | Potassium: 260mg

Yield: 4 servings | Prep Time: 15 minutes | Cook Time: 5 minutes



Ingredients

- 3/4 cup whole wheat couscous
- 3/4 cup boiling water
- 1 cup fresh parsley, finely chopped
- 1/2 cup fresh mint leaves, finely chopped
- 1 cup cherry tomatoes, diced
- 1/2 English cucumber, finely diced
- 2 green onions, finely sliced
- Zest and juice of 1 lemon (about 3 tbsp juice)

- 2 tbsp extra virgin olive oil
- 1/4 tsp sea salt (or to taste)
- 1/8 tsp ground black pepper

Optional Add-ins:

- 1/4 tsp ground cumin or sumac (for warmth or tang)
- 1/4 cup crumbled feta cheese
- 1/4 cup cooked chickpeas (for more protein)

Instructions

1. Cook the couscous: Combine the couscous and boiling water in a heatproof bowl. Cover with a lid or plate and let sit for 5 minutes. Fluff with a fork and let cool.
2. Chop fresh ingredients: While couscous cools, finely chop parsley, mint, cucumber, tomatoes, and green onions.
3. Mix the salad: Combine the cooled couscous with the chopped vegetables and herbs in a large bowl.
4. Dress and season: Add lemon zest and juice, olive oil, salt, and pepper. Mix well to combine. Adjust seasoning to taste.
5. Chill (optional): Refrigerate for 20–30 minutes before serving for deeper flavor.

Mediterranean Diet Highlight:

This light, refreshing tabbouleh is a Mediterranean classic made with fluffy couscous, fresh herbs, and a bright lemon-olive oil dressing. It's rich in fiber, vitamins, and antioxidants—perfect as a side dish or light lunch.

White Bean and Tuna Salad

Calories: 265 | Protein: 18g | Carbohydrates: 20g | Fat: 13g | Fiber: 6g |
Cholesterol: 20mg | Sodium: 420mg | Potassium: 540mg

Yield: 4 servings | Prep Time: 10 minutes | Cook Time: 0 minutes



Mediterranean Diet Highlight:

Olive oil, beans, tuna, lemon, herbs, and fresh vegetables combine to create a dish that supports heart health, satiety, and vibrant flavor - all core principles of the Mediterranean Diet.

Ingredients

- 1 (15 oz) can white beans (cannellini or navy), rinsed and drained
- 1 (5 oz) can tuna in olive oil, drained
- 1 cup cherry tomatoes, halved
- 1/2 small red onion, thinly sliced
- 1/4 cup Kalamata olives, pitted and halved
- 1/4 cup fresh parsley, chopped
- 2 tbsp extra virgin olive oil
- 1 tbsp fresh lemon juice (or more to taste)
- 1 tsp red wine vinegar (optional for extra tang)
- 1/2 tsp dried oregano (or 1 tsp fresh)
- Salt and black pepper, to taste
- Optional: 1 cup baby arugula or spinach, for added greens

Instructions

1. Combine the white beans, tuna, cherry tomatoes, red onion, olives, and parsley in a large bowl.
2. Whisk together the olive oil, lemon juice, vinegar (if using), oregano, salt, and pepper in a small bowl or jar.
3. Pour the dressing over the salad and gently toss to combine.
4. Taste and adjust seasoning if needed.
5. If using, fold in the arugula or spinach just before serving for extra freshness.

Chickpea Salad with Cucumber, Tomato & Feta

Calories: 255 | Protein: 9 g | Carbohydrates: 22 g | Fiber: 6 g | Fat: 15 g |
Cholesterol: 13 mg | Sodium: 370 mg | Potassium: 320 mg

Yield: 4 servings | Prep Time: 15 minutes | Cook Time: 0 minutes



Mediterranean Diet Highlight:

Packed with fiber-rich chickpeas, antioxidant-loaded vegetables, heart-healthy olive oil, and calcium-rich feta, this salad reflects the core of the Mediterranean Diet—fresh, whole ingredients that nourish body and soul.

Ingredients

- 1 can (15 oz / 400 g) chickpeas, drained and rinsed
- 1 cup cucumber, diced
- 1 cup cherry tomatoes, halved
- 1/3 cup red onion, thinly sliced
- 1/2 cup crumbled feta cheese
- 1/4 cup Kalamata olives, sliced
- 2 tbsp extra virgin olive oil
- 1 tbsp fresh lemon juice
- 1 tsp red wine vinegar
- 1 clove garlic, minced
- 1/2 tsp dried oregano (or 1 tsp fresh)
- Salt and pepper to taste
- Optional: 2 tbsp chopped fresh parsley or mint

Instructions

1. Combine the ingredients: In a large mixing bowl, add chickpeas, cucumber, tomatoes, red onion, feta, and olives.
2. Make the dressing: In a small bowl, whisk together olive oil, lemon juice, vinegar, garlic, oregano, salt, and pepper.
3. Toss the salad: Pour the dressing over the salad and gently toss until well combined.
4. Garnish: Sprinkle with fresh parsley or mint if desired.
5. Chill (optional): For best flavor, refrigerate 15–30 minutes before serving.

Lentil and Roasted Pepper Salad

Calories: 230 | Protein: 11g | Carbohydrates: 27g | Fiber: 10g | Fat: 9g |
Cholesterol: 6mg | Sodium: 240mg | Potassium: 530mg

Yield: 4 servings | Prep Time: 10 minutes | Cook Time: 20 minutes



Ingredients

- 1 cup dry brown or green lentils, rinsed
- 1 bay leaf (optional)
- 2 roasted red bell peppers, sliced (store-bought or homemade)
- 1 small cucumber, diced
- ¼ cup red onion, finely chopped
- ¼ cup crumbled feta cheese (optional)
- 2 tbsp extra virgin olive oil
- 1 tbsp red wine vinegar
- Juice of ½ lemon
- 1 garlic clove, minced
- 1 tsp dried oregano or 1 tbsp fresh chopped parsley
- Salt and freshly ground black pepper to taste

Instructions

1. Cook the lentils: Combine the lentils and bay leaf with 3 cups water in a medium saucepan. Bring to a boil, reduce heat, and simmer uncovered for 18–20 minutes until tender but not mushy. Drain and discard the bay leaf. Let cool slightly.
2. Make the dressing: In a small bowl, whisk together olive oil, red wine vinegar, lemon juice, garlic, oregano or parsley, salt, and pepper.
3. Assemble the salad: In a large bowl, combine cooked lentils, roasted peppers, cucumber, red onion, and feta (if using). Drizzle with dressing and toss gently to coat.
4. Serve: Serve warm or chilled. Garnish with extra herbs or lemon wedges, if desired.

Mediterranean Diet Highlight:

This salad contains plant-based protein, fiber, and antioxidants. Lentils promote heart health and satiety, while roasted peppers and olive oil offer anti-inflammatory compounds essential to the Mediterranean lifestyle.

Farro Salad with Sun-Dried Tomatoes and Olives

Calories: 260 | Protein: 6g | Carbohydrates: 35g | Fat: 11g | Fiber: 6g |
Cholesterol: 0mg | Sodium: 300mg | Potassium: 420mg

Yield: 4 servings | Prep Time: 10 minutes | Cook Time: 20 minutes



Ingredients

- 1 cup uncooked farro (pearled for quicker cooking)
- 2 cups water or low-sodium vegetable broth
- ½ cup sun-dried tomatoes (packed in oil), thinly sliced
- ¼ cup Kalamata olives, pitted and halved
- 1 cup cherry tomatoes, halved
- ¼ cup red onion, finely chopped
- 2 tbsp extra virgin olive oil
- 1 tbsp red wine vinegar or lemon juice
- 1 garlic clove, minced
- ½ tsp dried oregano (or 1 tsp fresh)
- ¼ tsp sea salt (adjust to taste)
- ¼ tsp black pepper
- 2 tbsp fresh parsley or basil, chopped (optional)

Instructions

1. Cook the farro: Combine the farro with broth in a medium saucepan. Bring to a boil, reduce heat, cover, and simmer for 15–20 minutes until tender. Drain any excess liquid and let cool slightly.
2. Make the dressing: In a small bowl, whisk together olive oil, vinegar or lemon juice, garlic, oregano, salt, and pepper.
3. Assemble the salad: In a large bowl, combine cooked farro, sun-dried tomatoes, olives, cherry tomatoes, and red onion. Drizzle with the dressing and toss gently.
4. Finish and serve: If using, garnish with fresh parsley or basil. Serve at room temperature or slightly chilled.

Mediterranean Diet Highlight:

Farro is a fiber-rich whole grain that supports digestion and satiety. Combined with heart-healthy olive oil and antioxidant-rich sun-dried tomatoes, this salad showcases the wholesome essence of the Mediterranean lifestyle.

Quinoa Salad with Cucumber and Lemon

Calories: 230 | Protein: 6g | Carbohydrates: 27g | Fat: 11g | Fiber: 4g |
Cholesterol: 0mg | Sodium: 220mg | Potassium: 350mg

Yield: 4 servings | Prep Time: 10 minutes | Cook Time: 15 minutes



Mediterranean Diet Highlight:

Rich in fiber, plant protein, and healthy fats, this salad embodies the heart-healthy, anti-inflammatory benefits of the Mediterranean Diet.

Ingredients

- 1 cup quinoa (rinsed)
- 2 cups water
- 1 large cucumber, diced
- 1 cup cherry tomatoes, halved
- 1/4 red onion, finely chopped
- 1/4 cup chopped fresh parsley (or mint, optional)
- 2 tbsp extra virgin olive oil
- Juice of 1 large lemon (about 3 tbsp)
- 1/2 tsp sea salt
- 1/4 tsp black pepper
- Optional: 1/4 cup crumbled feta cheese or pitted kalamata olives

Instructions

1. Cook the quinoa: In a medium saucepan, bring the quinoa and water to a boil. Reduce heat to low, cover, and simmer for 15 minutes or until the water is absorbed. Remove from heat and sit for 5 minutes, then fluff with a fork.
2. Prep the vegetables: While the quinoa cooks dice the cucumber, halve the cherry tomatoes, and chop the onion and parsley.
3. Combine: Mix the cooked quinoa with vegetables and herbs in a large bowl.
4. Dress the salad: Drizzle with olive oil and lemon juice, then sprinkle with salt and pepper. Toss to combine.
5. Customize (optional): Add feta or olives for extra flavor and healthy fats.
6. Chill or serve immediately. It is best served slightly chilled or at room temperature.

Caprese Salad with Balsamic Glaze

Calories: 190 | Protein: 9g | Carbohydrates: 6g | Fiber: 0.5g | Fat: 14g |
Cholesterol: 30mg | Sodium: 250mg | Potassium: 230mg

Yield: 4 servings | Prep Time: 10 minutes | Cook Time: 5 minutes



Mediterranean Diet Highlight:

This dish emphasizes the core of the Mediterranean diet—fresh produce, quality cheese, heart-healthy olive oil, and simple, bold flavors.

Ingredients

- 3 medium ripe tomatoes, sliced into 1/4-inch rounds
- 8 oz fresh mozzarella cheese, sliced into 1/4-inch rounds
- 1/4 cup fresh basil leaves, whole or chiffonade
- 2 tbsp extra virgin olive oil
- 1/4 tsp sea salt
- 1/8 tsp freshly ground black pepper
- For the Balsamic Glaze:**
 - 1/2 cup balsamic vinegar
 - 1 tsp honey (optional, enhances sweetness)
- Optional Additions:**
 - Pinch of dried oregano or thyme for extra herbal notes
 - A few olives or capers for briny depth

Instructions

1. Make the glaze (optional): In a small saucepan over medium heat, simmer balsamic vinegar and honey (if using) for 5–7 minutes until reduced by half and slightly thickened. Remove from heat and let cool.
2. Assemble the salad: Alternate layers of tomato slices and mozzarella on a serving platter. Tuck fresh basil leaves between layers or sprinkle over the top.
3. Season and drizzle: Drizzle with olive oil, then balsamic glaze. Sprinkle with salt and pepper. Add optional herbs or toppings if desired.
4. Serve immediately: Best enjoyed fresh at room temperature.

Spinach Salad with Oranges and Almonds

Calories: 165 | Protein: 3g | Carbohydrates: 11g | Fat: 13g | Fiber: 3g |
Cholesterol: 0mg | Sodium: 60mg | Potassium: 410mg

Yield: 4 servings | Prep Time: 10 minutes | Cook Time: 0 minutes



Ingredients

- 6 cups baby spinach, fresh
- 2 medium oranges, peeled and sliced into rounds or segments
- ¼ small red onion, thinly sliced
- ¼ cup sliced almonds, toasted
- 2 tablespoons extra virgin olive oil
- 1 tablespoon red wine vinegar or fresh lemon juice
- 1 teaspoon honey or maple syrup (optional)
- Salt and black pepper to taste
- Optional: 1 tablespoon chopped fresh mint or parsley
- Optional: ¼ cup crumbled feta cheese

Instructions

1. Toast the almonds (optional but recommended): In a dry skillet over medium heat, toast sliced almonds for 2–3 minutes, stirring often until golden and fragrant. Remove from heat and set aside.
2. Prepare the dressing: In a small bowl, whisk together olive oil, vinegar or lemon juice, honey (if using), salt, and pepper.
3. Assemble the salad: In a large bowl, combine spinach, orange slices, and red onion. Drizzle with the dressing and toss gently to coat.
4. Top and serve: Sprinkle with toasted almonds, optional fresh herbs, and feta if using. Serve immediately for the best texture and flavor.

Mediterranean Diet Highlight:

This salad features nutrient-dense leafy greens, heart-healthy olive oil, and vitamin C-rich citrus. Almonds add crunch and good fats, supporting a balanced, anti-inflammatory diet rooted in Mediterranean traditions.

Arugula Salad with Grilled Halloumi

Calories: 330 | Protein: 17g | Carbohydrates: 9g | Fat: 26g | Fiber: 2g |
Cholesterol: 40mg | Sodium: 670mg | Potassium: 370mg

Yield: 2 servings | Prep Time: 10 minutes | Cook Time: 8 minutes



Ingredients

- 4 cups fresh arugula, rinsed and dried
 - 1 cup cherry tomatoes, halved
 - ½ small red onion, thinly sliced
 - ¼ cup Kalamata olives, pitted and halved
 - ½ small cucumber, sliced
 - 1 tbsp extra-virgin olive oil
 - 1 tbsp fresh lemon juice (or red wine vinegar)
 - Salt and black pepper to taste
 - Optional herbs: 1 tbsp chopped fresh mint or parsley
- For the Grilled Halloumi:
- 6 oz Halloumi cheese, sliced into ½-inch thick pieces
 - 1 tsp olive oil for grilling

Instructions

1. Prepare the salad base: In a large bowl, combine arugula, cherry tomatoes, red onion, olives, and cucumber. Toss gently.
2. Make the dressing: In a small bowl, whisk together 1 tablespoon of olive oil, lemon juice (or vinegar), salt, and pepper. If using, add chopped mint or parsley.
3. Grill the halloumi: Heat a nonstick skillet or grill pan over medium-high heat. Brush the Halloumi slices with olive oil and grill for 2–3 minutes per side until golden and crisp outside.
4. Assemble the salad: Drizzle the dressing over the salad and toss to coat. Top with grilled Halloumi slices.

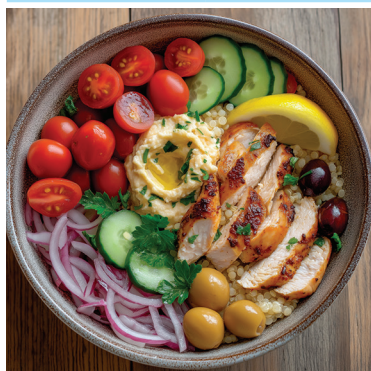
Mediterranean Diet Highlight:

This salad is rich in monounsaturated fats from olive oil, calcium and protein from Halloumi, and fiber and antioxidants from fresh vegetables. It exemplifies the Mediterranean way of eating—fresh, balanced, and full of flavor.

Mediterranean Chicken and Hummus Bowl

Calories: 420 | Protein: 32g | Carbohydrates: 25g | Fiber: 6g | Fat: 22g |
Cholesterol: 75mg | Sodium: 430mg | Potassium: 750mg

Yield: 4 servings | Prep Time: 15 minutes | Cook Time: 15 minutes



Mediterranean Diet Highlight:

This bowl features lean protein, heart-healthy olive oil, fiber-rich veggies, and classic Mediterranean staples like hummus and olives, which promote satiety, gut health, and reduced inflammation.

Ingredients

- 1 lb (450 g) boneless, skinless chicken breast, cut into strips
- 2 tbsp extra virgin olive oil
- 2 garlic cloves, minced
- 1 tsp dried oregano
- ½ tsp ground cumin
- ½ tsp paprika
- Juice of ½ lemon
- Salt and pepper, to taste
- 1 cup cooked quinoa or whole grain couscous
- 1 cup cherry tomatoes, halved
- 1 cup cucumber, diced
- ½ small red onion, thinly sliced
- 1 cup hummus (store-bought or homemade)
- ¼ cup Kalamata olives, sliced
- ¼ cup crumbled feta cheese (optional)
- Fresh parsley or mint, chopped (for garnish)
- Lemon wedges (for serving)

Instructions

1. Marinate the chicken: In a bowl, mix olive oil, garlic, oregano, cumin, paprika, lemon juice, salt, and pepper. Add chicken and toss to coat. Let sit while you prep the bowls (or marinate up to 8 hours in the fridge).
2. Cook the chicken: Heat a non-stick skillet over medium-high heat. Cook chicken for 5–6 minutes per side until golden and cooked through. Remove from heat and rest for 2 minutes.
3. Assemble the bowls: In each bowl, add a base of cooked quinoa or couscous. Arrange tomatoes, cucumber, red onion, and olives around the edge. Spoon a generous dollop of hummus in the center. Slice the cooked chicken and place it on top.
4. Finish and serve: Sprinkle with feta (if using) and chopped parsley or mint. Serve with lemon wedges for a fresh burst of flavor.

Roasted Beet and Goat Cheese Salad

Calories: 215 | Protein: 6g | Carbohydrates: 15g | Fiber: 4g | Fat: 15g |
Cholesterol: 10mg | Sodium: 160mg | Potassium: 420mg

Yield: 4 servings | Prep Time: 10 minutes | Cook Time: 20 minutes



Mediterranean Diet Highlight:

Rich in antioxidants (beets), heart-healthy fats (olive oil and walnuts), and calcium-rich goat cheese - this salad embodies the Mediterranean tradition of simple, wholesome, plant-forward meals.

Ingredients

- 3 medium beets, peeled and cut into ½-inch cubes
 - 2 tablespoons extra virgin olive oil, divided
 - 1 tablespoon balsamic vinegar
 - 1 teaspoon Dijon mustard
 - 4 cups mixed greens (e.g., arugula, baby spinach, romaine)
 - ½ cup crumbled goat cheese
 - ¼ cup chopped walnuts, toasted
 - 2 tablespoons chopped fresh parsley (or mint or basil)
 - Sea salt and black pepper, to taste
- Optional Additions:**
- 1 tablespoon pomegranate seeds or dried figs for a sweet contrast
 - A few thin slices of red onion for added zest

Instructions

1. Roast the beets. Preheat the oven to 400°F (200°C). Toss the beet cubes with 1 tablespoon olive oil, salt, and pepper. Spread on a baking sheet and roast for 18–20 minutes or until tender and slightly caramelized. Let cool slightly.
2. Make the dressing. In a small bowl, whisk together the remaining 1 tablespoon of olive oil, balsamic vinegar, Dijon mustard, a pinch of salt, and pepper until emulsified.
3. Assemble the salad In a large bowl, combine the mixed greens, roasted beets, goat cheese, toasted walnuts, and fresh herbs. Drizzle with the dressing and toss gently to coat.
4. Serve. Divide among 4 plates. Garnish with optional toppings if desired. Serve immediately as a light lunch or a vibrant side dish.

Pasta Salad with Artichokes and Cherry Tomatoes

Calories: 290 | Protein: 9g | Carbohydrates: 35g | Fat: 13g | Fiber: 6g | Cholesterol: 0mg (without feta) | Sodium: 310mg | Potassium: 370mg

Yield: 4 servings | Prep Time: 10 minutes | Cook Time: 10 minutes



Mediterranean Diet Highlight:

This Mediterranean pasta salad highlights the diet's benefits—healthy fats, fiber-rich whole grains, and antioxidant-rich vegetables—while keeping prep under 30 minutes. Let me know if you'd like a vegan or gluten-free variation included!

Ingredients

- 8 oz whole wheat or spelt pasta (penne or fusilli)
- 1 cup cherry tomatoes, halved
- 1 cup canned artichoke hearts (in water), quartered
- ¼ cup Kalamata olives, pitted and halved
- ¼ cup red onion, thinly sliced
- 2 tbsp extra virgin olive oil
- 1 tbsp red wine vinegar or lemon juice
- 1 garlic clove, minced
- 1 tsp dried oregano (or 1 tbsp chopped fresh parsley or basil)
- Salt and freshly ground black pepper to taste
- Optional: ¼ cup crumbled feta cheese or diced cucumber for added texture

Instructions

1. Cook the pasta: Bring a pot of salted water to a boil. Cook pasta according to package instructions until al dente. Drain, rinse under cold water to stop cooking, and set aside.
2. Make the dressing: In a small bowl, whisk together olive oil, vinegar, or lemon juice, minced garlic, oregano, salt, and pepper.
3. Assemble the salad: In a large bowl, combine cooked pasta, cherry tomatoes, artichokes, olives, red onion, and optional feta or cucumber. Pour the dressing over the salad and toss gently to coat.
4. Chill or serve: Serve immediately at room temperature or chill for 10–15 minutes for enhanced flavor.

Grilled Eggplant Salad with Tahini Dressing

Calories: 180 | Protein: 4g | Carbohydrates: 13g | Fat: 14g | Fiber: 5g | Cholesterol: 5mg | Sodium: 180mg | Potassium: 530mg

Yield: 4 servings | Prep Time: 15 minutes | Cook Time: 10 minutes



Mediterranean Diet Highlight:

This dish features heart-healthy olive oil, antioxidant-rich eggplant, and tahini—a sesame paste packed with plant-based nutrients. Its balance of fiber, healthy fats, and fresh herbs supports anti-inflammatory eating and vibrant flavor.

Ingredients

- For the Salad:**
- 2 medium eggplants, sliced into ½-inch rounds
 - 1 tbsp olive oil
 - 1 cup cherry tomatoes, halved
 - 1 small red onion, thinly sliced
 - ¼ cup fresh parsley, chopped
 - 2 tbsp fresh mint, chopped (optional)
 - ¼ cup crumbled feta cheese (optional)
- For the Tahini Dressing:**
- Salt and black pepper, to taste
 - 3 tbsp tahini
 - 2 tbsp lemon juice
 - 1 tbsp extra virgin olive oil
 - 1 garlic clove, minced
 - 2–3 tbsp water (to thin)
 - Pinch of ground cumin (optional)
 - Salt, to taste

Instructions

1. Grill the eggplant: Preheat a pan or outdoor grill over medium heat. Brush eggplant slices with olive oil and season with salt and pepper. Grill for 3–4 minutes per side until tender and slightly charred. Set aside to cool slightly.
2. Prepare the dressing: In a small bowl, whisk together tahini, lemon juice, olive oil, garlic, cumin (if using), and salt. Gradually add water until the dressing is creamy and pourable.
3. Assemble the salad: Arrange grilled eggplant on a platter. Top with cherry tomatoes, red onion, parsley, and mint. Drizzle with tahini dressing and sprinkle with feta if desired.

Tomato and Watermelon Salad with Feta

Calories: 150 | Protein: 4g | Carbohydrates: 13g | Fat: 10g | Fiber: 2g |
Cholesterol: 10mg | Sodium: 220mg | Potassium: 300mg

Yield: 4 servings | Prep Time: 15 minutes | Cook Time: 0 minutes



Mediterranean Diet Highlight:

This refreshing salad celebrates the heart-healthy Mediterranean diet with antioxidant-rich tomatoes and watermelon, anti-inflammatory olive oil, and calcium-packed feta. The sweet, savory, and tangy flavors offer a light yet satisfying dish with minimal prep time.

Ingredients

- 2 cups ripe cherry tomatoes, halved
- 2 cups seedless watermelon, cubed
- ½ small red onion, thinly sliced
- ⅓ cup crumbled feta cheese
- 2 tbsp extra virgin olive oil
- 1 tbsp red wine vinegar or fresh lemon juice
- ¼ tsp sea salt (adjust to taste)
- ¼ tsp freshly ground black pepper
- 2 tbsp chopped fresh mint or basil (customizable)
- Optional: 1 tbsp toasted pine nuts for crunch

Instructions

1. Combine Produce: In a large mixing bowl, gently toss cherry tomatoes, watermelon cubes, and red onion slices.
2. Add Dressing: Whisk together the olive oil and red wine vinegar (or lemon juice) in a small bowl, then season with salt and pepper.
3. Dress the Salad: Pour the dressing over the salad and gently toss to coat without breaking the watermelon cubes.
4. Finish & Serve: Sprinkle crumbled feta and fresh mint or basil on top. Add pine nuts if using. Serve immediately or chill briefly before serving.

Warm Barley Salad with Mushrooms and Herbs

Calories: 255 | Protein: 7g | Carbohydrates: 38g | Fat: 9g | Fiber: 7g |
Cholesterol: 0mg | Sodium: 150mg | Potassium: 400mg

Yield: 4 servings | Prep Time: 10 minutes | Cook Time: 20 minutes



Mediterranean Diet Highlight:

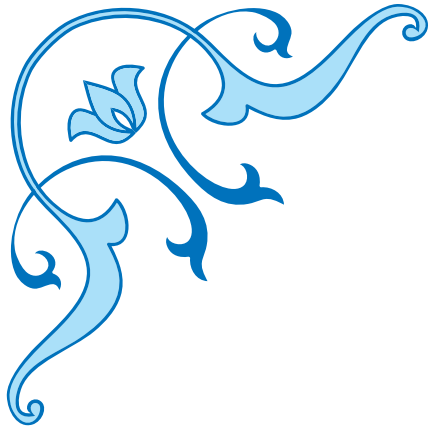
This dish showcases core Mediterranean staples: whole grains, olive oil, fresh herbs, and vegetables. These foods support heart health, digestion, and anti-inflammatory benefits.

Ingredients

- 1 cup pearl barley, rinsed
- 2½ cups low-sodium vegetable broth or water
- 2 tbsp extra virgin olive oil
- 1 small red onion, finely chopped
- 2 garlic cloves, minced
- 8 oz cremini or button mushrooms, sliced
- 1½ tsp dried oregano or thyme (or 1 tbsp fresh)
- ¼ tsp crushed red pepper flakes (optional)
- 1½ tbsp fresh lemon juice
- ¼ cup fresh parsley, chopped
- 2 tbsp fresh dill or mint, chopped (optional for customization)
- Salt and black pepper, to taste
- 2 tbsp crumbled feta cheese (optional topping)

Instructions

1. Cook the barley: Combine the barley and broth in a medium saucepan. Bring to a boil, then reduce to a simmer. Cover and cook for 20 minutes or until tender and most of the liquid is absorbed. Drain any excess and fluff with a fork.
2. Sauté the vegetables: Heat olive oil in a large skillet over medium heat while the barley cooks. Add the red onion and cook for 2–3 minutes until softened. Stir in the garlic and cook for 30 seconds.
3. Cook the mushrooms: Add mushrooms to the skillet and cook for 6–8 minutes until they release moisture and turn golden brown. Stir in oregano (or thyme), red pepper flakes (if using), and a pinch of salt and pepper.
4. Combine: Add the cooked barley to the skillet with mushrooms. Stir in lemon juice, parsley, and dill or mint. Toss well and warm through for 1–2 minutes. Adjust seasoning if needed.
5. Serve: Plate warm and top with a sprinkle of feta cheese, if desired. Serve as a light main dish or a hearty side.



CHAPTER 4: QUICK SOUPS & STEWES



Lemon Chicken Orzo Soup

Calories: 280 | Protein: 22g | Carbohydrates: 28g | Fat: 9g | Fiber: 4g |
Cholesterol: 45mg | Sodium: 460mg | Potassium: 540mg

Yield: 4 servings | Prep Time: 10 minutes | Cook Time: 20 minutes



Ingredients

- 1 tablespoon extra-virgin olive oil
- 1 small yellow onion, diced
- 2 garlic cloves, minced
- 2 medium carrots, sliced
- 2 celery stalks, sliced
- 1 teaspoon dried oregano
- Salt and freshly ground black pepper, to taste
- 4 cups low-sodium chicken broth
- 1 cup cooked, shredded chicken breast
- ½ cup uncooked whole wheat orzo
- Juice of 1 large lemon
- 2 cups baby spinach
- 2 tablespoons chopped fresh parsley
- Lemon zest, for garnish (optional)

Instructions

1. Sauté the aromatics: Heat olive oil in a large pot over medium heat. Add onion, garlic, carrots, and celery. Sauté for 5–6 minutes until vegetables begin to soften.
2. Season & simmer: Stir in oregano, salt, and pepper. Pour in the chicken broth and bring to a gentle boil.
3. Add the orzo & chicken: Stir in the orzo and cook uncovered for 8–10 minutes or until tender. Add the shredded chicken during the last 3 minutes to heat through.
4. Finish with lemon & Greens: Stir in lemon juice and spinach. Simmer for 1–2 more minutes until spinach wilts.
5. Serve: Ladle into bowls and top with fresh parsley and lemon zest if using. Serve warm with whole grain bread or a side salad.

Mediterranean Diet Highlight:

This soup embodies the Mediterranean Diet: rich in lean protein, fiber-packed vegetables, heart-healthy olive oil, and bright citrus for a fresh finish. It's satisfying yet light, making it perfect year-round.

Chickpea and Spinach Soup

Calories: 215 | Protein: 9 g | Carbohydrates: 30 g | Fiber: 9 g | Fat: 7 g |
Cholesterol: 0 mg | Sodium: 480 mg | Potassium: 640 mg

Yield: 4 servings | Prep Time: 10 minutes | Cook Time: 20 minutes



Ingredients

- 1 tablespoon extra-virgin olive oil
- 1 small yellow onion, finely chopped
- 2 garlic cloves, minced
- 1 teaspoon ground cumin
- 1/2 teaspoon smoked paprika (optional)
- 1/4 teaspoon red pepper flakes (optional, for heat)
- 1 (15-ounce) can chickpeas, drained and rinsed
- 4 cups low-sodium vegetable broth
- 1 (14.5-ounce) can of diced tomatoes with juice
- 4 cups baby spinach (or chopped mature spinach)
- Salt and freshly ground black pepper to taste
- Juice of 1/2 lemon
- Fresh parsley or dill, for garnish (optional)

Instructions

1. Sauté the aromatics: Heat the olive oil over medium heat in a large pot or Dutch oven. Add the onion and cook for 4–5 minutes until softened. Add the garlic, cumin, paprika, and red pepper flakes (if using), and cook for 1 minute, stirring constantly.
2. Add chickpeas and broth: Stir in the chickpeas, diced tomatoes (with juice), and vegetable broth. Bring to a gentle boil, then reduce heat to a simmer.
3. Simmer the soup: Cover and simmer for 10–12 minutes, allowing the flavors to blend.
4. Add spinach: Stir in the spinach and cook for another 2–3 minutes until wilted.
5. Finish and serve: Season with salt, pepper, and a squeeze of lemon juice. Ladle into bowls and garnish with chopped parsley or dill if desired.

Mediterranean Diet Highlight:

This soup reflects the heart of the Mediterranean Diet—rich in fiber, plant-based protein, healthy fats, and vibrant flavor - ideal for vegetarians and those seeking simple, wholesome meals.

Tomato and Red Lentil Soup with Cumin

Calories: 210 | Protein: 12g | Carbohydrates: 29g | Fat: 6g | Fiber: 8g |
Cholesterol: 0mg | Sodium: 410mg | Potassium: 540mg

Yield: 4 servings | Prep Time: 10 minutes | Cook Time: 20 minutes



Ingredients

- 1 tbsp extra-virgin olive oil
- 1 small yellow onion, finely chopped
- 2 garlic cloves, minced
- 1 tsp ground cumin
- ½ tsp smoked paprika (optional, for depth)
- 1 cup dried red lentils, rinsed
- 1 can (14.5 oz / ~400g) crushed tomatoes
- 4 cups low-sodium vegetable broth
- ½ tsp sea salt (or to taste)
- ¼ tsp black pepper
- ¼ tsp red pepper flakes (optional, for heat)
- Juice of ½ lemon (about 1 tbsp)
- 2 tbsp chopped fresh parsley or cilantro (for garnish)

Instructions

1. Sauté the aromatics: Heat olive oil over medium heat in a large pot or Dutch oven. Add onion and cook for 4–5 minutes, until softened. Stir in garlic, cumin, and paprika; sauté 1 minute until fragrant.
2. Simmer the soup: Add red lentils, crushed tomatoes, and vegetable broth. Bring to a boil, then reduce heat to a simmer. Cover and cook for 15–18 minutes, stirring occasionally, until lentils are tender.
3. Season and blend (optional): Stir in salt, pepper, red pepper flakes, and lemon juice. For a smoother texture, use an immersion blender to partially or fully puree the soup (or leave it chunky for texture).
4. Serve: Ladle into bowls and top with fresh parsley or cilantro.

Mediterranean Diet Highlight:

This soup contains plant-based protein, fiber, and heart-healthy olive oil. Red lentils and tomatoes offer antioxidants and support blood sugar stability, while cumin and lemon add bold flavor without salt or fat.

White Bean and Kale Soup

Calories: 190 | Protein: 8g | Carbohydrates: 28g | Fat: 5g | Fiber: 8g |
Cholesterol: 0mg | Sodium: 430mg | Potassium: 620mg

Yield: 4 servings | Prep Time: 10 minutes | Cook Time: 20 minutes



Ingredients

- 1 tbsp extra virgin olive oil
- 1 small yellow onion, diced
- 2 garlic cloves, minced
- 2 medium carrots, diced
- 2 celery stalks, diced
- 1 tsp dried oregano
- ½ tsp crushed red pepper flakes (optional)
- 1 (15 oz) can cannellini beans, drained and rinsed
- 4 cups low-sodium vegetable broth
- 3 cups chopped kale, stems removed
- 1 tbsp fresh lemon juice
- Salt and black pepper to taste
- Fresh parsley or basil for garnish (optional)

Instructions

1. Sauté the aromatics: Heat olive oil over medium heat in a large pot or Dutch oven. Add onion, garlic, carrots, and celery. Cook for 5–6 minutes, stirring occasionally, until vegetables soften.
2. Season: Stir in oregano and red pepper flakes (if using). Cook for 1 minute until fragrant.
3. Simmer: Add beans and vegetable broth. Bring to a boil, then reduce heat and simmer for 10 minutes.
4. Add kale: Stir in chopped kale and cook for another 5–7 minutes, until wilted and tender.
5. Finish: Stir in lemon juice and season with salt and pepper to taste.
6. Serve: Ladle into bowls and garnish with fresh parsley or basil if desired.

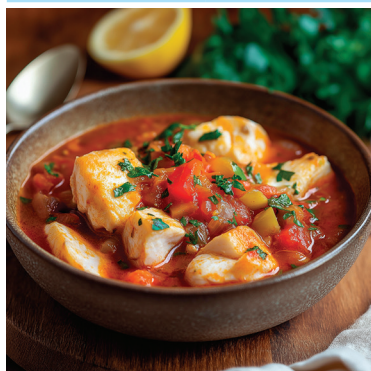
Mediterranean Diet Highlight:

This wholesome soup captures the essence of the Mediterranean Diet with its use of olive oil, leafy greens, legumes, aromatic herbs, and fresh citrus. High in fiber, plant-based protein, antioxidants, and heart-healthy fats, it supports digestive health, reduces inflammation, and helps maintain balanced blood sugar levels - all while being naturally vegan and gluten-free.

Mediterranean Fish Stew with Herbs

Calories: 210 | Protein: 27g | Carbohydrates: 9g | Fat: 8g | Fiber: 2g |
Cholesterol: 55mg | Sodium: 420mg | Potassium: 640mg

Yield: 4 servings | Prep Time: 10 minutes | Cook Time: 20 minutes



Ingredients

- 1 tbsp extra virgin olive oil
- 1 small yellow onion, finely chopped
- 3 garlic cloves, minced
- 1 red bell pepper, diced
- 1 can (14.5 oz) diced tomatoes (no salt added)
- 2 cups low-sodium vegetable or fish broth
- 1/2 tsp sea salt (or to taste)
- 1/4 tsp freshly ground black pepper
- 1/2 tsp paprika
- 1/4 tsp crushed red pepper flakes
- (optional)
- 1/2 tsp dried oregano or thyme (customizable)
- 1 lb firm white fish (e.g., cod, halibut, or sea bass), cut into chunks
- 1/4 cup chopped fresh parsley or basil (or a mix)
- 1 tbsp fresh lemon juice
- Lemon wedges (for serving)

Instructions

1. Sauté the aromatics: Heat olive oil over medium heat in a large saucepan or Dutch oven. Add onion and cook for 3–4 minutes until softened. Stir in garlic and bell pepper, cooking for another 2 minutes.
2. Simmer the base: Add diced tomatoes, broth, salt, pepper, paprika, red pepper flakes (if using), and oregano. Stir well and bring to a simmer.
3. Cook the fish: Gently add the chunks to the simmering broth. Cover and cook for 8–10 minutes, or until fish is opaque and flakes easily with a fork.
4. Finish with herbs: Remove from heat. Stir in fresh parsley or basil and lemon juice. Taste and adjust seasoning if needed.

Mediterranean Diet Highlight:

This stew is rich in lean protein, heart-healthy fats, and antioxidants from herbs, tomatoes, and bell peppers, making it a standout Mediterranean Diet dish that supports heart health, inflammation reduction, and balanced blood sugar.

Greek Avgolemono Soup (Egg-Lemon Chicken Soup)

Calories: 210 | Protein: 20g | Carbohydrates: 16g | Fats: 9g | Fiber: 1g |
Cholesterol: 115mg | Sodium: 390mg | Potassium: 310mg

Yield: 4 servings | Prep Time: 10 minutes | Cook Time: 20 minutes



Ingredients

- 4 cups low-sodium chicken broth
- 1 cup cooked shredded chicken breast (or rotisserie)
- 1/3 cup orzo (or brown rice for gluten-free)
- 2 large eggs
- Juice of 1 large lemon (about 3 tbsp)
- 1 tbsp extra virgin olive oil
- Salt and black pepper to taste
- 2 tbsp fresh dill or parsley, chopped (optional)

Instructions

1. Cook the orzo: In a medium pot, bring the chicken broth to a boil. Add the orzo and cook uncovered for 8–10 minutes until tender.
2. Temper the eggs: Whisk the eggs and lemon juice in a medium bowl until smooth. Add 1 cup of hot broth to the egg mixture, whisking constantly to prevent curdling.
3. Combine: Reduce the heat to low. Gradually stir the tempered egg mixture back into the soup. Stir gently for 1–2 minutes until the soup thickens slightly. Do not boil.
4. Add chicken & season: Stir in the cooked chicken and olive oil. Season with salt and pepper to taste. Warm through, about 2–3 minutes.
5. Finish & serve: Ladle into bowls and sprinkle with chopped dill or parsley if using. Serve with warm whole-grain pita or a side salad.

Mediterranean Diet Highlight:

This soup is rich in lean protein, heart-healthy olive oil, fresh herbs, and citrus, reflecting the balance and anti-inflammatory benefits of the Mediterranean Diet. The egg-lemon combination adds creaminess without dairy, making it light yet satisfying.

Zucchini and Basil Soup

Calories: 110 | Protein: 3g | Carbohydrates: 10g | Fiber: 2g | Fat: 7g |
Cholesterol: 0mg | Sodium: 380mg | Potassium: 620mg

Yield: 4 servings | Prep Time: 10 minutes | Cook Time: 20 minutes



Ingredients

- 1 tbsp extra virgin olive oil
- 1 small yellow onion, chopped
- 2 garlic cloves, minced
- 4 medium zucchinis (about 1½ lbs), sliced
- 3 cups low-sodium vegetable broth (or chicken broth)
- ½ tsp sea salt (or to taste)
- ¼ tsp freshly ground black pepper
- ½ tsp dried oregano (optional)
- 1 cup fresh basil leaves, loosely packed
- ½ lemon, juiced
- Optional garnish: extra virgin olive oil drizzle, plain Greek yogurt, or fresh basil

Instructions

1. Sauté the aromatics: Heat olive oil over medium heat in a large saucepan or soup pot. Add onion and cook for 4–5 minutes until soft. Stir in garlic and cook for another 1 minute until fragrant.
2. Cook the zucchini: Add zucchini slices, broth, salt, pepper, and oregano (if using). Bring to a boil, reduce heat, and simmer uncovered for 12–15 minutes until zucchini is tender.
3. Blend the soup: Remove from heat. Stir in fresh basil and lemon juice. Using an immersion blender, puree until smooth (or transfer in batches to a blender, then return to pot).
4. Adjust & serve: Taste and adjust seasoning as needed. Serve warm, garnished with olive oil, a spoonful of Greek yogurt, or extra basil.

Mediterranean Diet Highlight:

It uses extra virgin olive oil, fresh herbs, and vegetables - the pillars of the Mediterranean diet. It is naturally low in carbohydrates and high in fiber and antioxidants. It is suitable for vegetarian, gluten-free, and low-calorie diets.

Lentil Soup with Carrots and Celery

Calories: 250 | Protein: 14g | Carbohydrates: 36g | Fiber: 14g | Fat: 6g |
Cholesterol: 0mg | Sodium: 360mg | Potassium: 730mg

Yield: 4 servings | Prep Time: 10 minutes | Cook Time: 20 minutes



Ingredients

- 1 tablespoon extra virgin olive oil
- 1 small yellow onion, finely chopped
- 2 garlic cloves, minced
- 2 carrots, peeled and diced
- 2 celery stalks, diced
- 1 teaspoon ground cumin (optional, for warmth)
- 1 teaspoon dried oregano or thyme
- 1 cup dried brown or green lentils, rinsed
- 4 cups low-sodium vegetable broth (or chicken broth)
- 1 bay leaf
- Salt and freshly ground black pepper, to taste
- 1 tablespoon lemon juice (freshly squeezed)
- 2 tablespoons chopped fresh parsley (optional, for garnish)

Instructions

1. Heat the olive oil over medium heat in a large pot or Dutch oven.
2. Add onion and garlic. Sauté for 2–3 minutes until fragrant and translucent.
3. Stir in carrots, celery, cumin (if using), and oregano or thyme. Cook for 3–4 minutes, stirring occasionally.
4. Add lentils, broth, bay leaf, salt, and pepper. Bring to a boil, then reduce heat to low. Cover and simmer for 20 minutes or until lentils and vegetables are tender.
5. Remove bay leaf. Stir in lemon juice for brightness. Adjust seasoning as needed.

Mediterranean Diet Highlight:

This recipe reflects the Mediterranean Diet's emphasis on plant-based ingredients, olive oil, and herbs—supporting heart health, satiety, and vibrant flavor in under 30 minutes.

Spicy Harissa Vegetable Soup

Calories: 230 | Protein: 8g | Carbohydrates: 27g | Fiber: 8g | Fat: 10g |
Cholesterol: 0mg | Sodium: 480mg | Potassium: 750mg

Yield: 4 servings | Prep Time: 10 minutes | Cook Time: 20 minutes



Ingredients

- 2 tbsp extra virgin olive oil
- 1 small red onion, diced
- 2 garlic cloves, minced
- 1 medium carrot, diced
- 1 zucchini, diced
- 1 red bell pepper, chopped
- 1 cup chopped cherry tomatoes or canned diced tomatoes (no salt added)
- 2 tbsp harissa paste (adjust to taste)
- 1 tsp ground cumin
- 1/2 tsp smoked paprika
- 4 cups low-sodium vegetable broth
- 1 (15 oz) can chickpeas, drained and rinsed
- 2 cups chopped kale or spinach
- Salt and black pepper to taste
- Juice of 1/2 lemon
- Fresh parsley or cilantro for garnish

Instructions

1. Sauté the aromatics: Heat olive oil in a large soup pot over medium heat. Add diced onion and sauté for 2–3 minutes until softened. Stir in garlic and cook for 30 seconds until fragrant.
2. Cook the vegetables: Add carrot, zucchini, and bell pepper. Sauté for 5 minutes until vegetables begin to soften.
3. Add spices & harissa: Stir in harissa paste, cumin, and smoked paprika. Cook for 1 minute, allowing the spices to bloom.
4. Simmer the soup: Add tomatoes, chickpeas, and vegetable broth. Bring to a boil, reduce heat, and simmer uncovered for 10 minutes.
5. Add greens: Stir in kale or spinach and cook for 2–3 more minutes until wilted. Season with salt, pepper, and lemon juice.
6. Garnish & Serve: Ladle into bowls and garnish with fresh herbs if desired.

Mediterranean Diet Highlight:

Rich in fiber, plant protein, and anti-inflammatory spices, this vibrant soup showcases staples of the Mediterranean pantry - olive oil, legumes, leafy greens, and bold spices - making it ideal for heart health and overall wellness.

Eggplant and Tomato Stew

Calories: 165 | Protein: 3g | Carbohydrates: 21g | Fat: 9g | Fiber: 7g |
Cholesterol: 0mg | Sodium: 320mg | Potassium: 640mg

Yield: 4 servings | Prep Time: 10 minutes | Cook Time: 20 minutes



Ingredients

- 2 tbsp extra virgin olive oil
- 1 medium yellow onion, diced
- 3 garlic cloves, minced
- 1 large eggplant (about 1 lb), diced into 1/2-inch cubes
- 1 red bell pepper, chopped
- 1 can (14.5 oz) diced tomatoes (no salt added)
- 1/4 cup tomato paste
- 1/2 tsp sea salt
- 1/4 tsp black pepper
- 1/2 tsp dried oregano
- 1/2 tsp ground cumin (optional for warmth)
- 1/4 tsp crushed red pepper flakes (optional for heat)
- 1/4 cup chopped fresh parsley or basil (for garnish)
- Juice of 1/2 lemon

Instructions

1. Sauté the aromatics: Heat olive oil over medium heat in a large skillet or Dutch oven. Add onion and cook for 3–4 minutes until translucent. Stir in garlic and cook for 30 seconds until fragrant.
2. Cook the vegetables: Add eggplant and bell pepper. Cook, stirring occasionally, for 6–8 minutes until softened.
3. Simmer the stew: Stir in diced tomatoes (with juices), tomato paste, salt, pepper, oregano, cumin, and red pepper flakes (if using). Bring to a gentle boil, then reduce heat and simmer uncovered for 10 minutes, stirring occasionally.
4. Finish & serve: Stir in lemon juice and adjust seasoning to taste. Garnish with chopped herbs before serving.

Mediterranean Diet Highlight:

This stew is rich in antioxidants from eggplant and tomatoes, heart-healthy fats from olive oil, and fiber to support blood sugar stability - making it a perfect Mediterranean Diet dish that fits vegetarian, vegan, and gluten-free preferences.

Tuscan White Bean Soup

Calories: 240 | Protein: 12g | Carbohydrates: 36g | Fiber: 10g | Fat: 6g |
Cholesterol: 0mg | Sodium: 420mg | Potassium: 640mg

Yield: 4 servings | Prep Time: 10 minutes | Cook Time: 20 minutes



Ingredients

- 1 tbsp extra virgin olive oil
- 1 small yellow onion, finely chopped
- 2 garlic cloves, minced
- 2 medium carrots, diced
- 2 celery stalks, diced
- 1 tsp dried oregano (or thyme)
- 1/2 tsp crushed red pepper flakes (optional)
- 2 (15-oz) cans of cannellini beans, drained and rinsed
- 4 cups low-sodium vegetable broth (or chicken broth)
- 2 cups chopped kale or spinach
- 1/2 tsp sea salt, or to taste
- 1/4 tsp black pepper
- 1 tbsp fresh lemon juice
- Fresh parsley or basil, chopped

Instructions

1. Sauté the aromatics: Heat olive oil in a large pot over medium heat. Add onion, garlic, carrots, and celery. Cook for 5–6 minutes, stirring occasionally, until softened.
2. Add herbs and beans: Stir in oregano and red pepper flakes. Add beans and broth. Bring to a simmer.
3. Simmer: Cook uncovered for 10–12 minutes to blend flavors.
4. Add greens: Stir in kale or spinach and simmer for 2–3 minutes until wilted.
5. Finish: Stir in lemon juice. Season with salt and pepper to taste.
6. Serve: Ladle into bowls and garnish with fresh herbs.

Mediterranean Diet Highlight:

This hearty soup celebrates classic Mediterranean ingredients - olive oil, beans, leafy greens, and aromatic herbs - making it a nutrient-rich, plant-forward choice ideal for vegetarians and meat-eaters alike. Let me know if you'd like a second recipe formatted to match this one!

Shrimp and Fennel Soup

Calories: 210 | Protein: 23g | Carbohydrates: 13g | Fat: 8g | Fiber: 3g |
Cholesterol: 145mg | Sodium: 430mg | Potassium: 550mg

Yield: 4 servings | Prep Time: 10 minutes | Cook Time: 20 minutes



Ingredients

- 1 tbsp extra-virgin olive oil
- 1 medium fennel bulb, thinly sliced (reserve fronds for garnish)
- 1 small yellow onion, diced
- 2 garlic cloves, minced
- 1 tsp sweet paprika
- 1/2 tsp crushed red pepper flakes (optional)
- 1 can (14.5 oz) no-salt-added diced tomatoes
- 4 cups low-sodium vegetable or seafood broth
- 1/2 tsp sea salt (adjust to taste)
- 1/4 tsp black pepper
- 1 lb raw shrimp, peeled and deveined (medium or large)
- 1 tbsp fresh lemon juice
- 2 tbsp chopped fresh parsley or basil

Instructions

1. Sauté the aromatics: Heat olive oil over medium heat in a large soup pot. Add fennel and onion; sauté for 5–6 minutes, until softened. Stir in garlic, paprika, and red pepper flakes (if using), and cook for 1 minute until fragrant.
2. Simmer the base: Add diced tomatoes (with juice), broth, salt, and black pepper. Bring to a boil, then reduce heat and simmer for 10 minutes.
3. Add the shrimp: Stir in the shrimp and cook for 3–4 minutes until pink and opaque.
4. Finish & serve: Stir in lemon juice and fresh herbs. Ladle into bowls and garnish with fennel fronds. Serve hot with crusty whole-grain bread or a side salad.

Mediterranean Diet Highlight:

This soup celebrates the Mediterranean approach to health. It features heart-healthy olive oil, lean seafood protein, fresh herbs, and fiber-rich vegetables - all in under 30 minutes.

Quick Minestrone with Whole Wheat Pasta

Calories: 260 | Protein: 10g | Carbohydrates: 40g | Fiber: 9g | Fat: 6g |
Cholesterol: 0mg | Sodium: 320mg | Potassium: 720mg

Yield: 4 servings | Prep Time: 10 minutes | Cook Time: 20 minutes



Ingredients

- 1 tbsp extra-virgin olive oil
- 1 small yellow onion, diced
- 2 garlic cloves, minced
- 2 medium carrots, diced
- 2 celery stalks, diced
- 1 small zucchini, diced
- 1 cup canned diced tomatoes
- 4 cups low-sodium vegetable broth
- 1 cup canned cannellini or kidney beans, drained and rinsed
- 1 cup baby spinach or chopped kale
- ½ cup dry whole wheat elbow pasta
- 1 tsp dried oregano
- ½ tsp dried thyme
- Salt and black pepper to taste
- Optional: 2 tbsp fresh parsley or basil, chopped
- Optional: Freshly grated Parmesan for serving (omit for vegan)

Instructions

1. Sauté the aromatics: Heat the olive oil over medium heat in a large pot or Dutch oven. Add the onion and garlic, and sauté for 2–3 minutes until fragrant.
2. Cook the vegetables: Stir in carrots and celery. Cook for 5 minutes, then add zucchini and cook 2 more minutes.
3. Simmer: Add diced tomatoes, broth, beans, oregano, and thyme. Bring to a boil, then reduce heat and simmer for 10 minutes.
4. Add pasta & greens: Stir in the pasta and cook uncovered for 7–8 minutes or until al dente. Add spinach in the last 2 minutes of cooking.
5. Season & serve: Adjust salt and pepper. If desired, garnish with fresh herbs and a sprinkle of Parmesan.

Mediterranean Diet Highlight:

This soup is rich in fiber from beans and vegetables, healthy fats from olive oil, and whole grains from pasta. It's a balanced, satisfying one-pot meal that supports heart health and promotes satiety.

Moroccan Chickpea and Tomato Stew

Calories: 220 | Protein: 8 g | Carbohydrates: 29 g | Fiber: 8 g | Fat: 8 g |
Cholesterol: 0 mg | Sodium: 320 mg | Potassium: 540 mg

Yield: 4 servings | Prep Time: 10 minutes | Cook Time: 20 minutes



Ingredients

- 1 tbsp extra virgin olive oil
- 1 small yellow onion, finely chopped
- 3 garlic cloves, minced
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp smoked paprika
- ¼ tsp ground cinnamon
- ⅛ tsp cayenne pepper (optional, for heat)
- 1 (14.5 oz / 400 g) can diced tomatoes, no salt added
- 1 (15 oz / 425 g) can chickpeas, drained and rinsed
- ½ cup low-sodium vegetable broth (or water)
- ¼ tsp sea salt (adjust to taste)
- ⅛ tsp freshly ground black pepper
- 2 cups fresh spinach or kale, chopped
- Juice of ½ lemon
- 2 tbsp chopped fresh parsley or cilantro (optional)

Instructions

1. Sauté the aromatics: Heat olive oil over medium heat in a medium skillet or pot. Add onion and cook for 3–4 minutes until softened. Stir in garlic and cook for 1 more minute.
2. Add spices: Sprinkle in cumin, coriander, paprika, cinnamon, and cayenne. Stir constantly for 30 seconds to bloom the spices.
3. Simmer the stew: Add diced tomatoes, chickpeas, and vegetable broth. Stir to combine. Season with salt and pepper. Bring a gentle simmer, cover, and cook for 10–12 minutes.
4. Add greens: Stir in spinach (or kale) and cook uncovered for another 2–3 minutes, until wilted.
5. Finish & serve: Remove from heat. Stir in lemon juice and top with parsley or cilantro, if using.

Mediterranean Diet Highlight:

This stew showcases plant-based protein, heart-healthy olive oil, antioxidant-rich tomatoes, and leafy greens—all central to the Mediterranean Diet. Naturally vegan and gluten-free, it suits a wide range of dietary needs.

Roasted Red Pepper Soup

Calories: 140 | Protein: 3g | Carbohydrates: 16g | Fiber: 4g | Fat: 8g |
Cholesterol: 0mg | Sodium: 370mg | Potassium: 490mg

Yield: 4 servings | Prep Time: 10 minutes | Cook Time: 20 minutes



Mediterranean Diet Highlight:

This vibrant soup captures the essence of the Mediterranean Diet - rich in vegetables, healthy fats, and fresh herbs - while remaining light, heart-healthy, and incredibly satisfying.

Ingredients

- 2 tablespoons extra-virgin olive oil
- 1 small yellow onion, chopped
- 2 garlic cloves, minced
- 1 teaspoon smoked paprika (optional)
- 1/4 teaspoon crushed red pepper flakes (optional for heat)
- 2 (12 oz) jars roasted red peppers, drained
- 1 (14 oz) can diced tomatoes, no salt added
- 2 cups low-sodium vegetable broth
- 1/4 teaspoon sea salt (adjust to taste)
- 1/4 teaspoon black pepper
- 1 tablespoon balsamic vinegar
- 1/4 cup fresh basil leaves (plus more for garnish)
- Optional topping: 1/4 cup crumbled feta cheese or a drizzle of Greek yogurt

Instructions

1. Sauté the aromatics: Heat olive oil over medium heat in a large saucepan. Add onion and cook for 4–5 minutes, until softened. Add garlic, paprika, and red pepper flakes (if using), and cook for 1 more minute.
2. Add main ingredients: Stir in roasted red peppers, diced tomatoes, broth, salt, and pepper. Bring to a simmer and cook for 10 minutes.
3. Blend until smooth. Remove from heat. Stir in balsamic vinegar and basil. Use an immersion blender to puree the soup in the pot (or carefully transfer it to a blender in batches).
4. Adjust and serve: Taste and adjust seasoning. Serve hot, garnished with crumbled feta or Greek yogurt and fresh basil.

Cod and Olive Stew

Calories: 260 | Protein: 29 g | Carbohydrates: 12 g | Fat: 11 g | Fiber: 3 g |
Cholesterol: 55 mg | Sodium: 420 mg | Potassium: 800 mg

Yield: 4 servings | Prep Time: 10 minutes | Cook Time: 20 minutes



Mediterranean Diet Highlight:

This stew showcases the essence of the Mediterranean Diet - lean protein, healthy fats from olive oil and olives, and a rainbow of vegetables. It's gluten-free, low in carbs, and easy to customize with seasonal produce or white fish like haddock or halibut.

Ingredients

- 1 tbsp extra virgin olive oil
- 1 small yellow onion, finely chopped
- 3 garlic cloves, minced
- 1 red bell pepper, diced
- 1 zucchini, diced
- 1 can (14.5 oz / 400 g) diced tomatoes
- 1/2 cup low-sodium vegetable or fish broth
- 1 tsp dried oregano (or 1 tbsp fresh)
- 1/2 tsp smoked paprika (optional, for depth)
- 1/4 tsp crushed red pepper flakes (optional, for heat)
- Salt and black pepper to taste
- 1 lb (450 g) cod fillets, cut into chunks
- 1/3 cup pitted Kalamata olives, halved
- 2 tbsp chopped fresh parsley or basil (optional for garnish)
- Lemon wedges for serving

Instructions

1. Sauté the aromatics: Heat olive oil over medium heat in a large skillet or saucepan. Add chopped onion and cook for 3 minutes, until softened. Stir in garlic and cook for 1 minute more.
2. Add the vegetables & Tomatoes: Add red bell pepper and zucchini; cook for 4–5 minutes until slightly tender. Pour in diced tomatoes and broth.
3. Season: Stir in oregano, paprika, red pepper flakes (if using), salt, and black pepper. Simmer uncovered for 5 minutes to let flavors meld.
4. Add cod & olives: Gently nestle cod pieces into the stew. Cover and simmer for 6–8 minutes until the fish is opaque and flakes easily. Stir in olives during the last 2 minutes of cooking.
5. Finish: Taste and adjust seasoning if needed. Garnish with fresh parsley or basil. Serve with lemon wedges.



**CHAPTER 5:
FAST FISH & SEAFOOD
DISHERS**



Lemon-Garlic Shrimp with Couscous

Calories: 305 | Protein: 26 g | Carbohydrates: 28 g | Fiber: 3 g | Fat: 11 g |
Cholesterol: 165 mg | Sodium: 360 mg | Potassium: 430 mg

Yield: 4 servings | Prep Time: 10 minutes | Cook Time: 15 minutes



Ingredients

- 1 cup whole wheat couscous
- 1¼ cups low-sodium vegetable or chicken broth
- 1 lb (450 g) large shrimp, peeled and deveined
- 2 tbsp extra virgin olive oil, divided
- 3 garlic cloves, minced
- Zest and juice of 1 lemon
- 1 tsp dried oregano or Italian seasoning
- ¼ tsp crushed red pepper flakes (optional)
- ¼ tsp sea salt, or to taste
- ⅛ tsp black pepper
- ¼ cup chopped fresh parsley
- ½ cup cherry tomatoes, halved (optional)
- Lemon wedges for serving

Instructions

1. Prepare the couscous: Bring the broth to a boil in a medium saucepan. Stir in the couscous, cover, and remove from heat. Let sit for 5 minutes, then fluff with a fork. Set aside.
2. Sauté the shrimp: Heat 1 tablespoon of olive oil over medium heat in a large skillet. Add the shrimp, season with salt, pepper, oregano, and red pepper flakes. Cook 2–3 minutes per side, or until shrimp turn pink and opaque. Remove and set aside.
3. Make the lemon-garlic sauce: Heat the remaining 1 tablespoon olive oil in the same skillet. Add garlic and cook for 30 seconds until fragrant. Stir in lemon zest and juice. Return shrimp to the skillet and toss to coat in the sauce. Add cherry tomatoes if using; cook for 1–2 minutes until softened.
4. Assemble and serve: Spoon couscous onto plates and top with lemon-garlic shrimp. Garnish with parsley and serve with lemon wedges.

Mediterranean Diet Highlight:

This dish celebrates the heart-healthy ingredients of the Mediterranean Diet - olive oil, garlic, seafood, herbs, and whole grains - while remaining quick and adaptable for weeknight meals.

Baked Salmon with Tomatoes and Olives

Calories: 320 | Protein: 30g | Carbohydrates: 5g | Fat: 20g | Fiber: 1g |
Cholesterol: 80mg | Sodium: 360mg | Potassium: 850mg

Yield: 4 servings | Prep Time: 10 minutes | Cook Time: 20 minutes



Ingredients

- 4 salmon fillets (about 5 oz each), skin-on or skinless
- 1 ½ cups cherry tomatoes, halved
- ⅓ cup pitted Kalamata olives, halved
- 2 tablespoons extra virgin olive oil
- 1 tablespoon fresh lemon juice
- 1 teaspoon dried oregano (or 1 tablespoon fresh)
- ½ teaspoon dried thyme or rosemary (optional)
- 2 garlic cloves, minced
- Salt and black pepper, to taste
- Fresh parsley or basil, chopped (optional, for garnish)
- Lemon wedges for serving

Instructions

1. Preheat the oven to 400°F (200°C). Line a baking dish or sheet pan with parchment paper.
2. Arrange the salmon fillets in the dish. Drizzle with 1 tablespoon of the olive oil and the lemon juice. Season with salt, pepper, oregano, and thyme (if using).
3. In a small bowl, toss the tomatoes, olives, garlic, and 1 tablespoon of olive oil. Spread evenly around and over the salmon.
4. Bake for 18–20 minutes until the salmon flakes easily with a fork and the tomatoes are softened.
5. Garnish with fresh parsley or basil if desired. Serve warm with lemon wedges.

Mediterranean Diet Highlight:

This dish is rich in omega-3 fatty acids, antioxidants, and healthy fats—all central to the Mediterranean Diet's heart-protective benefits.

Mediterranean Tuna Cakes with Yogurt Dip

Calories: 260 | Protein: 24 g | Carbohydrates: 9 g | Fat: 15 g | Fiber: 1.5 g |
Cholesterol: 105 mg | Sodium: 380 mg | Potassium: 420 mg

Yield: 4 servings | Prep Time: 15 minutes | Cook Time: 10 minutes



Mediterranean Diet Highlight:

Tuna, olive oil, fresh herbs, Greek yogurt, and sun-dried tomatoes celebrate the heart-healthy staples of the Mediterranean pantry—rich in omega-3s, lean protein, and antioxidants.

Ingredients

For the Tuna Cakes:

- 2 (5 oz / 140 g) cans tuna in olive oil, drained
- 2 large eggs
- 1/3 cup whole wheat breadcrumbs
- 1/4 cup finely chopped red onion
- 1/4 cup chopped fresh parsley (or cilantro)
- 2 tbsp chopped sun-dried tomatoes (in oil, drained)
- 1 garlic clove, minced
- Zest of 1 lemon
- 1 tbsp fresh lemon juice

- 1/2 tsp dried oregano
- 1/4 tsp ground cumin (optional)
- Salt and pepper to taste
- 1 tbsp extra virgin olive oil (for frying)

For the Yogurt Dip:

- 1/2 cup plain Greek yogurt
- 1 tbsp lemon juice
- 1 tbsp extra virgin olive oil
- 1 tbsp chopped fresh dill (or mint)
- Salt and pepper to taste

Instructions

1. Prepare the tuna cakes: In a bowl, combine tuna, eggs, breadcrumbs, onion, parsley, sun-dried tomatoes, garlic, lemon zest, lemon juice, oregano, cumin (if using), salt, and pepper. Mix well until the mixture holds together. Shape into 8 small patties.
2. Cook the tuna cakes: Heat olive oil in a non-stick skillet over medium heat. Add tuna patties and cook for 4–5 minutes per side or until golden brown and heated through.
3. Make the yogurt dip: In a small bowl, stir together yogurt, lemon juice, olive oil, dill, salt, and pepper until smooth.

Grilled Sardines with Lemon and Herbs

Calories: 210 | Protein: 22g | Carbohydrates: 1g | Fat: 14g | Fiber: 0.4g |
Cholesterol: 75mg | Sodium: 300mg | Potassium: 380mg

Yield: 4 servings | Prep Time: 10 minutes | Cook Time: 10 minutes



Mediterranean Diet Highlight:

Sardines are a rich source of omega-3 fatty acids, lean protein, and essential minerals. Paired with olive oil, herbs, and lemon, this simple dish celebrates the heart-healthy and flavorful essence of the Mediterranean lifestyle.

Ingredients

- 8 whole fresh sardines, cleaned and scaled (about 1 lb)
- 2 tbsp extra virgin olive oil
- 2 cloves garlic, minced
- 1 lemon, zested and sliced
- 2 tbsp fresh parsley, chopped
- 1 tbsp fresh oregano or thyme, chopped (or 1 tsp dried)
- 1/2 tsp sea salt
- 1/4 tsp freshly ground black pepper
- Optional: pinch of red pepper flakes for heat

Instructions

1. Prep the marinade: In a small bowl, mix olive oil, garlic, lemon zest, parsley, oregano (or thyme), salt, pepper, and red pepper flakes if using.
2. Marinate sardines: Pat sardines dry. Rub the herb mixture inside and over each sardine. Let sit for 5–10 minutes.
3. Preheat grill or grill pan: Heat to medium-high. Lightly oil the grill grates or pan.
4. Grill: Place sardines on the hot grill and cook for 3–4 minutes per side until charred and cooked through. Use a fish spatula for easy turning.
5. Serve: Arrange sardines on a platter with lemon slices. Garnish with extra herbs and a drizzle of olive oil.

Shrimp and Spinach Orzo

Calories: 360 | Protein: 30g | Carbohydrates: 30g | Fiber: 4g | Fat: 14g |
Cholesterol: 190mg | Sodium: 420mg | Potassium: 600mg

Yield: 4 servings | Prep Time: 10 minutes | Cook Time: 15 minutes



Ingredients

- 1 cup whole wheat orzo
- 1 tablespoon extra-virgin olive oil
- 1 small red onion, finely chopped
- 2 garlic cloves, minced
- 1 pound (450 g) raw shrimp, peeled and deveined
- 1 teaspoon dried oregano (or 1 tablespoon fresh)
- 1/4 teaspoon red pepper flakes (optional)
- 4 cups fresh baby spinach
- Juice of 1 lemon
- Zest of 1/2 lemon
- 1/4 cup crumbled feta cheese
- Salt and black pepper to taste
- 2 tablespoons chopped fresh parsley (optional, for garnish)

Instructions

1. Cook the orzo in a medium pot according to package directions until al dente (usually 7–9 minutes). Drain and set aside.
2. Heat the olive oil in a large skillet over medium heat. Add chopped onion and sauté for 3–4 minutes until softened. Stir in garlic and cook for 30 seconds.
3. Add the shrimp to the skillet. Sprinkle with oregano, red pepper flakes (if using), salt, and black pepper. Sauté for 3–4 minutes, flipping halfway, until shrimp are pink and opaque.
4. Add spinach and stir until wilted, about 1–2 minutes.
5. Stir in cooked orzo, lemon juice, and zest. Toss everything gently until well combined and heated through.
6. Top with feta and garnish with parsley if desired. Serve immediately.

Mediterranean Diet Highlight:

This dish captures the heart of the Mediterranean Diet - lean protein, greens, whole grains, and healthy fats - and is ready in less than 30 minutes.

Cod with Capers and Cherry Tomatoes

Calories: 235 | Protein: 28g | Carbohydrates: 6g | Fat: 11g | Fiber: 1.5g |
Cholesterol: 60mg | Sodium: 370mg | Potassium: 660mg

Yield: 4 servings | Prep Time: 10 minutes | Cook Time: 15 minutes



Ingredients

- 4 cod fillets (about 5 oz each), skinless
- 2 tbsp extra-virgin olive oil
- 2 garlic cloves, thinly sliced
- 1 pint (2 cups) cherry tomatoes, halved
- 2 tbsp capers, drained
- 1/4 tsp crushed red pepper flakes (optional)
- 1/4 cup fresh parsley or basil, chopped (choose your favorite)
- Juice of 1/2 lemon
- Sea salt and freshly ground black pepper, to taste

Instructions

1. Sear the fish: Pat the cod fillets dry and season both sides with salt and pepper. In a large nonstick or cast iron skillet, heat 1 tbsp olive oil over medium heat. Sear the cod fillets on each side for 3–4 minutes or until opaque and flaky. Transfer to a plate and cover loosely.
2. Sauté the aromatics: Heat the remaining 1 tbsp olive oil in the same skillet. Add garlic slices and sauté for 30 seconds until fragrant.
3. Simmer the sauce: Add cherry tomatoes, capers, and red pepper flakes (if using). Cook for 4–5 minutes, stirring occasionally, until tomatoes soften and release their juices.
4. Finish and serve: Return the cod to the skillet, spooning the tomato-caper mixture over the fillets. Warm through for 1–2 minutes. Drizzle with lemon juice and sprinkle with fresh herbs.

Mediterranean Diet Highlight:

This dish highlights the heart-healthy fats from olive oil, lean protein from cod, and antioxidants from tomatoes and herbs - key components of the Mediterranean Diet.

Tuna and White Bean Lettuce Wraps

Calories: 260 | Protein: 18 g | Carbohydrates: 18 g | Fat: 14 g | Fiber: 5 g |
Cholesterol: 20 mg | Sodium: 360 mg | Potassium: 480 mg

Yield: 4 servings | Prep Time: 15 minutes | Cook Time: 0 minutes



Ingredients

- 1 (5 oz / 140 g) can tuna in olive oil, drained
- 1 (15 oz / 425 g) can white beans (cannellini), drained and rinsed
- 2 tablespoons extra virgin olive oil
- 1 tablespoon red wine vinegar (or fresh lemon juice)
- 1 teaspoon Dijon mustard
- ¼ teaspoon sea salt
- ¼ teaspoon freshly ground black pepper
- ½ teaspoon dried oregano
- 1 small garlic clove, minced
- ¼ small red onion, finely diced
- 10 cherry tomatoes, halved
- 2 tablespoons chopped fresh parsley
- 8 large butter lettuce or romaine leaves, rinsed and patted dry

Instructions

1. Make the dressing: In a medium bowl, whisk together the olive oil, red wine vinegar, Dijon mustard, garlic, oregano, salt, and pepper.
2. Combine: Add the drained tuna and white beans to the bowl. Gently mash a few beans with a fork for texture. Add red onion, cherry tomatoes, and parsley. Mix well to combine.
3. Assemble: Mix evenly into the lettuce leaves to form wraps.
4. Serve immediately or chill for 10–15 minutes for enhanced flavor.

Mediterranean Diet Highlight:

This recipe showcases classic Mediterranean ingredients - olive oil, tuna, white beans, fresh herbs, and vegetables - offering a high-fiber, protein-rich, and heart-healthy meal. It's perfect for quick lunches or light dinners!

Garlic Butter Shrimp with Whole Grain Rice

Calories: 350 | Protein: 28g | Carbohydrates: 30g | Fiber: 3g | Fat: 15g |
Cholesterol: 165mg | Sodium: 430mg | Potassium: 480mg

Yield: 4 servings | Prep Time: 10 minutes | Cook Time: 15 minutes



Ingredients

- 1 lb (450 g) raw shrimp, peeled and deveined
- 2 tbsp extra virgin olive oil
- 2 tbsp unsalted butter (or ghee for lactose-sensitive)
- 4 cloves garlic, minced
- 1 tsp paprika
- ½ tsp red pepper flakes (optional)
- Zest and juice of ½ lemon
- 2 tbsp chopped fresh parsley (or basil)
- ½ tsp sea salt
- ¼ tsp black pepper
- 2 cups cooked whole grain rice (brown rice or farro)
- 1 cup cherry tomatoes, halved (optional)

Instructions

1. Cook the rice (if not pre-cooked): Prepare 1 cup dry whole grain rice according to package instructions. Set aside.
2. Sauté the garlic: Heat olive oil and butter in a large skillet over medium heat. Add minced garlic and sauté for 30–60 seconds until fragrant.
3. Cook the shrimp: Add shrimp to the skillet in a single layer. Sprinkle with paprika, salt, pepper, and red pepper flakes (if using). Cook for 2–3 minutes per side until shrimp turn pink and opaque.
4. Add the flavor: Stir in lemon zest, juice, and cherry tomatoes (if using). Cook 1–2 minutes more. Remove from heat and sprinkle with chopped parsley.
5. Serve: Spoon shrimp and garlic butter sauce over warm whole-grain rice. Drizzle with any remaining pan juices.

Mediterranean Diet Highlight:

This dish contains lean protein from shrimp, heart-healthy fats from olive oil, and fiber-packed whole grains. Fresh herbs, lemon, and garlic bring bold flavor without added sodium - perfect for a wholesome, satisfying meal.

Seafood Paella in a Pan

Calories: 385 | Protein: 26g | Carbohydrates: 38g | Fat: 14g | Fiber: 4g |
Cholesterol: 130mg | Sodium: 540mg | Potassium: 690mg

Yield: 4 servings | Prep Time: 10 minutes | Cook Time: 20 minutes



Ingredients

- 2 tbsp extra virgin olive oil
- 1 small yellow onion, finely chopped
- 3 garlic cloves, minced
- 1 red bell pepper, sliced
- 1 cup cherry tomatoes, halved
- 1 cup Arborio or short-grain rice
- 2 ½ cups low-sodium vegetable or seafood broth
- ½ tsp smoked paprika
- ¼ tsp saffron threads
- ½ tsp sea salt
- ¼ tsp black pepper
- ½ lb (225g) large shrimp, peeled and deveined
- ½ lb (225g) mussels or clams, scrubbed
- ½ cup frozen peas
- 2 tbsp chopped fresh parsley
- 1 lemon, cut into wedges

Optional Garnish:

- Crushed red pepper flakes for heat
- Fresh thyme or oregano for extra herbal flavor

Instructions

1. Sauté the aromatics: Heat olive oil over medium heat in a large skillet or paella pan. Add onion and sauté 3–4 minutes until translucent. Stir in garlic, red bell pepper, and cherry tomatoes. Cook for 2–3 minutes.
2. Toast the rice: Stir in rice, smoked paprika, and saffron. Sauté 1–2 minutes until rice is lightly toasted.
3. Simmer: Pour in broth, add salt and pepper, and bring to a gentle boil. Reduce heat to low, cover, and simmer for 10 minutes.
4. Add seafood & peas: Nestle shrimp and mussels into the rice. Sprinkle peas over the top. Cover again and cook for 7–8 minutes until mussels open and shrimp are opaque.
5. Rest & garnish: Remove from heat and let rest uncovered for 2–3 minutes. Discard any unopened mussels. Sprinkle with parsley and serve with lemon wedges.

Mediterranean Diet Highlight:

This dish showcases the heart-healthy seafood, olive oil, vegetables, and fresh herbs that define the Mediterranean lifestyle - all in one vibrant, satisfying pan.

Salmon and Veggie Foil Packets

Calories: 355 | Protein: 34g | Carbohydrates: 10g | Fat: 21g | Fiber: 3g |
Cholesterol: 65mg | Sodium: 210mg | Potassium: 950mg

Yield: 2 servings | Prep Time: 10 minutes | Cook Time: 20 minutes



Ingredients

- 2 salmon fillets (about 5 oz each), skinless
- 1 small zucchini, sliced into rounds
- 1 red bell pepper, sliced into thin strips
- 1/2 small red onion, thinly sliced
- 1/2 cup cherry tomatoes, halved
- 2 tbsp extra-virgin olive oil
- 2 cloves garlic, minced
- 1/2 tsp dried oregano (or thyme)
- 1/2 tsp dried basil
- Juice of 1/2 lemon
- Sea salt and black pepper, to taste
- Optional garnish: chopped fresh parsley or crumbled feta

Instructions

1. Preheat the oven to 400°F (200°C). Cut two large pieces of foil (about 12 x 16 inches each).
2. Divide zucchini, bell pepper, onion, and tomatoes evenly between the two sheets of foil. Drizzle each pile with 1 tbsp olive oil, sprinkle with half the minced garlic, oregano, and basil. Season lightly with salt and pepper.
3. Place the salmon fillet on top of each veggie pile. Drizzle with lemon juice and a pinch of herbs, garlic, salt, and pepper.
4. Seal the foil into packets by folding the sides tightly, creating a tent-like shape to allow air circulation.
5. Bake on a baking sheet for 18–20 minutes or until salmon flakes easily with a fork.
6. Carefully open the packets to release steam. Garnish with parsley or feta if desired. Serve directly in the foil or plate with a side of whole grains.

Mediterranean Diet Highlight:

Rich in omega-3 fatty acids for heart health. Olive oil: A key Mediterranean fat, full of antioxidants. Fresh vegetables: High in fiber, vitamins, and color. Herbs & lemon: Natural flavor boosters with no added sodium

Fish Tacos with Cabbage Slaw

Calories: 310 | Protein: 25 g | Carbohydrates: 26 g | Fat: 14 g | Fiber: 5 g |
Cholesterol: 50 mg | Sodium: 300 mg | Potassium: 550 mg

Yield: 4 servings | Prep Time: 15 minutes | Cook Time: 10 minutes



Ingredients

- 1 lb (450 g) white fish fillets (e.g., cod, haddock, or sea bass)
- 1 tbsp extra virgin olive oil
- 1 tbsp lemon juice
- 1 garlic clove, minced
- 1 tsp smoked paprika
- ½ tsp ground cumin
- ¼ tsp salt
- ¼ tsp black pepper
- 2 cups shredded red or green cabbage
- ½ cup grated carrot
- 2 tbsp chopped fresh parsley or mint (optional)
- 2 tbsp extra virgin olive oil
- 1 tbsp red wine vinegar or lemon juice
- Salt and pepper, to taste
- 8 small whole wheat or corn tortillas (6-inch)
- 1 ripe avocado, sliced (optional)
- Lemon or lime wedges
- Crumbled feta or Greek yogurt (optional)

Instructions

1. Marinate the fish: In a bowl, whisk olive oil, lemon juice, garlic, paprika, cumin, salt, and pepper. Add fish and coat well. Let sit while you prepare the slaw.
2. Make the cabbage Slaw: In a large bowl, combine cabbage, carrot, and parsley or mint. Drizzle with olive oil and vinegar or lemon juice. Season with salt and pepper. Toss to combine and set aside.
3. Cook the fish: Heat a large non-stick skillet over medium heat. Add fish and cook for 3–4 minutes per side until opaque and flakes easily with a fork. Remove from heat and break into chunks.
4. Assemble the tacos: Warm tortillas in a dry skillet or microwave. Fill each with slaw, fish, and optional toppings like avocado, a spoonful of Greek yogurt, or crumbled feta. Squeeze fresh lemon or lime over the top.

Mediterranean Diet Highlight:

This dish celebrates Mediterranean staples like heart-healthy olive oil, antioxidant-rich herbs and vegetables, and lean white fish packed with omega-3s. It's a perfect example of the Mediterranean Diet's balance of flavor and nutrition.

Mussels in Tomato-Wine Broth

Calories: 230 | Protein: 23 g | Carbohydrates: 10 g | Fiber: 2 g | Fat: 8 g |
Cholesterol: 55 mg | Sodium: 410 mg | Potassium: 580 mg

Yield: 4 servings | Prep Time: 10 minutes | Cook Time: 15 minutes



Ingredients

- 2 lbs (900 g) fresh mussels, scrubbed and debearded
- 1 tbsp extra virgin olive oil
- 1 small yellow onion, finely chopped
- 3 garlic cloves, minced
- 1 cup cherry tomatoes, halved
- 1 cup (240 ml) dry white wine (e.g., Pinot Grigio or Sauvignon Blanc)
- ½ cup (120 ml) low-sodium vegetable or seafood broth
- 2 tbsp tomato paste
- ½ tsp crushed red pepper flakes (optional)
- 1 tsp dried oregano or thyme (or 1 tbsp fresh)
- Salt and black pepper to taste
- 2 tbsp chopped fresh parsley or basil for garnish
- Lemon wedges for serving

Instructions

1. Prep the mussels: Discard any cracked mussels that don't close when tapped. Rinse thoroughly under cold water.
2. Sauté the aromatics: Heat olive oil over medium heat in a large, deep skillet or pot with a lid. Add onion and sauté 2–3 minutes until soft. Stir in garlic and cook for 30 seconds.
3. Build the broth: Add cherry tomatoes, tomato paste, red pepper flakes (if using), oregano, and a pinch of salt. Stir well. Pour in the wine and broth, and bring to a simmer.
4. Steam mussels: Add mussels, cover tightly, and steam for 6–8 minutes or until mussels open. Discard any that remain closed.
5. Finish & serve: Season with salt and pepper to taste. Sprinkle with fresh parsley or basil. Serve hot with lemon wedges.

Mediterranean Diet Highlight:

Mussels are rich in lean protein and omega-3 fatty acids, while tomatoes, olive oil, and fresh herbs deliver heart-healthy antioxidants and anti-inflammatory benefits. This dish embodies the simplicity, speed, and nutrition of the Mediterranean way of eating.

Anchovy Pasta with Olives and Herbs

Calories: 320 | Protein: 11g | Carbohydrates: 39g | Fat: 14g | Fiber: 7g |
Cholesterol: 10mg | Sodium: 480mg | Potassium: 320mg

Yield: 4 servings | Prep Time: 10 minutes | Cook Time: 15 minutes



Mediterranean Diet Highlight:

This dish celebrates the Mediterranean tradition of balancing flavor and nutrition. Anchovies provide omega-3s and umami, olives add heart-healthy fats, and fresh herbs brighten every bite.

Ingredients

- 8 oz (225 g) whole wheat spaghetti
- 2 tbsp extra virgin olive oil
- 4 cloves garlic, thinly sliced
- 6 anchovy fillets in olive oil, drained and chopped
- 1/4 tsp crushed red pepper flakes (optional)
- 1/3 cup pitted Kalamata olives, halved
- Zest of 1 lemon
- 2 tbsp fresh lemon juice
- 1/4 cup chopped fresh parsley
- 2 tbsp chopped fresh basil or mint (optional)
- Freshly ground black pepper, to taste

Instructions

1. Cook the pasta: Bring a large pot of salted water to a boil. Cook the spaghetti until al dente, according to package instructions. Reserve 1/2 cup of pasta water, then drain.
2. Prepare the sauce: Heat the olive oil in a large skillet over medium heat while the pasta cooks. Add garlic and sauté for 1–2 minutes until fragrant but not browned.
3. Add anchovies: Stir in chopped anchovies and red pepper flakes (if using). Cook for 1–2 minutes, mashing the anchovies with a spoon until they dissolve into the oil.
4. Combine: Add olives, lemon zest, and juice. Toss the cooked pasta and a splash of reserved pasta water to loosen the sauce. Stir to coat evenly.
5. Finish with herbs: Remove from heat and fold in parsley, basil, or mint. Season with freshly ground black pepper.

Pan-Seared Halibut with Olive Relish

Calories: 275 | Protein: 30g | Carbohydrates: 4g | Fiber: 1g | Fat: 15g |
Cholesterol: 65mg | Sodium: 420mg | Potassium: 630mg

Yield: 4 servings | Prep Time: 10 minutes | Cook Time: 12 minutes



Mediterranean Diet Highlight:

This dish celebrates the essence of the Mediterranean Diet: lean protein from halibut, heart-healthy fats from olives and olive oil, and bright, fresh herbs and vegetables. It's naturally low in carbs, high in healthy fats and omega-3s, and full of anti-inflammatory ingredients - perfect for supporting heart health, brain function, and balanced blood sugar.

Ingredients

For the Halibut:

- 4 halibut fillets (about 5 oz each), skinless
- 1 1/2 tbsp extra virgin olive oil
- 1/2 tsp sea salt
- 1/4 tsp black pepper
- 1/2 tsp dried oregano
- Zest of 1 lemon

For the Olive Relish:

- 1/2 cup Kalamata olives, pitted and

chopped

- 2 tbsp capers, rinsed and drained
- 1 medium tomato, diced
- 1 tbsp red onion, finely chopped
- 1 tbsp parsley, chopped
- 1 tbsp extra virgin olive oil
- 1 tbsp lemon juice
- Freshly ground black pepper, to taste

Instructions

1. Season the halibut: Pat the halibut dry with paper towels. Rub fillets with olive oil, lemon zest, salt, pepper, and oregano (or thyme).
2. Sear the halibut: Heat a large nonstick or cast-iron skillet over medium-high heat. Place halibut in the skillet and cook for 4–5 minutes per side or until golden and the fish flakes easily with a fork. Remove
3. Make the olive relish: In a small bowl, combine olives, capers, tomato, red onion, parsley, olive oil, and lemon juice. Stir gently. Season with black pepper.
4. Serve: Plate halibut and spoon olive relish on top. Garnish with extra herbs or lemon wedges if desired.

Calamari and Chickpea Salad

Calories: 305 | Protein: 22 g | Carbohydrates: 21 g | Fat: 16 g | Fiber: 5 g |
Cholesterol: 220 mg | Sodium: 450 mg | Potassium: 540 mg

Yield: 4 servings | Prep Time: 15 minutes | Cook Time: 10 minutes



Mediterranean Diet Highlight:

This refreshing, protein-packed salad features tender calamari, hearty chickpeas, and crisp vegetables. Dressed in a lemony olive oil vinaigrette and bursting with Mediterranean herbs and flavors, it is perfect for a light lunch or dinner.

Ingredients

- 1 lb (450 g) cleaned calamari (tubes and tentacles), sliced into rings
- 1 tbsp extra virgin olive oil (for sautéing)
- 1 (15 oz / 425 g) can chickpeas, drained and rinsed
- 1 cup cherry tomatoes, halved
- ½ English cucumber, diced
- ¼ red onion, thinly sliced
- ¼ cup Kalamata olives, pitted and halved
- 2 tbsp fresh parsley, chopped
- 1 tbsp fresh mint or dill, chopped (optional)

For the Dressing:

- 3 tbsp extra virgin olive oil
- Juice of 1 lemon (about 3 tbsp)
- 1 small garlic clove, finely minced
- ½ tsp dried oregano
- Salt and black pepper, to taste

Instructions

1. Sauté the Calamari: Heat 1 tbsp olive oil in a skillet over medium-high heat. Add calamari and sauté for 2–3 minutes until just cooked and opaque. Do not overcook. Remove from heat and let cool slightly.
2. Prepare the Dressing: In a small bowl, whisk together olive oil, lemon juice, garlic, oregano, salt, and pepper.
3. Assemble the Salad: In a large bowl, combine chickpeas, tomatoes, cucumber, red onion, olives, parsley, and mint (if using). Add the cooked calamari and toss gently with the dressing.
4. Chill or Serve Immediately: To enhance flavors, serve immediately at room temperature or refrigerate for 15 minutes.

Quick Baked Trout with Zucchini

Calories: 310 | Protein: 30g | Carbohydrates: 7g | Fiber: 2g | Fat: 19g |
Cholesterol: 85mg | Sodium: 180mg | Potassium: 740mg

Yield: 4 servings | Prep Time: 10 minutes | Cook Time: 20 minutes



Mediterranean Diet Highlight:

This dish is rich in heart-healthy omega-3 fats, fresh vegetables, and vibrant herbs - key pillars of the Mediterranean Diet. Customizable and quick, it is suitable for both everyday dinners and elegant entertaining.

Ingredients

- 2 whole trout (cleaned, ~6 oz each) or 2 boneless trout fillets
- 2 small zucchini, sliced into thin rounds
- 2 tbsp extra virgin olive oil
- 2 cloves garlic, minced
- 1 lemon (½ sliced, ½ juiced)
- 1 tsp dried oregano (or thyme)
- 1 tbsp chopped fresh parsley (optional)
- Salt and freshly ground black pepper to taste
- 6 cherry tomatoes, halved (optional for color and flavor)

Instructions

1. Preheat the oven to 400°F (200°C). Line a baking sheet with parchment paper or foil.
2. Prepare the trout: Pat dry and place on the baking sheet. Drizzle 1 tbsp olive oil over the fish, rub in the garlic, and season with salt, pepper, and oregano. Insert lemon slices into the cavity (or on top if using fillets).
3. Toss the zucchini and tomatoes with the remaining 1 tbsp olive oil, a pinch of salt, and pepper. Spread around the fish on the baking sheet.
4. Bake for 15–18 minutes until the trout flakes easily with a fork and the zucchini is tender.
5. Drizzle with lemon juice and garnish with chopped parsley before serving.



CHAPTER 6: EASY POULTRY



Chicken Souvlaki with Yogurt Sauce

Calories: 280 | Protein: 30 g | Carbohydrates: 5 g | Fat: 15 g | Fiber: 0.5 g |
Cholesterol: 80 mg | Sodium: 310 mg | Potassium: 500 mg

Yield: 4 servings | Prep Time: 15 minutes | Cook Time: 12 minutes



Ingredients

For the Chicken Souvlaki:

- 1 lb (450 g) boneless, skinless chicken breast, cut into 1-inch cubes
- 2 tbsp olive oil
- Juice of 1 lemon (about 2 tbsp)
- 2 garlic cloves, minced
- 1 tsp dried oregano (or 1 tbsp fresh)
- ½ tsp ground cumin (optional)
- ½ tsp salt

- ¼ tsp black pepper

For the Yogurt Sauce:

- 1 cup plain Greek yogurt (low-fat or full-fat)
- 1 tbsp olive oil
- 1 tbsp lemon juice
- 1 small garlic clove, finely grated
- 2 tbsp fresh dill or mint, finely chopped
- Salt and pepper to taste

Instructions

1. Marinate the chicken: In a bowl, combine olive oil, lemon juice, garlic, oregano, cumin (if using), salt, and pepper. Add chicken cubes and toss to coat. Let sit in the fridge for at least 10 minutes (or up to 24 hours).
2. Prepare the yogurt sauce: In a small bowl, whisk together Greek yogurt, olive oil, lemon juice, garlic, and chopped herbs. Season to taste with salt and pepper. Chill until ready to serve.
3. Cook the chicken: Thread marinated chicken onto skewers (if using wooden skewers, soak in water for 10 minutes). Heat a grill pan or skillet over medium-high heat. Cook skewers for 5–6 minutes per side or until golden and cooked through.
4. Serve: Remove the chicken from the skewers. Serve with yogurt sauce, warm whole-grain pita or flatbread, and a fresh tomato-cucumber salad or lemony couscous.

Mediterranean Diet Highlight:

Packed with lean protein, heart-healthy olive oil, probiotic-rich yogurt, and fresh herbs, this dish supports muscle health, digestion, and inflammation reduction—hallmarks of the Mediterranean lifestyle.

Turkey and Spinach Skillet

Calories: 265 | Protein: 28 g | Carbohydrates: 8 g | Fat: 14 g | Fiber: 2 g |
Cholesterol: 75 mg | Sodium: 420 mg | Potassium: 720 mg

Yield: 4 servings | Prep Time: 10 minutes | Cook Time: 15 minutes



Ingredients

- 1 tbsp extra virgin olive oil
- 1 small red onion, finely chopped
- 2 garlic cloves, minced
- 1 lb (450 g) lean ground turkey
- 1 tsp dried oregano (or Italian seasoning)
- ½ tsp ground cumin (optional for warmth)
- ¼ tsp crushed red pepper flakes (optional

- for heat)
- Salt and black pepper to taste
- 1 (14 oz / 400 g) can diced tomatoes, no salt added
- 4 cups fresh baby spinach (about 120 g)
- ¼ cup crumbled feta cheese
- 1 tbsp chopped fresh parsley (or basil)
- Juice of ½ lemon

Instructions

1. Heat the skillet: Heat olive oil over medium heat in a large nonstick skillet.
2. Sauté aromatics: Add chopped onion and cook for 2–3 minutes until soft. Stir in garlic and cook for another 30 seconds.
3. Brown the turkey: Add ground turkey, breaking it up with a spatula. Cook for 5–6 minutes until browned and cooked through.
4. Season: Stir in oregano, cumin, red pepper flakes (if using), salt, and black pepper.
5. Simmer with tomatoes: Add diced tomatoes with their juices. Bring to a gentle simmer and cook for 5 minutes to blend flavors.
6. Add the spinach: Stir in spinach and cook for 1–2 minutes until wilted.
7. Finish and garnish: Remove from heat. Stir in lemon juice, sprinkle with feta and parsley. Serve warm.

Mediterranean Diet Highlight:

This recipe celebrates key Mediterranean elements - lean protein, olive oil, leafy greens, tomatoes, herbs, and feta - offering balanced nutrition and robust flavor in just one pan.

Lemon-Oregano Grilled Chicken Thighs

Calories: 295 | Protein: 28g | Carbohydrates: 2g | Fat: 19g | Fiber: 0.5g |
Cholesterol: 130mg | Sodium: 300mg | Potassium: 320mg

Yield: 4 servings | Prep Time: 10 minutes | Cook Time: 15 minutes



Ingredients

- 1½ lbs (about 6) boneless, skinless chicken thighs
- 3 tbsp extra virgin olive oil
- 2 tbsp fresh lemon juice
- 2 tsp lemon zest
- 2 tsp dried oregano (or 1 tbsp fresh, finely chopped)
- 2 garlic cloves, minced
- ½ tsp sea salt
- ¼ tsp freshly ground black pepper
- Optional: ¼ tsp crushed red pepper flakes (for heat)
- Optional garnish: lemon wedges, fresh parsley

Instructions

1. Marinate the chicken: In a bowl, whisk together olive oil, lemon juice, lemon zest, oregano, garlic, salt, pepper, and red pepper flakes (if using). Add chicken thighs and toss to coat evenly. Let marinate for 10–15 minutes at room temperature.
2. Grill the chicken: Preheat a pan or outdoor grill over medium-high heat. Lightly oil the grill grates or pan. Grill chicken thighs for 5–7 minutes per side or until nicely charred and internal temperature reaches 165°F (74°C).
3. Rest and serve: Remove from heat and let rest for 2–3 minutes. If desired, garnish with lemon wedges and chopped parsley.

Mediterranean Diet Highlight:

This dish showcases key Mediterranean ingredients like olive oil, lemon, and oregano. These ingredients promote heart health, have anti-inflammatory benefits, and have a bold flavor - perfect for a balanced and satisfying meal.

Chicken Piccata with Capers

Calories: 290 | Protein: 34g | Carbohydrates: 7g | Fat: 14g | Fiber: 1g |
Cholesterol: 85mg | Sodium: 420mg | Potassium: 480mg

Yield: 4 servings | Prep Time: 10 minutes | Cook Time: 15 minutes



Ingredients

- 4 boneless, skinless chicken breasts (about 1.5 lbs), pounded to ½-inch thickness
- ¼ cup whole wheat flour (or almond flour for low-carb)
- 2 tbsp extra virgin olive oil
- 3 garlic cloves, minced
- ½ cup low-sodium chicken broth
- ⅓ cup fresh lemon juice (about 2 lemons)
- 2 tbsp capers, rinsed
- ¼ tsp sea salt
- ¼ tsp black pepper
- 2 tbsp chopped fresh parsley (or fresh basil as a variation)
- Lemon slices, for garnish (optional)

Instructions

1. Prepare the chicken: Pat chicken dry and season both sides with salt and pepper. Dredge lightly in flour, shaking off excess.
2. Sear: Heat olive oil over medium heat in a large skillet. Add chicken and cook for 4–5 minutes per side until golden and cooked through. Transfer to a plate and keep warm.
3. Deglaze: Add garlic to the same skillet and sauté for 30 seconds. Pour in broth and lemon juice, scraping up any browned bits.
4. Add capers: Stir in capers and simmer for 2–3 minutes to reduce the sauce slightly.
5. Return chicken: Place the chicken back in the skillet and spoon the sauce over it. Simmer for 2 more minutes.
6. Finish: Sprinkle with fresh parsley and garnish with lemon slices.

Mediterranean Diet Highlight:

This dish celebrates the essence of Mediterranean cooking: lean proteins, heart-healthy olive oil, antioxidant-rich lemon, and briny capers. It's simple and flavorful, and it supports healthy blood sugar and cholesterol levels while being naturally low in carbs and full of anti-inflammatory ingredients.

Mediterranean Chicken Lettuce Wraps

Calories: 285 | Protein: 28g | Carbohydrates: 6g | Fat: 16g | Fiber: 2g |
Cholesterol: 74mg | Sodium: 440mg | Potassium: 520mg

Yield: 4 servings | Prep Time: 15 minutes | Cook Time: 10 minutes



Ingredients

- 1 lb (450 g) boneless, skinless chicken breast, cut into small strips
- 1 tbsp extra-virgin olive oil
- 2 garlic cloves, minced
- 1 tsp dried oregano (or Italian herb blend)
- 1/2 tsp ground cumin (optional for warmth)
- Salt and black pepper, to taste
- 1/2 cup cherry tomatoes, halved
- 1/4 cup red onion, finely chopped
- 1/4 cup cucumber, diced
- 1/4 cup Kalamata olives, chopped
- 1/4 cup crumbled feta cheese (or dairy-free alternative)
- 2 tbsp fresh parsley or mint, chopped
- 8 large butter lettuce or romaine leaves

Instructions

1. Sauté the chicken: Heat the olive oil over medium heat in a large skillet. Add garlic and cook for 30 seconds until fragrant. Add the chicken strips, oregano, cumin (if using), salt, and pepper. Cook for 6–8 minutes, turning occasionally, until chicken is golden and cooked through. Squeeze lemon juice over the chicken and toss to coat.
2. Prepare the topping: In a small bowl, mix tomatoes, red onion, cucumber, olives, and feta. Add fresh parsley or mint and toss gently.
3. Assemble the wraps: Place lettuce leaves on a serving plate. Spoon a portion of the chicken into each leaf, then top with the tomato-olive mixture.
4. Serve: Enjoy immediately as a light lunch, appetizer, or dinner with a side of hummus or whole grain couscous.

Mediterranean Diet Highlight:

This dish features lean protein, heart-healthy olive oil, fresh vegetables, and herbs, all core components of the Mediterranean Diet. Lettuce wraps provide a low-carb, gluten-free base, making this meal light yet satisfying.

Mediterranean Turkey Stuffed Peppers

Calories: 310 | Protein: 27g | Carbohydrates: 18g | Fat: 15g | Fiber: 4g |
Cholesterol: 70mg | Sodium: 380mg | Potassium: 690mg

Yield: 4 servings | Prep Time: 10 minutes | Cook Time: 20 minutes



Ingredients

- 4 medium bell peppers (any color), halved and seeds removed
- 1 Tbsp extra-virgin olive oil
- 1 small red onion, finely chopped
- 2 garlic cloves, minced
- 1 lb (450 g) lean ground turkey
- 1 cup cooked brown rice (or quinoa for variation)
- 1 cup cherry tomatoes, halved
- 1 tsp dried oregano (or Italian seasoning)
- 1/2 tsp ground cumin
- 1/4 tsp crushed red pepper flakes
- Salt and pepper to taste
- 1/4 cup crumbled feta cheese
- 2 Tbsp chopped fresh parsley or basil
- Juice of 1/2 lemon

Instructions

1. Preheat the oven to 375°F (190°C). Lightly grease a baking dish large enough to fit all pepper halves snugly.
2. Sauté the base: Heat olive oil over medium heat in a large skillet. Add onion and garlic, sauté 2–3 minutes until softened.
3. Cook the turkey: Add ground turkey, breaking it up with a spoon. Cook until no longer pink, about 5–6 minutes.
4. Combine filling: Stir in cherry tomatoes, cooked rice, oregano, cumin, red pepper flakes (if using), salt, and pepper. Cook for 2 more minutes. Remove from heat, add lemon juice and half of the feta.
5. Stuff the peppers: Fill each pepper half with the turkey mixture and place it in the prepared baking dish.
6. Bake: Cover loosely with foil and bake for 15 minutes until peppers are tender. Uncover, sprinkle with remaining feta, and bake for 5 more minutes.
7. Garnish and serve: Top with fresh parsley or basil and serve warm.

Mediterranean Diet Highlight:

This dish features lean protein, healthy olive oil, fiber-rich vegetables, whole grains, and classic Mediterranean herbs and cheese - all of which promote heart health and balanced blood sugar.

Chicken and Chickpea Skillet

Calories: 320 | Protein: 32 g | Carbohydrates: 24 g | Fiber: 6 g | Fat: 12 g |
Cholesterol: 66 mg | Sodium: 250 mg | Potassium: 780 mg

Yield: 4 servings | Prep Time: 10 minutes | Cook Time: 20 minutes



Ingredients

- 1 tbsp extra-virgin olive oil
- 1 lb (450 g) boneless, skinless chicken breast, cut into bite-sized pieces
- 1 small red onion, thinly sliced
- 2 garlic cloves, minced
- 1 red bell pepper, sliced
- 1 zucchini, halved and sliced
- 1½ cups cooked chickpeas (or 1 can, drained and rinsed)
- ½ tsp ground cumin
- ½ tsp smoked paprika
- ¼ tsp ground black pepper
- ¼ tsp sea salt (optional)
- 1 cup cherry tomatoes, halved
- Juice of ½ lemon
- ¼ cup chopped fresh parsley or cilantro

Instructions

1. Heat the skillet: Heat olive oil over medium heat in a large nonstick skillet.
2. Sear the chicken: Add chicken pieces and cook for 5–6 minutes, turning to brown on all sides until cooked through. Remove and set aside.
3. Sauté the vegetables: In the same skillet, add the red onion and garlic. Sauté for 1 minute. Add the bell pepper and zucchini; cook for 4–5 minutes until slightly softened.
4. Add chickpeas & spices: Stir in chickpeas, cumin, paprika, pepper, and salt (if using). Cook for 2 minutes.
5. Combine & finish: Return the chicken to the skillet. Add cherry tomatoes and lemon juice. Stir and cook for 2 more minutes.
6. Garnish & serve: Remove from heat and sprinkle with chopped parsley or your herb of choice.

Mediterranean Diet Highlight:

This dish features heart-healthy olive oil, lean protein, fiber-rich legumes, and antioxidant-packed vegetables. It's a complete one-pan meal rooted in the Mediterranean tradition of fresh, whole-food ingredients.

Grilled Chicken with Roasted Veggies

Calories: 330 | Protein: 35g | Carbohydrates: 11g | Fat: 17g | Fiber: 3g |
Cholesterol: 90mg | Sodium: 280mg | Potassium: 850mg

Yield: 4 servings | Prep Time: 10 minutes | Cook Time: 20 minutes



Ingredients

For the Chicken:

- 4 boneless, skinless chicken breasts (about 5 oz each)
- 2 tbsp extra virgin olive oil
- 1 tsp dried oregano (or thyme)
- 1 tsp garlic powder
- ½ tsp paprika
- Juice of ½ lemon
- Salt and black pepper to taste

For the Veggies:

- 1 red bell pepper, sliced
- 1 zucchini, sliced
- 1 red onion, cut into wedges
- 1 cup cherry tomatoes
- 1 tbsp extra virgin olive oil
- ½ tsp dried rosemary or Italian seasoning
- Salt and pepper to taste

Instructions

1. Preheat the oven to 425°F (220°C). Line a baking sheet with parchment paper.
2. Season the chicken: In a bowl, combine the chicken, 2 tablespoons olive oil, oregano, garlic powder, paprika, lemon juice, salt, and pepper. Set aside to marinate while prepping the veggies.
3. Prepare the veggies: Place all vegetables on the baking sheet, drizzle with 1 tbsp olive oil, sprinkle with rosemary, salt, and pepper, and toss to coat.
4. Roast the vegetables for 20 minutes, stirring once halfway through.
5. Grill the chicken (indoors or outdoors): Preheat a grill pan or outdoor grill to medium-high heat. Grill chicken for 5–6 minutes per side or until internal temperature reaches 165°F (75°C).
6. Serve grilled chicken with a generous portion of roasted veggies.

Mediterranean Diet Highlight:

This dish combines lean protein, heart-healthy olive oil, and antioxidant-rich vegetables - core components of the Mediterranean lifestyle. Herbs and lemon add bright flavor without extra sodium or calories.

Herbed Ground Turkey Patties

Calories: 220 | Protein: 26 g | Carbohydrates: 2 g | Fat: 12 g | Fiber: 0.5 g |
Cholesterol: 85 mg | Sodium: 340 mg | Potassium: 450 mg

Yield: 4 servings | Prep Time: 10 minutes | Cook Time: 15 minutes



Ingredients

- 1 lb (450 g) lean ground turkey
- 1/4 cup red onion, finely chopped
- 2 garlic cloves, minced
- 1/4 cup fresh parsley, finely chopped
- 1 tbsp fresh mint or dill, chopped (or 1 tsp dried)
- 1 tsp dried oregano
- 1/2 tsp ground cumin
- Zest of 1 lemon
- 1 tbsp olive oil (for cooking)
- 1/2 tsp sea salt
- 1/4 tsp ground black pepper

Instructions

1. Mix the ingredients: In a large bowl, combine ground turkey, onion, garlic, herbs, oregano, cumin, lemon zest, salt, and pepper. Mix gently with your hands or a fork until combined - avoid overmixing.
2. Form the patties: Shape the mixture into 8 small patties (about 1/2 inch thick).
3. Cook the patties: Heat olive oil in a large non-stick skillet over medium heat. Cook patties for 5–6 minutes per side or until golden brown and cooked through (internal temp: 165°F/74°C).
4. Rest and serve: Let patties rest briefly before serving to lock in juices.

Mediterranean Diet Highlight:

This recipe uses lean protein, anti-inflammatory herbs, and heart-healthy olive oil, all staples of the Mediterranean diet. It's high in protein, low in carbs, and rich in fresh, bright flavors - perfect for a nourishing meal in under 30 minutes.

Chicken with Olives and Artichokes

Calories: 285 | Protein: 27 g | Carbohydrates: 7 g | Fat: 17 g | Fiber: 3 g |
Cholesterol: 105 mg | Sodium: 520 mg | Potassium: 510 mg

Yield: 4 servings | Prep Time: 10 minutes | Cook Time: 20 minutes



Ingredients

- 1 lb (450 g) boneless, skinless chicken thighs, cut into chunks
- 1 tbsp extra virgin olive oil
- 3 garlic cloves, minced
- 1 tsp dried oregano (or use thyme or rosemary)
- 1 tsp paprika (optional for warmth)
- 1/4 tsp red pepper flakes (optional)
- Salt and black pepper, to taste
- 1/2 cup low-sodium chicken broth
- Juice of 1 lemon (about 2 tbsp)
- 1 cup canned artichoke hearts (in water), drained and halved
- 1/2 cup pitted green or Kalamata olives, halved
- 1/2 cup cherry tomatoes, halved (optional for extra color and sweetness)
- 2 tbsp chopped fresh parsley or basil (for garnish)

Instructions

1. Sauté the chicken: Heat the olive oil in a large skillet over medium heat. Add the chicken, sprinkle with oregano, paprika, and red pepper flakes, and season with salt and pepper. Cook for 5–6 minutes, turning occasionally, until browned on all sides.
2. Add the aromatics & Broth: Stir in the garlic and cook for 1 minute until fragrant. Pour in the chicken broth and lemon juice. Scrape the bottom of the pan to release any browned bits.
3. Simmer with veggies: Add artichoke hearts, olives, and cherry tomatoes (if using). Stir well. Cover and simmer for 8–10 minutes until the chicken is fully cooked and tender.
4. Finish & garnish: Uncover and let the sauce reduce slightly, if desired. Taste and adjust seasoning. Sprinkle with fresh herbs just before serving.

Mediterranean Diet Highlight:

This dish is rich in heart-healthy fats from olive oil and olives, packed with antioxidant-rich vegetables like artichokes and tomatoes, and seasoned with classic Mediterranean herbs. It perfectly exemplifies how the Mediterranean Diet supports wellness without sacrificing flavor.

Chicken and Spinach Pita Pockets

Calories: 312 | Protein: 28g | Carbohydrates: 25g | Fat: 13g | Fiber: 5g |
Cholesterol: 65mg | Sodium: 410mg | Potassium: 540mg

Yield: 4 servings | Prep Time: 10 minutes | Cook Time: 15 minutes



Ingredients

- 2 tsp extra virgin olive oil
- 2 cloves garlic, minced
- 2 cups cooked chicken breast, shredded or diced
- 4 cups fresh baby spinach
- 1 tsp dried oregano (or 1 Tbsp fresh)
- 1/2 tsp ground cumin (optional, for a warm flavor note)
- Juice of 1/2 lemon
- Salt and pepper, to taste
- 1/2 cup plain Greek yogurt
- 1/2 cucumber, finely diced
- 1 Tbsp chopped fresh mint or dill (optional)
- 4 whole grain pita pockets (6-inch), halved
- 1/2 cup diced tomatoes
- 1/4 cup crumbled feta cheese

Instructions

1. Sauté the filling: Heat olive oil in a large skillet over medium heat. Add garlic and cook for 30 seconds until fragrant. Stir in the chicken, spinach, oregano, and cumin. Sauté for 3–4 minutes, until spinach wilts. Season with lemon juice, salt, and pepper. Remove from heat.
2. Prepare the yogurt sauce: Mix Greek yogurt with cucumber and mint or dill (if using) in a small bowl. Add a pinch of salt and a squeeze of lemon juice for extra brightness.
3. Assemble the pita pockets: Gently open each pita half and fill with the chicken-spinach mixture. Top with a spoonful of yogurt sauce, diced tomatoes, and a sprinkle of feta.

Mediterranean Diet

Highlight:

This dish celebrates key Mediterranean staples - lean protein, fresh greens, extra virgin olive oil, and fermented dairy. Greek yogurt adds probiotics, while spinach delivers iron and antioxidants. Whole-grain pita boosts fiber intake, supporting heart health and steady blood sugar.

Sausage and Pepper Couscous

Calories: 365 | Protein: 19g | Carbohydrates: 34g | Fat: 18g | Fiber: 6g |
Cholesterol: 40mg | Sodium: 520mg | Potassium: 540mg

Yield: 4 servings | Prep Time: 10 minutes | Cook Time: 15 minutes



Ingredients

- 1 cup whole wheat couscous
- 1 1/4 cups low-sodium vegetable or chicken broth
- 1 tsp extra virgin olive oil
- 2 garlic cloves, minced
- 1 small red onion, thinly sliced
- 1 red bell pepper, thinly sliced
- 1 yellow bell pepper, thinly sliced
- 2 chicken or turkey sausages (preferably nitrate-free), sliced into rounds
- 1 tsp dried oregano (or 1 tbsp fresh, chopped)
- 1/2 tsp smoked paprika (optional for depth)
- Salt and pepper, to taste
- 2 tbsp chopped fresh parsley or basil (for garnish)
- 1 tbsp fresh lemon juice

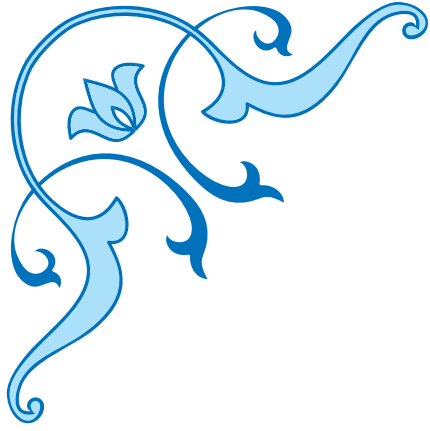
Instructions

1. Prepare the couscous: In a small saucepan, bring the broth to a boil. Stir in the couscous, cover, and remove from heat. Let sit for 5 minutes, then fluff with a fork.
2. Sauté the vegetables and sausage: Heat olive oil over medium heat in a large non-stick skillet. Add garlic and onion; sauté 2–3 minutes until fragrant. Add bell peppers and cook for another 5 minutes, stirring occasionally.
3. Add the sausage and spices: Stir in sliced sausage, oregano, paprika, salt, and pepper. Cook for 5–6 minutes, until the sausage is browned and heated.
4. Combine and finish: Add cooked couscous to the skillet and stir gently to combine. Drizzle with lemon juice and garnish with fresh herbs.

Mediterranean Diet

Highlight:

This dish combines lean protein, fiber-rich whole grains, and colorful vegetables, all hallmarks of the Mediterranean Diet. The extra virgin olive oil and fresh herbs add heart-healthy fats and antioxidants, supporting long-term wellness and delicious eating.



CHAPTER 7: 30-MINUTE PASTA & GRAIN BOWLS



Orzo with Feta and Roasted Vegetables

Calories: 330 | Protein: 9g | Carbohydrates: 38g | Fat: 16g | Fiber: 5g |
Cholesterol: 20mg | Sodium: 360mg | Potassium: 520mg

Yield: 4 servings | Prep Time: 10 minutes | Cook Time: 20 minutes



Ingredients

- 1 cup dry orzo
- 1 medium zucchini, diced
- 1 red bell pepper, diced
- 1 small red onion, sliced
- 1 cup cherry tomatoes, halved
- 2 tbsp extra virgin olive oil, divided
- 1/2 tsp sea salt
- 1/4 tsp black pepper
- 1/2 tsp dried oregano (or use fresh basil or parsley to finish)
- 1/2 cup crumbled feta cheese
- 2 tbsp chopped fresh parsley (optional)
- 1 tbsp lemon juice
- Zest of 1/2 lemon

Instructions

1. Preheat the oven to 425°F (220°C). Line a baking sheet with parchment paper.
2. Toss the vegetables (zucchini, bell pepper, onion, tomatoes) with 1 tbsp olive oil, salt, pepper, and oregano. Spread on a baking sheet and roast for 18–20 minutes, stirring once.
3. Meanwhile, cook the orzo in a pot of salted boiling water according to package instructions (about 8–10 minutes). Drain and transfer to a large bowl.
4. Combine the roasted vegetables with the warm orzo. Stir in the remaining 1 tbsp olive oil, lemon juice, and lemon zest.
5. Fold in feta and sprinkle with chopped parsley if using. Serve warm or at room temperature.

Mediterranean Diet Highlight:

Thanks to the olive oil, fresh vegetables, and whole grains, this dish is rich in fiber, antioxidants, and heart-healthy fats. Feta adds calcium and flavor without excess fat, supporting a balanced and vibrant Mediterranean-style plate.

Whole Wheat Penne with Eggplant and Basil

Calories: 330 | Protein: 10 g | Carbohydrates: 48 g | Fat: 11 g | Fiber: 9 g |
Cholesterol: 5 mg | Sodium: 230 mg | Potassium: 570 mg

Yield: 4 servings | Prep Time: 10 minutes | Cook Time: 20 minutes



Ingredients

- 8 oz (225 g) whole wheat penne
- 2 tbsp extra virgin olive oil
- 1 medium eggplant (about 1 lb), diced into 1/2-inch cubes
- 3 cloves garlic, minced
- 1 cup cherry tomatoes, halved (or 1 large ripe tomato, chopped)
- 1/4 tsp red pepper flakes (optional, for heat)
- Salt and freshly ground black pepper, to taste
- 1/4 cup chopped fresh basil (plus extra for garnish)
- 2 tbsp grated Parmesan cheese (optional)
- 1 tbsp capers (optional, for a briny twist)

Instructions

1. Cook the pasta: In a large pot of salted water, cook the whole wheat penne until al dente (about 9–11 minutes). Drain and reserve 1/2 cup of pasta water.
2. Sauté eggplant: Heat olive oil in a large skillet over medium heat while pasta cooks. Add diced eggplant and cook, stirring occasionally, until golden and tender (about 8–10 minutes). Add a splash of pasta water if it begins to stick.
3. Add flavor: Stir in garlic, cherry tomatoes, and red pepper flakes (if using). Sauté for 2–3 minutes until tomatoes soften. Season with salt and black pepper.
4. Combine: Add the drained pasta to the skillet, fresh basil, and a bit of the reserved pasta water to loosen the sauce. Toss everything together over low heat until evenly coated.
5. Serve: Divide among plates and top with optional Parmesan, extra basil, or capers if desired.

Mediterranean Diet Highlight:

This dish celebrates the Mediterranean way of eating with fiber-rich whole grains, heart-healthy olive oil, antioxidant-packed eggplant, and fresh basil. It's a satisfying, plant-forward meal perfect for any night of the week.

Farro Bowl with Tomatoes and Pesto

Calories: 355 | Protein: 10g | Carbohydrates: 42g | Fats: 17g | Fiber: 7g |
Cholesterol: 10mg | Sodium: 290mg | Potassium: 520mg

Yield: 2 servings | Prep Time: 10 minutes | Cook Time: 20 minutes



Mediterranean Diet Highlight:

This bowl features fiber-rich farro, heart-healthy olive oil, antioxidant-packed tomatoes, and fresh herbs - core components of the Mediterranean lifestyle that promote heart and digestive health.

Ingredients

- ½ cup dry farro
- 1 cup cherry tomatoes, halved
- 1 cup arugula or baby spinach
- 2 tbsp basil pesto (store-bought or homemade)
- 1 tbsp extra virgin olive oil
- 1 tbsp lemon juice (freshly squeezed)
- 2 tbsp crumbled feta cheese (optional)
- Salt and pepper to taste
- Optional: fresh basil leaves or pine nuts for garnish

Instructions

1. Cook the farro: Combine Farro with 1½ cups water in a medium saucepan. Bring to a boil, reduce heat, and simmer for 15–20 minutes or until tender. Drain any excess water.
2. Prepare the tomatoes: Heat olive oil in a skillet over medium heat while Farro cooks. Add cherry tomatoes and a pinch of salt. Sauté for 3–4 minutes until softened and slightly blistered.
3. Assemble the bowl: In a mixing bowl, combine cooked farro, sautéed tomatoes, and arugula or spinach. Add lemon juice and pesto. Toss gently to coat everything evenly.
4. Finish and serve: Top with crumbled feta (if using), and garnish with fresh basil or pine nuts. Serve warm or at room temperature.

Brown Rice with Grilled Chicken and Lemon

Calories: 375 | Protein: 28g | Carbohydrates: 34g | Fat: 14g | Fiber: 4g |
Cholesterol: 66mg | Sodium: 280mg | Potassium: 560mg

Yield: 4 servings | Prep Time: 10 minutes | Cook Time: 20 minutes



Mediterranean Diet Highlight:

This dish celebrates classic Mediterranean elements: olive oil, lemon, fresh herbs, and whole grains. It's high in lean protein, fiber, and heart-healthy fats - perfect for supporting long-term wellness and blood sugar balance.

Ingredients

- 1 cup uncooked brown rice
- 2 cups low-sodium vegetable or chicken broth
- 2 boneless, skinless chicken breasts (about 1 lb), sliced into cutlets
- 2 tbsp extra-virgin olive oil, divided
- Juice and zest of 1 lemon
- 2 garlic cloves, minced
- 1 tsp dried oregano (or 1 tbsp fresh)
- ½ tsp ground cumin (optional for warmth)
- ½ tsp salt
- ¼ tsp black pepper
- 1 cup cherry tomatoes, halved
- ½ cup chopped fresh parsley
- ¼ cup crumbled feta cheese (optional)

Instructions

1. Cook the rice: Combine brown rice and broth in a medium saucepan. Bring to a boil, reduce heat, cover, and simmer for 20 minutes or until rice is tender and liquid is absorbed. Fluff with a fork.
2. Marinate the chicken: While the rice cooks, mix 1 tbsp olive oil, lemon juice, zest, garlic, oregano, cumin (if using), salt, and pepper in a bowl. Add chicken cutlets, tossing to coat. Let sit for 5–10 minutes.
3. Grill the chicken: Heat a grill pan or skillet over medium-high heat. Drizzle with remaining 1 tbsp olive oil. Cook chicken for 3–4 minutes per side or until golden and cooked through. Set aside to rest, then slice.
4. Assemble the dish: Toss cooked rice with chopped parsley and cherry tomatoes. Divide among plates. Top with grilled chicken slices and a sprinkle of feta if desired. Drizzle with extra lemon juice for brightness.

Spaghetti with Cherry Tomatoes and Olives

Calories: 360 | Protein: 9g | Carbohydrates: 48g | Fat: 14g | Fiber: 7g |
Cholesterol: 0mg | Sodium: 420mg | Potassium: 540mg

Yield: 4 servings | Prep Time: 10 minutes | Cook Time: 15 minutes



Ingredients

- 8 oz whole grain or spelt spaghetti
- 2 tbsp extra virgin olive oil
- 3 cloves garlic, thinly sliced
- 1 pint (about 2 cups) cherry tomatoes, halved
- ½ cup Kalamata olives, pitted and halved
- 1 tsp dried oregano (or 1 tbsp fresh)
- ¼ tsp red pepper flakes (optional)
- Salt and black pepper to taste
- ¼ cup chopped fresh basil or flat-leaf parsley
- Optional: 2 tbsp capers or 1 tbsp lemon zest for extra brightness
- Optional garnish: shaved Parmesan (omit for vegan)

Instructions

1. Cook the pasta: Bring a large pot of salted water to a boil. Cook spaghetti according to package instructions until al dente. Reserve ½ cup of pasta water, then drain.
2. Sauté the aromatics: Heat olive oil over medium heat in a large skillet. Add garlic and sauté for 1 minute until fragrant (do not brown).
3. Add tomatoes and olives: Stir in cherry tomatoes and cook for 5–6 minutes until they soften and burst. Add olives, oregano, red pepper flakes, salt, and black pepper. Cook for another 2 minutes.
4. Combine: Add the drained spaghetti to the skillet. Toss everything together, adding reserved pasta water as needed to create a light sauce.
5. Finish: Stir in fresh basil or parsley just before serving. Adjust seasoning if needed.

Mediterranean Diet Highlight:

This dish showcases key Mediterranean ingredients like extra virgin olive oil, garlic, ripe tomatoes, and olives - known for their heart-healthy fats, antioxidants, and anti-inflammatory properties. It's a satisfying, plant-forward pasta that's quick, nourishing, and full of vibrant flavor.

Barley Risotto with Zucchini and Peas

Calories: 285 | Protein: 9g | Carbohydrates: 48g | Fat: 7g | Fiber: 9g |
Cholesterol: 2mg | Sodium: 330mg | Potassium: 410mg

Yield: 4 servings | Prep Time: 10 minutes | Cook Time: 20 minutes



Ingredients

- 1 tbsp extra virgin olive oil
- 1 small yellow onion, finely chopped
- 2 garlic cloves, minced
- 1 cup pearl barley (rinsed and drained)
- 3 cups low-sodium vegetable broth, warmed
- 1 medium zucchini, diced
- 1 cup green peas (fresh or frozen)
- ¼ cup grated Parmesan cheese
- ¼ tsp sea salt, or to taste
- ¼ tsp black pepper
- 1 tbsp chopped fresh parsley (optional)
- 1 tsp fresh lemon zest
- Juice of ½ lemon

Instructions

1. Sauté the aromatics: Heat the olive oil in a large skillet over medium heat. Add the onion and cook for 3–4 minutes until softened. Stir in the garlic and cook for 1 minute more.
2. Toast the barley: Add barley and stir for 2 minutes to toast lightly, enhancing its nutty flavor.
3. Simmer: Gradually add the warm vegetable broth, 1 cup at a time, stirring frequently and allowing the barley to absorb most of the liquid before each addition.
4. Add the vegetables: After 15 minutes, stir in zucchini and peas. Continue cooking until the barley is tender and creamy, about 5 more minutes.
5. Finish: Stir in Parmesan (if using), lemon zest, lemon juice, salt, and pepper. Remove from heat.
6. Garnish: Top with fresh parsley before serving.

Mediterranean Diet Highlight:

This dish showcases heart-healthy olive oil, fiber-rich barley, and vegetables like zucchini and peas. It delivers a balance of whole grains, plant-based nutrition, and bright Mediterranean flavors. It's a meat-free option that supports longevity and metabolic health.

Couscous with Roasted Red Pepper Sauce

Calories: 220 | Protein: 5g | Carbohydrates: 29g | Fat: 10g | Fiber: 4g |
Cholesterol: 0mg | Sodium: 200mg | Potassium: 280mg

Yield: 4 servings | Prep Time: 10 minutes | Cook Time: 15 minutes



Ingredients

For the Couscous:

- 1 cup whole wheat couscous
- 1 cup low-sodium vegetable broth (or water)
- 1 tbsp extra-virgin olive oil
- 1/4 tsp sea salt

For the Roasted Red Pepper Sauce:

- 2 large roasted red bell peppers (jarred or homemade), drained
- 2 tbsp extra-virgin olive oil

- 1 clove garlic
- 2 tbsp fresh lemon juice
- 1/4 tsp smoked paprika
- 1/4 tsp ground cumin
- Salt and black pepper, to taste

Optional Add-Ins:

- 1/4 cup chopped fresh parsley or basil
- 1/4 cup crumbled feta cheese or sliced olives
- 1/4 tsp chili flakes (for heat)

Instructions

1. Prepare the couscous: In a small pot, bring vegetable broth, olive oil, and salt to a boil. Stir in couscous, cover, and remove from heat. Let sit for 5 minutes, then fluff with a fork.
2. Make the sauce: In a blender or food processor, combine roasted peppers, olive oil, garlic, lemon juice, paprika, cumin, salt, and pepper. Blend until smooth and creamy.
3. Combine and finish: Pour the sauce over the fluffed couscous and stir to combine. Add herbs and optional toppings, if desired.
4. Serve: Warm or at room temperature. It is perfect as a side or light main with grilled fish, chicken, or chickpeas.

Mediterranean Diet Highlight:

This dish features whole grains, heart-healthy olive oil, and antioxidant-rich red peppers, exemplifying the vibrant and nourishing essence of the Mediterranean diet.

Pasta Primavera with Garlic and Olive Oil

Calories: 370 | Protein: 12g | Carbohydrates: 48g | Fat: 15g | Fiber: 9g |
Cholesterol: 15mg | Sodium: 280mg | Potassium: 580mg

Yield: 4 servings | Prep Time: 10 minutes | Cook Time: 20 minutes



Ingredients

- 8 oz whole wheat spaghetti or chickpea pasta
- 3 tbsp extra-virgin olive oil
- 3 garlic cloves, thinly sliced
- 1 small red onion, thinly sliced
- 1 zucchini, julienned
- 1 yellow bell pepper, thinly sliced
- 1 cup cherry tomatoes, halved
- 1 cup broccoli florets
- 1/2 tsp sea salt
- 1/4 tsp freshly ground black pepper
- 1/2 tsp dried oregano or Italian herb blend
- 1/4 tsp crushed red pepper flakes
- Juice of 1/2 lemon
- 2 tbsp chopped fresh basil or parsley
- Optional garnish: shaved Parmesan or crumbled feta (1 tbsp per serving)

Instructions

1. Cook the pasta: In a large pot, bring salted water to a boil. Cook the pasta until al dente according to the package instructions. Drain and reserve 1/2 cup pasta water.
2. Sauté the vegetables: Heat olive oil in a large skillet over medium heat while pasta cooks. Add garlic and onion; sauté for 2 minutes until fragrant.
3. Add the vegetables: Stir in zucchini, bell pepper, broccoli, and cherry tomatoes. Sauté for 6–8 minutes until tender but crisp. Season with salt, pepper, and optional herbs or red pepper flakes.
4. Combine: Add cooked pasta to the skillet. Toss everything together, adding reserved pasta water as needed to loosen the sauce.
5. Finish: Remove from heat. Add lemon juice and sprinkle with fresh herbs. Toss gently.
6. Serve: Divide the mixture into bowls. Top with optional Parmesan or feta, if desired. Serve warm or at room temperature.

Mediterranean Diet Highlight:

This dish celebrates Mediterranean eating with various seasonal vegetables, heart-healthy olive oil, and antioxidant-rich garlic and herbs. Whole grain or legume-based pasta boosts fiber and plant-based protein, making it suitable for vegetarians and those following a flexitarian lifestyle.

Wild Rice and Lentil Bowl with Herbs

Calories: 280 | Protein: 11g | Carbohydrates: 35g | Fat: 11g | Fiber: 8g |
Cholesterol: 5mg | Sodium: 270mg | Potassium: 510mg

Yield: 4 servings | Prep Time: 10 minutes | Cook Time: 20 minutes



Ingredients

- 1 cup cooked wild rice
- 1 cup cooked green or brown lentils (canned or freshly cooked)
- 1 cup cherry tomatoes, halved
- 1 cup cucumber, diced
- ¼ cup red onion, finely chopped
- ¼ cup Kalamata olives, sliced
- ¼ cup crumbled feta cheese (optional)
- 2 tbsp extra virgin olive oil
- 1 tbsp fresh lemon juice
- 2 tbsp chopped fresh parsley
- 1 tbsp chopped fresh mint (optional)
- ½ tsp dried oregano
- Salt and freshly ground black pepper to taste

Instructions

1. Prep the base: Combine wild rice and lentils in a large mixing bowl. Stir gently to combine.
2. Add fresh ingredients: Add cherry tomatoes, cucumber, red onion, and olives.
3. Dress & season: In a small bowl, whisk together olive oil, lemon juice, oregano, salt, and pepper.
4. Combine: Pour the dressing over the rice-lentil mixture. Add parsley and mint. Toss gently to coat all ingredients evenly.
5. Top & serve: Sprinkle with feta if using. Serve immediately or chill for 15 minutes for enhanced flavor.

Mediterranean Diet Highlight:

This vibrant bowl is packed with plant-based protein from lentils, fiber-rich wild rice, and heart-healthy extra virgin olive oil - all staples of the Mediterranean diet that support long-term health, digestion, and reduced inflammation.

Shrimp and Tomato Pasta

Calories: 360 | Protein: 28g | Carbohydrates: 35g | Fat: 13g | Fiber: 6g |
Cholesterol: 180mg | Sodium: 420mg | Potassium: 550mg

Yield: 4 servings | Prep Time: 10 minutes | Cook Time: 20 minutes



Ingredients

- 8 oz whole grain or chickpea pasta
- 1 tbsp extra virgin olive oil
- 3 garlic cloves, minced
- ½ tsp red pepper flakes (optional)
- 1 lb raw shrimp, peeled and deveined
- 1 pint cherry tomatoes, halved
- ¼ tsp sea salt
- ¼ tsp freshly ground black pepper
- ½ tsp dried oregano (or Italian seasoning)
- ¼ cup chopped fresh parsley or basil (your choice)
- Zest of ½ lemon + 1 tbsp fresh lemon juice

Instructions

1. Cook the pasta in salted water until al dente. Reserve ½ cup of the cooking water, then drain.
2. Heat olive oil in a large skillet over medium heat. Add garlic and red pepper flakes (if using); sauté for 30 seconds.
3. Add the shrimp, season with salt and pepper, and cook for 2–3 minutes per side until pink and cooked through. Remove and set aside.
4. In the same skillet, add cherry tomatoes and oregano. Cook for 5–6 minutes until softened and slightly blistered.
5. Return the shrimp to the pan, add the pasta, reserved water (as needed to loosen), lemon zest, and juice, and toss to combine.
6. Finish with fresh herbs and serve warm.

Mediterranean Diet Highlight:

This dish emphasizes Mediterranean staples: heart-healthy olive oil, lean seafood, whole grains, fresh herbs, and antioxidant-rich tomatoes. It's naturally low in saturated fat and high in protein, fiber, and anti-inflammatory nutrients.

Spelt Pasta with Artichokes and Spinach

Calories: 340 | Protein: 11 g | Carbohydrates: 45 g | Fiber: 8 g | Fat: 13 g |
Cholesterol: 4 mg | Sodium: 320 mg | Potassium: 580 mg

Yield: 4 servings | Prep Time: 10 minutes | Cook Time: 15 minutes



Ingredients

- 8 oz (225 g) whole spelt pasta
- 1 tbsp extra virgin olive oil
- 3 garlic cloves, thinly sliced
- 1/4 tsp red pepper flakes (optional)
- 1 (14 oz / 400 g) can artichoke hearts, drained and quartered
- 5 oz (140 g) fresh baby spinach
- 1/4 cup (30 g) sun-dried tomatoes, chopped
- Juice of 1/2 lemon
- 1/4 cup (25 g) grated Parmesan cheese (optional or use vegan alternative)
- Salt and freshly ground black pepper to taste
- Fresh basil or parsley, chopped, for garnish (optional)

Instructions

1. Cook the pasta: Bring a large pot of salted water to a boil. Cook spelt pasta according to package instructions until al dente. Drain and reserve 1/2 cup of pasta water.
2. Sauté the aromatics: Heat olive oil over medium heat in a large skillet. Add garlic and red pepper flakes (if using), and sauté for 1 minute until fragrant.
3. Add the vegetables: Stir in artichoke hearts and sun-dried tomatoes. Cook for 2–3 minutes. Add spinach and cook until wilted about 2 minutes.
4. Combine: Add cooked pasta to the skillet. Toss well to combine, adding reserved pasta water a little at a time until the sauce lightly coats the pasta. Stir in lemon juice and Parmesan (if using). Season with salt and pepper.
5. Garnish and serve: Top with fresh basil or parsley if desired. Serve warm.

Mediterranean Diet Highlight:

This dish celebrates key Mediterranean staples: heart-healthy olive oil, fiber-rich spelt pasta, antioxidant-packed artichokes, spinach, and bold sun-dried tomatoes. It's a plant-forward meal that supports heart health and digestion while satisfying the appetite with its vibrant, earthy flavors.

Chickpea Pasta with Basil and Capers

Calories: 350 | Protein: 16g | Carbohydrates: 38g | Fiber: 9g | Fat: 14g |
Cholesterol: 0mg | Sodium: 360mg | Potassium: 580mg

Yield: 4 servings | Prep Time: 10 minutes | Cook Time: 15 minutes



Ingredients

- 8 oz (225 g) chickpea pasta (penne or fusilli)
- 2 tbsp extra virgin olive oil
- 3 garlic cloves, thinly sliced
- 1 pint (300 g) cherry tomatoes, halved
- 2 tbsp capers, drained
- 1/4 tsp red pepper flakes (optional)
- 1/2 tsp sea salt, or to taste
- 1/4 tsp black pepper
- 1/2 cup fresh basil leaves, torn
- 2 tbsp lemon juice (about 1/2 lemon)
- Optional garnish: grated Pecorino Romano or vegan cheese alternative

Instructions

1. Cook the pasta: Bring a pot of salted water to a boil. Cook chickpea pasta according to package directions until al dente. Drain and reserve 1/4 cup of the pasta water.
2. Sauté the aromatics: Heat olive oil in a large skillet over medium heat while the pasta cooks. Add sliced garlic and sauté for 1–2 minutes until fragrant (avoid browning).
3. Cook tomatoes: Add cherry tomatoes and cook for 5–6 minutes until soft and slightly blistered. Stir in capers, red pepper flakes (if using), salt, and pepper. Cook for 1 more minute.
4. Combine: Add the cooked pasta to the skillet. Toss everything together, adding reserved pasta water a splash at a time for extra sauciness. Remove from heat.
5. Finish: Stir in fresh basil and lemon juice. Taste and adjust seasoning.
6. Serve: Divide the mixture into bowls and top with grated cheese, if desired. Serve warm or at room temperature.

Mediterranean Diet Highlight:

This dish contains plant-based protein, heart-healthy fats, and antioxidant-packed ingredients like tomatoes, garlic, and basil. Chickpea pasta provides fiber and stabilizes blood sugar levels - perfect for energy and digestive health.

Bulgur Bowl with Grilled Veggies and Tahini

Calories: 290 | Protein: 7g | Carbohydrates: 33g | Fats: 14g | Fiber: 6g |
Cholesterol: 5mg | Sodium: 180mg | Potassium: 520mg

Yield: 4 servings | Prep Time: 10 minutes | Cook Time: 15 minutes



Ingredients

- 1 cup bulgur wheat (fine or medium grind)
- 1 ½ cups boiling water
- 1 medium zucchini, sliced into half-moons
- 1 red bell pepper, sliced
- 1 small red onion, sliced
- 1 tbsp olive oil
- ½ tsp ground cumin (optional)
- ½ tsp smoked paprika
- Salt and black pepper, to taste
- ¼ cup chopped fresh parsley or mint (optional)
- ¼ cup crumbled feta cheese (optional)

Tahini Dressing:

- 3 tbsp tahini
- 1 tbsp lemon juice
- 1 garlic clove, minced
- 2–3 tbsp water (to thin)
- Pinch of salt

Instructions

1. Cook the bulgur: Place the bulgur in a heatproof bowl. Pour boiling water over it, cover, and sit for 10–12 minutes until fluffy. Fluff with a fork.
2. Grill the veggies: Toss zucchini, bell pepper, onion with olive oil, cumin (if using), paprika, salt, and pepper. Grill on a stovetop pan or skillet over medium-high heat for 8–10 minutes, turning once, until tender and charred.
3. Make the dressing: Whisk tahini, lemon juice, garlic, water, and salt until smooth and creamy.
4. Assemble the Bowls: Divide the bulgur among 4 bowls. Top with grilled vegetables. Drizzle with tahini dressing and garnish with fresh herbs and optional feta.

Mediterranean Diet Highlight:

This dish is packed with whole grains, fiber-rich vegetables, heart-healthy olive oil, and antioxidant-rich herbs - a signature of the Mediterranean lifestyle.

Linguine with Sardines and Lemon

Calories: 385 | Protein: 20g | Carbohydrates: 41g | Fat: 17g | Fiber: 6g |
Cholesterol: 35mg | Sodium: 300mg | Potassium: 380mg

Yield: 4 servings | Prep Time: 10 minutes | Cook Time: 15 minutes



Ingredients

- 8 oz whole wheat linguine
- 2 tbsp extra virgin olive oil
- 2 garlic cloves, thinly sliced
- 1 small red chili (or pinch of red pepper flakes), optional
- 1 (4.4 oz / 125 g) can of sardines in olive oil, drained
- Zest and juice of 1 lemon
- 1 tbsp capers, rinsed
- ¼ cup chopped fresh parsley
- Sea salt and black pepper, to taste
- Optional garnish: 2 tbsp toasted pine nuts or chopped olives

Instructions

1. Cook the pasta: Bring a large pot of salted water to a boil. Cook the linguine until al dente, about 8–9 minutes. Reserve ½ cups of pasta water, then drain.
2. Sauté the aromatics: Heat olive oil over medium heat in a large skillet. Add garlic and chili (if using) and sauté for 1–2 minutes until fragrant but not browned.
3. Add Sardines: Gently stir in sardines, breaking them slightly with a spatula. Cook for 2–3 minutes.
4. Flavor the base: Stir in lemon zest, juice, and capers. Simmer for 1 minute. Add drained pasta and toss to combine.
5. Finish & serve: Add pasta water as needed for a silky texture. Toss in parsley, season with salt and pepper, and top with pine nuts or olives if desired.

Mediterranean Diet Highlight:

This dish celebrates Mediterranean staples: omega-3-rich sardines, heart-healthy olive oil, fiber-packed whole grains, antioxidant-rich herbs, and lemon. It is a perfect balance of taste and nutrition in under 30 minutes.

Mediterranean Gnocchi Skillet

Calories: 360 | Protein: 13g | Carbohydrates: 47g | Fat: 14g | Fiber: 9g |
Cholesterol: 10mg | Sodium: 480mg | Potassium: 720mg

Yield: 4 servings | Prep Time: 10 minutes | Cook Time: 20 minutes



Ingredients

- 1 tbsp extra virgin olive oil
- 1 small red onion, thinly sliced
- 2 garlic cloves, minced
- 1 small zucchini, halved and sliced
- 1 red bell pepper, sliced
- 1 cup cherry tomatoes, halved
- 1 (15 oz / 400g) can chickpeas, drained and rinsed
- 1 (16 oz / 450g) package whole wheat or cauliflower gnocchi
- ¼ cup kalamata olives, sliced
- ½ tsp dried oregano (or Italian seasoning)
- ¼ tsp crushed red pepper flakes (optional)
- Salt and pepper to taste
- ¼ cup crumbled feta cheese (optional)
- 2 tbsp fresh parsley or basil, chopped

Instructions

1. Sauté the veggies: Heat olive oil over medium heat in a large nonstick skillet. Add onion and cook for 2 minutes. Stir in garlic, zucchini, and bell pepper. Cook for 4–5 minutes, stirring occasionally, until vegetables soften.
2. Add chickpeas and tomatoes: Toss in chickpeas and cherry tomatoes. Cook another 3 minutes until tomatoes begin to release juices.
3. Cook the gnocchi: Push veggies to the side. Add gnocchi directly into the skillet (no boiling needed). Cook for 5–6 minutes, stirring often, until gnocchi is golden and tender.
4. Season: Stir everything together. Add olives, oregano, red pepper flakes (if using), salt, and pepper. Heat through for 2 minutes.
5. Finish and serve: Remove from heat. Sprinkle with feta and fresh herbs. Serve warm.

Mediterranean Diet

Highlight:

This dish showcases the plant-forward power of the Mediterranean Diet, featuring fiber-rich chickpeas, antioxidant-loaded vegetables, heart-healthy olive oil, and optional feta for a touch of indulgent tang. Whole-grain or cauliflower gnocchi keeps it satisfying yet balanced.

Rice Pilaf with Pine Nuts and Currants

Calories: 270 | Protein: 5g | Carbohydrates: 39g | Fat: 11g | Fiber: 4g |
Cholesterol: 0mg | Sodium: 180mg | Potassium: 260mg

Yield: 4 servings | Prep Time: 5 minutes | Cook Time: 25 minutes



Ingredients

- 1 tbsp extra virgin olive oil
- 1 small yellow onion, finely chopped
- 2 garlic cloves, minced
- 1 cup long-grain brown rice
- 2 cups low-sodium vegetable broth (or water)
- ¼ tsp ground cinnamon
- ¼ tsp ground allspice
- Salt and pepper to taste
- ¼ cup pine nuts
- ¼ cup dried currants (or raisins)
- 2 tbsp chopped fresh parsley
- Optional: 1 tbsp fresh mint or dill for garnish

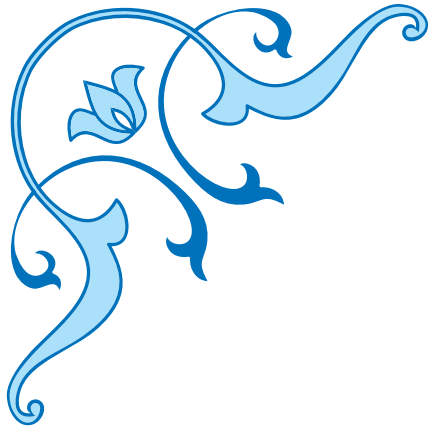
Instructions

1. Toast pine nuts: In a dry skillet over medium heat, toast pine nuts for 2–3 minutes, stirring often, until golden. Set aside.
2. Sauté the aromatics: Heat olive oil over medium heat in a medium saucepan. Add onion and cook for 3–4 minutes until softened. Stir in garlic and cook for 30 seconds.
3. Add the rice and spices: Stir in the rice, cinnamon, and allspice. Cook for 1 minute to toast the rice lightly.
4. Simmer: Pour in the broth. Bring to a boil, reduce heat to low, cover, and simmer for 20–22 minutes, until rice is tender and liquid is absorbed.
5. Finish: Remove from heat. Stir in currants, pine nuts, and parsley. Fluff with a fork and adjust the seasoning. Add optional herbs if desired.

Mediterranean Diet

Highlight:

This pilaf combines heart-healthy olive oil, whole grains, anti-inflammatory spices, and fiber-rich dried fruit and nuts—staples of the Mediterranean Diet that support heart and digestive health.



CHAPTER 8: QUICK SIDES & APPETIZERS



Tzatziki with Fresh Veggies

Calories: 130 | Protein: 6g | Carbohydrates: 10g | Fiber: 3g | Fat: 8g |
Cholesterol: 5mg | Sodium: 160mg | Potassium: 380mg

Yield: 4 servings | Prep Time: 15 minutes | Cook Time: 0 minutes



Mediterranean Diet Highlight:

This dish showcases the power of the Mediterranean Diet: probiotic-rich Greek yogurt, anti-inflammatory olive oil, and a rainbow of fiber - and vitamin-packed vegetables - all of which promote gut health, satiety, and heart wellness.

Ingredients

For the Tzatziki:

- 1 cup plain Greek yogurt (2% or whole milk)
- ½ English cucumber, grated and squeezed dry (about ½ cup)
- 1 garlic clove, minced
- 1 tbsp extra virgin olive oil
- 1 tbsp fresh lemon juice
- 1 tbsp chopped fresh dill (or mint, optional)

- ¼ tsp sea salt
- Freshly ground black pepper, to taste

For the Veggies:

- 1 cup cherry tomatoes, halved
- 1 cup cucumber slices
- 1 cup bell pepper strips (any color)
- 1 cup carrot sticks
- Optional: radishes, celery, or sugar snap peas

Instructions

1. Prepare the tzatziki: In a medium bowl, combine the Greek yogurt, grated cucumber, minced garlic, olive oil, lemon juice, dill (or mint), salt, and pepper. Stir well until smooth and creamy.
2. Chill (optional): For best flavor, cover and refrigerate for 10–15 minutes.
3. Assemble the platter: Arrange the fresh veggies on a serving plate or tray around a small bowl of tzatziki.

Roasted Red Pepper Hummus

Calories: 115 | Protein: 3.4g | Carbohydrates: 8.5g | Fiber: 2.5g | Fat: 7.8g |
Cholesterol: 0mg | Sodium: 120mg | Potassium: 135mg

Yield: 6 servings | Prep Time: 10 minutes | Cook Time: 10 minutes



Mediterranean Diet Highlight:

This vibrant dip showcases classic Mediterranean staples - chickpeas, olive oil, garlic, and lemon - rich in heart-healthy fats, plant-based protein, and anti-inflammatory antioxidants. The red pepper boosts vitamin C and adds a sweet depth of flavor.

Ingredients

- 1 cup canned chickpeas, drained and rinsed
- 1 large roasted red bell pepper (about ¾ cup, chopped)
- 2 tbsp tahini
- 1 garlic clove
- 2 tbsp extra virgin olive oil

- 2 tbsp fresh lemon juice
- ½ tsp ground cumin
- ¼ tsp smoked paprika (optional)
- Salt to taste (about ¼ tsp)
- 1–2 tbsp water (for desired consistency)
- Optional garnish: chopped parsley, a drizzle of olive oil, or extra paprika

Instructions

1. Roast the pepper: Place the pepper over a gas flame or under a broiler, turning until charred on all sides. Let it cool, peel, and remove seeds.
2. Blend the ingredients: In a food processor, combine chickpeas, roasted pepper, tahini, garlic, lemon juice, cumin, smoked paprika (if using), and salt. Blend until mostly smooth.
3. Add olive oil and water: Drizzle in olive oil and 1 tbsp water with the processor running. Blend until creamy. Add more water if needed for a smoother texture.
4. Taste and adjust: Add more lemon juice, salt, or paprika to taste. Blend again briefly.
5. Serve: Transfer to a serving bowl. Garnish with olive oil, paprika, or fresh herbs if desired.

Marinated Olives and Feta

Calories: 180 | Protein: 5g | Carbohydrates: 2g | Fat: 17g | Fiber: 1g |
Cholesterol: 15mg | Sodium: 560mg | Potassium: 80mg

Yield: 4 servings | Prep Time: 10 minutes | Cook Time: 0 minutes



Ingredients

- 1 cup mixed olives (green, Kalamata, or black), pitted
- ½ cup feta cheese, cut into small cubes
- 2 tablespoons extra-virgin olive oil
- 1 teaspoon lemon zest
- 1 tablespoon fresh lemon juice
- 1 teaspoon red wine vinegar (optional for tang)
- 1 small garlic clove, thinly sliced
- 1 teaspoon dried oregano
- ¼ teaspoon crushed red pepper flakes (optional)
- 1 tablespoon fresh rosemary or thyme, chopped (optional customization)
- Freshly ground black pepper, to taste

Instructions

1. Combine the ingredients: Add olives and feta cubes in a medium bowl.
2. Make the marinade: In a small bowl, whisk together olive oil, lemon zest, lemon juice, red wine vinegar (if using), and sliced garlic.
3. Add herbs and spices: Stir in oregano, red pepper flakes, and any optional herbs you prefer.
4. Marinate: Pour marinade over the olives and feta. Gently toss to combine without crumbling the cheese.
5. Rest & serve: Let sit for at least 15 minutes at room temperature, or refrigerate for up to 3 days for deeper flavor. Bring to room temperature before serving.

Mediterranean Diet Highlight:

This dish features classic Mediterranean staples - olives, feta, olive oil, garlic, and herbs—rich in heart-healthy fats, antioxidants, and calcium. It is a perfect example of flavor meeting nutrition.

Grilled Zucchini with Balsamic Glaze

Calories: 75 | Protein: 1g | Carbohydrates: 8g | Fat: 5g | Fiber: 1.5g |
Cholesterol: 0mg | Sodium: 160mg | Potassium: 300mg

Yield: 4 servings | Prep Time: 10 minutes | Cook Time: 10 minutes



Ingredients

- 2 medium zucchinis, sliced into ¼-inch thick strips (about 400g)
 - 1 tbsp extra virgin olive oil
 - ½ tsp sea salt
 - ¼ tsp freshly ground black pepper
 - ½ tsp dried oregano (or thyme or Italian seasoning)
 - 1 tbsp chopped fresh parsley or basil (optional, for garnish)
- Balsamic Glaze:**
- ¼ cup balsamic vinegar
 - 1 tsp honey (or date syrup for vegan option)

Instructions

1. Preheat the grill pan or outdoor grill over medium-high heat.
2. In a large bowl, toss the zucchini slices with olive oil, salt, pepper, and oregano.
3. Grill the zucchini in a single layer for 3–4 minutes per side until tender and lightly charred.
4. Meanwhile, in a small saucepan over medium heat, simmer the balsamic vinegar and honey for 5–6 minutes, stirring occasionally, until reduced by half and slightly thickened.
5. Arrange the grilled zucchini on a serving platter. Drizzle with balsamic glaze and sprinkle with fresh herbs if using.
6. Serve warm or at room temperature.

Mediterranean Diet Highlight:

This dish showcases core Mediterranean ingredients - zucchini, olive oil, balsamic vinegar, and herbs - rich in antioxidants, heart-healthy fats, and anti-inflammatory properties. Naturally low in carbs and calories, it supports various dietary goals.

Stuffed Grape Leaves (Quick Version)

Calories: 245 | Protein: 8g | Carbohydrates: 29g | Fat: 11g | Fiber: 6g |
Cholesterol: 0mg | Sodium: 340mg | Potassium: 360mg

Yield: 4 servings | Prep Time: 15 minutes | Cook Time: 15 minutes



Mediterranean Diet Highlight:

This dish is packed with fiber-rich legumes and healthy fats from olive oil, fresh herbs, and whole grains - offering a delicious example of plant-forward Mediterranean eating that supports heart and metabolic health.

Ingredients

- 1 jar (16 oz) grape leaves in brine, rinsed and drained (about 20 leaves)
- 1 cup cooked brown rice or quinoa (warm or room temperature)
- 1 can (15 oz) chickpeas, rinsed and mashed slightly
- 1 small red onion, finely chopped
- 1 tomato, finely chopped
- 2 tbsp extra virgin olive oil
- 2 tbsp lemon juice (plus more for serving)
- 2 tbsp fresh parsley, chopped
- 1 tbsp fresh mint, chopped (or 1 tsp dried mint)
- 1 tsp ground cumin (optional for extra warmth)
- Salt and black pepper to taste
- 1 cup low-sodium vegetable broth (for steaming)

Instructions

1. Prepare the filling: In a bowl, combine rice/quinoa, mashed chickpeas, red onion, tomato, olive oil, lemon juice, parsley, mint, and cumin (if using). Season with salt and pepper.
2. Assemble the rolls: Place a grape leaf shiny-side down. Add 1–1½ tbsp filling near the base. Fold in the sides, then roll tightly into a cigar shape. Repeat with remaining leaves and filling.
3. Cook the rolls: Snugly pack the rolls seam-side down in a deep skillet or wide saucepan. Pour the vegetable broth over them.
4. Steam: Cover with a lid or a small heat-proof plate to prevent the rolls from unraveling. Simmer over medium heat for 15 minutes until the leaves are tender and the filling is heated.
5. Serve: Drizzle with extra lemon juice and a splash of olive oil before serving.

Olive Tapenade with Whole Grain Crackers

Calories: 210 | Protein: 3g | Carbohydrates: 18g | Fiber: 3g | Fat: 15g |
Cholesterol: 0mg | Sodium: 490mg | Potassium: 110mg

Yield: 4 servings | Prep Time: 10 minutes | Cook Time: 10



Mediterranean Diet Highlight:

This dish celebrates the heart-healthy benefits of olives and extra virgin olive oil -rich in monounsaturated fats and antioxidants - paired with fiber-packed whole grains for a satisfying snack or appetizer.

Ingredients

For the Olive Tapenade:

- 1 cup pitted Kalamata olives
- 1 clove garlic
- 2 tbsp capers, drained
- 2 tbsp fresh lemon juice
- 3 tbsp extra virgin olive oil
- 1 tsp fresh thyme or 1/2 tsp dried thyme (optional)
- 1/4 tsp black pepper

- 1 tbsp chopped fresh parsley (optional, for garnish)

For the Whole Grain Crackers:

- 1 cup whole wheat flour
- 1/4 tsp sea salt
- 1/4 tsp garlic powder (optional)
- 2 tbsp olive oil
- 1/4 cup water (plus more if needed)

Instructions

1. Make the tapenade: In a food processor, combine olives, garlic, capers, lemon juice, olive oil, thyme (if using), and pepper. Pulse until the mixture is finely chopped but still textured (not a paste). Taste and adjust seasoning as needed. Transfer to a small bowl and garnish with parsley.
2. Prepare the crackers: Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper. In a bowl, mix flour, salt, and garlic powder. Stir in olive oil and water until a dough forms. Roll the dough between two sheets of parchment paper to 1/8-inch thickness. Cut into small squares or triangles. Place on the baking sheet and bake for 10 minutes or until golden and crisp.
3. Cool completely before serving.

Tomato Bruschetta with Basil

Calories: 170 | Protein: 4g | Carbohydrates: 21g | Fiber: 3g | Fat: 9g |
Cholesterol: 0mg | Sodium: 230mg | Potassium: 330mg

Yield: 4 servings | Prep Time: 15 minutes | Cook Time: 5 minutes



Ingredients

- 1 cup cherry tomatoes, finely diced
- 2 medium ripe tomatoes, seeded and diced
- 2 tbsp extra-virgin olive oil
- 1 garlic clove, minced (plus 1 whole clove for rubbing)
- ¼ cup fresh basil leaves, finely chopped
- ½ tsp sea salt
- ¼ tsp freshly ground black pepper
- 1 tsp balsamic vinegar (optional)
- 8 slices whole grain or sourdough baguette (½-inch thick)

Instructions

1. Prepare the tomato topping: In a medium bowl, combine diced cherry and regular tomatoes, chopped basil, minced garlic, olive oil, salt, pepper, and balsamic vinegar. Let sit for 10 minutes to allow flavors to blend.
2. Toast the bread: Heat a skillet or grill pan over medium-high. Toast bread slices for 1–2 minutes per side until golden. Alternatively, broil in the oven for 2–3 minutes, turning once.
3. Rub with the garlic: While warm, gently rub one side of each toast slice with the whole garlic clove for added depth.
4. Assemble the bruschetta: Spoon the tomato mixture over the toasted bread just before serving. Garnish with extra basil if desired.

Mediterranean Diet Highlight:

This recipe showcases the Mediterranean essentials - fresh vegetables, heart-healthy olive oil, whole grains, and herbs - known for reducing inflammation, supporting heart health, and offering vibrant, satisfying flavors.

Herbed Couscous with Lemon

Calories: 190 | Protein: 5 g | Carbohydrates: 27 g | Fat: 7 g | Fiber: 3 g |
Cholesterol: 0 mg | Sodium: 120 mg | Potassium: 130 mg

Yield: 4 servings | Prep Time: 10 minutes | Cook Time: 10 minutes



Ingredients

- 1 cup whole wheat couscous
- 1 cup low-sodium vegetable broth (or water)
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon fresh lemon juice
- 1 teaspoon lemon zest
- ¼ teaspoon sea salt (optional)
- ¼ teaspoon black pepper
- ¼ cup chopped fresh parsley
- 2 tablespoons chopped fresh mint (or basil)
- 1 tablespoon chopped fresh dill (optional)
- 2 tablespoons finely chopped red onion (or scallions)

Instructions

1. Boil the liquid: Bring the broth to a boil in a small saucepan. Stir in the couscous and olive oil. Cover, remove from heat, and let sit for 5 minutes.
2. Fluff and season: Fluff couscous with a fork to separate grains. Stir in lemon juice, zest, salt, and pepper.
3. Add herbs: Gently fold in parsley, mint (or basil), dill if using, and red onion. Mix until evenly combined.
4. Serve: Taste and adjust lemon or seasoning if desired. Serve warm, at room temperature, or chilled.

Mediterranean Diet Highlight:

This dish is rich in anti-inflammatory herbs, heart-healthy olive oil, and fiber-packed whole wheat couscous. It celebrates the Mediterranean eating: fresh, simple, and plant-forward.

Spiced Chickpeas in Olive Oil

Calories: 190 | Protein: 6g | Carbs: 20g | Fats: 10g | Fiber: 6g |
Cholesterol: 0mg | Sodium: 240mg | Potassium: 270mg

Yield: 4 servings | Prep Time: 5 minutes | Cook Time: 10 minutes



Ingredients

- 1 can (15 oz) chickpeas, drained and rinsed
- 2 tbsp extra virgin olive oil
- 1 tsp ground cumin
- ½ tsp smoked paprika
- ¼ tsp ground turmeric
- ¼ tsp chili flakes (optional)
- Salt and pepper to taste
- 1 tbsp fresh parsley, chopped (optional)
- Juice of ½ lemon

Instructions

1. Heat olive oil in a nonstick skillet over medium heat.
2. Add chickpeas and sauté for 2–3 minutes until lightly golden.
3. Sprinkle in cumin, paprika, turmeric, chili flakes (if using), salt, and pepper. Stir to coat evenly.
4. Cook for another 5–6 minutes, shaking the pan occasionally until crispy and aromatic.
5. Finish with a squeeze of lemon juice and top with fresh parsley.

Mediterranean Diet Highlight:

Packed with fiber-rich legumes, heart-healthy olive oil, and anti-inflammatory spices, this dish embodies Mediterranean simplicity and nutrition.

Cucumber-Yogurt Dip with Mint (Tzatziki-Inspired)

Calories: 80 | Protein: 5g | Carbs: 4g | Fats: 5g | Fiber: 0.5g |
Cholesterol: 5mg | Sodium: 110mg | Potassium: 180mg

Yield: 4 servings | Prep Time: 10 minutes | Cook Time: 0



Ingredients

- 1 cup plain Greek yogurt (2% or whole milk)
- 1 small cucumber, grated, and excess water squeezed out
- 1 tbsp extra virgin olive oil
- 1 tbsp fresh lemon juice
- 1 tbsp fresh mint, chopped (or dill as an alternative)
- 1 clove garlic, minced
- Salt to taste

Instructions

1. In a medium bowl, combine Greek yogurt, grated cucumber, olive oil, lemon juice, mint, and garlic.
2. Stir well until smooth and creamy.
3. Season with salt to taste and chill for 10 minutes before serving.

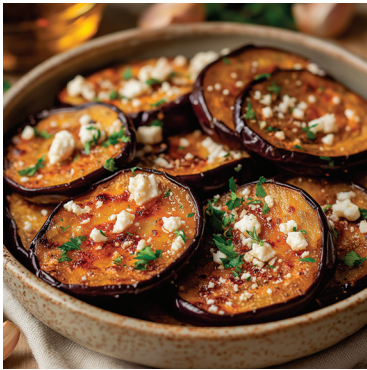
Mediterranean Diet Highlight:

This dip combines probiotic-rich yogurt, fresh herbs, and hydrating cucumber, supporting digestion and adding flavor without extra calories.

Roasted Eggplant Slices with Garlic

Calories: 120 | Protein: 2g | Carbs: 9g | Fats: 9g | Fiber: 4g |
Cholesterol: 0mg | Sodium: 95mg | Potassium: 320mg

Yield: 4 servings | Prep Time: 10 minutes | Cook Time: 20 minutes



Ingredients

- 1 large eggplant, sliced into ½-inch rounds
- 2 tbsp extra virgin olive oil
- 3 garlic cloves, finely minced
- ½ tsp dried oregano (or thyme)
- Salt and pepper to taste
- Optional: sprinkle of feta cheese or fresh parsley

Instructions

1. Preheat the oven to 400°F (200°C). Line a baking sheet with parchment.
2. Lay eggplant slices on the sheet and brush both sides with olive oil.
3. Sprinkle with the garlic, oregano, salt, and pepper.
4. Roast for 18–20 minutes, flipping half-way, until golden and tender.
5. Top with crumbled feta or parsley if desired.

Mediterranean Diet Highlight:

Eggplant delivers antioxidants and fiber, while olive oil and garlic offer classic heart-healthy benefits.

White Bean and Rosemary Dip

Calories: 180 | Protein: 6g | Carbs: 19g | Fats: 9g | Fiber: 6g |
Cholesterol: 0mg | Sodium: 180mg | Potassium: 260mg

Yield: 4 servings | Prep Time: 10 mins | Cook Time: 0 mins



Ingredients

- 1 can (15 oz) cannellini beans, drained and rinsed
- 2 tbsp extra virgin olive oil
- 1 clove garlic, minced
- 1 tbsp fresh lemon juice
- 1 tsp chopped fresh rosemary (or ½ tsp dried)
- Salt and pepper to taste
- Optional: pinch of red pepper flakes

Instructions

1. Combine beans, olive oil, garlic, lemon juice, and rosemary in a food processor.
2. Blend until smooth, scraping sides as needed. Add a little water (1–2 tbsp) for creamier texture.
3. Season with salt, pepper, and optional red pepper flakes. Blend briefly to incorporate.

Mediterranean Diet Highlight:

Features fiber-rich legumes, antioxidant-packed olive oil, and fresh herbs.

Feta-Stuffed Mini Peppers

Calories: 130 | Protein: 6g | Carbs: 6g | Fats: 10g | Fiber: 1g |
Cholesterol: 15mg | Sodium: 290mg | Potassium: 170mg

Yield: 4 servings | Prep Time: 10 mins | Cook Time: 10 mins



Ingredients

- 12 mini sweet peppers, halved and deseeded
- ½ cup crumbled feta cheese
- ¼ cup plain Greek yogurt
- 1 tsp dried oregano or thyme
- 1 tbsp chopped fresh parsley or mint
- 1 tbsp olive oil
- Fresh ground pepper to taste

Instructions

1. Preheat the oven to 400°F (200°C). Line a baking sheet with parchment.
2. Smash feta with yogurt, herbs, and pepper until creamy in a bowl.
3. Fill the pepper halves with mixture and place on sheet. Drizzle with olive oil.
4. Bake for 10 minutes or until slightly golden.

Mediterranean Diet

Highlight:

Uses heart-healthy olive oil and calcium-rich feta and yogurt.

Warm Marinated Mushrooms

Calories: 110 | Protein: 3g | Carbs: 5g | Fats: 9g | Fiber: 2g |
Cholesterol: 0mg | Sodium: 160mg | Potassium: 320mg

Yield: 4 servings | Prep Time: 10 mins | Cook Time: 10 mins



Ingredients

- 12 oz cremini or button mushrooms, halved
- 2 tbsp olive oil
- 2 cloves garlic, thinly sliced
- 2 tbsp red wine vinegar
- 1 tsp Dijon mustard
- 1 tbsp chopped fresh parsley
- ½ tsp dried thyme
- Salt and pepper to taste

Instructions

1. Heat olive oil in a skillet over medium heat. Add mushrooms and cook 7–8 minutes, stirring occasionally.
2. Stir in garlic, cook 1 more minute.
3. Remove from heat. Stir in vinegar, mustard, thyme, salt, and pepper.
4. Sprinkle with parsley and sit for 5 minutes to absorb flavors.

Mediterranean Diet

Highlight:

Combines antioxidant-rich mushrooms and heart-healthy EVOO.

Simple Pita Chips with Zaatar

Calories: 150 | Protein: 4g | Carbs: 18g | Fats: 7g | Fiber: 3g |
Cholesterol: 0mg | Sodium: 130mg | Potassium: 90mg

Yield: 4 servings | Prep Time: 5 mins | Cook Time: 10 mins



Ingredients

- 2 whole wheat pita breads, split and cut into wedges
- 2 tbsp olive oil
- 1 tbsp zaatar spice blend
- Pinch of sea salt

Instructions

1. Preheat the oven to 375°F (190°C).
2. Arrange pita wedges on a baking sheet. Brush with olive oil.
3. Sprinkle with zaatar and a pinch of salt.
4. Bake for 8–10 minutes or until crisp and golden. Cool before serving.

Mediterranean Diet

Highlight:

Whole grains and zaatar - a spice blend with antioxidant-packed herbs and sesame.

Greek-Style Deviled Eggs

Calories: 100 | Protein: 7g | Carbs: 1g | Fats: 7g | Fiber: 0g |
Cholesterol: 165mg | Sodium: 180mg | Potassium: 90mg

Yield: 6 servings | Prep Time: 15 mins | Cook Time: 10 mins



Ingredients

- 6 large eggs
- ¼ cup plain Greek yogurt
- 2 tbsp crumbled feta cheese
- 1 tsp Dijon mustard
- 1 tbsp chopped kalamata olives
- 1 tbsp chopped fresh dill or parsley
- Salt and pepper to taste

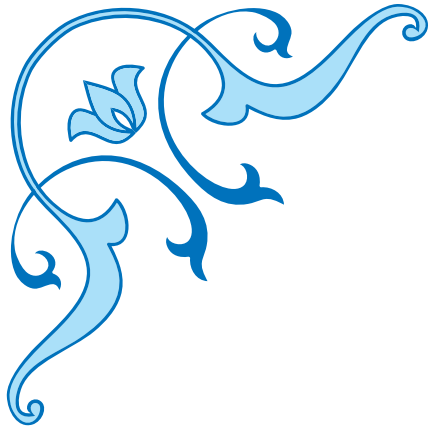
Instructions

1. Place the eggs in a pot of cold water. Bring to a boil, then simmer for 10 mins.
2. Cool under cold water; peel and halve eggs.
3. Remove yolks and mash with yogurt, feta, mustard, olives, and herbs.
4. Season to taste. Spoon mixture into whites.

Mediterranean Diet

Highlight:

Greek yogurt, olives, and herbs boost flavor and nutrition.



**CHAPTER 9:
SWEET TREATS UNDER
30 MINUTES**



Greek Yogurt with Figs and Honey

Calories: 315 | Protein: 11g | Carbs: 22g | Fats: 10g | Fiber: 3g |
Cholesterol: 5mg | Sodium: 40mg | Potassium: 330mg

Yield: 2 servings | Prep Time: 5 mins | Cook Time: 0 mins



Ingredients

- 1 cup plain Greek yogurt (2% or full-fat)
- 4 fresh figs, quartered (or 4 dried figs, chopped)
- 2 tsp raw honey
- 2 tbsp chopped walnuts or almonds
- ½ tsp ground cinnamon (optional)
- Fresh mint leaves for garnish (optional)

Instructions

1. Divide Greek yogurt evenly between two serving bowls.
2. Top each with sliced figs and a drizzle of honey.
3. Sprinkle chopped nuts and cinnamon on top.
4. Garnish with fresh mint if desired.

Mediterranean Diet Highlight:

This dish, rich in probiotic yogurt, fiber-packed figs, heart-healthy nuts, and antioxidant-rich honey, celebrates the simplicity and balance of Mediterranean eating.

Almond and Date Energy Balls

Calories: 100 | Protein: 2g | Carbs: 12g | Fats: 5g | Fiber: 2g |
Cholesterol: 0mg | Sodium: 20mg | Potassium: 160mg

Yield: 10 balls | Prep Time: 10 mins | Cook Time: 0 mins



Ingredients

- 1 cup Medjool dates (pitted)
- ¾ cup raw almonds
- 2 tbsp chia seeds or ground flaxseed
- 1 tbsp unsweetened cocoa powder
- (optional)
- ¼ tsp sea salt
- ½ tsp cinnamon or orange zest (optional)
- 1–2 tsp water, as needed

Instructions

1. Add all ingredients to a food processor. Blend until sticky and crumbly.
2. Add water to a teaspoon if the mixture is too dry.
3. Scoop out and roll into 1-inch balls using your hands.
4. Store in an airtight container in the fridge for up to a week.

Mediterranean Diet Highlight:

Packed with fiber, healthy fats, and natural sugars from dates and almonds, these bites are a nutritious alternative to processed snacks.

Mini Olive Oil Orange Cake

Calories: 210 | Protein: 6g | Carbs: 11g | Fats: 17g | Fiber: 2g |
Cholesterol: 55mg | Sodium: 95mg | Potassium: 120mg

Yield: 4 servings | Prep Time: 10 mins | Cook Time: 18 mins



Ingredients

- 1 cup almond flour
- 2 eggs
- ¼ cup extra virgin olive oil
- ¼ cup freshly squeezed orange juice
- Zest of 1 orange
- 2 tbsp honey or maple syrup
- ½ tsp baking powder
- ¼ tsp sea salt
- Optional: ½ tsp vanilla extract or chopped rosemary

Instructions

1. Preheat the oven to 350°F (175°C). Grease 4 small ramekins or a muffin tin.
2. Whisk eggs, olive oil, orange juice, zest, and honey in a bowl.
3. Stir in almond flour, baking powder, salt, and optional flavorings.
4. Pour into ramekins and bake for 16–18 minutes or until a toothpick comes out clean.
5. Let cool for 5 minutes before serving.

Mediterranean Diet Highlight:

This recipe features heart-healthy olive oil, citrus, and almond flour, offering a naturally gluten-free and wholesome sweet treat.

Fresh Berries with Ricotta Cream

Calories: 145 | Protein: 7g | Carbs: 16g | Fats: 7g | Fiber: 3g |
Cholesterol: 18mg | Sodium: 45mg | Potassium: 230mg

Yield: 4 servings | Prep Time: 10 mins | Cook Time: 0 mins



Ingredients

- 1 cup part-skim ricotta cheese
- ¼ cup plain Greek yogurt
- 1 tbsp honey (or maple syrup)
- ½ tsp vanilla extract
- ½ tsp lemon zest
- 1 ½ cups fresh strawberries, halved
- 1 cup blueberries
- ½ cup raspberries
- 1 tbsp chopped fresh mint (optional)

Instructions

1. Whisk together ricotta, Greek yogurt, honey, vanilla extract, and lemon zest in a medium bowl until smooth and creamy.
2. Layer the berries in serving bowls or glasses and top with a generous spoonful of ricotta cream.
3. Garnish with chopped mint if desired. Serve immediately.

Mediterranean Diet Highlight:

This dish combines antioxidant-rich berries, calcium-packed ricotta, and heart-healthy Greek yogurt - a refreshing way to enjoy whole foods typical of the Mediterranean diet.

No-Bake Pistachio-Date Bars

Calories: 170 | Protein: 4g | Carbs: 19g | Fats: 9g | Fiber: 3g |
Cholesterol: 0mg | Sodium: 35mg | Potassium: 250mg

Yield: 8 bars | Prep Time: 10 mins | Cook Time: 0 mins



Ingredients

- 1 cup Medjool dates, pitted
- 1/2 cup raw pistachios
- 1/4 cup rolled oats
- 1/4 cup almond butter
- 1/4 tsp ground cinnamon
- Pinch of sea salt
- Optional: 1 tbsp sesame seeds or shredded coconut for coating

Instructions

1. In a food processor, pulse the dates until finely chopped.
2. Add pistachios, oats, almond butter, cinnamon, and salt. Pulse until the mixture holds together.
3. Press the mixture into a parchment-lined loaf pan or shape it into bars by hand.
4. Sprinkle with sesame seeds or coconut if using.
5. Chill for 20 minutes for firmer texture (optional), then slice into bars.

Mediterranean Diet Highlight:

Pistachios and dates are staples of Mediterranean snacking. They are rich in fiber, healthy fats, and antioxidants. These bars offer natural sweetness with no refined sugar.

Honey-Baked Pears with Walnuts

Calories: 160 | Protein: 2g | Carbs: 23g | Fats: 7g | Fiber: 3g |
Cholesterol: 0mg | Sodium: 2mg | Potassium: 210mg

Yield: 4 servings | Prep Time: 10 mins | Cook Time: 20 mins



Ingredients

- 2 ripe but firm pears, halved and cored
- 2 tbsp honey
- 1/4 tsp ground cinnamon
- 1/2 tsp vanilla extract
- 1/4 cup chopped walnuts
- Optional: plain Greek yogurt or ricotta for topping

Instructions

1. Preheat the oven to 375°F (190°C).
2. Arrange the pear halves cut side up in a baking dish.
3. Drizzle with honey, sprinkle with cinnamon, and add vanilla extract.
4. Bake for 20 minutes, until pears are soft and golden.
5. Top with walnuts before serving. Add a dollop of Greek yogurt if desired.

Mediterranean Diet Highlight:

Baked fruit with natural sweetness, anti-inflammatory spices, and omega-3-rich nuts capture the simplicity and nourishment of Mediterranean desserts.

Quick Baklava Bites

Calories: 130 | Protein: 2g | Carbs: 14g | Fats: 8g | Fiber: 1g |
Cholesterol: 0mg | Sodium: 40mg | Potassium: 70mg

Yield: 8 servings | Prep Time: 15 mins | Cook Time: 10 mins



Mediterranean Diet Highlight:

This meal features heart-healthy nuts, honey, and olive oil - classic Mediterranean staples known for their antioxidants and healthy fats.

Ingredients

- 8 sheets of phyllo dough, thawed
- 1/2 cup walnuts, finely chopped
- 1/4 cup pistachios, finely chopped
- 1/2 tsp cinnamon
- 2 tbsp honey
- 1 tbsp olive oil or melted butter
- Optional: pinch of ground cardamom or orange zest

Instructions

1. Preheat the oven to 350°F (175°C). Line a baking sheet with parchment.
2. Mix walnuts, pistachios, cinnamon, and optional spices in a bowl.
3. Brush 1 phyllo sheet with olive oil. Layer with another sheet. Repeat with remaining sheets to make 4 double-layer stacks.
4. Sprinkle nut mixture evenly over stacks. Drizzle with half the honey.
5. Roll up each stack tightly, then slice into 4 pieces per roll.
6. Bake for 10 minutes or until golden and crisp.
7. Drizzle the remaining honey over warm bites before serving.

Chocolate-Dipped Apricots with Sea Salt

Calories: 120 | Protein: 1g | Carbs: 18g | Fats: 6g | Fiber: 3g |
Cholesterol: 0mg | Sodium: 60mg | Potassium: 250mg

Yield: 6 servings | Prep Time: 10 mins | Cook Time: 5 mins



Ingredients

- 24 dried apricots (unsweetened)
- 3 oz dark chocolate (70% cacao), chopped
- 1/2 tsp extra virgin olive oil
- 1/4 tsp flaky sea salt
- Optional: crushed pistachios for garnish

Instructions

1. Melt chocolate with olive oil in a heat-proof bowl over simmering water (double boiler).
2. Dip half of each apricot into melted chocolate. Let excess drip off.
3. Place dipped apricots on a parchment-lined tray. Sprinkle with sea salt and optional pistachios.
4. Chill in the fridge for 15 minutes until set.

Mediterranean Diet Highlight:

This balanced sweet treat combines fiber-rich dried fruit with antioxidant-packed dark chocolate and olive oil.

Yogurt and Berry Popsicles

Calories: 70 | Protein: 5g | Carbs: 7g | Fats: 3g | Fiber: 1g |
Cholesterol: 5mg | Sodium: 25mg | Potassium: 140mg

Yield: 6 servings | Prep Time: 10 mins | Cook Time: 0 mins



Ingredients

- 1 cup plain Greek yogurt (2% or full-fat)
- 1/2 cup unsweetened almond milk or dairy milk
- 1 tbsp honey or maple syrup
- 1/2 tsp vanilla extract
- 1 cup mixed berries (strawberries, blueberries, raspberries), chopped if large

Instructions

1. Whisk yogurt, milk, honey, and vanilla until smooth.
2. Fold in berries gently to avoid smashing them.
3. Pour mixture into popsicle molds. Tap to remove air bubbles.
4. Insert sticks and freeze for at least 4 hours.

Mediterranean Diet Highlight:

Emphasizes protein-rich yogurt and antioxidant-loaded berries for a naturally sweet, cooling treat.

Grilled Peaches with Balsamic Glaze

Calories: 95 | Protein: 1g | Carbohydrates: 15g | Fiber: 2g | Fat: 4g |
Cholesterol: 0mg | Sodium: 5mg | Potassium: 285mg

Yield: 4 servings | Prep Time: 5 mins | Cook Time: 10 mins



Ingredients

- 4 ripe but firm peaches, halved and pitted
- 1 tbsp olive oil
- 2 tbsp balsamic vinegar
- 1 tsp honey (optional)
- 2 tbsp chopped fresh mint or basil (optional)
- Optional topping: 1/4 cup crumbled feta or Greek yogurt

Instructions

1. Preheat a grill or grill pan over medium heat.
2. Brush peach halves with olive oil.
3. Grill peaches cut-side down for 3–4 minutes, flip, and grill 3 more minutes until softened and slightly charred.
4. In a small saucepan, simmer balsamic vinegar and honey (if using) over low heat for 3–4 minutes until thickened.
5. Drizzle glaze over peaches and top with mint or basil. Add optional topping if desired.

Mediterranean Diet Highlight:

Peaches, olive oil, and balsamic vinegar combine fresh fruit and healthy fats, cornerstones of the Mediterranean approach to seasonal, flavorful eating.

Ricotta Mousse with Lemon and Honey

Calories: 130 | Protein: 7g | Carbohydrates: 8g | Fiber: 0g | Fat: 9g |
Cholesterol: 25mg | Sodium: 55mg | Potassium: 120mg

Yield: 4 servings | Prep Time: 10 mins | Cook Time: 0 mins



Ingredients

- 1 cup whole-milk ricotta cheese
- ¼ cup plain Greek yogurt
- 1 tbsp honey (or more to taste)
- Zest of 1 lemon
- 1 tsp fresh lemon juice
- ½ tsp vanilla extract
- Optional toppings: chopped pistachios, fresh berries, or a drizzle of extra honey

Instructions

1. In a medium bowl, whisk ricotta, yogurt, honey, lemon zest, lemon juice, and vanilla until smooth and creamy.
2. Chill for 10–15 minutes for best flavor.
3. Spoon into serving bowls and top with optional garnishes.

Mediterranean Diet Highlight:

Ricotta, honey, and lemon celebrate the Mediterranean love for simple, creamy dairy desserts with natural sweeteners and citrusy brightness.

Almond-Coconut Cookies

Calories: 150 | Protein: 4g | Carbohydrates: 8g | Fiber: 2g | Fat: 12g |
Cholesterol: 20mg | Sodium: 40mg | Potassium: 100mg

Yield: 6 servings | Prep Time: 10 mins | Cook Time: 15 mins



Ingredients

- 1 cup almond flour
- ½ cup unsweetened shredded coconut
- 1 large egg
- 2 tbsp olive oil or melted coconut oil
- 2 tbsp honey or maple syrup
- 1 tsp vanilla extract
- ½ tsp cinnamon (optional)
- Pinch of salt

Instructions

1. Preheat the oven to 350°F (175°C). Line a baking sheet with parchment paper.
2. In a bowl, mix all ingredients until a dough forms.
3. Scoop 1 tbsp portions, roll into balls and flatten slightly on the baking sheet.
4. Bake for 12–15 minutes or until edges are golden. Cool on rack.

Mediterranean Diet Highlight:

Almond flour and olive oil provide heart-healthy fats, while honey and coconut offer natural sweetness in this gluten-free cookie option.

Fig and Walnut Snack Bars

Calories: 180 | Protein: 4g | Carbohydrates: 20g | Fiber: 4g | Fat: 10g |
Cholesterol: 0mg | Sodium: 60mg | Potassium: 210mg

Yield: 8 bars | Prep Time: 10 mins | Cook Time: 15 mins



Ingredients

- 1 cup dried figs, chopped
- 1/2 cup rolled oats
- 1/2 cup walnuts, chopped
- 2 tbsp ground flaxseed
- 1/4 cup almond butter
- 1 tbsp honey or maple syrup
- 1/2 tsp cinnamon
- 1/4 tsp sea salt
- Optional: 1/2 tsp orange zest

Instructions

1. Preheat the oven to 325°F (160°C). Line an 8x8-inch pan with parchment.
2. Mix chopped figs, oats, walnuts, flaxseed, cinnamon, and salt in a bowl.
3. In a saucepan, warm almond butter and honey until smooth.
4. Stir the wet mixture into the dry ingredients. Mix in orange zest if using.
5. Press evenly into the prepared pan. Bake for 15 minutes until firm.
6. Cool completely before slicing into bars.

Mediterranean Diet Highlight:

This diet features fiber-rich figs, heart-healthy walnuts, and olive oil-friendly fats for sustained energy and cardiovascular support.

Citrus Salad with Mint

Calories: 110 | Protein: 1g | Carbohydrates: 15g | Fiber: 3g | Fat: 6g |
Cholesterol: 0mg | Sodium: 55mg | Potassium: 290mg

Yield: 4 servings | Prep Time: 15 mins | Cook Time: 0 mins



Ingredients

- 2 oranges, peeled and sliced
- 1 pink grapefruit, peeled and sliced
- 1/4 small red onion, thinly sliced
- 2 tbsp extra virgin olive oil
- 1 tbsp lemon juice
- 1 tsp honey (optional)
- 1/4 cup fresh mint leaves, torn
- Pinch of sea salt
- Freshly ground black pepper, to taste

Instructions

1. Arrange citrus slices and red onion on a platter.
2. Whisk olive oil, lemon juice, and honey in a small bowl.
3. Drizzle dressing over salad. Sprinkle with salt, pepper, and mint.

Mediterranean Diet Highlight:

This salad combines vitamin C-packed citrus with anti-inflammatory olive oil and mint for a light, antioxidant-rich dish.

Cinnamon Apple Sauté with Greek Yogurt

Calories: 190 | Protein: 9g | Carbohydrates: 22g | Fiber: 3g | Fat: 7g |
Cholesterol: 0mg | Sodium: 35mg | Potassium: 330mg

Yield: 2 servings | Prep Time: 5 mins | Cook Time: 10 mins



Ingredients

- 2 apples, cored and sliced
- 1/2 tsp cinnamon
- 1 tbsp olive oil or unsalted butter
- 1 tsp honey (optional)
- 1 cup plain Greek yogurt (2% or whole)
- 1 tbsp chopped walnuts (optional)

Instructions

1. Heat oil in a skillet over medium heat. Add apples and cinnamon.
2. Sauté 8–10 minutes until apples are tender and lightly golden.
3. Stir in honey if desired. Remove from heat.
4. Spoon Greek yogurt into bowls. Top with warm apples and walnuts.

Mediterranean Diet Highlight:

This dish pairs probiotic-rich yogurt with fresh fruit and heart-healthy fats - a balanced and naturally sweet treat.

Mini Yogurt Cheesecakes with Strawberry Topping

Calories: 160 | Protein: 7g | Carbohydrates: 11g | Fiber: 1g | Fat: 10g |
Cholesterol: 0mg | Sodium: 85mg | Potassium: 150mg

Yield: 6 mini cheesecakes | Prep Time: 10 mins | Cook Time: 15 mins + chill



Ingredients

Crust:

- 1/2 cup almond flour
- 1 tbsp honey or maple syrup
- 1 tbsp olive oil

Filling:

- 1 cup plain Greek yogurt
- 4 oz light cream cheese

- 1 egg
- 1 tsp vanilla extract
- 2 tbsp honey

Topping:

- 1/2 cup strawberries, chopped
- 1 tsp lemon juice

Instructions

1. Preheat the oven to 325°F (160°C). Line a muffin tin with 6 liners.
2. Mix crust ingredients and press into muffin cups.
3. Blend the filling ingredients until smooth. Pour over crusts.
4. Bake for 15 minutes or until set. Cool, then chill 1 hour.
5. Mix strawberries with lemon juice. Spoon on top before serving.

Mediterranean Diet Highlight:

A creamy, satisfying dessert made with protein-rich yogurt, olive oil, and fresh fruit - without refined sugar or white flour.

Cooking conversion chart

Volume Equivalents (liquid)

US STANDART	US STANDART (OUNCHES)
1/2 teaspoon	2 ml
3/4 teaspoon	4 ml
1 teaspoon	5 ml
1 tablespoon	15 ml
1/2 cup	118 ml
3/4 cup	177 ml
1 cup	235 ml
2 cups or 1 pint	475 ml
3 cups	700 ml
4 cups or 1 quart	1 L

Volume Equivalents (DRY)

US STANDART	US STANDART (OUNCHES)	METRIC (APPROXIMATE)
2 tablespoons	1 fl. oz.	30 ml
1/4 cup	2 fl. oz.	60 ml
1/2 cup	4 fl. oz.	120 ml
1 cup	8 fl. oz.	240 ml
1 1/2 cups	12 fl. oz.	355 ml
2 cups or 1 pint	16 fl. oz.	475 ml
4 cups	32 fl. oz.	1 L

Weight Equivalents

US STANDART	METRIC (APPROXIMATE)
1/2 ounce	15 g
1 ounce	30 g
2 ounces	60 g
4 ounces	115 g
8 ounces	225 g
12 ounce	340 g



CHAPTER 10: 28-DAY MEAL PLAN & SHOPPING LISTS

28-DAY MEAL PLAN

Day	Breakfast	Lunch	Snack	Dinner	Dessert	Total Calories
1	Cottage Cheese with Apricots and Pistachios	Chicken with Olives + Artichokes Spicy Harissa Vegetable Soup	White Bean and Tuna Salad	Garlic Butter Shrimp with Whole Grain Rice	Honey-Baked Pears with Walnuts	1460 kcal
2	Olive Oil Granola with Dried Figs	Grilled Chicken with Roasted Veggies + Chicken Souvlaki with Yogurt Sauce	Warm Barley Salad with Mushrooms and Herbs	Fish Tacos with Cabbage Slaw	Grilled Peaches with Balsamic Glaze	1510 kcal
3	Spinach and Feta Egg Muffins	Chicken and Chickpea + Turkey and Spinach Skillet	Warm Barley Salad with Mushrooms and Herbs	Whole Wheat Penne with Eggplant and Basil + Anchovy Pasta with Olives and Herbs	Ricotta Mousse with Lemon and Honey	1580 kcal
4	Olive Oil Granola with Dried Figs	Mediterranean Fish Stew with Herbs + Chicken and Chickpea Skillet	White Bean and Tuna Salad	Grilled Sardines with Lemon and Herbs + Calamari and Chickpea Salad	Cinnamon Apple Sauté with Greek Yogurt	1710 kcal
5	Greek Breakfast Wrap with Feta and Spinach	Chicken Piccata with Capers + Lemon-Oregano Grilled Chicken Thighs	Quinoa Salad with Cucumber and Lemon	Fish Tacos with Cabbage Slaw	No-Bake Pistachio-Date Bars	1575 kcal
6	Fresh Fruit Salad with Yogurt Drizzle	Mediterranean Chicken Lettuce Wraps + Lentil Soup with Carrots and Celery	Grilled Eggplant Salad with Tahini Dressing	Whole Wheat Penne with Eggplant and Basil + Calamari and Chickpea Salad	No-Bake Pistachio-Date Bars	1580 kcal
7	Whole Grain Toast with Hummus and Sliced Cucumber	Chicken with Olives and Artichokes + Tomato and Red Lentil Soup with Cumin	Quinoa Salad with Cucumber and Lemon	Barley Risotto with Zucchini and Peas + Citrus Salad with Mint	Mini Olive Oil Orange Cake	1540 kcal
8	Chickpea Flour Pancakes with Herbs	Roasted Red Pepper Soup + Mediterranean Chicken Lettuce Wraps	Chickpea Salad with Cucumber, Tomato & Feta	Mediterranean Gnocchi Skillet	Greek Yogurt with Figs and Honey	1535 kcal
9	Avocado Toast with Za'atar and Cherry Tomatoes	Sausage and Pepper Couscous + Chicken Piccata with Caper	Tomato and Watermelon Salad with Feta	Farro Bowl with Tomatoes and Pesto	Yogurt and Berry Popsicles	1505 kcal
10	Whole Grain Toast with Hummus and Sliced Cucumber	Chicken Lettuce Wraps + Roasted Red Pepper Soup	White Bean and Tuna Salad	Orzo with Feta and Roasted Vegetables	Greek Yogurt with Figs and Honey	1545 kcal

SHOPPING LIST FOR DAYS 1-10

FRUITS

- Apricots
- Pears
- Peaches
- Strawberries
- Grapes
- Cantaloupe
- Blueberries
- Orange
- Watermelon
- Fresh figs
- Dates
- Lemon

DAIRY

- Cottage cheese
- Greek yogurt
- Feta cheese
- Ricotta cheese
- Unsalted butter
- Parmesan cheese
- Almond milk

HERBS

- Fresh parsley
- Dried oregano
- Mint
- Za'atar seasoning

VEGETABLES

- Zucchini
- Red onion
- Carrot
- Red bell pepper
- Cherry tomatoes
- Kale
- Cabbage
- Eggplant
- Mushrooms
- Cucumber
- Celery stalks
- Yellow onion
- Fresh spinach
- Roasted red peppers
- Avocado
- Arugula

PROTEIN

- Chicken thighs
- Chicken breasts
- Lean ground turkey
- Chicken sausages
- Eggs

SEAFOOD

- Shrimp
- Can tuna
- White fish fillets
- Anchovy fillet
- Fresh sardine
- Calamari

PANTRY

- Pistachios
- Walnuts
- Almonds
- Sunflower seeds
- Rolled oats
- Whole grain rice
- Whole wheat flour
- Almond flour
- Chickpea flour
- Pearl barley
- Quinoa
- Whole wheat spaghetti
- Whole wheat gnocchi
- Whole wheat couscous
- Dry farro
- Whole grain bread
- Orzo
- Honey
- Chicken broth
- Vegetable broth
- Canned chickpeas
- Canned white beans
- Canned artichoke
- Kalamata olives
- Sun-dried tomatoes
- Tortillas
- Hummus
- Tahini
- Vanilla extract
- Red wine vinegar

Day	Breakfast	Lunch	Snack	Dinner	Dessert	Total Calories
11	Sardines on Toast with Tomato and Arugula	Spicy Harissa Vegetable Soup + Sausage and Pepper Couscous	Farro Salad with Sun-Dried Tomatoes and Olives	Mussels in Tomato-Wine Broth	Mini Yogurt Cheesecakes with Strawberry Topping	1525 kcal
12	Greek Breakfast Wrap with Feta and Spinach	Grilled Chicken with Roasted Veggies + Chicken Piccata with Capers	Tomato and Watermelon Salad with Feta	Cod with Capers and Cherry Tomatoes + Calamari and Chickpea Salad	Citrus Salad with Mint	1700 kcal
13	Sardines on Toast with Tomato and Arugula	Turkey and Spinach Skillet + Zucchini and Basil Soup	Spinach Salad with Oranges and Almonds	Farro Bowl with Tomatoes and Pesto + Arugula Salad with Grilled Halloumi	Mini Yogurt Cheesecakes with Strawberry Topping	1665 kcal
14	Mini Shakshuka (Baked Eggs in Tomato Sauce)	Mediterranean Turkey Stuffed Peppers + Lemon-Oregano Grilled Chicken Thighs	Tomato and Watermelon Salad with Feta	Pasta Primavera with Garlic and Olive Oil	No-Bake Pistachio-Date Bars	1460 kcal
15	Mushroom and Goat Cheese Omelet	White Bean and Kale Soup + Mediterranean Turkey Stuffed Peppers	Tomato and Watermelon Salad with Feta	Couscous with Roasted Red Pepper Sauce + Roasted Beet and Goat Cheese Salad	Almond and Date Energy Balls	1440 kcal
16	Fresh Fruit Salad with Yogurt Drizzle	White Bean and Kale Soup + Turkey and Spinach Skillet	Caprese Salad with Balsamic Glaze	Linguine with Sardines and Lemon + Pasta Salad with Artichokes and Cherry Tomatoes	Fresh Berries with Ricotta Cream	1605 kcal
17	Spinach and Feta Egg Muffins	Tomato and Red Lentil Soup with Cumin + Chicken with Olives and Artichokes	Caprese Salad with Balsamic Glaze	Tuna and White Bean Lettuce Wraps + Mediterranean Chicken and Hummus Bowl	Almond and Date Energy Balls	1625 kcal
18	Fresh Fruit Salad with Yogurt Drizzle	Greek Avgolemono Soup + Turkey and Spinach Skillet	Spinach Salad with Oranges and Almonds	Baked Salmon with Tomatoes and Olives + Caprese Salad with Balsamic Glaze	Greek Yogurt with Figs and Honey	1605 kcal
19	Chickpea Flour Pancakes with Herbs	Chickpea and Spinach Soup + Mediterranean Turkey Stuffed Peppers	Grilled Eggplant Salad with Tahini Dressing	Mussels in Tomato-Wine Broth + Warm Barley Salad with Mushrooms and Herbs	Chocolate-Dipped Apricots with Sea Salt	1490 kcal
20	Cottage Cheese with Apricots and Pistachios	Zucchini and Basil Soup + Chicken and Spinach Pita Pockets	Pasta Salad with Artichokes and Cherry Tomatoes	Quick Baked Trout with Zucchini + Arugula Salad with Grilled Halloumi	Fig and Walnut Snack Bars	1702 kcal

SHOPPING LIST FOR DAYS 11-20

FRUITS

- Strawberries
- Grapes
- Cantaloupe
- Blueberries
- Oranges
- Grapefruit
- Lemon
- Fresh figs
- Dried apricots
- Medjool date
- Pomegranate seeds
- Raspberries

DAIRY

- Greek yogurt
- Cream cheese
- Feta cheese
- Crumbled feta
- Goat cheese
- Crumbled goat cheese
- Cottage cheese
- Ricotta cheese
- Mozzarella cheese
- Unsweetened milk
- Unsweetened almond milk

HERBS

- Fresh parsley
- Basil
- Basil leaves

VEGETABLES

- Tomato
- Cherry tomatoes
- Red onion
- Yellow onion
- Shallot
- Carrot
- Zucchini
- Red bell pepper
- Yellow bell pepper
- Cucumber
- Kale
- Spinach
- Baby spinach
- Arugula
- Fresh parsley
- Basil
- Basil leaves
- Celery stalk
- Mushrooms
- Eggplants
- Beets
- Broccoli

PROTEIN

- Chicken breasts
- Chicken thighs
- Chicken sausages
- Eggs
- Lean ground turkey
- Ground turkey
- Salmon fillets
- Whole trout

SEAFOOD

- Canned sardines
- Can of sardines
- Canned tuna
- Cod fillets
- Fresh mussels
- Calamari

PANTRY

- | | | | |
|--|--|--|--|
| <ul style="list-style-type: none"> • Whole grain • Whole grain couscous • Whole wheat spaghetti • Whole wheat pasta (penne or fusilli) • Whole wheat flour • Whole grain wraps • Brown rice • Farro • Dry farro | <ul style="list-style-type: none"> • Pearl barley • Quinoa • Orzo • Red lentils • Chickpea flour • Cannellini beans • Canned white bean • Canned chickpeas • Canned artichoke hearts • Kalamata olives • Capers | <ul style="list-style-type: none"> • Sun-dried tomatoes • Harissa paste • Tomato paste • Balsamic vinegar • Dry white wine • Tahini • Hummus • Honey • Vanilla extract • Almond flour • Almond butter | <ul style="list-style-type: none"> • Sliced almonds • Pistachios • Helled pistachios • Walnuts • Chia seeds • Ground flaxseed • Cocoa powder • Rolled oats • Dark chocolate • Chicken broth • Vegetable broth |
|--|--|--|--|

Day	Breakfast	Lunch	Snack	Dinner	Dessert	Total Calories
21	Fresh Fruit Salad with Yogurt Drizzle	Greek Avgolemono Soup + Sausage and Pepper Couscous	Roasted Beet and Goat Cheese Salad	Anchovy Pasta with Olives and Herbs + Grilled Eggplant Salad with Tahini Dressing	Almond-Coconut Cookies	1580 kcal
22	Sardines on Toast with Tomato and Arugula	Rice Pilaf with Pine Nuts and Currants + Lemon Chicken Orzo Soup	Spinach Salad with Oranges and Almonds	Shrimp and Tomato Pasta	Mini Yogurt Cheesecakes with Strawberry Topping	1515 kcal
23	Chickpea Flour Pancakes with Herbs	Grilled Chicken with Roasted Veggies + Shrimp and Fennel Soup	Chickpea Salad with Cucumber, Tomato & Feta	Mediterranean Gnocchi Skillet + Couscous Tabbouleh with Mint and Parsley	Ricotta Mousse with Lemon and Honey	1645 kcal
24	Sardines on Toast with Tomato and Arugula	Roasted Red Pepper Soup + Sausage and Pepper Couscous	Arugula Salad with Grilled Halloumi	Seafood Paella in a Pan	Cinnamon Apple Sauté with Greek Yogurt	1690 kcal
25	Mini Shakshuka (Baked Eggs in Tomato Sauce)	Mediterranean Turkey Stuffed Peppers + Tomato and Red Lentil Soup with Cumin	Lentil and Roasted Pepper Salad	Couscous with Roasted Red Pepper Sauce + Spiced Chickpeas in Olive Oil	Quick Baklava Bites	1455 kcal
26	Cottage Cheese with Apricots and Pistachios	Rice Pilaf with Pine Nuts and Currants + Moroccan Chickpea and Tomato Stew	Roasted Beet and Goat Cheese Salad	Farro Bowl with Tomatoes and Pesto + Spinach Salad with Oranges and Almonds	Almond-Coconut Cookies	1545 kcal
27	Mini Shakshuka (Baked Eggs in Tomato Sauce)	Shrimp and Fennel Soup + Brown Rice with Grilled Chicken and Lemon	Tomato and Watermelon Salad with Feta	Bulgur Bowl with Grilled Veggies and Tahini + Farro Salad with Sun-Dried Tomatoes and Olives	Grilled Peaches with Balsamic Glaze	1545 kcal
28	Mushroom and Goat Cheese Omelet	Herbed Ground Turkey Patties + Tuscan White Bean Soup	Pasta Salad with Artichokes and Cherry Tomatoes	Baked Salmon with Tomatoes and Olives	Almond-Coconut Cookies	1475 kcal

SHOPPING LIST FOR DAYS 21-28

FRUITS

- Strawberries
- Grapes
- Cantaloupe
- Blueberries
- Orange
- Lemon
- Pomegranate seeds
- Apples
- Watermelon
- Peaches
- Dried apricots

DAIRY

- Eggs
- Goat cheese
- Feta cheese
- Greek yogurt
- Light cream cheese
- Whole-milk ricotta cheese
- Cottage cheese

HERBS

- Fresh parsley
- Fresh mint leaves
- Fresh dill
- Basil leaves
- Green onions

VEGETABLES

- Garlic cloves, minced
- Red onion
- Yellow onion
- Shallot
- Red bell pepper
- Yellow bell pepper
- Cherry tomatoes
- Tomato
- Mixed greens
- Arugula
- Baby spinach
- Fresh spinach
- Kale
- Eggplants
- Zucchini
- Carrots
- Celery stalks
- Fennel bulb
- Cucumber
- Mushrooms
- Bell peppers

PROTEIN

- Chicken breast
- Chicken sausages
- Lean ground turkey

SEAFOOD

- Shrimp
- Salmon fillets
- Mussels or clams
- Canned sardines
- Anchovy fillets

PANTRY

- | | | | |
|---|---|---|---|
| <ul style="list-style-type: none"> • Chicken broth • Vegetable broth • Whole wheat couscous • Orzo / Whole wheat orzo • Brown rice • Farro / Dry farro • Bulgur wheat • Arborio or short-grain rice • Whole grain pasta / Whole grain • Whole wheat spaghetti | <ul style="list-style-type: none"> • Whole wheat gnocchi • Chickpeas • Canned chickpeas • Red lentils • Canned tomatoes • Canned cannellini beans • Canned artichoke hearts • Tahini • Almond flour • Chickpea flour • Almond milk | <ul style="list-style-type: none"> • Shredded coconut • Honey • Vanilla extract • Dijon mustard • Balsamic vinegar • Pine nuts • Walnuts • Almonds • Pistachios • Dried currants • Basil pesto | <ul style="list-style-type: none"> • Phyllo dough • Coconut oil |
|---|---|---|---|



CONCLUSION: STAY INSPIRED & CONSISTENT

Adopting the Mediterranean lifestyle is a journey, not a race. Whether you've tried one recipe or cooked your way through every chapter, what matters most is your commitment to nourishing your body with real, wholesome food - and enjoying every bite along the way.

Staying inspired comes from embracing the small wins: preparing a colorful salad instead of ordering takeout, gathering loved ones around a simple yet flavorful meal, or savoring a quiet breakfast that fuels your day. Consistency doesn't mean perfection - it means showing up for yourself, one 30-minute meal at a time.

Let this book be your springboard. Come back to it when you need a quick dinner idea, a fresh take on lunch, or a reminder of why you started. Revisit your favorite recipes, try something new, and trust that even small steps in the Mediterranean direction impact your health and happiness.

So keep your pantry stocked, your olive oil flowing, and your meals joyful. The Mediterranean way isn't just about food - it's a way of living well. Here's to delicious simplicity, vibrant health, and the beautiful rhythm of consistency.



feta cheese	Mediterranean Chicken Lettuce Wraps, 49	mushrooms	Warm Barley Salad with Mushrooms and
feta cheese	Mediterranean Turkey Stuffed Peppers, 49	Herbs, 27	
feta cheese	Orzo with Feta and Roasted Vegetables, 54	mushrooms	Warm Marinated Mushrooms, 69
feta cheese	Brown Rice with Grilled Chicken and Lemon, 55	mussels	Seafood Paella in a Pan, 42
feta cheese	Marinated Olives and Feta, 64	mussels	Mussels in Tomato-Wine Broth, 43
feta cheese	Feta-Stuffed Mini Peppers, 69		
feta cheese	Chicken and Spinach Pita Pockets, 52	O	
feta cheese	Wild Rice and Lentil Bowl with Herbs, 58	oats	No-Bake Pistachio-Date Bars, 74
figs	Greek Yogurt with Figs and Honey, 72	oats	Fig and Walnut Snack Bars, 78
figs	Fig and Walnut Snack Bars, 78	oats rolled old-fashioned	Olive Oil Granola with Dried Figs, 14
figs dried	Olive Oil Granola with Dried Figs, 14	olives	Tomato and Cucumber Breakfast Salad with Olives, 12
fish	Mediterranean Fish Stew with Herbs, 31	olives	Classic Greek Salad with Lemon-Olive Oil Dressing, 20
fish fillets	Fish Tacos with Cabbage Slaw, 43	olives	Chickpea Salad with Cucumber, Tomato & Feta, 21
flaxseed	Fig and Walnut Snack Bars, 78	olives	Farro Salad with Sun-Dried Tomatoes and Olives, 22
		olives	Arugula Salad with Grilled Halloumi, 24
G		olives	Mediterranean Chicken and Hummus Bowl, 25
goat cheese	Roasted Beet and Goat Cheese Salad, 25	olives	Pasta Salad with Artichokes and Cherry Tomatoes, 26
grapefruit	Citrus Salad with Mint, 78	olives	Baked Salmon with Tomatoes and Olives, 38
grape leaves	Stuffed Grape Leaves (Quick Version), 65	olives	Anchovy Pasta with Olives and Herbs, 44
grapes (red or green)	Fresh Fruit Salad with Yogurt	olives	Pan-Seared Halibut with Olive Relish, 44
Drizzle, 17		olives	Calamari and Chickpea Salad, 45
Greek yogurt	Greek Yogurt Parfait with Honey and Walnuts, 11	olives	Mediterranean Chicken Lettuce Wraps, 49
Greek yogurt	Fresh Fruit Salad with Yogurt Drizzle, 17	olives	White Bean and Tuna Salad, 21
Greek yogurt	Mediterranean Tuna Cakes with Yogurt Dip, 39	olives	Chicken with Olives and Artichokes, 51
Greek yogurt	Fish Tacos with Cabbage Slaw, 43	olives	Spaghetti with Cherry Tomatoes and Olives, 56
Greek yogurt	Chicken Souvlaki with Yogurt Sauce, 47	olives	Wild Rice and Lentil Bowl with Herbs, 58
Greek yogurt	Chicken and Spinach Pita Pockets, 52	olives	Mediterranean Gnocchi Skillet, 61
Greek yogurt	Tzatziki with Fresh Veggies, 63	olives	Marinated Olives and Feta, 64
Greek yogurt	Greek-Style Deviled Eggs, 70	olives	Olive Tapenade with Whole Grain Crackers, 65
Greek yogurt	Cucumber-Yogurt Dip with Mint (Tzatziki-Inspired), 67	olives	Greek-Style Deviled Eggs, 70
Greek yogurt	Feta-Stuffed Mini Peppers, 69	orange	Fresh Fruit Salad with Yogurt Drizzle, 17
Greek yogurt	Greek Yogurt with Figs and Honey, 72	orange	Mini Olive Oil Orange Cake, 73
Greek yogurt	Fresh Berries with Ricotta Cream, 73	oranges	Spinach Salad with Oranges and Almonds, 24
Greek yogurt	Yogurt and Berry Popsicles, 76	oranges	Citrus Salad with Mint, 78
Greek yogurt	Ricotta Mousse with Lemon and Honey, 77	orzo	Lemon Chicken Orzo Soup, 29
Greek yogurt	Cinnamon Apple Sauté with Greek Yogurt, 79	orzo	Greek Avgolemono Soup (Egg-Lemon Chicken Soup), 31
Greek yogurt	Mini Yogurt Cheesecakes with Strawberry Topping, 79	orzo	Shrimp and Spinach Orzo, 40
		orzo	Orzo with Feta and Roasted Vegetables, 54
H		P	
halibut fillets	Pan-Seared Halibut with Olive Relish, 44	Parmesan cheese	Barley Risotto with Zucchini and Peas, 56
Halloumi cheese	Arugula Salad with Grilled Halloumi, 24	Parmesan cheese	Spelt Pasta with Artichokes and Spinach, 59
honey	Greek Yogurt Parfait with Honey and Walnuts, 11	pasta	Shrimp and Tomato Pasta, 58
honey	Cottage Cheese with Apricots and Pistachios, 14	pasta	Spelt Pasta with Artichokes and Spinach, 59
honey	Fresh Fruit Salad with Yogurt Drizzle, 17	pasta (penne or fusilli)	Pasta Salad with Artichokes and Cherry
honey	Spinach Salad with Oranges and Almonds, 24	Tomatoes, 26	
honey	Mini Olive Oil Orange Cake, 73	pasta chickpea	Shrimp and Tomato Pasta, 58
honey	Fresh Berries with Ricotta Cream, 73	pasta chickpea	Chickpea Pasta with Basil and Capers, 59
honey	Honey-Baked Pears with Walnuts, 74	peaches	Grilled Peaches with Balsamic Glaze, 76
honey	Quick Baklava Bites, 75	pears	Honey-Baked Pears with Walnuts, 74
honey	Yogurt and Berry Popsicles, 76	peas	Barley Risotto with Zucchini and Peas, 56
honey	Ricotta Mousse with Lemon and Honey, 77	penne	Whole Wheat Penne with Eggplant and Basil, 54
honey	Almond-Coconut Cookies, 77	peppers mini, sweet	Feta-Stuffed Mini Peppers, 69
honey	Cinnamon Apple Sauté with Greek Yogurt, 79	pesto	Farro Bowl with Tomatoes and Pesto, 55
honey	Mini Yogurt Cheesecakes with Strawberry Topping, 79	pistachios	Fresh Fruit Salad with Yogurt Drizzle, 17
honey	Greek Yogurt with Figs and Honey, 72	pistachios	No-Bake Pistachio-Date Bars, 74
honey	Fig and Walnut Snack Bars, 78	pistachios	Quick Baklava Bites, 75
		pistachios shelled	Cottage Cheese with Apricots and Pistachios, 14
L		pita	Chicken and Spinach Pita Pockets, 52
lentils	Wild Rice and Lentil Bowl with Herbs, 58		
lettuce	Mediterranean Chicken Lettuce Wraps, 49	Q	
lettuce	Tuna and White Bean Lettuce Wraps, 41	quinoa	Stuffed Grape Leaves (Quick Version), 65
M		R	
milk	Greek Breakfast Wrap with Feta and Spinach, 16	raspberries	Fresh Berries with Ricotta Cream, 73
mozzarella cheese	Caprese Salad with Balsamic Glaze, 23		

raspberries	Yogurt and Berry Popsicles, 76	tomatoes cherry	Calamari and Chickpea Salad, 45
rice	Garlic Butter Shrimp with Whole Grain Rice, 41	tomatoes cherry	Quick Baked Trout with Zucchini, 45
rice	Seafood Paella in a Pan, 42	tomatoes cherry	Mediterranean Chicken Lettuce Wraps, 49
rice	Rice Pilaf with Pine Nuts and Currants, 61	tomatoes cherry	Mediterranean Turkey Stuffed Peppers, 49
rice	Stuffed Grape Leaves (Quick Version), 65	tomatoes cherry	Chicken and Chickpea Skillet, 50
rice brown	Mediterranean Turkey Stuffed Peppers, 49	tomatoes cherry	Grilled Chicken with Roasted Veggies, 50
rice brown	Brown Rice with Grilled Chicken and Lemon, 55	tomatoes cherry	Chicken with Olives and Artichokes, 51
ricotta cheese	Fresh Berries with Ricotta Cream, 73	tomatoes cherry	Orzo with Feta and Roasted Vegetables, 54
ricotta cheese	Ricotta Mousse with Lemon and Honey, 77	tomatoes cherry	Whole Wheat Penne with Eggplant and Basil, 54
		tomatoes cherry	Farro Bowl with Tomatoes and Pesto, 55
S		tomatoes cherry	Brown Rice with Grilled Chicken and Lemon, 55
salmon fillets	Salmon and Veggie Foil Packets, 42	tomatoes cherry	Spaghetti with Cherry Tomatoes and Olives, 56
salmon fillets	Baked Salmon with Tomatoes and Olives, 38	tomatoes cherry	Pasta Primavera with Garlic and Olive Oil, 57
sardines	Sardines on Toast with Tomato and Arugula, 18	tomatoes cherry	Wild Rice and Lentil Bowl with Herbs, 58
sardines	Grilled Sardines with Lemon and Herbs, 39	tomatoes cherry	Shrimp and Tomato Pasta, 58
sardines in olive oil	Linguine with Sardines and Lemon, 60	tomatoes cherry	Chickpea Pasta with Basil and Capers, 59
shrimp	Shrimp and Fennel Soup, 34	tomatoes cherry	Mediterranean Gnocchi Skillet, 61
shrimp	Lemon-Garlic Shrimp with Couscous, 38	tomatoes cherry	Tzatziki with Fresh Veggies, 63
shrimp	Shrimp and Spinach Orzo, 40	tomatoes cherry	Tomato Bruschetta with Basil, 66
shrimp	Garlic Butter Shrimp with Whole Grain Rice, 41	tomatoes cherry	Chickpea Salad with Cucumber, Tomato &
shrimp	Seafood Paella in a Pan, 42	tomatoes cherry	Feta, 21
shrimp	Shrimp and Tomato Pasta, 58	tomatoes cherry	Farro Salad with Sun-Dried Tomatoes and
spaghetti	Anchovy Pasta with Olives and Herbs, 44	tomatoes cherry	Olives, 22
spaghetti	Spaghetti with Cherry Tomatoes and Olives, 56	tomatoes cherry	Quinoa Salad with Cucumber and Lemon, 23
spaghetti	Pasta Primavera with Garlic and Olive Oil, 57	tomatoes cherry	Arugula Salad with Grilled Halloumi, 24
spinach	Spinach and Feta Egg Muffins, 11	tomatoes cherry	Mediterranean Chicken and Hummus Bowl, 25
spinach	Greek Breakfast Wrap with Feta and Spinach, 16	tomatoes sun-dried	Spinach and Feta Egg Muffins, 11
spinach	Chickpea and Spinach Soup, 29	tomatoes sun-dried	Farro Salad with Sun-Dried Tomatoes and
spinach	Shrimp and Spinach Orzo, 40	tomatoes sun-dried	Olives, 22
spinach	Turkey and Spinach Skillet, 47	tortillas	Fish Tacos with Cabbage Slaw, 43
spinach	Chicken and Spinach Pita Pockets, 52	trawberries	Fresh Fruit Salad with Yogurt Drizzle, 17
spinach	Farro Bowl with Tomatoes and Pesto, 55	trout	Quick Baked Trout with Zucchini, 45
spinach	Spelt Pasta with Artichokes and Spinach, 59	tuna in olive oil	White Bean and Tuna Salad, 21
spinach baby	Mediterranean Scrambled Eggs with Herbs, 13	tuna in olive oil	Mediterranean Tuna Cakes with Yogurt Dip, 39
spinach baby	Pita Breakfast Pizza with Eggs and Veggies, 16	tuna in olive oil	Tuna and White Bean Lettuce Wraps, 41
spinach baby	Spinach Salad with Oranges and Almonds, 24	turkey	Turkey and Spinach Skillet, 47
strawberries	Fresh Berries with Ricotta Cream, 73	turkey	Mediterranean Turkey Stuffed Peppers, 49
strawberries	Yogurt and Berry Popsicles, 76	turkey	Herbed Ground Turkey Patties, 51
strawberries	Mini Yogurt Cheesecakes with Strawberry Topping, 79	turkey sausages	Sausage and Pepper Couscous, 52
sunflower seeds	Olive Oil Granola with Dried Figs, 14	W	
T		walnuts	Greek Yogurt Parfait with Honey and Walnuts, 11
tomato	Greek Breakfast Wrap with Feta and Spinach, 16	walnuts	Roasted Beet and Goat Cheese Salad, 25
tomatoes	Mediterranean Scrambled Eggs with Herbs, 13	walnuts	Greek Yogurt with Figs and Honey, 72
tomatoes	Sardines on Toast with Tomato and Arugula, 18	walnuts	Honey-Baked Pears with Walnuts, 74
tomatoes	Caprese Salad with Balsamic Glaze, 23	walnuts	Quick Baklava Bites, 75
tomatoes	Chicken and Spinach Pita Pockets, 52	walnuts	Fig and Walnut Snack Bars, 78
tomatoes sun-dried	Spelt Pasta with Artichokes and Spinach, 59	walnuts	Cinnamon Apple Sauté with Greek Yogurt, 79
tomatoes cherry	Tomato and Watermelon Salad with Feta, 27	water	Quinoa Salad with Cucumber and Lemon, 23
tomatoes cherry	Baked Salmon with Tomatoes and Olives, 38	watermelon	Tomato and Watermelon Salad with Feta, 27
tomatoes cherry	Tuna and White Bean Lettuce Wraps, 41	white beans	Tuna and White Bean Lettuce Wraps, 41
tomatoes cherry	Garlic Butter Shrimp with Whole Grain Rice, 41	white beans	White Bean and Tuna Salad, 21
tomatoes cherry	Seafood Paella in a Pan, 42	wraps	Greek Breakfast Wrap with Feta and Spinach, 16
tomatoes sun-dried	Mediterranean Tuna Cakes with Yogurt Dip, 39		
tomatoes cherry	Avocado Toast with Za'atar and Cherry	Z	
Tomatoes, 12	Tomato and Cucumber Breakfast Salad with	zucchini	Zucchini and Basil Soup, 32
tomatoes cherry	Olives, 12	zucchini	Salmon and Veggie Foil Packets, 42
tomatoes cherry	Pita Breakfast Pizza with Eggs and Veggies, 16	zucchini	Quick Baked Trout with Zucchini, 45
tomatoes cherry	Couscous Tabbouleh with Mint and Parsley, 20	zucchini	Chicken and Chickpea Skillet, 50
tomatoes cherry	White Bean and Tuna Salad, 21	zucchini	Grilled Chicken with Roasted Veggies, 50
tomatoes cherry	Pasta Salad with Artichokes and Cherry	zucchini	Barley Risotto with Zucchini and Peas, 56
Tomatoes, 26	Grilled Eggplant Salad with Tahini Dressing, 26	zucchini	Pasta Primavera with Garlic and Olive Oil, 57
tomatoes cherry	Salmon and Veggie Foil Packets, 42	zucchini	Mediterranean Gnocchi Skillet, 61
tomatoes cherry	Mussels in Tomato-Wine Broth, 43	zucchini	Orzo with Feta and Roasted Vegetables, 54
tomatoes cherry		zucchini	Grilled Zucchini with Balsamic Glaze, 64