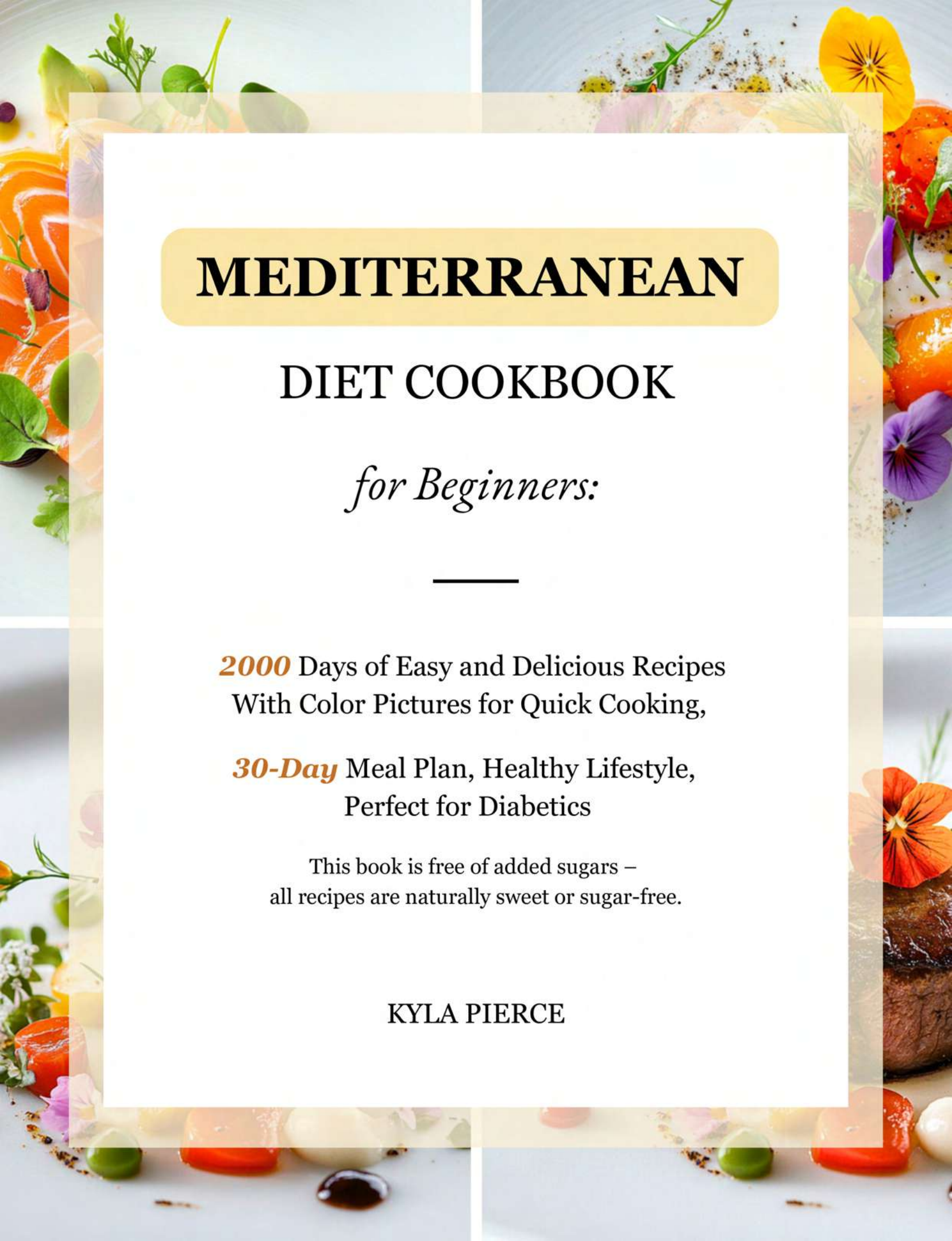


MEDITERRANEAN

DIET COOKBOOK

for Beginners:

2000 Days of Easy and Delicious Recipes
With Color Pictures for Quick Cooking,

30-Day Meal Plan, Healthy Lifestyle,
Perfect for Diabetics

This book is free of added sugars –
all recipes are naturally sweet or sugar-free.

KYLA PIERCE



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Experience the joy of restaurant-quality meals at home—every dish is crafted for your health and happiness.



Dear Readers,

Welcome to the "Mediterranean Diet Cookbook," your guide to health, flavor, and vitality. This isn't just a diet—it's a lifestyle inspired by Mediterranean traditions known for promoting well-being. Designed for beginners, this book makes the Mediterranean diet easy and enjoyable. Each meal brings you closer to a healthier, happier life with vibrant flavors and wholesome ingredients. Enjoy the journey and the joy of healthy eating!

Kyla Pierce

WHAT IS THE MEDITERRANEAN DIET?

The Mediterranean Diet focuses on whole foods, balanced nutrition, and mindful eating, inspired by the culinary traditions of Mediterranean countries. Key elements include:

- **WHOLE GRAINS**: Choosing whole grains over refined options ensures a steady release of energy and supports blood sugar stability.
- **FRUITS & VEGETABLES**: Fresh, colorful produce forms the foundation of the diet, providing essential vitamins, minerals, and antioxidants.
- **HEALTHY FATS**: Olive oil is the main source, replacing butter and other less healthy fats.
- **LEAN PROTEINS**: Fish and seafood are consumed regularly, while poultry, eggs, cheese, and yogurt are eaten in moderation. Red meat is limited.
- **LEGUMES & NUTS**: Beans, lentils, and nuts are excellent sources of plant-based protein and fiber.
- **HERBS & SPICES**: Flavoring with herbs and spices instead of salt adds both taste and health benefits.

HEALTH BENEFITS OF THE MEDITERRANEAN DIET

The Mediterranean Diet is particularly beneficial for individuals managing diabetes or seeking to prevent it.

- **BLOOD SUGAR CONTROL**: Emphasizes whole grains, vegetables, and lean proteins to maintain stable blood sugar levels.
- **HEART HEALTH**: Healthy fats, fiber, and antioxidants reduce the risk of cardiovascular diseases.
- **WEIGHT MANAGEMENT**: Focus on nutrient-dense foods and portion control supports healthy weight maintenance.
- **LONGEVITY**: Following this diet has been linked to increased life expectancy and better quality of life.

The Mediterranean Diet offers a holistic approach to health, helping to improve not only physical well-being but also mental clarity and overall vitality.

ADOPTING THE MEDITERRANEAN DIET

Transitioning to the Mediterranean Diet is simpler than you imagine. Here are practical tips to get started:

SIMPLE SWAPS:

- Start small! Swap one processed snack a day for fresh fruit or nuts.
- Choose whole grains—replace refined grains with whole-grain alternatives.
- Opt for healthy fats—use olive oil instead of butter.

  Small steps lead to big changes!



MEAL PLANNING:

- Plan your meals around vegetables and fruit.
- Include fish or seafood at least twice a week.
- Prepare simple, balanced meals like salads, grain bowls, and grilled lean proteins.

HEALTHY COOKING TECHNIQUES:

- Opt for grilling, baking, or steaming instead of frying to preserve nutrients and reduce unhealthy fats.
- Enhance flavors naturally with herbs and spices instead of salt.
- Prepare meals in advance to ensure you always have healthy options ready.

With these cooking methods, you can enjoy healthier meals without sacrificing flavor.

INCORPORATING THE MEDITERRANEAN LIFESTYLE

The Mediterranean Diet is more than a way of eating; it's a lifestyle. Here's how to embrace it fully and make the Mediterranean Diet a natural, enjoyable part of your daily routine:

STAY ACTIVE:

- Choose activities you enjoy, such as walking, swimming, or cycling.
- Aim for 30 minutes of moderate exercise on most days of the week.

SHARE MEALS:

- Enjoy meals with family and friends to foster connections and mindful eating.
- Savor your food and appreciate its flavors and textures.

MINDFUL EATING:

- Eat slowly and avoid distractions like TV or phones during meals.
- Listen to your body's hunger and fullness cues. Pay attention to when you truly feel hungry rather than eating out of boredom or habit. Stop eating when you're comfortably satisfied, not overly full.

By adopting the Mediterranean Diet, you're embarking on a journey toward vibrant health and a more enriching life.
Let its diverse flavors and balanced approach nourish your body and soul.
Take the first step today toward a healthier, more flavorful life!



CHAPTER 1: BREAKFAST RECIPES

MEDITERRANEAN DIET COOKBOOK

GREEK YOGURT PARFAIT WITH FRESH BERRIES AND NUTS



★☆☆☆☆ PREP 15 MIN COOK NONE

INGREDIENTS:

PARFAIT LAYERS: 2 cups Greek yogurt, 2 tbsp honey (optional), 1 tsp vanilla extract, 1 cup sliced fresh strawberries, 1 cup fresh blueberries, 1 cup fresh raspberries, 1/2 cup chopped raw almonds, 1/2 cup chopped raw walnuts

GARNISH: fresh mint leaves, 1 tsp ground cinnamon

INSTRUCTIONS:

1. Wash the berries thoroughly and pat them dry.
2. In a bowl, mix the honey and vanilla into the yogurt.
3. In four glasses, layer 1/4 cup yogurt, then berries, then nuts. Repeat until the ingredients are used, finishing with berries and nuts.

SERVING AND DECORATION TIPS:

Sprinkle cinnamon on top. Garnish with mint leaves, whole berries, or a drizzle of honey. Use clear glasses to showcase colorful layers. Place each glass on a small plate for a refined look. Pair with herbal tea for a Mediterranean breakfast.

NUTRITIONAL INFORMATION (per serving):
250 Cal | 12g Protein | 22g Carbs | 13g Fat | 5g Fiber | 0mg Chol | 50mg Sodium | 400mg Potassium

MEDITERRANEAN AVOCADO TOAST WITH TOMATOES AND FETA



★★☆☆☆ PREP 10 MIN COOK 5 MIN

INGREDIENTS:

TOAST & AVOCADO BASE: 4 slices whole grain or sourdough bread, 1 halved garlic clove (optional), 1 tsp lemon juice, 2 ripe avocados, sea salt and black pepper to taste

TOPPINGS & GARNISHES: 1 cup halved cherry tomatoes, 1/2 cup crumbled feta cheese, 2 tbsp extra virgin olive oil (divided), 1/4 tsp red pepper flakes, 1/4 cup chopped fresh basil, 1/4 cup chopped fresh parsley, sea salt and black pepper to taste, lemon wedges

INSTRUCTIONS:

1. Toast the slices of bread in a toaster or under the broiler until golden and crispy. Optionally, rub the toasted bread with the cut side of a garlic clove for added flavor.
2. In a bowl, mash the avocados with the lemon juice, salt, and pepper.
3. In another bowl, toss the tomatoes with 1 tbsp of olive oil, salt, pepper, and red pepper flakes.
4. Spread the avocado mixture onto the toast. Top with tomatoes, feta, and the remaining olive oil. Garnish with fresh basil and parsley.

SERVING AND DECORATION TIPS:

Serve immediately on a light-colored or rustic wooden plate for contrast. Add extra cherry tomatoes and a lemon wedge for flair. Consider edible flowers for elegance. Pair with a side salad.

NUTRITIONAL INFORMATION (per serving):
290 Cal | 7g Protein | 24g Carbs | 20g Fat | 8g Fiber | 15mg Chol | 420mg Sodium | 620mg Potassium

SMOKED SALMON AND CUCUMBER GREEK YOGURT BOWL



★☆☆☆☆ PREP 10 MIN COOK NONE

INGREDIENTS:

1 cup plain Greek yogurt, 1 tbsp lemon juice, 1 tsp lemon zest, salt and pepper to taste

TOPPINGS: 1 cucumber, 4 oz smoked salmon, 1 tbsp chopped fresh dill, 1 tbsp drained capers

GARNISH & EXTRAS: 1 tbsp extra virgin olive oil, fresh herbs (such as parsley or chives) for garnish, red pepper flakes (optional)

INSTRUCTIONS:

1. Thinly slice the cucumber and salmon.
2. In a bowl, combine the yogurt, lemon juice, and zest. Season with salt and pepper.
3. Divide the yogurt evenly between two bowls. Top each bowl with the cucumber, smoked salmon, dill, and capers.

SERVING AND DECORATION TIPS:

Use shallow white bowls. Drizzle with olive oil and garnish with fresh herbs. Add red pepper flakes for heat. Include radishes or cherry tomatoes for crunch. Top with a soft-boiled egg for extra protein. Add a lemon slice or twist as a garnish. Serve with whole-grain crackers or toasted bread. Pair with a side salad of mixed greens.

NUTRITIONAL INFORMATION (per serving):
250 Cal | 20g Protein | 10g Carbs | 15g Fat | 1g Fiber | 45mg Chol | 600mg Sodium | 350mg Potassium

WHOLE WHEAT BAGEL WITH AVOCADO AND SMOKED SALMON



★☆☆☆☆ PREP 10 MIN COOK NONE

INGREDIENTS:

2 whole wheat bagels, 1 ripe avocado, 1 tbsp lemon juice, 1 tbsp extra virgin olive oil, salt and black pepper to taste

TOPPINGS: 2 oz smoked salmon, 1/4 cup sliced red onion, 1/4 cup capers (optional), 1 tbsp fresh dill or chives (optional)

GARNISH: lemon wedges or capers (optional)

INSTRUCTIONS:

1. In a bowl, mash the avocado with lemon juice, olive oil, salt, and pepper.
2. Toast the bagels until golden brown.
3. Spread the avocado mixture on bagels, top with smoked salmon, red onion, and capers.
4. Add dill or chives and drizzle with extra olive oil if desired.

SERVING AND DECORATION TIPS:

Use a white plate to highlight the toppings. Garnish with lemon wedges or capers. Freshly squeezed orange juice or light apple juice can complement the dish. Serve with mixed greens or cucumber salad.

NUTRITIONAL INFORMATION (per serving):
320 Cal | 15g Protein | 30g Carbs | 17g Fat | 8g Fiber | 35mg Chol | 580mg Sodium | 550mg Potassium

OVERNIGHT CHIA SEED PUDDING WITH ALMOND MILK AND BLUEBERRIES



PREP 10 MIN COOK NONE

INGREDIENTS:

1 cup unsweetened almond milk or Greek yogurt, 1/4 cup chia seeds (reduce to 3 tbsp if using Greek yogurt)

FLAVORINGS: 1 tbsp honey or a few drops of stevia, 1 tsp vanilla extract, 1 pinch sea salt

TOPPINGS & GARNISH: 1 cup fresh blueberries, 1/4 cup chopped almonds, zest of 1 lemon, 1/2 tsp ground cinnamon, fresh mint leaves or edible flowers (optional)

INSTRUCTIONS:

1. In a bowl or jar, whisk together the almond milk, chia seeds, honey, vanilla extract, and a pinch of sea salt. Stir well to prevent clumping.
2. Cover and chill overnight or at least 4 hr. Stir once after 30 min for even absorption.
3. Wash the blueberries.
4. Divide the pudding into 4 bowls or glasses. Top with blueberries, chopped almonds, lemon zest, and a sprinkle of cinnamon.

SERVING AND DECORATION TIPS:

Use clear glasses. Drizzle with honey or berry sauce and add edible flowers or fresh mint (if using). Place the glasses on a light-colored plate or wooden board. Serve chilled. Pair with green tea or an herbal infusion.

NUTRITIONAL INFORMATION (per serving):
180 Cal | 5g Protein | 17g Carbs | 10g Fat | 8g Fiber | 0mg Chol | 70mg Sodium | 240mg Potassium

GREEK YOGURT AND FIG SMOOTHIE WITH CHIA SEEDS



PREP 10 MIN COOK NONE

INGREDIENTS:

1/2 cup plain Greek yogurt, 1/2 cup chopped ripe figs (fresh or frozen) or dates, half a ripe banana (sliced), 1 cup unsweetened almond milk

FLAVORINGS: 1/2 tsp vanilla extract, 1/4 tsp ground cinnamon

TEXTURE & EXTRAS: 1 tbsp chia seeds, 1/4 cup ice cubes (optional)

INSTRUCTIONS:

1. Combine the yogurt, figs, banana, chia seeds, almond milk, vanilla, and cinnamon in a blender. Add ice cubes for a thicker consistency.
2. Blend the ingredients on high for 30–60 seconds, or until smooth.
3. Pour into glasses and serve immediately.

SERVING AND DECORATION TIPS:

Use clear glassware to show off the smoothie's color. Garnish with fig slices or chia seeds. Optionally, drizzle a little honey on top for extra sweetness. Add a decorative straw and/or mint leaf for a polished look.

NUTRITIONAL INFORMATION (per serving):
140 Cal | 5g Protein | 20g Carbs | 4g Fat | 5g Fiber | 7mg Chol | 60mg Sodium | 390mg Potassium

WHOLE GRAIN OATMEAL WITH ALMONDS AND DRIED APRICOTS



★★☆☆☆ PREP 5 MIN COOK 10 MIN

INGREDIENTS:

2 cups water, 2 cups unsweetened almond milk, 1 cup steel-cut oats, 1/2 cup chopped dried apricots, 1/4 cup sliced almonds

FLAVOR & TOPPINGS (OPTIONAL): 1/4 tsp cinnamon, 2 tbsp honey or agave syrup, 2 tbsp almond butter, fresh fruit for topping

INSTRUCTIONS:

1. Bring the water and almond milk to a boil in a saucepan. Stir in the oats and cinnamon, reduce the heat to low. Simmer for 10 min, stirring occasionally.
2. Stir in the chopped apricots and sliced almonds. Cook for an additional 2–3 min.
3. Spoon into bowls.

SERVING AND DECORATION TIPS:

Use a wide, shallow white bowl on a wooden or slate platter, and a linen napkin. Use a small matching dish for syrup on the side. Add extra cinnamon or almond butter on top. Top with fresh fruit in a fan shape or circles. Sprinkle extra toasted almonds. Drizzle honey, agave, or syrup in a spiral pattern. Garnish with a mint leaf. Pair with Greek yogurt.

NUTRITIONAL INFORMATION (per serving):
220 Cal | 6g Protein | 40g Carbs | 5g Fat | 6g Fiber | 0mg Chol | 60mg Sodium | 350mg Potassium

ALMOND AND BERRY QUINOA PORRIDGE



★★☆☆☆ PREP 10 MIN COOK 20 MIN

INGREDIENTS:

1 cup rinsed quinoa, 2 cups unsweetened almond milk, 1/2 cup water, 1/2 tsp cinnamon, 1/4 tsp vanilla extract, 1/4 tsp salt

ADD-INS & TOPPINGS: 2 tbsp chia seeds, 1 cup mixed berries (such as blueberries, raspberries, or strawberries), 1/4 cup sliced almonds, 2 tbsp honey (optional), fresh mint (optional)

INSTRUCTIONS:

1. Combine the quinoa, almond milk, water, cinnamon, vanilla, and salt in a saucepan. Simmer for 15 min.
2. Toast the almonds in a dry skillet for 3–5 min. Set aside.
3. Once the quinoa is cooked, stir in the chia seeds and mixed berries. Cook for 2–3 min. Add honey.
4. Divide into deep, wide bowls and top with the almonds and a few extra berries arranged in a circle.

SERVING AND DECORATION TIPS:

Use colorful, patterned bowls. Garnish the porridge with mint or edible flowers. Serve on a wooden tray or rustic serving board to enhance the Mediterranean feel. Serve warm. Pair with a cup of herbal tea or coffee.

NUTRITIONAL INFORMATION (per serving):
280 Cal | 8g Protein | 40g Carbs | 10g Fat | 7g Fiber | 0mg Chol | 150mg Sodium | 400mg Potassium

TUNA-STUFFED DEVILED EGGS WITH MEDITERRANEAN HERBS



★★☆☆☆ PREP 15 MIN COOK 10 MIN

INGREDIENTS:

1/4 cup drained and flaked canned tuna, 2 tbsp plain Greek yogurt, 4 large eggs, 1 tbsp olive oil, 1 tbsp lemon juice, 1 tbsp chopped parsley, 1/2 tsp Dijon mustard, 1/4 tsp garlic powder, 1 tsp chopped capers (optional), 1 tbsp chopped dill, smoked paprika, chives or parsley (for garnish), salt and pepper to taste

INSTRUCTIONS:

1. Cook the eggs in boiling water for 9–10 min. Cool in ice water, then peel. Halve and remove the yolks.
2. In a bowl, mash the yolks with tuna, yogurt, olive oil, lemon juice, mustard, garlic powder, parsley, and dill. Season with salt and pepper. Stir in the capers.
3. Fill the egg whites with the mixture.

SERVING AND DECORATION TIPS:

Arrange on a white or light platter, garnished with lemon slices, smoked paprika, and chives or parsley. Scatter a few olives or cherry tomatoes around the eggs. Serve with a side of mixed greens or a small Greek salad.

NUTRITIONAL INFORMATION (per serving):
150 Cal | 10g Protein | 2g Carbs | 11g Fat | 0g Fiber | 190mg Chol | 200mg Sodium | 120mg Potassium

TOMATO BASIL SCRAMBLE WITH WHOLE GRAIN TOAST



★★☆☆☆ PREP 10 MIN COOK 10 MIN

INGREDIENTS:

4 large eggs, 4 slices whole grain bread, 1 cup halved cherry tomatoes, 1/4 cup finely chopped onion, 1 minced garlic clove, 1/2 cup crumbled reduced-fat feta cheese

FLAVORS: 1/4 cup chopped fresh basil, 2 tsp extra virgin olive oil, salt and pepper to taste

INSTRUCTIONS:

1. Toast the whole grain bread until crispy.
2. Heat 1 tsp olive oil in a skillet.
3. Fry the onion for 2–3 min, add garlic and cook for an additional minute, then add cherry tomatoes and cook for 2–3 min until they soften.
4. Whisk the eggs with salt and pepper in a bowl.
5. Pour the eggs over the vegetables and cook until set. Stir in basil and feta.
6. Divide the scramble evenly between two plates. Serve each portion with two slices of whole-grain toast. Garnish with extra basil, parsley, or feta.

SERVING AND DECORATION TIPS:

Use a clean, white plate. Drizzle a small amount of olive oil over the scramble. Consider adding a small bowl of extra feta or a side of olives. Serve with mixed greens dressed in light vinaigrette and a small portion of fresh fruit, such as berries or apple slices.

NUTRITIONAL INFORMATION (per serving):
500 Cal | 20g Protein | 35g Carbs | 15g Fat | 8g Fiber | 330mg Chol | 550mg Sodium | 650mg Potassium

SPINACH AND MUSHROOM FRITTATA WITH FRESH HERBS



★★☆☆☆ PREP 15 MIN COOK 25 MIN

INGREDIENTS:

6 large eggs, 1 cup chopped spinach, 1/2 cup sliced mushrooms, 1/4 cup finely chopped onion, 2 tbsp crumbled lower-fat feta

OILS & SEASONINGS: 1 tbsp olive oil, 1/4 tsp garlic powder or 1 minced garlic clove (optional), salt and pepper to taste

HERBS: 1 tbsp chopped parsley (or 1 tsp dried), 1 tbsp chopped basil (or 1 tsp dried)

INSTRUCTIONS:

1. Preheat the oven to 375°F.

2. In an oven-safe skillet, sauté the onion in olive oil until translucent. Add the mushrooms and cook until tender. Stir in the spinach until wilted, then add the garlic.

3. In a bowl, whisk the eggs with salt, pepper, parsley, and basil until well combined.

4. Spread the veggies evenly in the skillet. Pour the egg mixture over them. Top with feta.

5. Cook on the stovetop until the edges are set, about 5 min. Then transfer to the oven and bake for 15–20 min, or until fully set. Let cool slightly before slicing.

SERVING AND DECORATION TIPS:

Serve on a white or lightly colored plate. Garnish with herbs. For a full meal, add whole-grain toast or quinoa. Pair with mixed greens or a small salad.

NUTRITIONAL INFORMATION (per serving):
230 Cal | 16g Protein | 8g Carbs | 12g Fat | 2g Fiber | 270mg Chol | 420mg Sodium | 310mg Potassium

MEDITERRANEAN BREAKFAST BURRITO WITH WHOLE WHEAT TORTILLA



★★☆☆☆ PREP 10 MIN COOK 15 MIN

INGREDIENTS:

BASE & VEGGIES: 2 whole wheat tortillas (8-inch), 3 eggs, 1/2 cup crumbled feta, 1/4 cup sliced black olives, 1/2 cup diced cherry tomatoes, 1/2 cup chopped baby spinach

OILS & SEASONINGS: 1 tbsp olive oil, 1/4 tsp oregano, 1/4 tsp garlic powder, salt and pepper to taste

INSTRUCTIONS:

1. Sauté the tomatoes in olive oil for 2–3 min. Add the spinach, olives, and seasonings. Cook until the spinach wilts.

2. Whisk the eggs with salt and pepper. Pour into the skillet with the vegetables and cook until scrambled.

3. Warm the tortillas, fill them with the egg mixture, and sprinkle with feta.

4. Slice each burrito in half at an angle.

SERVING AND DECORATION TIPS:

Arrange the burrito on colorful ceramic plates. Garnish with fresh herbs and avocado. Drizzle with olive oil or sprinkle with za'atar. Serve alongside fruit or a bowl of Greek yogurt dip.

NUTRITIONAL INFORMATION (per serving):
350 Cal | 20g Protein | 30g Carbs | 18g Fat | 6g Fiber | 250mg Chol | 450mg Sodium | 650mg Potassium

SUN-DRIED TOMATO AND BASIL OMELET



★★☆☆☆ PREP 10 MIN COOK 10 MIN

INGREDIENTS:

BASE & FILLINGS: 4 large eggs, 1/4 cup milk (unsweetened almond or low-fat), 1/4 cup chopped sun-dried tomatoes, 1/4 cup chopped fresh basil, 1/4 cup crumbled feta cheese

OILS & SEASONINGS: 1 tbsp olive oil, 1/4 tsp dried oregano or red pepper flakes, salt and pepper to taste

INSTRUCTIONS:

1. In a bowl, whisk together the eggs, milk, salt, and pepper.
2. Warm the olive oil in a skillet over medium heat.
3. Pour in the egg mixture. After 2 min, add the tomatoes, basil, and feta to one half of the omelet.
4. Fold the omelet and cook for 2–3 min, until fully set.

SERVING AND DECORATION TIPS:
Use a simple, white plate to make the colorful omelet stand out. Garnish with a few extra basil leaves, additional feta, or a drizzle of olive oil. Cut the omelet into a neat, diagonal shape, and arrange it attractively on the plate.

NUTRITIONAL INFORMATION (per serving):
280 Cal | 17g Protein | 10g Carbs | 18g Fat | 2g Fiber | 375mg Chol | 600mg Sodium | 430mg Potassium

MEDITERRANEAN SHRIMP AND SPINACH QUICHE



★★★☆☆ PREP 15 MIN COOK 40 MIN

INGREDIENTS:

CRUST: 1 cup whole wheat flour, 1/4 cup olive oil, 1/4 cup water, 1/4 tsp salt

FILLING: 1 tbsp extra-virgin olive oil, 1 cup chopped fresh spinach, 1/2 cup finely chopped onion, 1 cup chopped cooked shrimp, 1/2 cup crumbled feta cheese, 4 large eggs, 1/4 tsp garlic powder, 1/2 cup unsweetened almond milk, 1/4 cup chopped fresh parsley, salt and black pepper to taste

INSTRUCTIONS:

1. Preheat the oven to 375°F.
2. In a bowl, mix the flour, olive oil, water, and salt until a dough forms. Press the dough into a 9-inch pie dish. Bake for 10 min. Set aside.
3. Heat olive oil in a skillet over medium heat. Cook the onion until translucent, about 5 min. Add the spinach and cook until wilted, about 2 min.
4. In a large bowl, whisk the eggs, almond milk, parsley, garlic powder, salt, and pepper. Stir in the shrimp, feta, and the cooled spinach-onion mixture.
5. Pour the filling into the pre-baked crust. Bake for 30–35 min until set and golden. Top with parsley.

SERVING AND DECORATION TIPS:
Serve on a white plate, either warm or at room temperature. Add cherry tomatoes or olives, and pair with a mixed greens salad or roasted vegetables.

NUTRITIONAL INFORMATION (per serving):
250 Cal | 16g Protein | 16g Carbs | 14g Fat | 3g Fiber | 190mg Chol | 480mg Sodium | 300mg Potassium

CARROT & WALNUT MUFFINS WITH GREEK YOGURT FROSTING



★★★☆☆ PREP 20 MIN COOK 25 MIN

INGREDIENTS:

MUFFINS: 1 1/2 cups whole wheat flour, 1 cup grated carrots, 2 eggs, 1/2 cup chopped walnuts, 1/4 cup olive oil, 1/2 cup almond flour, 1 tsp baking powder, 1/4 cup unsweetened applesauce, 1/4 cup honey or diabetic-friendly sweetener, 1/2 tsp baking soda, 1 tsp cinnamon, 1/4 tsp nutmeg, 1 tsp vanilla extract, 1/4 tsp salt

FROSTING: 1 cup Greek yogurt, 2 tbsp honey or diabetic-friendly sweetener, 1/2 tsp vanilla extract, a pinch of cinnamon

INSTRUCTIONS:

1. Preheat the oven to 350°F. Line a muffin tin with liners or lightly grease with cooking spray.
2. In a large bowl, combine the flour, baking powder, baking soda, spices, and salt.
3. In another bowl, combine the carrots, walnuts, applesauce, oil, honey, eggs, and vanilla.
4. Gradually add the wet ingredients to the dry ingredients, stirring until just combined.
5. Fill the muffin cups 2/3 full. Bake for 20–25 min. Cool on a wire rack.
6. In a bowl, mix the yogurt, honey, vanilla, and cinnamon. Spread or pipe the frosting onto cooled muffins. Top with walnuts or a sprinkle of cinnamon.

SERVING AND DECORATION TIPS:
Use a decorative muffin liner or cupcake wrapper. Place the muffins on a platter garnished with mint leaves or a drizzle of honey. Pair with fruit or nuts.

NUTRITIONAL INFORMATION (per serving):
210 Cal | 6g Protein | 21g Carbs | 12g Fat | 3g Fiber | 40mg Chol | 150mg Sodium | 300mg Potassium

ORANGE CRANBERRY MUFFINS WITH CHIA SEEDS



★★★☆☆ PREP 15 MIN COOK 25 MIN

INGREDIENTS:

2 large eggs, 1 1/2 cups whole wheat flour, 1/2 cup almond flour, 1/4 cup chia seeds, 1 tsp baking powder, 1/2 tsp baking soda, 1/4 tsp salt, 1 tsp ground cinnamon, 1/4 tsp ground nutmeg, 1/4 cup olive oil, 1/2 cup unsweetened applesauce, 1/4 cup honey or diabetic-friendly sweetener, 1/2 cup orange juice, 1 tsp vanilla extract, zest of 1 orange, 1/2 cup dried cranberries, fresh mint

INSTRUCTIONS:

1. Preheat the oven to 350°F. Line a muffin tin with liners or lightly grease with cooking spray.
2. In a large bowl, combine the flours, chia seeds, baking powder, soda, salt, cinnamon, and nutmeg.
3. In another bowl, combine the applesauce, oil, honey, eggs, vanilla, orange zest, and juice.
4. Mix wet and dry ingredients; fold in cranberries.
5. Fill muffin cups 2/3 full. Bake for 20–25 min. Cool on a rack. Sprinkle chia seeds or orange zest.

SERVING AND DECORATION TIPS:
Arrange the muffins on a white plate in a circle with yogurt. Add mint. Pair with berries or citrus salad.

NUTRITIONAL INFORMATION (per serving):
180 Cal | 5g Protein | 24g Carbs | 8g Fat | 4g Fiber | 35mg Chol | 140mg Sodium | 150mg Potassium

SWEET POTATO AND CHICKPEA BREAKFAST PATTIES



★★☆☆☆ PREP 15 MIN COOK 25 MIN

INGREDIENTS:

BASE & VEGGIES: 1 large sweet potato (1 cup mashed), 1 cup cooked chickpeas, 1/2 cup finely chopped red onion, 1 beaten egg, 1/2 cup chopped fresh parsley, 1/4 cup oat flour, 2 minced garlic cloves, 1 tbsp chopped fresh cilantro, 1 tbsp chopped fresh dill

OILS & SEASONINGS: 1 tbsp olive oil (for cooking), 1 tsp ground cumin, 1/2 tsp paprika, 1/4 tsp black pepper, 1/4 tsp sea salt, 1/4 tsp chili powder, 1/4 tsp turmeric

INSTRUCTIONS:

1. Peel, cube, and boil the sweet potato until tender (10–15 min). Mash in a bowl.
2. Mash the chickpeas in a bowl, leaving some chunks.
3. Combine all ingredients in a large bowl. Mix well.
4. Shape the mixture into 8 patties (1/2 inch thick).
5. Heat olive oil in a skillet over medium heat. Cook the patties for 4–5 min per side, until golden brown.
6. Transfer the cooked patties to a paper towel-lined plate to drain excess oil.

SERVING AND DECORATION TIPS:
Serve on a colorful plate with lemon wedges. If desired, add small bowls with Greek yogurt dip. Garnish with parsley or cherry tomato halves. Pair with a salad of cucumbers, tomatoes, and olives.

NUTRITIONAL INFORMATION (per serving):
250 Cal | 9g Protein | 35g Carbs | 8g Fat | 8g Fiber | 55mg Chol | 320mg Sodium | 550mg Potassium

BANANA BLUEBERRY PATTIES WITH HONEY DRIZZLE



★★☆☆☆ PREP 15 MIN COOK 20 MIN

INGREDIENTS:

PATTIES: 2 mashed ripe bananas, 1/4 cup plain Greek yogurt, 1/2 cup low-fat cottage cheese, 1 beaten large egg, 1 cup rolled oats, 1/2 tsp ground cinnamon, 1/2 cup almond flour, 1 tsp vanilla extract, 1/4 tsp ground nutmeg, 1/4 tsp salt, 1 cup blueberries, 1 to 2 tbsp olive oil

HONEY DRIZZLE: 2 tbsp honey, 1/2 tsp lemon juice (optional)

INSTRUCTIONS:

1. Mix the bananas, Greek yogurt, cottage cheese, and egg in a bowl. Stir in the oats, cinnamon, almond flour, vanilla, nutmeg, and salt. Fold in blueberries.
2. Heat olive oil in a skillet over medium heat. Shape the mixture into 8 patties directly in the skillet. Cook for 5–6 min per side, until golden brown. Drain the patties on paper towels.
3. Mix the honey and lemon juice in a small bowl.

SERVING AND DECORATION TIPS:
Arrange the patties on a neutral-toned plate. Drizzle them with the lemon-honey mixture. Add a small bowl of Greek yogurt or a fresh fruit salad. Garnish with mint leaves, a lemon wedge, extra blueberries, or a sprinkle of cinnamon.

NUTRITIONAL INFORMATION (per serving):
240 Cal | 10g Protein | 40g Carbs | 6g Fat | 6g Fiber | 40mg Chol | 160mg Sodium | 500mg Potassium

RUSTIC WHOLE WHEAT PANCAKES WITH FRESH CHERRY COMPOTE



★★☆☆☆ PREP 15 MIN COOK 20 MIN

INGREDIENTS:

PANCAKES: 1 cup whole wheat flour, 1 tbsp baking powder, 1/4 tsp salt, 1/2 tsp ground cinnamon, 1 large egg, 1 cup unsweetened almond milk, 1 tbsp extra virgin olive oil, 1 tbsp honey or sugar-free sweetener, 1 tsp vanilla extract

COMPOTE: 2 cups pitted and halved fresh cherries, 1/4 tsp ground cinnamon, 1 tbsp honey or sugar-free sweetener, 1/2 tsp lemon zest, 1 tbsp lemon juice

INSTRUCTIONS:

1. In a bowl, mix the flour, baking powder, salt, and cinnamon. In another bowl, whisk the egg, almond milk, olive oil, honey, and vanilla. Combine with the dry ingredients, stirring until just mixed.

2. Heat a lightly greased non-stick skillet over medium heat. Pour 1/4 cup of batter for each pancake. Cook until bubbles form, about 2–3 min. Flip and cook until golden brown. Repeat to make 8 pancakes.

3. In a saucepan, simmer the compote ingredients over medium heat for 10 min, stirring occasionally, until the cherries soften and the mixture thickens.

SERVING AND DECORATION TIPS:

Use white plates. Top with cherry compote. Drizzle honey in a zigzag pattern. Garnish with cherries and mint. Serve on a wooden board with a linen napkin.

NUTRITIONAL INFORMATION (per serving):
250 Cal | 7g Protein | 40g Carbs | 7g Fat | 6g Fiber | 55mg Chol | 220mg Sodium | 350mg Potassium

SMOKED SALMON & CREAM CHEESE CREPES WITH FRESH DILL



★★☆☆☆ PREP 15 MIN COOK 20 MIN

INGREDIENTS:

CREPES: 4 large eggs, 1/4 cup milk, 2 tbsp whole wheat flour, 1 tsp extra virgin olive oil, a pinch of salt and black pepper

FILLING: 4 oz thinly sliced smoked salmon, 4 oz softened light cream cheese, 1 tbsp chopped fresh dill, 1/4 small thinly sliced red onion, 1 tbsp lemon juice, 1 tbsp drained capers, fresh chives or parsley for garnish

INSTRUCTIONS:

1. Whisk together the eggs, milk, flour, olive oil, salt, and pepper in a bowl. Heat a non-stick skillet over medium heat and lightly oil it. Pour 1/4 cup of batter into the skillet and spread evenly. Cook for 2–3 min per side until golden. Repeat to make 4 crepes.

2. In a separate bowl, mix the cream cheese with dill, lemon juice, and pepper. Spread the mixture over each crepe. Top with salmon, onion slices and capers.

3. Roll up each crepe and slice if desired.

SERVING AND DECORATION TIPS:

Garnish with dill, chives, parsley, or lemon wedge. Drizzle with olive oil. Use a wide white plate. Pair with a mixed greens salad or roasted vegetables.

NUTRITIONAL INFORMATION (per serving):
270 Cal | 19g Protein | 7g Carbs | 16g Fat | 1g Fiber | 220mg Chol | 560mg Sodium | 305mg Potassium

SPINACH AND ROASTED RED PEPPER BREAKFAST FLATBREAD



★★☆☆☆ PREP 15 MIN COOK 20 MIN

INGREDIENTS:

4 whole wheat flatbreads or pitas, 1 cup chopped fresh spinach leaves, 1 cup sliced roasted red peppers, 1/4 cup thinly sliced red onion, 1/4 cup sliced Kalamata olives, 1/2 cup halved cherry tomatoes, 1/2 cup crumbled feta, fresh basil leaves for garnish

OILS & SEASONINGS: 2 tbsp extra virgin olive oil, 1 tsp dried oregano, salt and pepper to taste

INSTRUCTIONS:

1. Preheat the oven to 400°F.
2. Place the whole wheat flatbreads on a baking sheet lined with parchment paper.
3. Brush with olive oil, then top with spinach, red peppers, feta, onion, olives, and tomatoes. Season with oregano, salt, and pepper to taste.
4. Bake for 10–12 min, or until the edges are crispy and the toppings are heated through.
5. Remove from the oven and allow to cool slightly.

SERVING AND DECORATION TIPS:

Serve on a rustic wooden board. Cut the flatbread into quarters or halves. Garnish with a drizzle of olive oil or balsamic glaze and fresh basil.

NUTRITIONAL INFORMATION (per serving):
250 Cal | 8g Protein | 30g Carbs | 10g Fat | 6g Fiber | 15mg Chol | 450mg Sodium | 350mg Potassium

AVOCADO AND TOMATO SALSA BREAKFAST QUESADILLA



★★☆☆☆ PREP 10 MIN COOK 10 MIN

INGREDIENTS:

2 whole wheat tortillas, 1 ripe avocado, 1 finely diced medium tomato, 1/4 cup finely diced red onion, 1/4 cup crumbled feta cheese, 1 tbsp chopped fresh cilantro or basil

OILS & SEASONINGS: 1 tbsp extra virgin olive oil, 1 tsp fresh lime juice, 1/4 tsp garlic powder, salt and black pepper to taste

INSTRUCTIONS:

1. For the salsa, in a bowl, mix the tomato, red onion, cilantro or basil, lime juice, garlic powder, salt, and pepper. Set aside.
2. In a bowl, mash the avocado with salt and pepper.
3. Spread the mashed avocado on the tortillas, add the salsa, and sprinkle with feta.
4. Heat a skillet over medium. Place one tortilla in the skillet, with the avocado and salsa side up. Top with the second tortilla and press down gently. Cook for 2–3 min per side until golden and cheese melts.
5. Cool slightly, slice into wedges, and serve.

SERVING AND DECORATION TIPS:

Arrange the quesadilla on a white plate for contrast. Garnish with fresh herbs and lime. Serve with a small dollop of Greek yogurt on the side as a dipping sauce, and pair with a mixed green salad.

NUTRITIONAL INFORMATION (per serving):
320 Cal | 12g Protein | 35g Carbs | 16g Fat | 8g Fiber | 30mg Chol | 450mg Sodium | 650mg Potassium

MEDITERRANEAN CHICKEN AND VEGGIE BREAKFAST SKILLET



★★☆☆☆ PREP 15 MIN COOK 25 MIN

INGREDIENTS:

CHICKEN: 2 boneless, skinless chicken breasts (1 lb), diced, 1 tsp dried oregano, 1 tsp dried thyme, 1 tsp paprika, 2 minced garlic cloves, salt and pepper to taste

VEGETABLES: 1 diced zucchini, 1 diced red bell pepper, 1 small sliced red onion, 1 cup halved cherry tomatoes, 2 cups fresh spinach leaves

OLIVE OIL: 2 tbsp extra-virgin olive oil, divided

INSTRUCTIONS:

1. In a bowl, toss the diced chicken with oregano, thyme, paprika, garlic, salt, and pepper. Heat 1 tbsp olive oil in a skillet over medium heat. Cook the chicken for 6–8 min until browned. Set aside.
2. Add the remaining olive oil to the same skillet. Sauté the zucchini, bell pepper, and onion for 5–7 min. Stir in the cherry tomatoes and spinach until wilted. Season to taste.
3. Return the chicken and cook for another 2–3 min.

SERVING AND DECORATION TIPS:

Optionally, garnish with crumbled feta, fresh herbs, cherry tomatoes, or lemon wedges. Serve directly in the skillet or transfer to white plates for a clean presentation. For a tangy contrast, add a dollop of Greek yogurt. Pair with whole-grain pita or toast.

NUTRITIONAL INFORMATION (per serving):
320 Cal | 28g Protein | 12g Carbs | 18g Fat | 4g Fiber | 85mg Chol | 360mg Sodium | 700mg Potassium

QUINOA BREAKFAST BOWL WITH AVOCADO, TOMATOES, AND SPINACH



★★☆☆☆ PREP 10 MIN COOK 15 MIN

INGREDIENTS:

BASE & VEGETABLES: 1/2 cup quinoa, 1 cup water or vegetable broth, 1 cup chopped spinach, 1 sliced avocado, 1 cup halved cherry tomatoes

OILS & SEASONINGS: 1 tbsp extra virgin olive oil, 1 tbsp lemon juice, 1/4 tsp ground cumin (optional), 1/4 tsp smoked paprika (optional), salt and pepper to taste

INSTRUCTIONS:

1. In a saucepan, cook the quinoa in boiling water or broth for 15 min. Fluff with a fork and set aside.
2. Sauté the spinach in olive oil for 2–3 min. Season with salt and pepper.
3. Divide the quinoa between two bowls and top with spinach, avocado, and cherry tomatoes.
4. Drizzle with lemon juice, olive oil, and season to taste. Add cumin or smoked paprika if desired.

SERVING AND DECORATION TIPS:

Use a large, shallow, light-colored plate to give the dish room to spread out. Garnish with a sprinkle of fresh herbs such as parsley or cilantro. Serve with a side of whole-grain toast. Enjoy immediately or refrigerate for up to 2 days.

NUTRITIONAL INFORMATION (per serving):
350 Cal | 9g Protein | 35g Carbs | 20g Fats | 8g Fiber | 0mg Chol | 120mg Sodium | 650mg Potassium

MEDITERRANEAN APPLE AND PEAR SALAD WITH SUNFLOWER SEEDS AND PISTACHIOS



★☆☆☆☆ PREP 15 MIN COOK NONE

INGREDIENTS:

FRUIT: 2 apples, 2 pears, 1 tbsp lemon juice

SALAD BASE: 4 cups mixed greens (such as spinach, arugula, and baby kale), 1/4 cup red onion (optional)

TOPPINGS: 1/4 cup sunflower seeds, 1/4 cup chopped pistachios

DRESSINGS: 2 tbsp olive oil, 1 tbsp balsamic vinegar, 1 tsp Dijon mustard, 1 tsp honey, salt and pepper to taste

INSTRUCTIONS:

1. Thinly slice the apples and pears. Toss them in a bowl with lemon juice to prevent browning.
2. In a large salad bowl, combine the mixed salad greens and finely chopped red onion.
3. In a small bowl, whisk together the olive oil, balsamic vinegar, Dijon mustard, and honey until emulsified. Season with salt and pepper to taste.
4. Add the sliced apples and pears to the salad base. Toss gently to combine. Drizzle the prepared dressing over the salad and toss again to coat evenly.
5. Sprinkle the sunflower seeds and chopped pistachios on top of the salad.

SERVING AND DECORATION TIPS:
Serve the salad on clear plates, adding a lemon wedge on the side for extra flavor. Pair with egg dishes, whole grains, smoothies, and cheese.

NUTRITIONAL INFORMATION (per serving):
190 Cal | 4g Protein | 20g Carbs | 12g Fat | 4g Fiber | 0mg Chol | 70mg Sodium | 300mg Potassium

ROASTED CAULIFLOWER AND SPINACH BREAKFAST BOWL



★★☆☆☆ PREP 15 MIN COOK 25 MIN

INGREDIENTS:

1 cauliflower, cut into florets, 2 cups fresh spinach, 1/2 cup halved cherry tomatoes, 2 tbsp chopped fresh parsley, avocado slices (optional), 1/4 cup crumbled feta

OILS & SEASONINGS: 2 tbsp olive oil, 1 tbsp lemon juice, 1 tsp smoked paprika, 1 tsp ground cumin, salt and black pepper to taste

INSTRUCTIONS:

1. Preheat the oven to 425°F.
2. In a large bowl, toss the cauliflower with olive oil, cumin, paprika, salt, and pepper. Roast for 20–25 min, stirring once.
3. Rinse and pat dry the spinach leaves. Set aside.
4. Layer the spinach, roasted cauliflower, tomatoes, and feta into individual bowls. Drizzle with lemon juice.

SERVING AND DECORATION TIPS:
Serve in a shallow bowl or plate with a side of whole-grain toast or a small portion of quinoa. Garnish with parsley, extra feta, or avocado. A poached egg on top adds protein and a rich texture. Serve warm.

NUTRITIONAL INFORMATION (per serving):
220 Cal | 8g Protein | 20g Carbs | 13g Fat | 6g Fiber | 30mg Chol | 280mg Sodium | 650mg Potassium

LENTIL AND VEGETABLE BREAKFAST HASH



★★☆☆☆ PREP 15 MIN COOK 25 MIN

INGREDIENTS:

1 cup cooked lentils (canned, drained), 1 diced onion, 2 minced garlic cloves, 1 diced red bell pepper, 1 diced yellow bell pepper, 1 diced zucchini, 1 cup halved cherry tomatoes, 2 cups chopped spinach, 1/4 cup chopped parsley or basil, 1/4 cup crumbled feta

OILS & SEASONINGS: 2 tbsp olive oil, 1 tsp cumin, 1 tsp smoked paprika, salt and pepper to taste

INSTRUCTIONS:

1. Sauté the onion in oil for 5 min over medium heat. Add the garlic and cook for 1 more min.
2. Add the red and yellow bell peppers. Cook for 5 min, then add the zucchini and cook for 5 min.
3. Add the lentils, tomatoes, spices. Cook for 5 min.
4. Stir in the spinach and cook until wilted. Mix in the parsley or basil, drizzle with olive oil, and top with crumbled feta.

SERVING AND DECORATION TIPS:

Use a rustic, ceramic, or wide shallow bowl with a solid color. Place it on a wooden board or a woven placemat. Add a few whole cherry tomatoes and a slice of lemon on the side. Pair with toast, Greek yogurt, pita bread, or fresh fruit.

NUTRITIONAL INFORMATION (per serving):
230 Cal | 10g Protein | 25g Carbs | 10g Fat | 9g Fiber | 15mg Chol | 340mg Sodium | 600mg Potassium

CITRUS-INFUSED BERRY SALAD WITH ALMONDS & CHIA SEEDS



★☆☆☆☆ PREP 15 MIN COOK NONE

INGREDIENTS:

MIXED BERRIES: 1 cup strawberries, 1 cup blueberries, 1 cup raspberries, 1 cup blackberries

CITRUS DRESSING: 2 tbsp fresh orange juice, 1 tbsp fresh lemon juice, 1 tbsp honey or sugar substitute, 1 tsp orange zest, 1 tsp lemon zest

TOPPINGS: 1/4 cup sliced almonds, 1 tbsp chia seeds, a pinch of cinnamon

SERVE: fresh mint, orange or lemon slices

INSTRUCTIONS:

1. Prepare the citrus dressing: In a bowl, whisk together the orange juice, lemon juice, honey, orange zest, and lemon zest until well combined. Set aside.
2. Rinse all the berries and gently pat them dry. Remove the green stems from the strawberries and slice them.
3. In a large mixing bowl, combine all of the berries.
4. Pour the citrus dressing over the berries. Gently toss to coat the fruit evenly.
5. Sprinkle the sliced almonds and chia seeds over the salad. Add a pinch of cinnamon.
6. Divide the salad into 4 serving bowls or plates.

SERVING AND DECORATION TIPS:

Serve in clear glass bowls or elegant dishes. Garnish with a sprig of mint or a slice of orange or lemon.

NUTRITIONAL INFORMATION (per serving):
150 Cal | 4g Protein | 22g Carbs | 9g Fat | 7g Fiber | 0mg Chol | 10mg Sodium | 250mg Potassium

COTTAGE CHEESE AND TOMATO STUFFED AVOCADO



★☆☆☆☆ PREP 10 MIN COOK NONE

INGREDIENTS:

BASE: 2 ripe avocados, 1/2 cup low-fat cottage cheese, 1/2 cup halved cherry tomatoes, 1 tbsp chopped fresh basil or 1 tsp dried basil

OILS & SEASONINGS: 1 tbsp extra-virgin olive oil, 1 tsp lemon juice, 1/4 tsp garlic powder or red pepper flakes, salt and black pepper to taste

INSTRUCTIONS:

1. Halve and pit the avocados. Scoop out a small amount from each half to create space for the filling.
2. In a bowl, combine the cottage cheese, cherry tomatoes, basil, olive oil, and lemon juice. Add the garlic powder or red pepper flakes, salt, and pepper.
3. Spoon the mixture into the avocado halves.
4. Plate and garnish with basil. Drizzle with olive oil.

SERVING AND DECORATION TIPS:
Use white or neutral-colored plates. Place the stuffed avocados with some space between them. Add a small handful of mixed greens or arugula around the avocados. Serve with a small spoon, and sprinkle freshly ground black pepper or a dash of paprika.

NUTRITIONAL INFORMATION (per serving):
280 Cal | 11g Protein | 18g Carbs | 20g Fat | 9g Fiber | 15mg Chol | 210mg Sodium | 600mg Potassium

CAPRESE-STUFFED BAKED EGGS IN TOMATO CUPS



★★☆☆☆ PREP 15 MIN COOK 25 MIN

INGREDIENTS:

BASE: 4 large tomatoes, 4 large eggs

CHEESE & VEGGIES: 1/2 cup diced fresh mozzarella or crumbled feta, 1/4 cup halved cherry tomatoes, 1/4 cup chopped fresh basil, parsley, or chives

HERBS & SPICES: 1/2 tsp dried oregano, red pepper flakes (optional, for heat)

OILS & SEASONINGS: olive oil for drizzling, salt and black pepper to taste

INSTRUCTIONS:

1. Preheat the oven to 375°F. Slice the tops off the tomatoes and scoop out the seeds and pulp. Lightly season the insides with salt and pepper.
2. In a bowl, mix the mozzarella, cherry tomatoes, basil, oregano, and optional red pepper flakes. Spoon into the tomato cups, filling them halfway.
3. Crack an egg into each tomato cup. Season the tops with a bit more salt and pepper.
4. Place the tomato cups in a baking dish. Bake for 20–25 min, or until the eggs are set to your liking.
5. Let cool slightly. Drizzle with olive oil.

SERVING AND DECORATION TIPS:
Serve on a rustic board or a white/light-colored plate. Garnish with basil leaves or balsamic drizzle. Place the tomato cups with some space between them. Serve with mixed greens or whole-grain toast.

NUTRITIONAL INFORMATION (per serving):
170 Cal | 10g Protein | 7g Carbs | 12g Fat | 2g Fiber | 190mg Chol | 220mg Sodium | 450mg Potassium

CHAPTER 2:
SNACKS AND APPETIZERS

Quick, healthy, and flavorful Mediterranean snacks and appetizers, perfect for diabetics and packed with vibrant, nutritious ingredients









BAKED FALAFEL BITES WITH LEMON TAHINI DIP



★★½☆☆ PREP 20 MIN COOK 25 MIN

INGREDIENTS:

FALAFEL BITES: 1 can (15 oz) drained and rinsed chickpeas, 1 small onion, chopped, 2 garlic cloves, minced, 1/4 cup chopped parsley, 1/4 cup chopped cilantro, 1 tsp cumin, 1 tsp coriander, 1/2 tsp baking powder, 3 tbsp whole wheat flour, salt and black pepper to taste, a pinch of cayenne pepper, 2 tbsp olive oil (for baking)

LEMON TAHINI DIP: 1/4 cup tahini, 2 tbsp lemon juice, 1 garlic clove, minced, 2–3 tbsp water, salt, 1 tbsp chopped fresh mint

INSTRUCTIONS:

1. Preheat the oven to 375°F.
2. In a food processor, blend the chickpeas, onion, 2 garlic cloves, parsley, cilantro, cumin, coriander, baking powder, flour, salt, pepper, and cayenne pepper until chunky.
3. Form into 1-inch balls, flatten slightly, and place on a baking sheet lined with parchment paper.
4. Brush the falafel bites with olive oil and bake for 20–25 min, flipping halfway, until golden and crispy.
5. In a small bowl, whisk together the tahini, lemon juice, minced garlic, mint, and salt.
6. Gradually add water until the dip is smooth.

SERVING AND DECORATION TIPS:
Use a white platter. Arrange the bites in a circle with the dip in the center. Garnish with herbs and lemon wedges, and drizzle with olive oil. Serve warm. Pair with mixed greens or a cucumber-tomato salad.

NUTRITIONAL INFORMATION (per serving):
250 Cal | 10g Protein | 25g Carbs | 12g Fat | 6g Fiber | 0mg Chol | 300mg Sodium | 350mg Potassium

SPINACH AND ARTICHOKE DIP WITH WHOLE GRAIN CRACKERS



★★☆☆☆ PREP 15 MIN COOK 20 MIN

INGREDIENTS:

2 cups fresh spinach or 1 cup frozen spinach, 1 cup chopped artichoke hearts, 1 cup plain Greek yogurt, 1/2 cup grated Parmesan cheese, 1/4 cup chopped fresh basil or 1 tbsp dried basil, 2 minced garlic cloves, 1 tbsp olive oil, 1/4 tsp red pepper flakes, 1 package (about 10-12 oz) whole grain crackers, salt and black pepper to taste

INSTRUCTIONS:

1. Sauté the garlic in olive oil, then add the spinach. Cook until wilted (or heated through if using frozen).
2. In a mixing bowl, combine the cooked spinach, artichokes, Greek yogurt, Parmesan, basil, salt, pepper, and red pepper flakes.
3. Preheat the oven to 375°F. Transfer the mixture to an oven-safe dish and bake for 15–20 min until golden and bubbly.

SERVING AND DECORATION TIPS:
Serve the warm dip in a white ceramic dish on a wooden board. Fan the crackers around it, and garnish with fresh basil and a sprinkle of Parmesan.

NUTRITIONAL INFORMATION (per serving):
180 Cal | 10g Protein | 16g Carbs | 9g Fat | 3g Fiber | 20mg Chol | 300mg Sodium | 500mg Potassium

GREEK YOGURT & HERB DIP WITH WHOLE GRAIN PITA CHIPS



★☆☆☆☆ PREP 15 MIN COOK 10 MIN

INGREDIENTS:

DIP: 1 cup plain Greek yogurt, 2 tbsp olive oil, 1 tbsp lemon juice, 1/2 tsp garlic powder, 1 tbsp chopped fresh dill or 1 tsp dried dill, 1 tbsp chopped fresh parsley or 1 tsp dried parsley, 1/4 tsp onion powder, salt and black pepper to taste

PITA CHIPS: 2 whole grain pitas, 1 tbsp olive oil, 1/2 tsp paprika, salt to taste, 1/2 tsp garlic powder, 1/2 tsp dried oregano

INSTRUCTIONS:

1. For the dip: In a bowl, mix the yogurt, olive oil, lemon juice, garlic powder, dill, parsley, onion powder, salt, and pepper.

2. For the pita chips: Preheat the oven to 400°F. Cut the pitas into 8 wedges each and separate the layers into thin pieces. Arrange them on a baking sheet, brush with olive oil, and sprinkle with spices. Bake for 8–10 min, or until crisp.

3. Arrange the chips around the dip on a platter.

SERVING AND DECORATION TIPS:

Serve the dip in a clean white bowl with a wide rim to hold the chips. Garnish with fresh herbs, and pair with sliced cucumber, tomatoes, and bell peppers.

NUTRITIONAL INFORMATION (per serving):
220 Cal | 8g Protein | 28g Carbs | 9g Fat | 4g Fiber | 5mg Chol | 320mg Sodium | 300mg Potassium

WARM EGGPLANT AND TOMATO DIP WITH ZUCCHINI CHIPS



★★☆☆☆ PREP 15 MIN COOK 35 MIN

INGREDIENTS:

DIP: 1 medium peeled and diced eggplant, 2 cups halved cherry tomatoes, 3 tbsp extra-virgin olive oil, 3 minced garlic cloves, 1 tsp smoked paprika, 1/2 tsp dried oregano, salt, black pepper, 1 tsp ground cumin, 2 tbsp chopped fresh basil or parsley

ZUCCHINI CHIPS: 2 medium thinly sliced zucchinis, 1 tbsp extra-virgin olive oil, 1/2 tsp dried oregano, 1/4 tsp garlic powder, salt and pepper to taste

INSTRUCTIONS:

1. Preheat the oven to 400°F.

2. Place the eggplant and tomatoes on a baking sheet. Drizzle with olive oil and sprinkle with garlic, cumin, paprika, oregano, salt, and pepper. Toss to coat. Roast for 25–30 min until tender and caramelized. Cool slightly, then blend until smooth. Adjust the seasoning if needed.

3. Reduce the oven to 375°F. In a large bowl, toss the zucchini slices with olive oil, oregano, garlic powder, salt, and pepper. Bake for 12–15 min, flipping halfway through, until crispy and golden.

SERVING AND DECORATION TIPS:

Transfer the dip to a rustic bowl and garnish with basil or parsley. Arrange the zucchini chips around the dip on a platter, or fan them out decoratively. Pair with a refreshing cucumber and mint salad.

NUTRITIONAL INFORMATION (per serving):
180 Cal | 5g Protein | 20g Carbs | 10g Fat | 7g Fiber | 0mg Chol | 300mg Sodium | 700mg Potassium

MEDITERRANEAN STUFFED GRAPE LEAVES



★★★☆☆ PREP 30 MIN COOK 45 MIN

INGREDIENTS:

STUFFING: 2 minced garlic cloves, 1 tsp ground cumin, 1 cup brown rice, 1 1/2 cups water or vegetable broth, 1 tbsp olive oil, 1/4 cup chopped fresh dill, 1 finely chopped medium onion, 1/2 tsp ground coriander, salt and pepper to taste, 1/2 cup chopped fresh parsley, 1/4 cup chopped fresh mint, 1/2 cup pine nuts or chopped almonds, 1/2 cup currants or chopped dried apricots

LEAVES: 1 jar (16 oz) drained and rinsed grape leaves (about 30 leaves), juice of 1 lemon, 1/2 tsp ground paprika, 1/4 cup olive oil, 1 cup vegetable broth

INSTRUCTIONS:

1. Cook the rice with broth or water in a saucepan, bring to a boil, then simmer for 40 min. Let cool.
2. Sauté the onion in olive oil until soft, add garlic, and cook for 1–2 min. Stir in the cooked rice, parsley, dill, mint, nuts, and fruit (if using). Add the spices, mix well, and cook for 3–4 min. Cool slightly.
3. Rinse and soak the grape leaves if salty. Drain and dry. Place 1–2 tbsp of stuffing on each leaf, fold the sides over the filling, then roll tightly.
4. Arrange the stuffed leaves in a pot, layering. Pour the lemon juice, olive oil, and broth over them. Cover and cook on low for 45 min, adding water if needed.
5. Let cool slightly before serving.

SERVING AND DECORATION TIPS:
Choose a white ceramic platter. Garnish with lemon wedges and fresh herbs. Pair with tzatziki, hummus, and whole-grain pita. Use small dipping bowls.

NUTRITIONAL INFORMATION (per serving):
130 Cal | 3g Protein | 18g Carbs | 6g Fat | 3g Fiber | 0mg Chol | 200mg Sodium | 280mg Potassium

STUFFED MINI BELL PEPPERS WITH HERBED GOAT CHEESE



★★☆☆☆ PREP 15 MIN COOK 10 MIN

INGREDIENTS:

18 mini bell peppers (with flat bottoms that can stand upright on a baking sheet), 8 oz herbed goat cheese (or plain goat cheese mixed with 1 tsp dried herbs in a bowl), 2 tbsp extra-virgin olive oil, 2 minced garlic cloves, 1 tbsp chopped fresh parsley, fresh herbs like basil or chives (optional), a pinch of red pepper flakes (optional), salt, pepper

INSTRUCTIONS:

1. Preheat the oven to 375°F.
2. Cut off the tops of the peppers, remove the seeds, and place them on a parchment-lined baking sheet.
3. In a bowl, mix goat cheese, garlic, parsley, salt, pepper, and a pinch of red pepper flakes, if using.
4. Fill each pepper with the cheese mixture.
5. Drizzle the peppers with olive oil, then roast for 10 min until tender.

SERVING AND DECORATION TIPS:
Arrange the peppers on a decorative platter. Garnish with fresh herbs. Serve with a side of balsamic glaze for drizzling. Pair with a green salad and pita bread.

NUTRITIONAL INFORMATION (per serving):
150 Cal | 6g Protein | 8g Carbs | 11g Fat | 2g Fiber | 15mg Chol | 200mg Sodium | 300mg Potassium

CUCUMBER CUPS FILLED WITH TZATZIKI AND FRESH DILL



★☆☆☆☆ PREP 20 MIN COOK NONE

INGREDIENTS:

CUCUMBER CUPS: 2 large cucumbers, 1 tbsp sea salt for salting cups

TZATZIKI FILLING: 1 cup low-fat Greek yogurt, 2 minced garlic cloves, 1 small cucumber (grated and squeezed dry), 1 tbsp fresh lemon juice, 1 tbsp olive oil, 2 tbsp chopped fresh dill, 1 tbsp chopped fresh mint (optional), salt and pepper to taste

GARNISH: fresh dill, fresh mint, lemon wedges, or thinly sliced radishes

INSTRUCTIONS:

1. Slice the cucumbers into 1.5-inch pieces. Scoop out the centers with a melon baller, leaving a thick base. Lightly salt the insides and place them upside down on paper towels to drain for 10 min.
2. Grate 1/2 cup from a separate cucumber and squeeze out the excess water.
3. In a bowl, mix the yogurt, grated cucumber, garlic, lemon juice, olive oil, dill, mint, salt and pepper.
4. Pat the cucumber cups dry and fill each one with tzatziki.

SERVING AND DECORATION TIPS:
Use a white Mediterranean-style platter. Arrange the cups in circles or neat rows. Garnish with dill, mint, lemon wedges, or thinly sliced radishes. Pair with hummus, olives, and pita.

NUTRITIONAL INFORMATION (per serving):
80 Cal | 5g Protein | 8g Carbs | 3g Fat | 1g Fiber | 5mg Chol | 250mg Sodium | 300mg Potassium

STUFFED CHERRY TOMATOES WITH HERB CREAM CHEESE



★☆☆☆☆ PREP 20 MIN COOK NONE

INGREDIENTS:
30 cherry tomatoes, 8 oz softened cream cheese (light option available), 1 tbsp finely chopped fresh chives, 1 tbsp finely chopped fresh parsley, 1 tbsp finely chopped fresh dill, 1 minced garlic clove, 1 tsp lemon zest, 1 tbsp extra virgin olive oil (optional), 1/4 tsp sea salt, 1/4 tsp black pepper

INSTRUCTIONS:

1. Wash and dry the cherry tomatoes. Cut off the tops and gently scoop out the seeds and pulp.
2. In a medium mixing bowl, combine the cream cheese, chives, parsley, dill, garlic, salt, pepper, and lemon zest. Add olive oil, if desired.
3. Fill each tomato with the herb cream cheese using a small spoon or a piping bag with a wide nozzle.
4. Arrange on a platter and chill for 15 min to firm up the filling before serving.

SERVING AND DECORATION TIPS:
Use a white or brightly colored platter. Arrange the cherry tomatoes in rows or circles. Garnish with fresh herbs, such as parsley or dill. Pair with whole-grain crackers or a light salad.

NUTRITIONAL INFORMATION (per serving):
100 Cal | 3g Protein | 5g Carbs | 8g Fat | 1g Fiber | 20mg Chol | 160mg Sodium | 200mg Potassium

STUFFED CUCUMBER ROLLS WITH HUMMUS AND SUN-DRIED TOMATOES



★½☆☆☆ PREP 20 MIN COOK NONE

INGREDIENTS:
1 large peeled cucumber, 1/2 cup hummus, 1/4 cup finely chopped sun-dried tomatoes, 1 tbsp fresh basil or parsley, 1 tbsp toasted pine nuts (optional), 1 tbsp extra-virgin olive oil, 1 tsp balsamic glaze (optional), decorative toothpicks or skewers for securing the rolls (optional), salt and pepper to taste

INSTRUCTIONS:
1. Slice the cucumber into thin strips using a peeler or mandolin. Aim for about 1/8-inch thick slices. Lay the cucumber slices flat on a paper towel to dry.
2. In a bowl, mix the hummus, sun-dried tomatoes, basil, and pine nuts (optional). Season to taste.
3. Spread a small amount of the filling on one end of each cucumber slice, then gently roll it up. Use decorative toothpicks or skewers if needed.

SERVING AND DECORATION TIPS:
Arrange the cucumber rolls on a clean white platter. Drizzle with olive oil and balsamic glaze. Garnish with fresh herbs and extra lemon wedges. Serve with a small bowl of additional hummus for dipping.

NUTRITIONAL INFORMATION (per serving):
120 Cal | 5g Protein | 10g Carbs | 8g Fat | 3g Fiber | 0mg Chol | 220mg Sodium | 300mg Potassium

QUINOA AND VEGETABLE-STUFFED PORTOBELLO MUSHROOMS



★★☆☆☆ PREP 20 MIN COOK 25 MIN

INGREDIENTS:
4 large portobello mushrooms, 1 cup cooked quinoa, 1/2 cup diced cherry tomatoes, 1/2 cup chopped baby spinach, 1/4 cup sliced black olives, 1/4 cup crumbled feta cheese, 1/4 cup chopped red onion, 2 cloves garlic, minced, 1 tbsp olive oil, 1 tsp dried oregano, 1/2 tsp dried basil, salt and pepper to taste

INSTRUCTIONS:
1. Preheat the oven to 375°F.
2. Clean the portobello mushrooms with a damp paper towel. Remove the stems and use a spoon to scrape out the gills, creating space for the filling.
3. In a large bowl, combine the quinoa, tomatoes, spinach, olives, feta, onion, garlic, olive oil, oregano, basil, salt, and pepper.
4. Fill the mushroom caps with the quinoa mixture.
5. Bake on a parchment-lined or lightly greased baking sheet for 20–25 min, until tender. Remove from the oven and let cool for a few minutes.

SERVING AND DECORATION TIPS:
Arrange the stuffed mushrooms on a large white platter or a colorful, rustic board. Garnish with fresh herbs or lemon zest and serve with mixed greens. Provide a small spatula or tongs for easy serving.

NUTRITIONAL INFORMATION (per serving):
210 Cal | 8g Protein | 22g Carbs | 10g Fat | 4g Fiber | 20mg Chol | 400mg Sodium | 600mg Potassium

AVOCADO AND OLIVE OIL DEVILED EGGS



★☆☆☆☆ PREP 15 MIN COOK 10 MIN

INGREDIENTS:
12 large eggs, 1 ripe avocado, 2 tbsp olive oil, 1 tbsp lemon juice, 1 tsp Dijon mustard, 1 garlic clove, minced, salt and pepper to taste, fresh parsley or chives (optional), smoked paprika, 2 tbsp finely chopped sun-dried tomatoes

INSTRUCTIONS:
1. Cover the eggs with cold water and bring to a boil. Then remove from heat, cover, and let sit for 10 min.
2. Cool the eggs in ice water for 5 min. Peel the eggs, slice them in half, remove the yolks, and set aside.
3. In a medium mixing bowl, mash the yolks with the ripe avocado, olive oil, lemon juice, mustard, and garlic. Season with salt and pepper to taste.
4. Fill the egg whites with the mixture using a spoon or a piping bag fitted with a star tip.
5. Sprinkle with smoked paprika and finely chopped sun-dried tomatoes. Garnish with fresh herbs.

SERVING AND DECORATION TIPS:
Arrange the eggs on a white or light-colored serving platter. Pair with a Greek salad, roasted vegetables, whole-grain crackers, and steamed asparagus.

NUTRITIONAL INFORMATION (per serving):
113 Cal | 6g Protein | 2g Carbs | 9g Fat | 1g Fiber | 190mg Chol | 70mg Sodium | 150mg Potassium

GRILLED ASPARAGUS WRAPPED IN SMOKED SALMON WITH DILL CREAM



★★☆☆☆ PREP 15 MIN COOK 10 MIN

INGREDIENTS:
12 trimmed asparagus spears, 6 halved slices smoked salmon, 1/2 cup low-fat cream cheese, 1 tbsp chopped fresh dill, capers (optional), 1 tbsp lemon juice, 1 tbsp olive oil, 1 minced garlic clove, lemon wedges (for garnish), salt and pepper to taste

INSTRUCTIONS:
1. Bring a pot of salted water to a boil. Blanch the asparagus for 2–3 min, then transfer to ice water to cool. Pat dry.
2. In a bowl, mix the cream cheese, dill, lemon juice, and garlic. Season with salt and pepper to taste.
3. Drizzle the asparagus with olive oil. Grill for 3–4 min, until slightly charred.
4. Spread each slice of salmon with the cream cheese mixture, then wrap it around an asparagus spear.

SERVING AND DECORATION TIPS:
Arrange the asparagus on a light-colored platter in neat rows or a fan shape. Garnish with dill, capers, and lemon wedges. Drizzle with olive oil and serve with mixed greens or a cucumber salad.

NUTRITIONAL INFORMATION (per serving):
150 Cal | 8g Protein | 4g Carbs | 11g Fat | 2g Fiber | 35mg Chol | 480mg Sodium | 300mg Potassium

SPICED CHICKPEA & SPINACH FRITTERS WITH TZATZIKI SAUCE



★★☆☆☆ PREP 20 MIN COOK 20 MIN

INGREDIENTS:

FRITTERS: 1 can (15 oz) drained and rinsed chickpeas, 1 cup finely chopped spinach, 1 lightly beaten egg, 1/2 cup whole wheat flour, 2 minced garlic cloves, 1/2 cup finely chopped onion, 1/4 cup chopped parsley, 1/4 cup chopped cilantro, 1 tsp ground cumin, 2–3 tbsp extra virgin olive oil, 1 tsp ground coriander, 1/2 tsp smoked paprika, 1/2 tsp ground turmeric, 1/4 tsp cayenne pepper, salt and pepper to taste

TZATZIKI SAUCE: 1 cup Greek yogurt, 1/2 cup grated cucumber (water squeezed out), 1 minced garlic clove, 1 tbsp chopped dill, salt and pepper to taste, 1 tbsp lemon juice

INSTRUCTIONS:

1. In a bowl, mix the yogurt, cucumber, garlic, dill, lemon juice, salt, and pepper. Refrigerate the sauce.
2. In another bowl, mash the chickpeas, leaving some texture. Add the spinach, flour, onion, garlic, parsley, cilantro, spices, salt, and pepper. Mix in the egg. If the mixture is too dry, add water gradually until it holds together.
3. Heat the olive oil in a skillet over medium heat.
4. Form the mixture into 12 small patties. Cook each for 3–4 min per side, until golden brown.

SERVING AND DECORATION TIPS:

Serve the fritters warm on a bed of mixed greens, arranged on a large platter or individual plates. Garnish with fresh herbs and lemon or lime wedges. Drizzle with olive oil and a squeeze of fresh lemon juice. Serve over a bed of tzatziki sauce or with a small bowl of tzatziki on the side. Add pita or quinoa for a complete meal.

NUTRITIONAL INFORMATION (per serving):
239 Cal | 7g Protein | 20g Carbs | 6g Fat | 4g Fiber | 15mg Chol | 250mg Sodium | 300mg Potassium

SMOKED SALMON AND AVOCADO CUCUMBER BITES



★☆☆☆☆ PREP 20 MIN COOK NONE

INGREDIENTS:

1 large cucumber, 1 ripe avocado, 4 oz smoked salmon, 1 tbsp fresh lemon juice, 1 tbsp extra virgin olive oil, fresh dill or chives, 1 tsp capers, salt and pepper to taste, lemon wedges (for garnish)

INSTRUCTIONS:

1. Wash the cucumber and peel if desired. Slice into 1/2-inch thick rounds.
2. Cut the smoked salmon into small pieces.
3. In a bowl, mash the avocado with lemon juice, olive oil, salt, and pepper to taste.
4. Top each cucumber slice with the avocado mixture and a piece of smoked salmon. Add capers.

SERVING AND DECORATION TIPS:

Arrange on a white platter in rows or a circle. Garnish with dill, lemon wedges, or chives, and drizzle with olive oil. Pair with whole-grain crackers.

NUTRITIONAL INFORMATION (per serving):
120 Cal | 6g Protein | 5g Carbs | 9g Fat | 3g Fiber | 12mg Chol | 200mg Sodium | 320mg Potassium

CRISPY CHICKPEA AND AVOCADO LETTUCE WRAPS



★★☆☆☆ PREP 15 MIN COOK 15 MIN

INGREDIENTS:

ROASTED CHICKPEAS: 1 can (15 oz) drained and rinsed chickpeas, 1 tbsp extra virgin olive oil, 1 tsp ground cumin, 1 tsp smoked paprika, 1/2 tsp garlic powder

AVOCADO FILLING & WRAP ASSEMBLY: 1 diced ripe avocado, 1/4 cup finely chopped red onion, 1/4 cup chopped fresh cilantro, 1 tbsp fresh lime juice, 8 large lettuce leaves (Romaine, Butter, or Bibb), sea salt and black pepper to taste, red pepper flakes for heat (optional)

INSTRUCTIONS:

1. Preheat the oven to 400°F.
2. Spread the chickpeas on a baking sheet, pat them dry, then toss with olive oil and spices.
3. Roast for 15–20 min until crispy. Let cool slightly.
4. Combine the avocado, red onion, cilantro, and lime juice in a bowl. Season with sea salt and pepper.
5. Arrange the lettuce leaves on a serving platter.
6. Spoon a generous amount of the avocado mixture onto the center of each lettuce leaf.
7. Top with a handful of crispy chickpeas.
8. Sprinkle with red pepper flakes, if desired.

SERVING AND DECORATION TIPS:
Use a white platter and garnish with extra cilantro leaves and lime wedges. Serve immediately. Pair with quinoa or a simple cucumber-tomato salad.

NUTRITIONAL INFORMATION (per serving):
210 Cal | 5g Protein | 21g Carbs | 12g Fat | 8g Fiber | 0mg Chol | 350mg Sodium | 500mg Potassium

ZUCCHINI AND FETA CHEESE BITES



★★☆☆☆ PREP 15 MIN COOK 20 MIN

INGREDIENTS:
2 grated medium zucchinis, 1/4 cup whole wheat flour (or almond flour for gluten-free), 1 beaten large egg, 1/2 cup crumbled feta cheese, 1/4 cup grated Parmesan, 2 chopped green onions, 1/4 cup chopped fresh parsley, 1 minced garlic clove, 1/2 tsp dried basil, 1/2 tsp dried oregano, 1/4 tsp black pepper, 1/2 tsp salt, 2 tbsp extra virgin olive oil (for frying)

INSTRUCTIONS:

1. Grate the zucchinis, sprinkle with salt, and let sit for 10 min. Squeeze out the excess moisture.
2. Combine the zucchini, onions, garlic, flour, spices, cheeses, and parsley in a bowl. Mix in the beaten egg.
3. Form the mixture into small patties or bites.
4. Heat the oil in a skillet over medium heat. Fry the bites for 3–4 min per side until golden. Drain on paper towels.

SERVING AND DECORATION TIPS:
Serve the bites on a white plate. Arrange them in neat rows or in a circle around a small bowl of tzatziki or a light yogurt dip. Garnish with fresh parsley and lemon wedges. Serve warm, paired with a fresh Mediterranean salad.

NUTRITIONAL INFORMATION (per serving):
150 Cal | 7g Protein | 10g Carbs | 10g Fat | 2g Fiber | 50mg Chol | 400mg Sodium | 350mg Potassium

GRILLED EGGPLANT AND ZUCCHINI ROLL-UPS WITH FETA



★★☆☆☆ PREP 20 MIN COOK 15 MIN

INGREDIENTS:

1 large eggplant, sliced lengthwise into four 1/4-inch-thick slices, 2 medium zucchinis, sliced lengthwise into eight 1/4-inch-thick slices, 2 tbsp extra virgin olive oil, 1 tsp dried oregano, 1 tsp dried basil, 1/2 tsp garlic powder, salt and black pepper to taste, chopped fresh parsley (for garnish), toothpicks (optional)

FILLING: 1 cup crumbled feta cheese, 1/4 cup chopped sun-dried tomatoes, 1/4 cup chopped fresh basil, 1 tbsp fresh lemon juice

INSTRUCTIONS:

1. Preheat the grill to medium-high (about 400°F).
2. On a large tray, brush the eggplant and zucchini slices with olive oil and season with oregano, basil, garlic powder, salt, and pepper. Grill for 3–4 min per side until tender and slightly charred. Let cool.
3. In a bowl, combine the feta, sun-dried tomatoes, basil, and lemon juice.
4. Place 1 tablespoon of the filling at one end of each grilled slice. Roll up and secure with a toothpick.

SERVING AND DECORATION TIPS:

Arrange the roll-ups in rows or circles on a white platter. Drizzle with balsamic glaze or garnish with fresh herbs. Add basil leaves, parsley, or lemon wedges. Serve alongside grilled fish or chicken and a green salad with olive oil and lemon dressing.

NUTRITIONAL INFORMATION (per serving):
160 Cal | 6g Protein | 10g Carbs | 12g Fat | 4g Fiber | 25mg Chol | 380mg Sodium | 450mg Potassium

ROASTED CAULIFLOWER BITES WITH LEMON-TAHINI DRIZZLE



★★☆☆☆ PREP 10 MIN COOK 25 MIN

INGREDIENTS:

CAULIFLOWER BITES: 1 large cauliflower in florets, 2 tbsp olive oil, 1 tsp cumin, 1 tsp smoked paprika, 1/2 tsp garlic powder, 1/2 tsp turmeric (optional), 1/2 tsp salt, 1/4 tsp black pepper

LEMON-TAHINI DRIZZLE: 1/4 cup tahini, 2 tbsp lemon juice, 1 tbsp olive oil, 1 minced garlic clove, 2–3 tbsp water to thin, salt and pepper to taste

INSTRUCTIONS:

1. Preheat the oven to 400°F. Toss the cauliflower with oil, spices, salt, and pepper.
2. Spread the cauliflower on a baking sheet. Roast for 20–25 min, stirring once, until golden.
3. In a bowl, mix the tahini, lemon juice, oil, garlic, salt, and pepper. Thin with water until smooth.

SERVING AND DECORATION TIPS:

Arrange the cauliflower bites on individual plates or a white or brightly colored serving platter, either in a neat pile or fanned out in a circular pattern. Drizzle with the lemon-tahini sauce, allowing some to pool around the edges for visual appeal. Garnish with fresh herbs and a few lemon wedges. Serve alongside a quinoa salad or grilled fish.

NUTRITIONAL INFORMATION (per serving):
150 Cal | 4g Protein | 12g Carbs | 11g Fat | 4g Fiber | 0mg Chol | 220mg Sodium | 500mg Potassium

CHILLED OCTOPUS AND FENNEL SALAD



★★★☆☆ PREP 20 MIN COOK 45 MIN

INGREDIENTS:

1 lb cleaned octopus, 1 large fennel bulb, 1 small red onion, 1/2 cup halved Kalamata olives, 1/4 cup chopped fresh parsley, 1 tbsp rinsed capers, 1 tbsp lemon juice, 2 tbsp extra virgin olive oil, salt and pepper to taste

DRESSING: 1/4 cup olive oil, 2 tbsp lemon juice, 1 minced garlic clove, 1/2 tsp Dijon mustard, 1/2 tsp lemon zest, salt and pepper to taste

INSTRUCTIONS:

1. Boil salted water, add the octopus, and simmer for 40–45 min. Cool the octopus in ice water, then slice.
2. Thinly slice the fennel bulb and red onion. Mix the fennel, onion, olives, parsley, and capers in a bowl.
3. In a separate bowl, whisk together the olive oil, lemon juice, garlic, Dijon mustard, salt, and pepper.
4. Toss the octopus with salad, dressing, and lemon zest. Chill for 30 min before serving.

SERVING AND DECORATION TIPS:

Serve the salad on a white or colorful platter. Arrange the octopus pieces neatly on top and drizzle with extra olive oil and lemon juice. Garnish with fennel fronds and lemon wedges.

NUTRITIONAL INFORMATION (per serving):
210 Cal | 14g Protein | 10g Carbs | 15g Fat | 4g Fiber | 75mg Chol | 350mg Sodium | 400mg Potassium

MEDITERRANEAN ROASTED BEET & GOAT CHEESE SALAD CUPS



★★☆☆☆ PREP 15 MIN COOK 30 MIN

INGREDIENTS:

ROASTED BEETS: 4 peeled and cubed medium beets, 1 tbsp olive oil, salt and pepper, 1 tsp dried thyme or rosemary

SALAD CUPS: 4 large radicchio or endive leaves, 4 oz crumbled goat cheese, 1/4 cup toasted chopped walnuts or pecans, 1/4 cup pomegranate seeds, 1/2 finely chopped small red onion, 1/4 cup chopped basil

DRESSING: 2 tbsp olive oil, 1 tsp honey, 1 tbsp balsamic vinegar, salt and pepper, 1 tsp Dijon mustard

INSTRUCTIONS:

1. Preheat the oven to 400°F.
2. Toss the beets in a bowl with olive oil, thyme, salt, and pepper. Roast for 25–30 min, then let cool.
3. For the dressing: In a bowl, whisk together the olive oil, vinegar, mustard, honey, salt, and pepper.
4. Place the leaves on plates or a large platter.
5. Add the roasted beets, goat cheese, nuts, pomegranate seeds, and onion. Drizzle each cup with dressing, and garnish with fresh basil or parsley.

SERVING AND DECORATION TIPS:

Arrange the salad cups with ample space between them to showcase their vibrant colors. Serve on a white or light-colored ceramic platter, or use small, round appetizer plates. You can also opt for matte black or rustic wooden plates. Pair with a light Mediterranean soup or whole-grain pita.

NUTRITIONAL INFORMATION (per serving):
200 Cal | 6g Protein | 22g Carbs | 12g Fat | 5g Fiber | 10mg Chol | 220mg Sodium | 500mg Potassium

BASIL AND GARLIC INFUSED MUSHROOM SKEWERS



★★☆☆☆ PREP 15 MIN COOK 15 MIN

INGREDIENTS:

8 wooden skewers soaked in water for 30 min, 1 tsp lemon juice, 1 lb cleaned and trimmed cremini or button mushrooms, 2 tbsp extra-virgin olive oil, 3 minced garlic cloves, 1 tbsp chopped fresh basil or 1 tsp dried basil, 1/4 tsp red pepper flakes (optional), 1/2 tsp salt, 1/4 tsp black pepper

INSTRUCTIONS:

1. Mix the olive oil, garlic, basil, lemon juice, salt, pepper, and red pepper flakes in a bowl.
2. Toss the mushrooms in the marinade and let sit for 10–30 min.
3. Preheat the grill to medium-high. Thread the mushrooms onto skewers.
4. Cook the skewers for 8–10 min, turning occasionally until tender and charred.

SERVING AND DECORATION TIPS:

Arrange on a white or colorful platter. Garnish with fresh basil or a drizzle of balsamic glaze. Serve with a Greek salad, quinoa tabbouleh, or as part of a Mediterranean platter. Provide small tongs or forks for easy handling of the skewers.

NUTRITIONAL INFORMATION (per serving):
140 Cal | 4g Protein | 8g Carbs | 11g Fat | 2g Fiber | 0mg Chol | 300mg Sodium | 400mg Potassium

CAPRESE SKEWERS WITH CHERRY TOMATOES, FRESH MOZZARELLA, AND BASIL



★☆☆☆☆ PREP 15 MIN COOK NONE

INGREDIENTS:

36 cherry tomatoes, 36 fresh basil leaves, 36 small fresh mozzarella balls, 12 small wooden or metal skewers, 2 tbsp extra virgin olive oil, 1 tbsp balsamic glaze (optional), 1 tsp dried oregano or Italian seasoning (optional), salt and pepper to taste

INSTRUCTIONS:

1. If using wooden skewers, soak them in water for 30 min.
2. Wash and dry the cherry tomatoes and basil leaves. Drain the mozzarella balls using a strainer.
3. Thread a cherry tomato, a basil leaf, and a mozzarella ball onto each skewer. Repeat to create three sets per skewer.
4. Season with salt, pepper, and optional oregano. Drizzle with olive oil and balsamic glaze, if desired.

SERVING AND DECORATION TIPS:

Use a large, flat white platter to highlight the colors. Neatly arrange the skewers in a fan shape or straight lines. Scatter some whole basil leaves and a few extra cherry tomatoes around the platter. Pair with crackers or a fresh green salad.

NUTRITIONAL INFORMATION (per serving):
190 Cal | 8g Protein | 5g Carbs | 15g Fat | 1g Fiber | 25mg Chol | 150mg Sodium | 200mg Potassium

BAKED ZUCCHINI FRIES WITH PARMESAN AND OREGANO



★★☆☆☆ PREP 15 MIN COOK 25 MIN

INGREDIENTS:
3 medium zucchinis sliced into fries, 1/2 cup whole wheat breadcrumbs, 1/4 cup grated Parmesan cheese, 2 large eggs, 1 tsp dried oregano, 1/2 tsp garlic powder, 1/4 tsp onion powder, 1/4 tsp paprika, 1 tbsp olive oil, salt and pepper to taste

INSTRUCTIONS:
1. Preheat the oven to 425°F.
2. Slice the zucchinis into fry-sized pieces.
3. In a bowl, mix breadcrumbs, Parmesan, oregano, garlic powder, onion powder, paprika, salt & pepper.
4. Beat the eggs in a separate bowl.
5. Dip the zucchini pieces into the eggs, then coat with the breadcrumb mixture.
6. Arrange on a baking sheet, drizzle with olive oil, and bake for 20–25 min, flipping halfway through.

SERVING AND DECORATION TIPS:
Serve on a white platter. Stack or fan out the fries. Garnish with grated Parmesan or fresh oregano. Add a small bowl of marinara or yogurt dip. Serve hot

NUTRITIONAL INFORMATION (per serving):
150 Cal | 7g Protein | 18g Carbs | 6g Fat | 4g Fiber | 85mg Chol | 250mg Sodium | 400mg Potassium

SPICY ROASTED CHICKPEAS WITH PAPRIKA AND CUMIN



★☆☆☆☆ PREP 10 MIN COOK 35 MIN

INGREDIENTS:
1 can (15 oz) chickpeas, drained and rinsed, 2 tbsp olive oil, 1 tsp smoked paprika, 1 tsp cumin, 1/2 tsp garlic powder, salt and pepper to taste

OPTIONAL: 1/4 tsp cayenne, 1/2 tsp dried thyme or rosemary (or 1 tsp fresh if using), 1/4 tsp ground turmeric or ground coriander

GARNISH: 2 tbsp chopped fresh parsley or cilantro, lemon wedges, a light sprinkle of smoked paprika

INSTRUCTIONS:
1. Preheat the oven to 400°F.
2. Pat the chickpeas dry with a clean kitchen towel.
3. Toss the chickpeas with the oil, spices, salt, and pepper in a large bowl.
4. Spread the chickpeas in a single layer on a baking sheet lined with parchment paper or a silicone baking mat. Roast for 30–35 min, stirring halfway.
5. Allow the chickpeas to cool for a few minutes; they will continue to crisp up during this time.

SERVING AND DECORATION TIPS:
Serve the roasted chickpeas in a small, elegant bowl or rustic wooden dish. Garnish with chopped parsley or cilantro and a lemon wedge. Add a light sprinkle of smoked paprika for color. Use them as a crunchy salad topping or add to a Mediterranean mezze platter with hummus, olives, and fresh vegetables.

NUTRITIONAL INFORMATION (per serving):
140 Cal | 5g Protein | 18g Carbs | 6g Fat | 5g Fiber | 0mg Chol | 200mg Sodium | 150mg Potassium

TOMATO AND BASIL BRUSCHETTA ON WHOLE-GRAIN CROSTINI



★★☆☆☆ PREP 15 MIN COOK 10 MIN

INGREDIENTS:

CROSTINI: 1 whole grain baguette sliced into 8 pieces, 2 tbsp olive oil

TOMATO-BASIL TOPPING: 4 medium tomatoes diced, 1/2 cup fresh basil chopped, 2 garlic cloves minced, 1 tbsp balsamic vinegar, 1/4 cup grated Parmesan cheese (optional), red pepper flakes (optional), 1/4 tsp salt, 1/4 tsp black pepper

INSTRUCTIONS:

1. Preheat the oven to 375°F.
2. Brush the baguette slices with olive oil. Bake for 8–10 min, or until golden and crispy. Let cool.
3. Mix the tomatoes, basil, garlic, vinegar, salt, and pepper in a bowl. Let the mixture sit for 10 min.
4. Spoon the tomato mixture onto the crostini.
5. Optionally, top with grated Parmesan or red pepper flakes. Serve immediately.

SERVING AND DECORATION TIPS:
Serve on a large white or neutral-colored, elegant platter or plate. Arrange the crostini in a circular pattern or line them up neatly. Add a sprig of basil or a lemon wedge on the side, and garnish with a light drizzle of balsamic glaze for added visual appeal.

NUTRITIONAL INFORMATION (per serving):
180 Cal | 5g Protein | 24g Carbs | 8g Fat | 4g Fiber | 0mg Chol | 210mg Sodium | 400mg Potassium

BAKED SWEET POTATO CHIPS WITH GARLIC AIOLI



★★☆☆☆ PREP 15 MIN COOK 30 MIN

INGREDIENTS:

CHIPS: 2 large sweet potatoes, 2 tbsp olive oil, 1 tsp smoked paprika, 1 tsp garlic powder, 1/2 tsp salt, 1/4 tsp black pepper

GARLIC AIOLI: 1/2 cup Greek yogurt, 2 minced garlic cloves, 1 tbsp lemon juice, 1 tbsp olive oil, salt and pepper to taste

INSTRUCTIONS:

1. Preheat the oven to 375°F.
2. Using a sharp knife or a mandoline, thinly slice sweet potatoes.
3. In a large bowl, toss the slices with oil, smoked paprika, garlic powder, salt, and pepper.
4. Arrange slices on a parchment-lined baking sheet. Bake for 20–30 min, flipping halfway, until crispy.
5. In a bowl, combine the yogurt, garlic, lemon juice, olive oil, salt, and pepper. Mix well until smooth.

SERVING AND DECORATION TIPS:
Arrange the chips neatly on a clean white platter or rustic wooden board. Place the garlic aioli in a small decorative bowl or ramekin in the center. Garnish with a sprinkle of smoked paprika or fresh herbs. Pair with a crisp green salad or grilled fish.

NUTRITIONAL INFORMATION (per serving):
200 Cal | 3g Protein | 28g Carbs | 9g Fat | 4g Fiber | 5mg Chol | 200mg Sodium | 450mg Potassium



INGREDIENTS: 2 cups cubed melon, 2 tbsp pumpkin seeds, fresh mint



INGREDIENTS: 1/2 cup mixed almonds, walnuts, pistachios, 1/2 cup grapes, 1 sprig fresh rosemary



INGREDIENTS: 1/4 cup almonds, about 4 dried apricots, 1 sprig of fresh mint



INGREDIENTS: 1 sliced apple, 1/4 cup low-fat cheese cubes, 1 tbsp honey, 1 tbsp lemon juice, chopped walnuts, microgreens for garnish, toothpicks

MELON AND PUMPKIN SEEDS

★☆☆☆☆ PREP 5 MIN COOK NONE

INSTRUCTIONS:
Divide the melon cubes evenly into 2 bowls. Sprinkle the pumpkin seeds on top.
SERVING AND DECORATION TIPS:
Garnish with a fresh mint leaf.
NUTRITIONAL INFORMATION (per serving):
170 Cal | 6g Protein | 26g Carbs | 7g Fat | 2g Fiber

MIXED NUTS AND GRAPES

★☆☆☆☆ PREP 5 MIN COOK NONE

INSTRUCTIONS:
Lightly toss the mixed nuts and grapes together in a bowl to combine.
SERVING AND DECORATION TIPS:
Serve in a small bowl. Garnish with fresh rosemary.
NUTRITIONAL INFORMATION (per serving):
200 Cal | 5g Protein | 18g Carbs | 13g Fat | 2g Fiber

ALMONDS & DRIED APRICOTS

★☆☆☆☆ PREP 5 MIN COOK NONE

INSTRUCTIONS:
Combine the almonds with the dried apricots.
SERVING AND DECORATION TIPS:
Arrange the almonds and dried apricots neatly on a small decorative plate with a sprig of fresh mint.
NUTRITIONAL INFORMATION (per serving):
210 Cal | 4g Protein | 22g Carbs | 13g Fat | 4g Fiber

APPLE, CHEESE, AND WALNUT BITES

★☆☆☆☆ PREP 5 MIN COOK NONE

INSTRUCTIONS:
Dip the apple slices in the honey-lemon mix. Secure each apple slice and cheese cube with a toothpick.
SERVING AND DECORATION TIPS:
Sprinkle with walnuts and garnish with microgreens.
NUTRITIONAL INFORMATION (per serving):
160 Cal | 6g Protein | 22g Carbs | 7g Fat | 4g Fiber



INGREDIENTS: 4 fresh mozzarella balls (bocconcini), 4 thin slices of prosciutto, 4 fresh basil leaves, toothpicks

PROSCIUTTO AND MOZZARELLA ROLL-UPS

★☆☆☆☆ PREP 5 MIN COOK NONE

INSTRUCTIONS:
Add basil to the mozzarella. Wrap it with prosciutto.
SERVING AND DECORATION TIPS:
Secure with a toothpick. Garnish with basil.
NUTRITIONAL INFORMATION (per serving):
270 Cal | 26g Protein | 2g Carbs | 16g Fat | 1g Fiber



INGREDIENTS: 2 cups cubed watermelon, fresh mint leaves (whole and chopped)

WATERMELON MINT CUBES

★☆☆☆☆ PREP 5 MIN COOK NONE

INSTRUCTIONS:
Toss watermelon cubes with chopped mint leaves.
SERVING AND DECORATION TIPS:
Serve in a chilled glass bowl. Garnish with whole mint leaves.
NUTRITIONAL INFORMATION (per serving):
60 Cal | 1g Protein | 15g Carbs | 0g Fat | 1g Fiber



INGREDIENTS: 1/2 cup pomegranate seeds, 1 peeled and sliced kiwi, 1 tbsp flaxseeds, a small handful of cashews

POMEGRANATE, KIWI, AND FLAXSEED CASHEW MIX

★☆☆☆☆ PREP 5 MIN COOK NONE

INSTRUCTIONS:
Combine pomegranate seeds and kiwi slices.
SERVING AND DECORATION TIPS:
Sprinkle with flaxseeds and cashews. Serve in a bowl.
NUTRITIONAL INFORMATION (per serving):
130 Cal | 3g Protein | 16g Carbs | 7g Fat | 3g Fiber

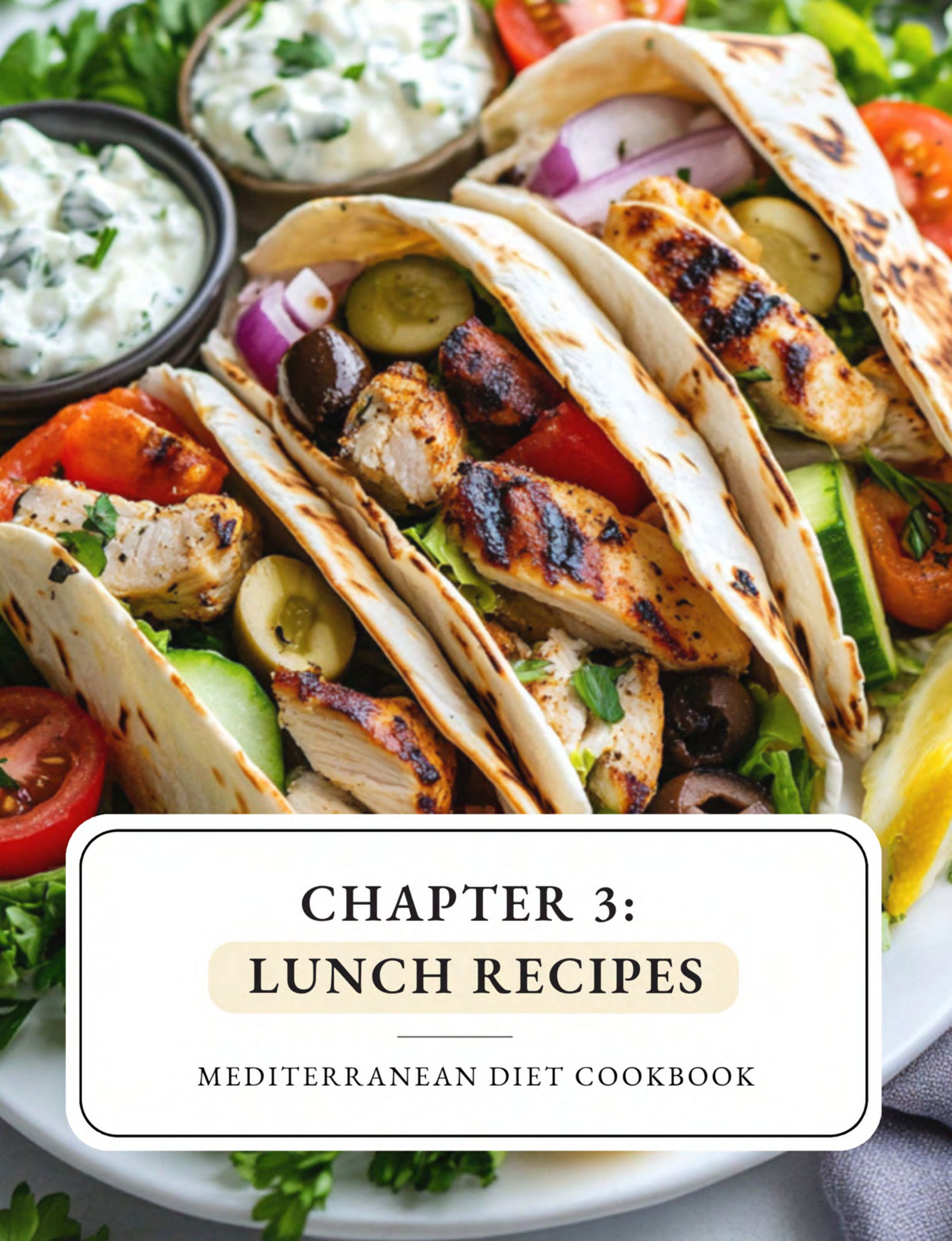


INGREDIENTS: 1 cup sliced strawberries, 1 cup low-fat cottage cheese, honey, mint

STRAWBERRIES WITH COTTAGE CHEESE

★☆☆☆☆ PREP 5 MIN COOK NONE

INSTRUCTIONS:
Combine strawberries with cottage cheese in a bowl.
SERVING AND DECORATION TIPS:
Garnish with fresh mint and a drizzle of honey.
NUTRITIONAL INFORMATION (per serving):
130 Cal | 11g Protein | 10g Carbs | 5g Fat | 1g Fiber



CHAPTER 3:
LUNCH RECIPES

MEDITERRANEAN DIET COOKBOOK

GREEK CHICKEN WRAPS WITH TZATZIKI AND FRESH VEGGIES



★★☆☆☆ PREP 20 MIN COOK 15 MIN

INGREDIENTS:

MARINADE: 2 chicken breasts, 2 tbsp olive oil, 1 tsp thyme, 2 minced garlic cloves, 1 tsp oregano, salt & pepper, lemon zest and juice

TZATZIKI: 1 cup Greek yogurt, 1 tbsp fresh dill, 2 minced garlic cloves, 1/2 cup grated cucumber, 1 tbsp lemon juice, salt, pepper

WRAPS: 4 tortillas, 1 cup halved cherry tomatoes, 1/2 cup sliced red onion, 1/2 cup sliced cucumber, 1/4 cup olives, 1/4 cup crumbled feta, lettuce leaves, parsley, mint

INSTRUCTIONS:

1. Mix the marinade ingredients in a bowl, coat the chicken, and marinate for 15 min.
2. In another bowl, combine the tzatziki ingredients. Then refrigerate.
3. Preheat a grill or skillet over medium-high heat.
4. Grill the chicken for 6–7 min per side, or until cooked through. Let it rest, then slice into thin strips.
5. Spread tzatziki on the tortillas, then add the chicken, vegetables, olives, feta, and lettuce.

SERVING AND DECORATION TIPS:

Fold and serve the wraps on a large, white platter, garnished with herbs and lemon wedges. Add a small bowl of tzatziki on the side. Provide a fork and knife if desired. Pair with a side of mixed greens or a light vegetable soup.

NUTRITIONAL INFORMATION (per serving):
350 Cal | 30g Protein | 35g Carbs | 12g Fat | 6g Fiber | 55mg Chol | 450mg Sodium | 600mg Potassium

GREEK YOGURT CHICKEN VEGGIE KABOBS



★★☆☆☆ PREP 20 MIN COOK 20 MIN

INGREDIENTS:

MARINADE: 1 cup Greek yogurt, 2 tbsp olive oil, 2 minced garlic cloves, lemon zest and juice, 1 tbsp oregano, 1 tbsp chopped parsley, 1/2 tsp smoked paprika, 1 tsp ground cumin, salt and pepper to taste

KABOBS: 1 pound chicken breasts cut into 1-inch cubes, 1 onion cut into 1-inch pieces, 1 zucchini sliced into 1/2-inch rounds, 1 cup mushroom halves, 2 cups medium broccoli and cauliflower florets, 8 skewers

INSTRUCTIONS:

1. In a bowl, mix the marinade ingredients.
2. Coat the chicken in the marinade. Cover and refrigerate for 1 hr or overnight.
3. Preheat the grill to medium-high heat.
4. Thread the chicken and vegetables onto skewers, alternating between them. Drizzle with olive oil.
5. Grill for 10–12 min, turning occasionally, until the chicken is cooked through and the vegetables are charred.

SERVING AND DECORATION TIPS:

Arrange the kabobs on a large, white serving platter in a fan shape or a straight line. Garnish with parsley and lemon wedges. Pair with quinoa, couscous, or salad.

NUTRITIONAL INFORMATION (per serving):
320 Cal | 40g Protein | 12g Carbs | 10g Fat | 3g Fiber | 75mg Chol | 260mg Sodium | 800mg Potassium

MED SPICED CHICKEN WINGS WITH GREEN PEA HUMMUS



SERVINGS: 4
SERVING SIZE: 4 wings, ½ cup hummus

★★☆☆☆ PREP 20 MIN COOK 30 MIN

INGREDIENTS:

WINGS: 16 chicken wings (2 lbs)

MARINADE: 2 tbsp olive oil, 2 tsp cumin, 1 tsp smoked paprika, 1 tsp coriander, 1 tsp oregano, 1/2 tsp turmeric, 1/2 tsp cayenne (optional), salt and pepper to taste

PEA HUMMUS: 2 cups fresh or thawed peas, 2 minced garlic cloves, 1 tbsp olive oil, 1 tbsp lemon juice, 1/4 cup chopped mint, 1/4 cup chopped parsley, salt and pepper

INSTRUCTIONS:

1. Mix the marinade ingredients in a bowl.
2. Coat the chicken wings evenly with the spice blend and marinate for 10 min (up to 2 hr).
3. Preheat the oven to 400°F. Bake the wings on a parchment-lined baking sheet for 25–30 min, turning halfway through, until golden brown.
4. For the hummus: Boil the peas in a saucepan for 3–5 min, then drain. In a skillet, sauté the garlic in oil. Add the peas, lemon juice, mint, parsley, salt and pepper. Cook for 2–3 min. Mash or blend.

SERVING AND DECORATION TIPS:
Center the pea hummus in a bowl, and surround it with wings on a white plate. Garnish with herbs and lemon wedges. Serve with cucumber-tomato salad.

NUTRITIONAL INFORMATION (per serving):
360 Cal | 28g Protein | 15g Carbs | 22g Fat | 6g Fiber | 85mg Chol | 400mg Sodium | 520mg Potassium

LEMON-GARLIC CHICKEN WITH OLIVE AND TOMATO MEDLEY



SERVINGS: 4
SERVING SIZE: 1 breast, 1/4 of medley

★★☆☆☆ PREP 15 MIN COOK 30 MIN

INGREDIENTS:

CHICKEN: 4 boneless skinless chicken breasts (6 oz each), 3 minced garlic cloves, 2 tbsp olive oil, zest and juice of 1 lemon, 1 tsp dried oregano, 1/2 tsp black pepper, 1/4 tsp salt (optional), 1/4 tsp paprika

MEDLEY: 1 cup halved cherry tomatoes, 1/2 cup halved Kalamata olives, 1/4 cup chopped red onion, 2 tbsp capers, 2 tbsp chopped parsley, 2 tbsp chopped basil, 1 tbsp olive oil, 1 tbsp balsamic vinegar, 1/4 tsp black pepper, 1/4 tsp dried thyme

INSTRUCTIONS:

1. In a bowl, mix the garlic, lemon zest and juice, oregano, pepper, salt, and paprika.
2. Rub the chicken with the marinade and let it sit for 10 min or refrigerate for up to 2 hr.
3. In a separate bowl, combine the medley ingredients. Set aside.
4. Heat 2 tbsp olive oil in a skillet.
5. Cook the chicken for 6–7 min per side, until golden and the internal temperature reaches 165°F.

SERVING AND DECORATION TIPS:
Use a white or light-colored plate. Slice the chicken, then arrange it in the center, slightly fanned out, with the olive and tomato medley spooned on top and around the chicken. Pair with quinoa, steamed asparagus, or a mixed green salad with vinaigrette.

NUTRITIONAL INFORMATION (per serving):
320 Cal | 35g Protein | 8g Carbs | 17g Fat | 2g Fiber | 85mg Chol | 450mg Sodium | 650mg Potassium

MEDITERRANEAN BEEF-STUFFED ZUCCHINI BOATS



★★☆☆☆ PREP 20 MIN COOK 30 MIN

INGREDIENTS:

4 medium zucchinis, 1 tbsp olive oil, 1 small chopped onion, 3 minced garlic cloves, 1 cup lean ground beef, 1 cup diced tomatoes, 1/2 cup chopped Kalamata olives, 1/4 cup crumbled feta cheese, 1 tsp dried oregano, 1 tsp dried basil, 1/2 tsp ground cumin, 1/4 cup shredded mozzarella, 2 tbsp chopped parsley for garnish, salt and pepper to taste

INSTRUCTIONS:

1. Preheat the oven to 375°F.
2. Halve the zucchinis lengthwise, remove the pulp.
3. Heat the oil in a skillet over medium heat.
4. Sauté the onion (5 min), then add garlic (1 min). Brown the beef, then add the tomatoes, olives, feta, herbs, cumin, salt, and pepper. Cook for 5 min.
5. Fill the boats with the filling. Top with mozzarella.
6. Bake for 25–30 min, until the zucchini is tender.
7. Remove from the oven and let cool slightly.

SERVING AND DECORATION TIPS:

Serve on a wide, shallow dish. Garnish with parsley. Serve with salads, quinoa, or whole-grain couscous.

NUTRITIONAL INFORMATION (per serving):
250 Cal | 18g Protein | 14g Carbs | 15g Fat | 4g Fiber | 65mg Chol | 500mg Sodium | 600mg Potassium

MEDITERRANEAN-STYLE SPARE RIBS WITH COUSCOUS



★★★☆☆ PREP 20 MIN COOK 1 HR 35 MIN

INGREDIENTS:

RIBS: 2 lbs spare ribs, 2 tbsp olive oil, 1 tbsp smoked paprika, 1 tbsp ground cumin, 1 tbsp dried oregano, 1 tsp garlic powder, 1 tsp onion powder, 1/2 tsp black pepper, 1/2 tsp salt, juice of 1 lemon, 2 minced garlic cloves, 1/2 cup low-sodium chicken broth

COUSCOUS: 1 cup whole wheat couscous, 1 1/4 cups vegetable broth, 1 tbsp olive oil, 1/2 cup diced red bell pepper, 1/2 cup diced cucumber, 1/4 cup chopped Kalamata olives, 1/4 cup crumbled feta, 1/4 cup chopped parsley, 1 tbsp lemon juice, 1/2 tsp dried oregano, 1/4 tsp black pepper

INSTRUCTIONS:

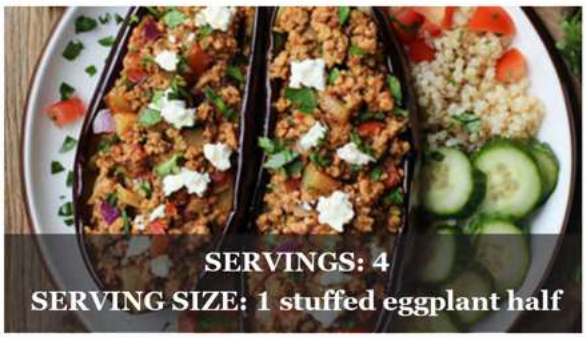
1. Preheat the oven to 300°F.
2. In a bowl, mix the paprika, cumin, oregano, garlic powder, onion powder, salt, and pepper.
3. Rub the ribs with the spice mix. Marinate for 30 min or refrigerate for up to 2 hr.
4. In an oven-safe pan, sear the ribs in olive oil for 2–3 min per side. Add garlic, broth, and lemon juice. Bake, covered, for 1 hr. Uncover. Bake for 30 min.
5. Bring the vegetable broth to a boil in a saucepan, then add the couscous. Cover and let sit for 5 min.
6. Fluff the couscous with a fork, then stir in olive oil, bell pepper, cucumber, olives, feta, parsley, lemon juice, oregano, and black pepper.

SERVING AND DECORATION TIPS:

Place the couscous on white plates and top with the spare ribs. Garnish with lemon wedges and herbs. Serve with a side of steamed or roasted vegetables.

NUTRITIONAL INFORMATION (per serving):
450 Cal | 30g Protein | 30g Carbs | 24g Fat | 5g Fiber | 85mg Chol | 550mg Sodium | 700mg Potassium

MEDITERRANEAN STUFFED EGGPLANT WITH GROUND TURKEY



★★★☆☆ PREP 20 MIN COOK 45 MIN

INGREDIENTS:

2 large halved eggplants, 1/4 cup water, 1 lb ground turkey, 1 small chopped onion, 2 minced garlic cloves, 1/2 cup chopped Kalamata olives, 1 cup halved cherry tomatoes, 1/4 cup chopped parsley, 1 tsp dried oregano, 1/2 tsp ground cumin, 1/4 cup crumbled feta (optional), 2 tbsp olive oil, 1/2 cup tomato sauce, salt and pepper to taste

INSTRUCTIONS:

1. Preheat the oven to 375°F.
2. Scoop out the eggplant flesh, leaving 1/2-inch shells. Chop the scooped-out flesh; set aside. Brush the shells with 1 tbsp olive oil, and bake for 15 min.
3. Sauté the onion and garlic in 1 tbsp olive oil in a skillet. Add the turkey and cook until browned.
4. Add the chopped eggplant, tomatoes, oregano, olives, cumin, parsley, salt & pepper. Cook for 5 min.
5. Fill the eggplant shells with the turkey mixture. Pour the tomato sauce and water around them. Bake for 20–25 min. Add the feta during the last 5 min.

SERVING AND DECORATION TIPS:

Choose a large, shallow white dish. Serve with greens or cucumber-tomato salad, quinoa, or couscous.

NUTRITIONAL INFORMATION (per serving):
300 Cal | 20g Protein | 15g Carbs | 18g Fat | 7g Fiber | 60mg Chol | 550mg Sodium | 800mg Potassium

GREEK TURKEY MEATBALLS WITH CUCUMBER YOGURT SAUCE



★★☆☆☆ PREP 20 MIN COOK 25 MIN

INGREDIENTS:

MEATBALLS: 1 egg, 1 lb ground turkey, 1/4 cup whole wheat breadcrumbs, 1 tbsp olive oil, 1/4 cup finely chopped red onion, 1/4 cup chopped fresh parsley, 2 minced garlic cloves, 1 tsp dried oregano, 1/2 tsp ground coriander, 1/4 tsp cinnamon, 1 tsp ground cumin, 1/4 cup crumbled feta, salt & pepper

SAUCE: 1 cup plain Greek yogurt, 1/2 grated and drained cucumber, 1 minced garlic clove, 1 tbsp lemon juice, 1/4 cup chopped fresh dill, salt & pepper to taste

INSTRUCTIONS:

1. In a bowl, beat the egg with a whisk.
2. In a large bowl, mix the meatballs ingredients, leaving the olive oil for frying.
3. Shape the mixture into 16 small meatballs.
4. Heat olive oil in a skillet. Cook the meatballs for 8–10 min, or until browned and cooked through.
5. In a medium bowl, mix the sauce ingredients. Adjust the seasoning and chill for 10 min.

SERVING AND DECORATION TIPS:

Arrange the meatballs on a white or blue plate. Spoon the sauce over the meatballs, or serve it in a small bowl on the side for dipping. Garnish with extra fresh dill or parsley and a lemon wedge. Serve with a side of roasted vegetables or a simple Greek salad (tomatoes, cucumbers, olives, and feta).

NUTRITIONAL INFORMATION (per serving):
260 Cal | 25g Protein | 8g Carbs | 13g Fat | 1g Fiber | 95mg Chol | 400mg Sodium | 500mg Potassium

CITRUS GARLIC RICE PILAF WITH SHRIMP, SQUID & MUSSELS



★★★☆☆ PREP 20 MIN COOK 30 MIN

INGREDIENTS:

RICE PILAF: 1 cup brown rice, 2 tbsp olive oil, 1 small chopped onion, 2 minced garlic cloves, 2 cups vegetable or seafood broth, 1 tsp lemon zest, 1/2 tsp salt, 1/4 tsp pepper, 1/4 tsp turmeric (optional)

SEAFOOD: 8 peeled shrimp, 1/2 lb squid rings, 1/2 lb cleaned mussels, 2 tbsp lemon juice, 1 tbsp minced garlic, 1/2 tsp paprika, 1/4 tsp red pepper flakes (optional)

FINISHING: 1 tbsp lemon juice, 2 tbsp chopped fresh dill, lemon wedges, 2 tbsp chopped fresh parsley

INSTRUCTIONS:

1. In a large skillet or saucepan, sauté the onion and garlic in olive oil. Add lemon zest and turmeric.
2. Stir in the rice, broth, salt, and pepper. Simmer for 25–30 min.
3. Marinate the shrimp and squid in lemon juice, garlic, paprika, and red pepper flakes for 10 min.
4. In a large skillet, heat 1–2 tbsp of olive oil. Add the shrimp and cook for 2–3 min on each side until pink and opaque. Remove and set aside.
5. In the same skillet, add the squid rings and cook for 2–3 min, or until tender. Remove and set aside.
6. Add the mussels to the skillet, cover with a lid, and cook for 5 min, or until the shells open. Discard any mussels that do not open.
7. Fold the seafood into the rice. Stir in lemon juice.

SERVING AND DECORATION TIPS:
Serve on a flat, wide-rimmed white plate. Garnish with dill, lemon, and parsley. Pair with a green salad.

NUTRITIONAL INFORMATION (per serving):
420 Cal | 28g Protein | 45g Carbs | 12g Fat | 6g Fiber | 180mg Chol | 580mg Sodium | 720mg Potassium

BAKED COD WITH LEMON, OLIVES, AND CAPERS



★★☆☆☆ PREP 15 MIN COOK 20 MIN

INGREDIENTS:

4 cod fillets (6 oz each), 2 thinly sliced lemons, 1/2 cup halved Kalamata olives, 2 tbsp capers, 1/4 cup chopped parsley, 2 minced garlic cloves, 2 tbsp olive oil, 1 tsp dried oregano, salt and pepper to taste, red pepper flakes (optional), microgreens (optional)

INSTRUCTIONS:

1. Preheat the oven to 400°F.
2. Season the cod with salt, pepper, and oregano.
3. Layer the lemons in a greased baking dish and place the cod on top. Scatter the olives, capers, garlic, red pepper flakes (optional), and parsley. Drizzle with olive oil. Add remaining lemon slices.
4. Cover the cod and bake for 15 min. Uncover and bake for 5 more min until the cod flakes easily.

SERVING AND DECORATION TIPS:
Serve on white or blue plates with microgreens, lemon wedges, and roasted vegetables or quinoa.

NUTRITIONAL INFORMATION (per serving):
220 Cal | 32g Protein | 4g Carbs | 8g Fat | 2g Fiber | 75mg Chol | 550mg Sodium | 800mg Potassium

BROCCOLI AND CANNELLINI SALAD WITH GRILLED SALMON



★★☆☆☆ PREP 15 MIN COOK 15 MIN

INGREDIENTS:

SALAD: 4 cups broccoli florets, 1 can (15 oz) rinsed cannellini beans, 1 cup halved cherry tomatoes, 1 small sliced red onion, 1/4 cup halved Kalamata olives, 1/4 cup chopped parsley, 2 tbsp olive oil, juice of 1 lemon, 1 tsp lemon zest, salt and pepper to taste

SALMON: 4 salmon fillets (4–6 oz each), 1 tbsp olive oil, juice of 1/2 lemon, 2 minced garlic cloves, 1 tsp oregano, 1/2 tsp smoked paprika, salt and pepper to taste

GARNISH: lemon slices, crumbled feta or shaved Parmesan, balsamic glaze

INSTRUCTIONS:

1. Blanch the broccoli in boiling water for 2–3 min, then rinse under cold water.
2. In a large bowl, toss the broccoli with beans, tomatoes, onion, olives, and parsley.
3. In a separate bowl, whisk together olive oil, lemon juice, zest, salt, and pepper. Pour over the salad and toss gently.
4. Rub the salmon fillets with olive oil, lemon juice, garlic, oregano, smoked paprika, salt, and pepper.
5. Grill for 4–5 min per side until cooked through.
6. Plate the salad and top with the grilled salmon.

SERVING AND DECORATION TIPS:

Use light-colored plates or wide, shallow bowls. Drizzle any leftover lemon juice or olive oil over the dish. Garnish with parsley, lemon slices, and a sprinkle of crumbled feta or shaved Parmesan. Add a swirl of balsamic glaze around the plate edge.

NUTRITIONAL INFORMATION (per serving):
400 Cal | 34g Protein | 25g Carbs | 20g Fat | 8g Fiber | 70mg Chol | 350mg Sodium | 1200mg Potassium

MEDITERRANEAN TUNA SALAD WITH ARTICHOKES & OLIVES



★☆☆☆☆ PREP 15 MIN COOK NONE

INGREDIENTS:

2 cans (5 oz each) drained tuna, 1 cup chopped artichoke hearts, 1/2 cup sliced Kalamata olives, 1/2 cup halved cherry tomatoes, 1/4 cup chopped red onion, 1/4 cup chopped parsley, 2 tbsp olive oil, 1/4 cup crumbled feta (optional), 1 tbsp red wine vinegar, 1 tsp dried oregano, salt and pepper to taste, lemon wedges (for garnish)

INSTRUCTIONS:

1. Combine the tuna, artichokes, olives, tomatoes, onion, parsley, and feta in a bowl.
2. In a separate bowl, whisk together olive oil, vinegar, oregano, salt, and pepper.
3. Pour the dressing over the tuna mixture and toss gently to combine.

SERVING AND DECORATION TIPS:

Serve the salad in a shallow bowl or plate. Garnish the salad with fresh herbs and lemon wedges. Serve the salad on a bed of mixed greens or arugula. Pair with whole-grain pita bread or crackers. Add a side of fresh fruit, such as berries or an apple.

NUTRITIONAL INFORMATION (per serving):
210 Cal | 22g Protein | 6g Carbs | 12g Fat | 2g Fiber | 30mg Chol | 520mg Sodium | 350mg Potassium

GRILLED SHRIMP SKEWERS WITH TABBOULEH SALAD



SERVINGS: 4
SERVING SIZE: 2 skewers, 1 cup salad

★★☆☆☆ PREP 20 MIN COOK 25 MIN

INGREDIENTS:

SKEWERS: 1 lb peeled and deveined shrimp, 2 tbsp olive oil, 2 tbsp lemon juice, 2 minced garlic cloves, 1 tsp dried oregano, 1/2 tsp smoked paprika, salt and pepper, 8 wooden skewers, soaked in water for 30 min

SALAD: 1 cup bulgur wheat, 1 1/2 cups boiling water, 1 cup diced cherry tomatoes, 1/2 cup diced red bell pepper, 1/2 cup diced cucumber, 1/4 cup finely chopped red onion, 1/2 cup chopped fresh mint, 1 cup chopped fresh parsley, 1/4 cup chopped fresh basil (for garnish) and crumbled feta

DRESSING: 1/4 cup lemon juice, 3 tbsp olive oil, salt and pepper to taste

INSTRUCTIONS:

1. In a bowl, toss the shrimp with olive oil, lemon juice, garlic, oregano, paprika, salt, and pepper. Let marinate for 15 min.
2. Thread the shrimp onto soaked wooden skewers (4–5 shrimp per skewer).
3. Preheat the grill to medium-high and cook for 2–3 min per side, or until opaque and lightly charred.
4. In a heatproof bowl, pour boiling water over the bulgur, cover, and let sit for 15 min. Fluff with a fork.
5. In a large bowl, combine the bulgur with parsley, mint, tomatoes, cucumber, red bell pepper, and onion. Add the prepared dressing of lemon juice, olive oil, salt, and pepper. Mix well.

SERVING AND DECORATION TIPS:
Opt for light ceramic, slate, rectangular, or oval plates. Place shrimp skewers beside the tabbouleh. Sprinkle with crumbled feta. Garnish with basil, mint, and a lemon wedge. Add cherry tomatoes.

NUTRITIONAL INFORMATION (per serving):
340 Cal | 25g Protein | 32g Carbs | 12g Fat | 7g Fiber | 150mg Chol | 390mg Sodium | 600mg Potassium

MEDITERRANEAN BAKED SEA BASS WITH BELL PEPPERS



SERVINGS: 4
SERVING SIZE: 1 fillet with vegetables

★★☆☆☆ PREP 15 MIN COOK 25 MIN

INGREDIENTS:

4 sea bass fillets (6 oz each), 2 sliced red bell peppers, 1 sliced yellow bell pepper, 1 small sliced red onion, 1/2 cup halved Kalamata olives, 3 minced garlic cloves, 1 cup halved cherry tomatoes, 3 tbsp olive oil, juice and zest of 1 lemon, 1/2 tsp dried thyme, 1 tsp dried oregano, parsley, salt, pepper to taste

INSTRUCTIONS:

1. Preheat the oven to 400°F.
2. Toss the veggies, olives, and garlic with 2 tbsp olive oil, lemon zest, oregano, thyme, salt, and pepper in a bowl, then spread them in a baking dish.
3. Drizzle the sea bass with 1 tbsp olive oil, lemon juice, salt, and pepper.
4. Place the fillets on the veggies. Bake for 25 min.

SERVING AND DECORATION TIPS:
Choose a white or light-colored plate. Garnish with parsley and a lemon wedge. Serve with quinoa or couscous and pair with a crisp white wine.

NUTRITIONAL INFORMATION (per serving):
300 Cal | 30g Protein | 10g Carbs | 16g Fat | 3g Fiber | 70mg Chol | 500mg Sodium | 850mg Potassium

LEMON-PARMESAN BAKED OYSTERS WITH CREAMY LEEK FILLING



★★½☆☆ PREP 15 MIN COOK 20 MIN

INGREDIENTS:

OYSTERS: 12 fresh oysters, 1/4 cup strained oyster liquor (read instructions), 1 medium thinly sliced leek (white and light green parts only), 1 cup heavy cream, 1 tbsp olive oil, 1/4 cup grated Parmesan, garlic powder to taste, salt and pepper to taste, juice of 1 lemon

GARNISH: 2 tbsp chopped fresh parsley, lemon wedges

INSTRUCTIONS:

1. Preheat the oven to 375°F.
2. In a skillet, cook the leek in olive oil until soft (5–7 min). Add the cream and cook until thickened (5–8 min). Season with garlic powder, salt, and pepper.
3. Open the shells slightly. Collect 1/4 cup of oyster liquor. Strain it. Remove the top shells and place the oysters on a parchment-lined baking sheet.
4. Top each oyster with the leek mixture, 1 tsp of oyster liquor, and lemon juice. Top with Parmesan.
5. Bake for 12–15 min, until golden.

SERVING AND DECORATION TIPS:
Serve on greens or a bed of sea salt on a slate platter. Garnish with parsley and lemon wedges. Pair with rice, a light salad, quinoa, or a warm farro salad, plus grilled vegetables and white wine.

NUTRITIONAL INFORMATION (per serving):
170 Cal | 12g Protein | 4g Carbs | 12g Fat | 0g Fiber | 70mg Chol | 580mg Sodium | 290mg Potassium

TUNA & AVOCADO SANDWICH WITH LEMON-CAPER AIOLI



★☆☆☆☆ PREP 15 MIN COOK NONE

INGREDIENTS:

AIOLI: 1/4 cup Greek yogurt, 2 tbsp mayonnaise, 1 tbsp lemon juice, 1 tbsp chopped capers, 1 tsp Dijon mustard, 1 minced garlic clove, salt, pepper to taste

SANDWICH: 2 cans drained tuna (5 oz each), 1 sliced avocado, 1 cup mixed greens, 1/4 cup sliced red onion, 4 tomato slices, 1/4 cup sliced Kalamata olives, 1/4 cup chopped fresh parsley, 4 whole-grain rolls or 8 slices bread, lemon wedges (for garnish)

INSTRUCTIONS:

1. Mix all aioli ingredients in a bowl; set aside.
2. Flake the drained tuna with a fork in a medium bowl.
3. In the same bowl, combine the tuna, avocado, onion, olives, and parsley.
4. Spread a generous amount of aioli on both sides of each sandwich roll or bread slice. Add greens, tomato slices, and the tuna mixture.
5. Enjoy immediately or refrigerate for up to 2 hr.

SERVING AND DECORATION TIPS:
Serve the sandwich on a rustic wooden board or a simple white plate. Add a lemon wedge and fresh herbs on the side. Pair with a light side salad of mixed greens or a small portion of marinated olives.

NUTRITIONAL INFORMATION (per serving):
290 Cal | 25g Protein | 20g Carbs | 12g Fat | 5g Fiber | 35mg Chol | 450mg Sodium | 500mg Potassium

LENTIL AND ROASTED VEGETABLE STUFFED BELL PEPPERS



★★☆☆☆ PREP 20 MIN COOK 45 MIN

INGREDIENTS:

BELL PEPPERS: 4 large bell peppers (tops cut off and seeds removed)

FILLING: 1 cup rinsed dry lentils, 2 cups vegetable broth, 1 cup diced eggplant, 1 cup diced zucchini, 1 diced red onion, 1 cup halved cherry tomatoes, 2 minced garlic cloves, 2 tbsp olive oil, 1 tsp dried oregano, 1 tsp dried basil, 1/4 cup chopped fresh parsley, salt and black pepper to taste

TOPPING: 1/4 cup crumbled feta (optional)

INSTRUCTIONS:

1. Simmer the lentils in broth for 20 min. Drain.
2. Preheat the oven to 400°F.
3. Toss the diced eggplant, zucchini, red onion, and cherry tomatoes with olive oil, garlic, oregano, basil, salt, and pepper on a baking sheet. Roast for 20 min.
4. In a large pot, boil the bell peppers for 2–3 min.
5. Mix lentils, roasted veggies, and parsley. Stuff into peppers. Sprinkle feta on top of each stuffed pepper.
6. Place the stuffed peppers upright in a baking dish and bake at 375°F for 20 min.

SERVING AND DECORATION TIPS:
Use a white or neutral-colored serving dish. Arrange stuffed peppers on a platter, and garnish with parsley or basil. Top with a dollop of Greek yogurt. Serve with quinoa or a green salad with vinaigrette.

NUTRITIONAL INFORMATION (per serving):
250 Cal | 11g Protein | 35g Carbs | 8g Fat | 13g Fiber | 0mg Chol | 350mg Sodium | 900mg Potassium

MEDITERRANEAN CHICKPEA AND AVOCADO SALAD



★☆☆☆☆ PREP 15 MIN COOK NONE

INGREDIENTS:

SALAD: 1 can (15 oz) drained chickpeas, 1 diced ripe avocado, 1 diced cucumber, 1 cup halved cherry tomatoes, 1/2 finely chopped red onion, 1/4 cup sliced Kalamata olives, 1/4 cup chopped fresh parsley, 1/4 cup chopped fresh mint, 1/4 cup crumbled feta cheese, 1/4 tsp red pepper flakes (optional)

DRESSING: 3 tbsp olive oil, 1 tbsp lemon juice, 1 tbsp red wine vinegar, 1 minced garlic clove, 1 tsp dried oregano, salt, pepper

INSTRUCTIONS:

1. In a large bowl, combine the chickpeas, avocado, tomatoes, onion, cucumber, olives, feta, parsley, and mint.
2. Whisk the dressing ingredients in a separate bowl.
3. Toss the salad with the dressing.
4. Serve immediately or chill for 30 min.

SERVING AND DECORATION TIPS:
Use a large serving platter or salad bowl to beautifully showcase the colorful ingredients. For individual servings, use white plates. Garnish with extra chopped parsley or mint. Add a sprinkle of red pepper flakes for a touch of heat, if desired. Serve with lemon wedges on the side.

NUTRITIONAL INFORMATION (per serving):
280 Cal | 7g Protein | 24g Carbs | 19g Fat | 9g Fiber | 10mg Chol | 400mg Sodium | 620mg Potassium

ROASTED RED PEPPER AND HUMMUS STUFFED PITA



★★☆☆☆ PREP 15 MIN COOK 10 MIN

INGREDIENTS:

PITA: 2 large red bell peppers, 1 cup diced cucumber, 4 whole wheat pita pockets halved, 1 cup halved cherry tomatoes, 1/2 cup sliced red onion, 1/4 cup chopped fresh parsley, 1 cup fresh spinach or mixed greens, 2 tbsp olive oil (divided), 1/4 cup crumbled feta

HUMMUS: 1 can drained chickpeas, 1/4 cup tahini, 2 tbsp olive oil, 2 tbsp lemon juice, 2 garlic cloves, 1/2 tsp ground cumin, salt, water to adjust consistency

INSTRUCTIONS:

1. Preheat the oven to 450°F.
2. Cut the red bell peppers in half, remove seeds and membranes, and place them on a baking sheet, skin side up. Drizzle with 1 tbsp olive oil and season.
3. Roast the peppers for 10 min. Remove from the oven, let cool, and peel off the skin. Slice into strips.
4. For the hummus: Blend the chickpeas, tahini, olive oil, lemon juice, garlic, and cumin until smooth. Add water as needed to reach desired consistency.
5. Spread the hummus inside each pita half. Add the spinach or mixed greens, roasted peppers, vegetables, and feta, then drizzle with 1 tbsp olive oil.

SERVING AND DECORATION TIPS:

Arrange the pita halves on a large platter in a circular pattern with lemon wedges and parsley. Serve with a Greek yogurt dip or tzatziki and a fresh green salad.

NUTRITIONAL INFORMATION (per serving):
310 Cal | 11g Protein | 35g Carbs | 14g Fat | 8g Fiber | 10mg Chol | 550mg Sodium | 400mg Potassium

EGGPLANT AND TOMATO STEW WITH FRESH BASIL



★★☆☆☆ PREP 15 MIN COOK 40 MIN

INGREDIENTS:

2 medium diced eggplants, 2 tbsp olive oil, 1 large diced onion, 3 minced garlic cloves, 2 diced bell peppers, 1 cup vegetable broth, 4 diced tomatoes or 1 can no-salt-added tomatoes, 1 tbsp tomato paste

SEASONINGS & HERBS; 1 tsp dried oregano, 1 tsp dried thyme, 1/4 cup chopped fresh basil, red pepper flakes to taste, salt and pepper to taste

INSTRUCTIONS:

1. Place the diced eggplant in a colander, sprinkle with salt, and let it sit for 20 min to draw out excess moisture. Rinse the eggplant under cold water and pat it dry with paper towels.
2. In a skillet, sauté the onion, garlic, eggplant, and bell peppers in olive oil over medium for 10 min.
3. Add the tomatoes, broth, tomato paste, oregano, thyme, and red pepper flakes. Simmer for 20 min.
4. Stir in fresh basil and adjust the seasoning.

SERVING AND DECORATION TIPS:

Ladle the stew into shallow light-colored bowls and garnish with basil, olive oil, and a sprinkle of black pepper. Pair with whole grain couscous or bread.

NUTRITIONAL INFORMATION (per serving):
160 Cal | 3g Protein | 21g Carbs | 7g Fat | 8g Fiber | 0mg Chol | 290mg Sodium | 800mg Potassium

WHOLE WHEAT PASTA SALAD WITH CHERRY TOMATOES AND KALAMATA OLIVES



★★☆☆☆ PREP 15 MIN COOK 10 MIN

INGREDIENTS:

8 oz whole wheat pasta, salt to taste, 1 pint halved cherry tomatoes, 1 cup halved Kalamata olives, 1/2 cup sliced red onion, 1/2 cup diced cucumber, 1/4 cup crumbled feta cheese, 1/4 cup chopped fresh basil, 1/4 cup chopped fresh parsley

DRESSING: 2 tbsp olive oil, 2 tbsp red wine vinegar, 1 minced garlic clove, 1 tsp dried oregano, salt and pepper to taste

INSTRUCTIONS:

1. Cook the pasta in a large pot of salted water for 8–10 min. Drain and rinse under cold water. Set aside.
2. In a small bowl, whisk together the olive oil, red wine vinegar, garlic, dried oregano, salt, and pepper.
3. In a large mixing bowl, toss the cooked pasta with the cherry tomatoes, olives, onion, cucumber, feta, basil, and parsley.
4. Pour the dressing over the pasta and mix well.
5. Cover and refrigerate for at least 30 min.

SERVING AND DECORATION TIPS:

Serve the salad in a large, shallow, light-colored bowl or on a platter. Garnish with fresh basil leaves, crumbled feta, and a drizzle of olive oil. For a complete meal, pair it with grilled chicken or fish.

NUTRITIONAL INFORMATION (per serving):
300 Cal | 10g Protein | 42g Carbs | 12g Fat | 8g Fiber | 10mg Chol | 500mg Sodium | 400mg Potassium

CAULIFLOWER RICE WITH ROASTED VEGETABLES AND FETA



★★☆☆☆ PREP 15 MIN COOK 25 MIN

INGREDIENTS:

1 cauliflower, 1 diced red bell pepper, 1 diced yellow bell pepper, 1 diced zucchini, 1 diced red onion, 1 cup halved cherry tomatoes, 2 tbsp olive oil, 1 tsp dried oregano, 1 tsp dried thyme, 1/2 tsp garlic powder, salt and pepper to taste

TOPPING & GARNISH: 1/2 cup crumbled feta, 1/4 cup chopped fresh parsley, 1 zested and juiced lemon, lemon wedges (for garnish)

INSTRUCTIONS:

1. Preheat the oven to 400°F.
2. On a large baking sheet, toss the peppers, zucchini, onion, and tomatoes with 1 tbsp olive oil, oregano, thyme, garlic powder, salt, and pepper. Roast for 20 min.
3. Cut the cauliflower into florets and place them in a food processor. Pulse until the cauliflower resembles rice grains in texture. Sauté the rice in 1 tbsp olive oil in a skillet for 5–7 min until tender.
4. Mix the roasted vegetables with the cauliflower rice, feta, parsley, lemon zest, and lemon juice. Season to taste with salt and pepper. Serve hot.

SERVING AND DECORATION TIPS:

Serve with grilled chicken or fish in a large, shallow bowl. Garnish with parsley, feta, and a lemon wedge.

NUTRITIONAL INFORMATION (per serving):
180 Cal | 6g Protein | 16g Carbs | 11g Fat | 5g Fiber | 10mg Chol | 400mg Sodium | 600mg Potassium

GREEK-STYLE LENTIL SOUP WITH SPINACH AND LEMON



★★☆☆☆ PREP 15 MIN COOK 40 MIN

INGREDIENTS:

1 tbsp olive oil, 1 chopped medium onion, 2 minced garlic cloves, 2 diced carrots, 2 diced celery stalks, 1 cup rinsed dried lentils, 1 can (14.5 oz) diced tomatoes, 6 cups low-sodium vegetable broth, 1 bay leaf, 1 tsp dried oregano, 1 tsp ground cumin, 1/2 tsp smoked paprika, 1 tbsp chopped parsley, 2 cups chopped spinach, juice of 1 lemon, 1/2 tsp black pepper, 1 tsp salt, lemon wedges (for garnish)

INSTRUCTIONS:

1. Heat olive oil in a pot over medium heat. Sauté the onion, carrots, and celery for 5–7 min until soft.
2. Stir in the garlic, oregano, cumin, paprika, and pepper. Cook for 1–2 min until fragrant.
3. Add the lentils, tomatoes, broth, bay leaf, and salt. Bring to a boil, then simmer for 25–30 min until the lentils are tender.
4. Stir in the spinach; cook for 5 min. Remove from the heat, discard the bay leaf, stir in the lemon juice.

SERVING AND DECORATION TIPS:

Use deep, bowl-shaped plates or simple, clean bowls. Garnish with chopped parsley and a lemon wedge. Serve hot with a slice of whole grain bread or a spoonful of Greek yogurt on the side.

NUTRITIONAL INFORMATION (per serving):
230 Cal | 12g Protein | 32g Carbs | 5g Fat | 9g Fiber | 0mg Chol | 600mg Sodium | 780mg Potassium

ROASTED RED PEPPER AND TOMATO SOUP WITH BASIL



★★☆☆☆ PREP 15 MIN COOK 40 MIN

INGREDIENTS:

4 large red bell peppers, 6 medium ripe tomatoes, 1 chopped medium onion, 3 minced garlic cloves

LIQUIDS & OILS: 1 tbsp extra virgin olive oil, 2 cups low-sodium vegetable broth, 1 tbsp balsamic vinegar (optional)

SEASONINGS & HERBS: 1 tsp dried basil (or 2 tbsp fresh), 1/2 tsp dried oregano, 1/2 tsp smoked paprika, 1/4 tsp black pepper, 1/2 tsp sea salt, fresh basil leaves for garnish

INSTRUCTIONS:

1. Preheat the oven to 400°F.
2. Halve and seed the peppers. Halve the tomatoes.
3. Place them cut side down on a baking sheet. Roast for 25–30 min. Once cooled, peel the vegetables.
4. In a pot, sauté the onion in olive oil for 5–7 min. Add the garlic and cook for 1–2 min until fragrant.
5. Add the roasted vegetables with their pan juices, broth, basil, oregano, paprika, salt, and pepper. Simmer for 10–15 min.
6. Puree until smooth with an immersion blender or in batches. Stir in the balsamic vinegar, if desired.
7. Adjust the seasoning and simmer for 5 more min.

SERVING AND DECORATION TIPS:

Serve in wide, shallow white bowls. Top with basil and olive oil. Pair with whole grain bread or a salad.

NUTRITIONAL INFORMATION (per serving):
120 Cal | 2g Protein | 22g Carbs | 5g Fat | 4g Fiber | 0mg Chol | 450mg Sodium | 650mg Potassium

CREAMY SHRIMP AND SWEET CORN CHOWDER



★★☆☆☆ PREP 15 MIN COOK 30 MIN

INGREDIENTS:

1 lb peeled and deveined shrimp, 2 cups fresh or frozen sweet corn kernels, 1 finely chopped medium onion, 2 minced garlic cloves, 2 diced celery stalks, 1 diced red bell pepper, 2 cups low-sodium vegetable or seafood broth, 1 cup unsweetened almond milk, 1 cup low-fat Greek yogurt, 2 tbsp olive oil

SEASONINGS & EXTRAS: 1 tsp dried thyme, 1 tsp smoked paprika, salt, cayenne, and pepper to taste, chopped fresh parsley and lemon wedges for garnish

INSTRUCTIONS:

1. If using fresh corn, cut the kernels from the cob.
2. Rinse and pat dry the shrimp.
3. Heat olive oil over medium heat in a large pot.
4. Sauté the onion, garlic, celery, and bell pepper for 5 min until soft.
5. Stir in the corn, thyme, paprika, black pepper, and salt (if using). Cook for 3–4 min.
6. Add the broth, bring to a boil, then reduce the heat and simmer for 10 min.
7. Use an immersion blender to blend until smooth.
8. Stir in the shrimp; cook for 5–7 min until pink.
9. Add the almond milk and Greek yogurt, and heat gently without boiling.

SERVING AND DECORATION TIPS:

Use light bowls. Spoon in the chowder, garnish with parsley, drizzle with yogurt, and add lemon wedges.

NUTRITIONAL INFORMATION (per serving):
220 Cal | 24g Protein | 18g Carbs | 8g Fat | 3g Fiber | 140mg Chol | 450mg Sodium | 600mg Potassium

LEMON AND DILL SALMON CHOWDER



★★☆☆☆ PREP 20 MIN COOK 30 MIN

INGREDIENTS:

1 lb salmon cut into 1-inch pieces, 1 tbsp olive oil, 1 medium chopped onion, 2 minced garlic cloves, 2 diced carrots, 2 diced celery stalks, 2 cups diced potatoes (about 1 lb), 4 cups low-sodium broth, 1 bay leaf, 1 cup unsweetened almond milk or low-fat milk, 1/4 cup lemon juice (1–2 lemons), 1 tsp lemon zest, 2 tbsp chopped dill, salt and pepper to taste, fresh parsley for garnish

INSTRUCTIONS:

1. Heat the olive oil in a pot over medium heat. Cook the onion, garlic, carrots, and celery for 5–7 min.
2. Stir in the potatoes, add the broth and bay leaf. Simmer for 15 min, until the potatoes are tender.
3. Add the salmon and cook for 5–7 min, until opaque. Stir in the almond milk.
4. Add the lemon juice, zest, and dill. Season to taste and simmer for 2–3 min.

SERVING AND DECORATION TIPS:

Serve in wide, shallow bowls. Garnish with parsley and lemon wedges. Drizzle with olive oil if desired. Pair with crusty whole-grain bread, simple green salad, roasted asparagus, or broccolini.

NUTRITIONAL INFORMATION (per serving):
230 Cal | 28g Protein | 28g Carbs | 10g Fat | 5g Fiber | 60mg Chol | 420mg Sodium | 900mg Potassium

SPICY SEAFOOD CIOPPINO



★★½☆☆ PREP 20 MIN COOK 40 MIN

INGREDIENTS:

1 lb cleaned mussels, 1 lb scrubbed clams, 1/2 lb peeled large shrimp, 1/2 lb firm white fish cut into 1-inch pieces (e.g., cod), 1 medium chopped onion, 2 minced garlic cloves, 1 sliced fennel bulb, 1 diced red bell pepper, 2 cups low-sodium broth, 1 can no-salt-added diced tomatoes (14.5 oz), 1 cup dry white wine, 1/4 cup tomato paste, 1 tsp red pepper flakes, 1 tsp dried oregano, 1 tsp dried thyme, 2 tbsp olive oil, salt, pepper, lemon wedges, fresh parsley for garnish

INSTRUCTIONS:

1. Clean the seafood and set it aside.
2. Heat the olive oil in a pot; sauté the onion, garlic, fennel, and bell pepper for 5–7 min.
3. Stir in the tomato paste, red pepper flakes, oregano, and thyme. Cook for 2 min.
4. Add the tomatoes, broth, and wine. Bring to a boil, reduce the heat, and simmer for 20 min.
5. Add the mussels, clams, shrimp, and fish. Cover and cook for 5–7 min until the seafood is done.

SERVING AND DECORATION TIPS:

Serve in deep, white bowls to highlight colors. Place each bowl on a flat white plate with garlic bread beside it. Garnish with parsley and lemon wedges. Pair with a simple green salad or roasted vegetables.

NUTRITIONAL INFORMATION (per serving):
350 Cal | 35g Protein | 12g Carbs | 12g Fat | 3g Fiber | 140mg Chol | 600mg Sodium | 900mg Potassium

TUSCAN CLAM AND BEAN SOUP



★★½☆☆ PREP 20 MIN COOK 30 MIN

INGREDIENTS:

1 lb scrubbed fresh clams, 1 tbsp olive oil, 1 medium chopped onion, 2 diced carrots, 2 minced garlic cloves, 2 diced celery stalks, 1 can drained cannellini beans (15 oz), 1 can diced tomatoes (14.5 oz), 4 cups low-sodium broth, 1/4 cup dry white wine (optional)

SEASONINGS & EXTRAS: 1 bay leaf, 1 tsp dried thyme, 1 tsp dried oregano, 2 tbsp chopped fresh parsley, fresh basil for garnish, salt and pepper to taste

INSTRUCTIONS:

1. Clean the clams and set aside.
2. Heat the olive oil in a large pot. Sauté the onion, garlic, carrots, and celery for 5–7 min.
3. Stir in the cannellini beans and the tomatoes.
4. Add the broth, wine, bay leaf, thyme, and oregano. Season with salt and pepper. Simmer for 10 min.
5. Add the clams, cover, and cook for 5–7 min until the clams open. Discard any unopened.
6. Stir in the parsley and adjust the seasoning.

SERVING AND DECORATION TIPS:

Use rustic, wide, shallow bowls to give the dish an authentic Tuscan feel. Garnish with fresh basil. Serve with a small plate of olives, feta cheese, cherry tomatoes, crusty whole-grain bread, or a green salad.

NUTRITIONAL INFORMATION (per serving):
280 Cal | 20g Protein | 30g Carbs | 7g Fat | 8g Fiber | 30mg Chol | 620mg Sodium | 950mg Potassium

GRILLED VEGETABLE AND HUMMUS WRAP



★½☆☆☆ PREP 15 MIN COOK 20 MIN

INGREDIENTS:

VEGETABLES: 1 sliced zucchini, 1 red bell pepper cut into strips, 1 yellow bell pepper cut into strips, 1 red onion cut into rings, 1 cup halved cherry tomatoes, 2 tbsp olive oil, 1 tsp dried oregano, 1/2 tsp black pepper, 1/2 tsp garlic powder, 1/2 tsp sea salt

HUMMUS WRAPS: 1 cup hummus, 1 cup baby spinach or arugula, 1/2 cup crumbled feta, 1/4 cup Kalamata olives, 4 whole wheat tortillas (8-inch)

INSTRUCTIONS:

1. Preheat the grill or grill pan to medium-high heat.
2. In a large bowl, toss the vegetables with the olive oil, oregano, pepper, garlic powder, and salt.
3. Grill the vegetables for 10–12 min, turning occasionally to achieve grill marks.
4. Warm the tortillas on the grill for 1 min on each side.
5. Spread the hummus on each tortilla and top with grilled vegetables, spinach, feta, and olives.
6. Roll the wraps, cut them in half, and serve.

SERVING AND DECORATION TIPS:
Serve on a white or colorful plate for contrast. Garnish with fresh herbs, crumbled feta, or a drizzle of balsamic glaze. Add a small bowl of extra hummus or tzatziki for dipping. Pair with fruit or a side salad.

NUTRITIONAL INFORMATION (per serving):
350 Cal | 11g Protein | 33g Carbs | 17g Fat | 7g Fiber | 25mg Chol | 780mg Sodium | 700mg Potassium

TURKEY AND HUMMUS LETTUCE WRAPS WITH VEGGIES



★★☆☆☆ PREP 15 MIN COOK 10 MIN

INGREDIENTS:

TURKEY FILLING: 1 lb ground turkey, 1 tbsp olive oil, 1 small diced onion, 2 minced garlic cloves, 1 small diced zucchini, 1 diced bell pepper, 1 tsp ground cumin, 1/2 tsp dried oregano, 1 tsp paprika, salt & pepper

WRAPS: 8 large lettuce leaves, 1/2 cup hummus, 1 cup halved cherry tomatoes, 1/2 cup shredded carrots, 1/2 cup cucumber slices, parsley, cilantro, or lemon juice

INSTRUCTIONS:

1. Sauté the onion in olive oil in a large skillet. Add the garlic, then the turkey. Cook for 5–7 min until browned. Add the zucchini, bell pepper, spices, salt, and pepper; cook for 3 min.
2. Wash and dry the large lettuce leaves.
3. Spread the hummus on the lettuce leaves, add the turkey filling, and top with the fresh vegetables.
4. Fold the lettuce leaf around the filling to form a wrap. Garnish with parsley, cilantro, or lemon juice.

SERVING AND DECORATION TIPS:
Arrange the wraps in a row or circle on a white or colorful platter. Add extra veggies, and serve with hummus or vinaigrette. Serve immediately or chill.

NUTRITIONAL INFORMATION (per serving):
290 Cal | 25g Protein | 20g Carbs | 15g Fat | 5g Fiber | 80mg Chol | 400mg Sodium | 600mg Potassium





CHAPTER 4: DINNER

MEDITERRANEAN DIET COOKBOOK

BAKED LEMON HERB CHICKEN THIGHS WITH ROASTED VEGETABLES



★★☆☆☆ PREP 15 MIN COOK 40 MIN

INGREDIENTS:

CHICKEN: 4 bone-in skin-on chicken thighs (about 1.5 lbs), 2 tbsp olive oil, 3 minced garlic cloves, juice and zest of 1 lemon, 1 tbsp chopped fresh thyme, 1 tbsp chopped fresh rosemary, 1 tsp dried oregano, salt and pepper, balsamic vinegar (for garnish)

VEGETABLES: 1 sliced zucchini, 1 chopped red bell pepper, 1 chopped yellow bell pepper, 1 sliced red onion, 1 cup cherry tomatoes, 2 tbsp olive oil, 1 tsp dried basil, 1 tsp dried thyme, salt and pepper to taste

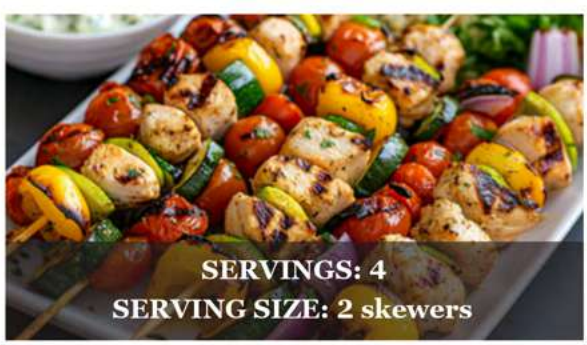
INSTRUCTIONS:

1. Preheat the oven to 400°F.
2. In a small bowl, mix the olive oil, garlic, lemon juice and zest, herbs, salt, and pepper. Rub the mixture over the chicken. Marinate for 10–15 min.
3. Toss the vegetables with olive oil, basil, thyme, salt, and pepper. Spread them in a large baking dish.
4. Place the chicken thighs on top of the vegetables. Bake for 35–40 min, or until the chicken reaches an internal temperature of 165°F and the skin is golden.
5. Let the chicken rest for 5 min. Plate the chicken over the vegetables, spooning over any pan juices.

SERVING AND DECORATION TIPS:
Serve the chicken on a large white plate, with the roasted vegetables arranged around it. Garnish with a few sprigs of fresh thyme, rosemary, or lemon wedges. Finish with a drizzle of balsamic vinegar or olive oil. Pair with a green salad or a quinoa pilaf.

NUTRITIONAL INFORMATION (per serving):
400 Cal | 28g Protein | 12g Carbs | 27g Fat | 3g Fiber | 90mg Chol | 200mg Sodium | 600mg Potassium

MEDITERRANEAN CHICKEN AND VEGETABLE SKEWERS



★★☆☆☆ PREP 20 MIN COOK 15 MIN

INGREDIENTS:

MARINADE: 1/4 cup olive oil, 2 tbsp lemon juice, 2 minced garlic cloves, 1 tsp dried oregano, 1/2 tsp dried thyme, salt, pepper

SKEWERS: 2 cubed boneless chicken breasts, 1 cup cherry tomatoes (about 20), 1 chunked red bell pepper, 1 chunked yellow bell pepper, 1 chunked red onion, 1 sliced zucchini, 8 soaked wooden skewers

INSTRUCTIONS:

1. Mix the marinade ingredients. Pour over the chicken and vegetables; marinate for 30 min to 2 hr.
2. Preheat the grill or oven to medium-high heat.
3. Thread the chicken and vegetables onto the skewers.
4. Grill for 10–12 min or bake for 12–15 min, until the chicken is cooked and the vegetables are tender.

SERVING AND DECORATION TIPS:
Arrange the skewers diagonally across a rectangular platter. If desired, sprinkle with parsley or dill, and drizzle with olive oil. Serve with tzatziki, hummus, couscous, or Greek salad.

NUTRITIONAL INFORMATION (per serving):
280 Cal | 25g Protein | 10g Carbs | 15g Fat | 3g Fiber | 60mg Chol | 300mg Sodium | 600mg Potassium

CHICKEN AND ARTICHOKE BAKE WITH LEMON AND CAPERS



★★☆☆☆ PREP 15 MIN COOK 30 MIN

INGREDIENTS:

4 boneless chicken breasts (6 oz each), 1 tbsp olive oil, 2 minced garlic cloves, lemon zest and juice of 1 lemon, 1 tbsp rinsed capers, 1 cup drained and quartered artichoke hearts, 1/2 cup chicken broth, salt and pepper to taste, oregano and red pepper flakes to taste, fresh parsley for garnish, lemon wedges for garnish

INSTRUCTIONS:

1. Preheat the oven to 375°F.
2. Season the chicken with salt, pepper, oregano.
3. Heat olive oil in an oven-safe skillet; cook the chicken for 3–4 min per side, until golden. Remove.
4. In the same skillet, add the minced garlic and sauté for 1–2 min until fragrant. Add the chicken broth, lemon juice, and capers. Stir, scraping any browned bits from the bottom.
5. Return the chicken, and add the artichokes, lemon zest, and red pepper flakes.
6. Bake for 25 min until the chicken reaches 165°F.

SERVING AND DECORATION TIPS:

Top with parsley and garnish with lemon wedges. Serve with roasted vegetables, salad, quinoa, or farro.

NUTRITIONAL INFORMATION (per serving):
280 Cal | 35g Protein | 7g Carbs | 12g Fat | 2g Fiber | 85mg Chol | 480mg Sodium | 450mg Potassium

SPINACH AND FETA STUFFED CHICKEN WITH TOMATO SAUCE



★★★☆☆ PREP 20 MIN COOK 25 MIN

INGREDIENTS:

CHICKEN: 4 boneless skinless chicken breasts (6 oz each), 1 cup chopped fresh spinach, 1/2 cup crumbled feta, 2 minced garlic cloves, 1/4 tsp dried oregano, salt and pepper to taste, toothpicks

TOMATO SAUCE: 1 tbsp olive oil, 1 small chopped onion, 2 minced garlic cloves, 1 can (14 oz) diced tomatoes, 1/2 tsp dried basil, 1/2 tsp dried oregano, salt and pepper to taste

INSTRUCTIONS:

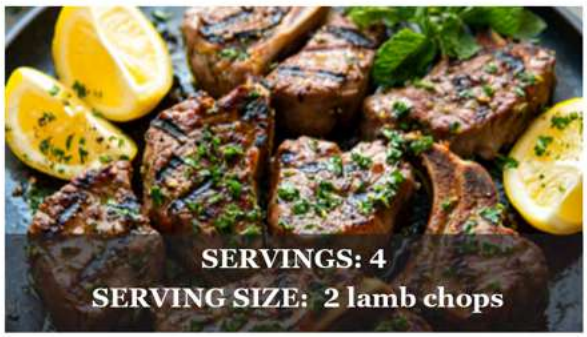
1. Preheat the oven to 375°F.
2. Butterfly each chicken breast, season with salt and pepper, and set aside.
3. In a bowl, mix the spinach, feta, garlic, oregano, salt, and pepper. Spoon this filling into each chicken breast and secure with toothpicks.
4. Heat olive oil in an oven-safe skillet. Brown the chicken for 2–3 min per side. Remove and set aside.
5. In the same skillet, cook the garlic and onion; add the tomatoes, basil, oregano, salt, and pepper. Nestle the chicken in the sauce, transfer to the oven, and bake for 20–25 min, until the chicken reaches 165°F.

SERVING AND DECORATION TIPS:

Plate in a shallow bowl and garnish with fresh basil. Pair with couscous or quinoa and roasted vegetables.

NUTRITIONAL INFORMATION (per serving):
320 Cal | 40g Protein | 10g Carbs | 14g Fat | 3g Fiber | 115mg Chol | 580mg Sodium | 550mg Potassium

GRILLED LAMB CHOPS WITH MINT AND GARLIC



★★☆☆☆ PREP 15 MIN COOK 10 MIN

INGREDIENTS:

8 trimmed lamb loin chops (4 oz each), 2 tbsp chopped fresh mint (or substitute rosemary or thyme for a different herb flavor), 4 minced garlic cloves, 1 tsp dried oregano, zest and juice of 1 lemon, 2 tbsp extra-virgin olive oil, red pepper flakes (optional), salt and black pepper to taste, lemon wedges for serving

INSTRUCTIONS:

1. Season the lamb with salt and pepper.
2. In a bowl, mix the olive oil, garlic, mint, lemon zest, juice, oregano, and red pepper flakes.
3. Rub the mixture onto the lamb. Refrigerate for 1 hr.
4. Preheat the grill to medium-high (400°F).
5. Remove the lamb from the marinade and grill for 3–4 min per side for medium-rare.
6. Let rest for a few minutes. Serve hot.

SERVING AND DECORATION TIPS:

Use a rustic plate or shallow bowl. Arrange the chops, sprinkle with chopped mint, and add lemon wedges. Drizzle with olive oil. Serve with couscous or quinoa and grilled bell peppers and zucchini.

NUTRITIONAL INFORMATION (per serving):
300 Cal | 30g Protein | 2g Carbs | 19g Fat | 0g Fiber | 95mg Chol | 70mg Sodium | 380mg Potassium

MEDITERRANEAN BEEF AND VEGETABLE SKILLET



★★☆☆☆ PREP 15 MIN COOK 20 MIN

INGREDIENTS:

1 lb thinly sliced lean beef sirloin or flank steak, 2 tbsp extra-virgin olive oil, 1 sliced red bell pepper, 1 sliced yellow bell pepper, 1 sliced red onion, 2 minced garlic cloves, 1 tsp dried oregano, 1/2 tsp dried basil, 1/2 tsp smoked paprika, 1 can diced tomatoes (14 oz) with juices, 1/2 cup pitted and halved Kalamata olives, 2 tbsp chopped fresh parsley, salt and black pepper to taste, crumbled feta for garnish

INSTRUCTIONS:

1. Season the beef with salt and pepper.
2. Heat 1 tbsp olive oil in a skillet over medium-high heat. Add the beef and cook for 2–3 min per side until browned. Remove from the skillet; set aside.
3. In the same skillet, add the remaining olive oil, bell peppers, and onion. Sauté for 3–4 min.
4. Stir in the garlic, oregano, basil, and paprika; cook for 1 min.
5. Add the tomatoes and olives. Return the beef to the skillet, and simmer for 5–7 min until the beef is cooked through and the vegetables are tender.
6. Remove from heat. Garnish with parsley and feta.

SERVING AND DECORATION TIPS:

Use a shallow dish or cast-iron skillet. Serve with couscous, quinoa, or a light Greek salad.

NUTRITIONAL INFORMATION (per serving):
370 Cal | 30g Protein | 14g Carbs | 22g Fat | 5g Fiber | 75mg Chol | 780mg Sodium | 900mg Potassium

LEMON DILL TURKEY MEATBALLS WITH ZUCCHINI NOODLES



★★☆☆☆ PREP 20 MIN COOK 25 MIN

INGREDIENTS:

MEATBALLS: 1 lb lean ground turkey, 1/4 cup whole wheat breadcrumbs or almond flour (gluten-free, lower carb option), 1/4 cup grated Parmesan, 1 egg, 2 tbsp chopped fresh dill, 1 tbsp olive oil, zest of 1 lemon, 2 minced garlic cloves, salt and black pepper

NOODLES: 1 tbsp olive oil, juice of 1 lemon, 4 spiralized or thinly sliced medium zucchinis, 2 minced garlic cloves, 2 tbsp chopped fresh parsley, salt and pepper to taste

INSTRUCTIONS:

1. In a large bowl, combine the turkey, breadcrumbs, Parmesan, egg, dill, lemon zest, garlic, salt, and pepper. Form into 1-inch meatballs.

2. Heat the olive oil in a skillet over medium-high heat. Cook the meatballs for 2–3 min per side until browned and cooked through. Remove from the skillet and set aside.

3. In the same skillet, add olive oil if needed, then cook garlic for 1 min. Add the zucchini noodles, then season with salt, pepper, and lemon juice. Toss for 2–3 min until tender. Stir in the parsley.

4. Return the meatballs to the skillet. Toss with the noodles and heat through for 1–2 min.

SERVING AND DECORATION TIPS:

Serve in shallow bowls with mixed greens and lemon vinaigrette. Garnish with herbs and a lemon wedge.

NUTRITIONAL INFORMATION (per serving):
320 Cal | 30g Protein | 10g Carbs | 18g Fat | 3g Fiber | 130mg Chol | 380mg Sodium | 750mg Potassium

GREEK LAMB STEW WITH EGGPLANT AND TOMATOES



★★★☆☆ PREP 20 MIN COOK 1 HR 30 MIN

INGREDIENTS:

1 lb cubed lamb shoulder, 2 tbsp olive oil, 1 chopped onion, 3 minced garlic cloves, 1 diced medium eggplant, 1 can diced tomatoes (14.5 oz), 1 cup low-sodium broth, 1/2 cup white wine, 1 tsp dried oregano, red pepper flakes (optional), salt, pepper, 1 tsp ground cumin, 1/2 tsp smoked paprika, 1/2 tsp cinnamon, 1/4 cup chopped parsley or cilantro, 1/4 cup pitted Kalamata olives

INSTRUCTIONS:

1. Heat the olive oil in a large pot. Brown the lamb cubes on all sides (5–7 min). Remove and set aside.

2. In the same pot, sauté the onion (3–4 min). Add the minced garlic and cook for 1 min until fragrant.

3. Add the eggplant and cook for 5 min. Stir in the tomatoes.

4. Return the lamb. Add the broth, wine, all spices, and seasonings. Boil, then cover and simmer for 1 hr until the lamb is tender. Adjust the seasoning.

SERVING AND DECORATION TIPS:

Serve in shallow white bowls. Stir in the parsley or cilantro and a few Kalamata olives. Drizzle with olive oil. Pair with couscous, quinoa, or steamed broccoli.

NUTRITIONAL INFORMATION (per serving):
330 Cal | 25g Protein | 15g Carbs | 20g Fat | 5g Fiber | 85mg Chol | 420mg Sodium | 850mg Potassium

MEDITERRANEAN BAKED MACKEREL WITH OLIVES AND TOMATOES



★★☆☆☆ PREP 15 MIN COOK 20 MIN

INGREDIENTS:

MACKEREL: 4 mackerel fillets (6 oz each), 2 tbsp extra-virgin olive oil, 2 minced garlic cloves, 1 lemon (sliced), 1 tsp dried oregano, 1/2 tsp dried thyme, salt and pepper to taste

TOPPING: 1 cup halved cherry tomatoes, 1/2 cup sliced Kalamata olives, 1/4 cup sliced red onion, 2 tbsp drained capers, 1 tbsp chopped fresh basil or parsley, juice of 1/2 lemon, 1 tbsp olive oil, microgreens

INSTRUCTIONS:

1. Preheat the oven to 400°F.
2. Arrange the mackerel fillets skin-side down on a parchment-lined baking sheet. Drizzle with olive oil and season with oregano, garlic, thyme, salt, and pepper. Top with lemon slices.
3. Bake for 12 min, until the mackerel flakes easily.
4. In a bowl, combine the cherry tomatoes, olives, onion, capers, basil, lemon juice, and olive oil.
5. Spoon the topping over the baked mackerel fillets.

SERVING AND DECORATION TIPS:
Use a shallow, wide-rimmed plate or low bowl. Pair with quinoa or brown rice and steamed or roasted vegetables such as asparagus or bell peppers. Garnish with basil, parsley, or microgreens.

NUTRITIONAL INFORMATION (per serving):
310 Cal | 27g Protein | 11g Carbs | 18g Fat | 3g Fiber | 90mg Chol | 480mg Sodium | 680mg Potassium

MEDITERRANEAN SHRIMP AND CAULIFLOWER RICE STIR-FRY



★★☆☆☆ PREP 15 MIN COOK 15 MIN

INGREDIENTS:

1 lb peeled and deveined large shrimp, 1 medium head cauliflower, blended or 4 cups fresh or frozen cauliflower rice, 2 tbsp extra-virgin olive oil (divided), 1 diced red bell pepper, 1 diced zucchini, 1/2 cup halved cherry tomatoes, 1/4 cup sliced Kalamata olives, 3 minced garlic cloves, 1 tsp dried oregano, 1/2 tsp smoked paprika, 2 tbsp chopped fresh parsley, lemon wedges, salt and pepper to taste

INSTRUCTIONS:

1. Season the shrimp with salt, pepper, and paprika. Heat 1 tbsp olive oil in a skillet over medium. Sauté the shrimp for 2–3 min per side until pink. Set aside.
2. In the same skillet, add the remaining oil and garlic. Sauté for 1 min. Add the bell pepper, zucchini, and tomatoes. Season with oregano, salt, and pepper. Cook for 3–4 min until tender.
3. Stir in the cauliflower rice and cook for 4–5 min until tender. Add the olives.
4. Return the shrimp to the skillet and cook for 1–2 min until heated through.

SERVING AND DECORATION TIPS:
Serve in shallow plates or bowls. Garnish with lemon wedges and parsley. Pair with mixed greens salad.

NUTRITIONAL INFORMATION (per serving):
280 Cal | 22g Protein | 10g Carbs | 18g Fat | 5g Fiber | 180mg Chol | 570mg Sodium | 650mg Potassium

GREEK-STYLE COD WITH HERB-CRUSTED WALNUT TOPPING



★★☆☆☆ PREP 15 MIN COOK 15 MIN

INGREDIENTS:

COD: 4 cod fillets (6 oz each), 1 tbsp olive oil, 1 tsp lemon zest, salt, and black pepper to taste

WALNUT HERB TOPPING: 1/2 cup finely chopped walnuts, 1/4 cup chopped fresh parsley, 1/2 tsp dried oregano, 1/2 tsp dried thyme, 1 minced garlic clove, 1 tbsp lemon juice, 1 tbsp olive oil, 2 tbsp whole wheat breadcrumbs or almond flour

GARNISH: lemon slices, microgreens

INSTRUCTIONS:

1. Preheat the oven to 400°F. Line a baking sheet with parchment paper.
2. Pat the cod dry with paper towels, brush with olive oil, and season with lemon zest, salt, and pepper.
3. In a bowl, mix the walnuts, parsley, breadcrumbs, oregano, thyme, garlic, lemon juice, and olive oil.
4. Press the topping onto the cod fillets.
5. Bake for 12–15 min, or until the fish flakes easily.

SERVING AND DECORATION TIPS:
Serve the cod on a white or black plate for contrast with lemon slices. Garnish with extra parsley or microgreens for a restaurant-style look. Pair with quinoa, roasted zucchini, or a Greek salad.

NUTRITIONAL INFORMATION (per serving):
320 Cal | 35g Protein | 8g Carbs | 18g Fat | 2g Fiber | 70mg Chol | 350mg Sodium | 750mg Potassium

GRILLED TUNA STEAKS WITH MEDITERRANEAN SALSA



★★☆☆☆ PREP 15 MIN COOK 10 MIN

INGREDIENTS:

STEAKS: 4 tuna steaks (6 oz each), 2 tbsp olive oil, 1 tbsp lemon juice, 2 minced garlic cloves, 1 tsp dried oregano, 1/2 tsp smoked paprika, salt and pepper to taste

SALSA: 1 cup diced cherry tomatoes, 1/2 cup sliced Kalamata olives, 1/4 cup finely chopped red onion, 2 tbsp drained capers, 1/4 cup diced cucumber, salt and pepper to taste, 2 tbsp chopped fresh basil or parsley, 1 tbsp olive oil, juice of 1/2 lemon

INSTRUCTIONS:

1. In a small bowl, mix the olive oil, lemon juice, garlic, oregano, smoked paprika, salt, and pepper. Brush over the tuna and let it marinate for 10 min.
2. Preheat the grill to medium-high. Grill the tuna steaks for 3–4 min per side for medium-rare.
3. Mix the salsa ingredients in a bowl and season to taste.
4. Place the tuna on plates and top with the salsa.

SERVING AND DECORATION TIPS:
Use a sleek white or rustic ceramic plate to showcase the tuna and salsa. Garnish with basil and a lemon wedge, and drizzle with olive oil. Pair with roasted veggies, quinoa, or farro, and a mixed green salad with cucumber and light vinaigrette.

NUTRITIONAL INFORMATION (per serving):
310 Cal | 30g Protein | 12g Carbs | 18g Fat | 4g Fiber | 70mg Chol | 600mg Sodium | 750mg Potassium

PANKO-CRUSTED TILAPIA WITH GARLIC AND FRESH DILL YOGURT MARINADE



★★☆☆☆ PREP 20 MIN COOK 10 MIN

INGREDIENTS:

MARINADE: 1/2 cup unsweetened low-fat Greek yogurt, 1 tbsp chopped fresh dill or 1/2 tsp dried dill, 2 minced garlic cloves, 1 tbsp lemon juice, salt and pepper to taste

COATING: 4 tilapia fillets (6 oz each), 1 cup panko breadcrumbs, 1 egg, 1 tbsp water, 1 tbsp grated Parmesan cheese (optional), 1 tsp dried oregano, 3 tbsp olive oil, 1/2 tsp smoked paprika, salt and black pepper to taste

INSTRUCTIONS:

1. In a small bowl, mix the yogurt, dill, garlic, lemon juice, salt, and pepper. Coat the tilapia fillets and refrigerate for 15 min.
2. In another bowl, combine the panko, Parmesan (if using), oregano, paprika, salt, and pepper.
3. In a separate bowl, whisk the egg with the water.
4. Heat the oil in a skillet over medium heat.
5. Dip each fillet in the egg wash, then coat with the panko mixture. Cook the tilapia for 3–4 min per side, until golden and flaky.
6. Transfer to paper towels to drain excess oil.

SERVING AND DECORATION TIPS:
Serve on a flat, white plate. Drizzle with olive oil and garnish with dill or parsley. Add a lemon wedge for a fresh finish. Pair with roasted zucchini, bell peppers, or quinoa/farro.

NUTRITIONAL INFORMATION (per serving):
310 Cal | 30g Protein | 13g Carbs | 15g Fat | 1g Fiber | 85mg Chol | 320mg Sodium | 450mg Potassium

LEMON-GARLIC GRILLED SQUID WITH HERBS



★☆☆☆☆ PREP 15 MIN COOK 10 MIN

INGREDIENTS:
4 cleaned medium squid cut into rings (about 1.3 lbs or 21 oz), 3 tbsp extra-virgin olive oil, 2 tbsp lemon juice, 3 minced garlic cloves, 1 tsp dried oregano, 1 tsp dried thyme, 1/2 tsp smoked paprika, chopped fresh parsley for garnish, salt and pepper to taste, lemon wedges for serving, edible flowers (optional for garnish)

INSTRUCTIONS:

1. In a bowl, mix the olive oil, lemon juice, garlic, oregano, thyme, paprika, salt, and pepper.
2. Coat the squid rings with the marinade in a zip-top bag (or in a covered shallow dish) and marinate in the refrigerator for 30 min.
3. Preheat the grill to medium-high. Oil the grates lightly. Grill the squid for 2–3 min per side until charred and cooked through.

SERVING AND DECORATION TIPS:
Choose a shallow white plate. Garnish with lemon wedges, parsley, or edible flowers. Pair with grilled Mediterranean vegetables—such as eggplant, cherry tomatoes, or artichokes—or a quinoa salad.

NUTRITIONAL INFORMATION (per serving):
210 Cal | 24g Protein | 4g Carbs | 11g Fat | 1g Fiber | 315mg Chol | 290mg Sodium | 370mg Potassium

EGGPLANT MOUSSAKA WITH GREEK YOGURT BECHAMEL



★★★☆☆ PREP 30 MIN COOK 50 MIN

INGREDIENTS:

EGGPLANT LAYER: 2 large eggplants, sliced into 1/2-inch rounds, 2 tbsp olive oil, salt and pepper to taste

TOMATO SAUCE: 1 chopped onion, 1 can diced tomatoes (15 oz), 2 tbsp tomato paste, 2 minced garlic cloves, 1 tsp dried oregano, 1/4 cup chopped parsley, 1 tsp dried basil, 1/2 tsp cinnamon, salt and pepper to taste

GREEK YOGURT BECHAMEL: 2 tbsp butter, 2 tbsp whole grain flour, 1 1/2 cups low-fat milk, 1 cup Greek yogurt, 1/4 tsp ground nutmeg, 1 cup grated Parmesan or Gruyère cheese, salt and pepper to taste

INSTRUCTIONS:

1. Preheat the oven to 400°F. In a bowl, toss the eggplant slices with olive oil, season, place in 2 layers on a baking sheet, roast for 20 min, flipping halfway.
2. Sauté the onion and garlic in olive oil for 3 min in a skillet. Add the tomatoes, paste, herbs, cinnamon, salt, and pepper. Simmer for 10 min. Stir in parsley.
3. In a saucepan, melt the butter, and whisk in the flour for 2 min. Gradually add the milk, whisking for 5 min until thickened. Off the heat, whisk in the yogurt, nutmeg, salt, pepper, and 1/2 cup cheese.
4. In a greased 9x13-inch dish, layer half the roasted eggplant slices, followed by half of the tomato sauce. Repeat the layers. Top with the bechamel and the remaining cheese. Bake at 400°F for 35–45 min.

SERVING AND DECORATION TIPS:

Let it rest for 10 min. Garnish with parsley or edible flowers. Slice with a sharp knife. Use a spatula to transfer the slices intact. Pair with lemon potatoes.

NUTRITIONAL INFORMATION (per serving):
320 Cal | 15g Protein | 24g Carbs | 17g Fat | 7g Fiber | 50mg Chol | 450mg Sodium | 800mg Potassium

ZUCCHINI AND TOMATO GRATIN WITH PARMESAN



★★☆☆☆ PREP 20 MIN COOK 40 MIN

INGREDIENTS:

GRATIN: 4 sliced medium zucchinis (1/4-inch), 4 sliced large tomatoes (1/4-inch), 2 tbsp olive oil, 1 tsp dried oregano, 1/2 tsp garlic powder, 1 tsp dried basil, salt, pepper

TOPPING: 1/2 cup grated Parmesan, 1/4 cup whole wheat breadcrumbs, 1 tbsp chopped fresh basil (optional for garnish)

INSTRUCTIONS:

1. Preheat the oven to 375°F.
2. Lay the zucchini and tomatoes on paper towels, sprinkle with salt, and pat dry after 10 min.
3. Toss the zucchini and tomato slices with olive oil, spices, herbs, salt & pepper in a bowl. Arrange them in overlapping layers in a greased 9x13-inch baking dish. Top with the Parmesan-breadcrumb mixture.
4. Bake for 30–40 min until tender and golden.

SERVING AND DECORATION TIPS:

Use a decorative dish. Garnish with fresh basil. Pair with grilled chicken or fish and a green salad.

NUTRITIONAL INFORMATION (per serving):
160 Cal | 7g Protein | 12g Carbs | 8g Fat | 3g Fiber | 20mg Chol | 220mg Sodium | 500mg Potassium

STUFFED ACORN SQUASH WITH WILD RICE AND WALNUTS



★★★☆☆ PREP 20 MIN COOK 1 HR 10 MIN

INGREDIENTS:

ACORN SQUASH: 2 medium squashes (halved and seeds removed), 1 tbsp olive oil, salt, and pepper to taste

FILLING: 1 cup rinsed wild rice, 2 cups low-sodium vegetable broth, 1 tbsp olive oil, 1 chopped small onion, 2 minced garlic cloves, 1 tsp rosemary, 1/2 tsp cinnamon, 1 cup chopped walnuts, 1 tsp dried thyme, 1/2 cup dried cranberries, 1/2 cup crumbled feta cheese (optional), salt, pepper, fresh parsley

INSTRUCTIONS:

1. Preheat the oven to 400°F.
2. Brush the cut sides of the squash with olive oil and season with salt and pepper.
3. Place the squash halves cut-side down on a lined baking sheet and roast for 35–40 min.
4. Simmer the rice with broth for 30 min; fluff.
5. In a large skillet, sauté the onions and garlic in olive oil. Add the walnuts and cook for 2 min. Stir in the rice, cranberries, feta, spices, salt, and pepper.
6. Flip the squash halves cut-side up, fill them with the rice mixture, and bake for another 10–15 min.

SERVING AND DECORATION TIPS:
Use a neutral-colored plate. Garnish with parsley, extra walnuts around the squash, and a drizzle of balsamic glaze. Pair with a fresh green salad.

NUTRITIONAL INFORMATION (per serving):
310 Cal | 9g Protein | 38g Carbs | 15g Fat | 6g Fiber | 20mg Chol | 230mg Sodium | 700mg Potassium

BAKED FALAFEL WITH LEMON-TAHINI DRESSING



★★☆☆☆ PREP 20 MIN COOK 20 MIN

INGREDIENTS:

FALAFEL: 1 can drained chickpeas (15 oz), 1 chopped small onion, 2 tbsp olive oil, 1/2 cup chopped parsley, 2 minced garlic cloves, 1/2 cup chopped cilantro, 1/4 tsp cayenne, 1/2 cup whole wheat flour, 1 tbsp ground cumin, 1/2 tsp baking powder, 1 tsp ground coriander, 1/2 tsp paprika, salt and pepper

DRESSING: 1/4 cup tahini, 2 tbsp lemon juice, 1 tbsp olive oil, 1 minced garlic clove, 2–3 tbsp water, salt and pepper to taste

INSTRUCTIONS:

1. Preheat the oven to 400°F. In a food processor, pulse the chickpeas, onion, garlic, parsley, and cilantro. Transfer to a bowl and mix with the flour, spices, and baking powder. Shape into small balls.
2. Brush the falafel with olive oil and bake for 20 min on a lined baking sheet, flipping halfway.
3. In a small bowl, whisk together the tahini, lemon juice, olive oil, garlic, salt, and pepper. Gradually whisk in water until smooth.

SERVING AND DECORATION TIPS:
Place the falafel in a shallow, light-colored serving bowl or a bento-style dish. Drizzle with the dressing, then garnish with fresh herbs, paprika, cucumber, and tomatoes. Serve with pita bread or a side salad.

NUTRITIONAL INFORMATION (per serving):
290 Cal | 11g Protein | 31g Carbs | 14g Fat | 8g Fiber | 0mg Chol | 350mg Sodium | 550mg Potassium

GRILLED PORTOBELLO SALAD WITH BALSAMIC DRESSING



★★☆☆☆ PREP 15 MIN COOK 15 MIN

INGREDIENTS:

SALAD: 4 large portobello mushrooms, 4 tbsp olive oil (divided), 1 cup halved cherry tomatoes, 1 sliced cucumber, 1 sliced red bell pepper, 1/4 cup thinly sliced red onion, salt & pepper, 4 cups mixed greens (arugula, spinach, romaine), 1/4 cup crumbled feta

VINAIGRETTE: 1/4 cup balsamic vinegar, 2 tbsp extra-virgin olive oil, 1 minced garlic clove, 1 tsp Dijon mustard, 1 tsp honey or maple syrup, salt and pepper to taste

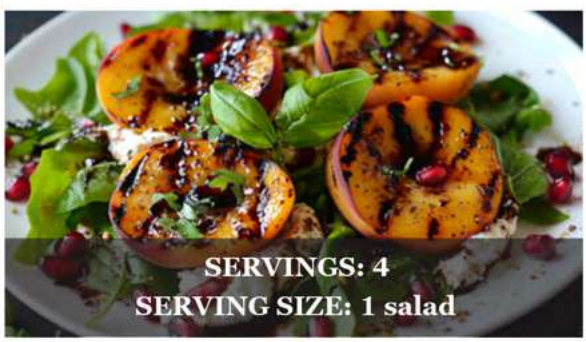
INSTRUCTIONS:

1. Preheat the grill to medium-high. Brush the mushrooms with 2 tbsp olive oil, season, and grill for 5–7 min per side. Let cool, then slice.
2. In a small bowl, whisk together the balsamic vinegar, garlic, 2 tbsp olive oil, mustard, honey, salt and pepper.
3. In a large salad bowl, combine the greens, tomatoes, cucumber, bell pepper, and onion. Add the mushroom slices and toss with the vinaigrette.
4. Top with crumbled feta.

SERVING AND DECORATION TIPS:
Arrange the salad on a large, shallow white serving plate. Garnish with basil or parsley. Serve with whole grain bread, roasted vegetables, or quinoa salad.

NUTRITIONAL INFORMATION (per serving):
220 Cal | 6g Protein | 15g Carbs | 17g Fat | 4g Fiber | 15mg Chol | 340mg Sodium | 700mg Potassium

GRILLED PEACH & BURRATA SALAD WITH BALSAMIC GLAZE



★★☆☆☆ PREP 15 MIN COOK 5 MIN

INGREDIENTS:

SALAD: 4 halved and pitted medium peaches, 8 oz burrata cheese (2 oz per serving), 6 cups mixed greens (arugula, spinach, radicchio), 2 tbsp olive oil, 1 tbsp lemon juice, 1/4 tsp sea salt, 1/4 tsp black pepper, a hint of honey or Dijon mustard

TOPPING: 2 tbsp balsamic glaze, 12 torn basil leaves (or mint), 1/4 cup chopped nuts (pistachios, almonds, walnuts, or pine nuts), 1/4 cup pomegranate seeds (optional)

INSTRUCTIONS:

1. Preheat a grill pan over medium-high heat. Brush the peaches with 1 tbsp olive oil and grill cut-side down for 2–3 min.
2. In a large mixing bowl, toss the greens with 1 tbsp olive oil, lemon juice, salt, and pepper. Add a hint of honey or Dijon mustard for extra depth, if desired.
3. Divide the dressed greens among 4 plates. Top with the grilled peach halves (2 halves per serving).
4. Tear the burrata over each salad and drizzle with balsamic glaze.
5. Sprinkle with basil, nuts, and pomegranate seeds.

SERVING AND DECORATION TIPS:
Use white plates. Drizzle the balsamic glaze around the salad. Garnish with a basil sprig or edible flowers. Pair with white wine and grilled chicken.

NUTRITIONAL INFORMATION (per serving):
210 Cal | 7g Protein | 18g Carbs | 14g Fat | 3g Fiber | 25mg Chol | 180mg Sodium | 380mg Potassium

MEDITERRANEAN CHICKEN AND ROASTED VEGGIE SALAD



★★★☆☆ PREP 20 MIN COOK 35 MIN

INGREDIENTS:

VEGETABLES: 1 sliced zucchini, 1 red and 1 yellow bell pepper chopped, 1 quartered red onion, 1 cup halved cherry tomatoes, 2 tbsp olive oil, 1 tsp dried oregano, 1 tsp dried thyme, 1/2 tsp salt, 1/2 tsp pepper

CHICKEN: 2 chicken breasts (1 lb), 2 tbsp olive oil, juice of 1 lemon, 1 tsp cumin, 1 tsp paprika, 1/2 tsp coriander, salt, and pepper

SALAD: 4 cups mixed greens, 1/2 cup halved Kalamata olives, 1/4 cup chopped parsley, 1/2 cup crumbled feta (optional)

DRIZZLE: 1/4 cup red wine vinegar, 2 tbsp olive oil, 1 minced garlic clove, salt, pepper

INSTRUCTIONS:

1. Preheat the oven to 400°F. In a bowl, toss the vegetables with olive oil, oregano, thyme, salt, and pepper. Spread them on a baking sheet and roast for 20–25 min until tender. Remove and set aside.

2. In a small bowl, mix together the olive oil, cumin, paprika, coriander, salt, pepper, and lemon juice. Rub onto the chicken. Grill or cook in a skillet for 6–8 min per side, until internal temperature reaches 165°F. Let rest, then slice.

3. Toss the greens with roasted vegetables, olives, and parsley in a large salad bowl.

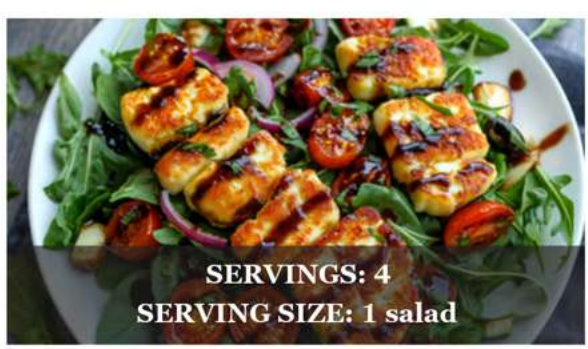
4. Whisk together the vinegar, olive oil, garlic, salt, and pepper in a small bowl. Drizzle over the salad.

SERVING AND DECORATION TIPS:

Use a wide, shallow bowl to plate the salad. Arrange the chicken in a fan pattern over the greens. Garnish with feta, parsley, basil, and a lemon wedge. Serve immediately with whole-grain bread or hummus.

NUTRITIONAL INFORMATION (per serving):
420 Cal | 32g Protein | 18g Carbs | 25g Fat | 6g Fiber | 80mg Chol | 700mg Sodium | 850mg Potassium

CRISPY HALLOUMI & TOMATO SALAD WITH BALSAMIC GLAZE



★★☆☆☆ PREP 10 MIN COOK 10 MIN

INGREDIENTS:

2 cups mixed greens (arugula, spinach), 2 cups halved cherry tomatoes, 1/4 cup thinly sliced red onion, 2 tbsp olive oil, 7 oz sliced halloumi cheese (1/4-inch thick), salt and pepper to taste, sliced cucumbers or Kalamata olives (optional), fresh basil or parsley, 1 tbsp balsamic glaze (for garnish)

INSTRUCTIONS:

1. Mix the greens, tomatoes, and red onion in a bowl.

2. Heat olive oil in a skillet. Fry the halloumi slices for 2–3 min per side until crispy and golden.

3. Add the halloumi to the salad and season to taste.

4. For extra crunch, add the cucumbers or olives.

SERVING AND DECORATION TIPS:

Serve on a large white plate. Garnish with herbs. Drizzle the balsamic glaze in a zigzag pattern over the top and around the edges of the plate. Pair with whole-grain pita bread or a side of quinoa.

NUTRITIONAL INFORMATION (per serving):
310 Cal | 14g Protein | 9g Carbs | 24g Fat | 3g Fiber | 35mg Chol | 580mg Sodium | 450mg Potassium

SEARED SCALLOPS AND BABY GREENS SALAD WITH GRAPEFRUIT SEGMENTS



★★☆☆☆ PREP 15 MIN COOK 5 MIN

INGREDIENTS:

8 oz sea scallops (8–12 pieces), 6 cups baby greens (arugula, spinach, watercress), 2 grapefruits, 1 sliced small avocado

DRESSING: 2 tbsp olive oil, 1 tsp Dijon mustard, 1 tsp honey, 1/4 tsp salt, 1/4 tsp black pepper, 2 tbsp grapefruit juice

TOP: 1/4 cup toasted almonds or walnuts (optional), 1 tbsp capers, 1 tbsp chopped dill or parsley

INSTRUCTIONS:

1. Peel the grapefruits and cut them into segments. Reserve 2 tbsp of the juice for the dressing.
2. In a small bowl, whisk the olive oil, grapefruit juice, mustard, honey, salt, and pepper. Set aside.
3. Pat the scallops dry; season with salt and pepper. Heat 1 tbsp of olive oil in a skillet over medium-high heat. Sear 1–2 min per side until golden. Set aside.
4. Toss the greens with the dressing, then arrange them on the plates with the grapefruit, avocado, and scallops. Sprinkle with capers, herbs, and nuts.

SERVING AND DECORATION TIPS:

Use wide, shallow white plates. Garnish with a sprig of dill or an edible flower. Drizzle extra dressing around the plate. Serve with grilled vegetables, rosemary focaccia, and a glass of white wine.

NUTRITIONAL INFORMATION (per serving):
285 Cal | 18g Protein | 15g Carbs | 17g Fat | 5g Fiber | 25mg Chol | 280mg Sodium | 550mg Potassium

GREEK-STYLE LAMB SALAD WITH CUCUMBER AND FETA



★★½☆☆ PREP 15 MIN COOK 10 MIN

INGREDIENTS:

1 lb lamb loin or leg steaks, 1 tbsp olive oil, 4 cups mixed greens (spinach, arugula, romaine), 1 thinly sliced cucumber, 1/2 thinly sliced red onion, 1/4 cup halved Kalamata olives, 1/4 cup chopped fresh mint, 1/2 cup crumbled feta, salt, pepper

DRESSING: 1/2 cup Greek yogurt, 2 tbsp olive oil, 1 tbsp lemon juice, 1 tsp Dijon mustard, 1 tsp dried oregano, 1 minced garlic clove, salt and pepper to taste

INSTRUCTIONS:

1. Heat a grill or skillet. Rub the lamb with olive oil, salt, and pepper. Cook for 2–3 min per side. Rest the lamb for 5 min, then slice thinly. Set aside.
2. Whisk the yogurt, olive oil, lemon juice, mustard, oregano, garlic, salt, and pepper in a small bowl.
3. In a large salad bowl, combine the greens, cucumber, onion, olives, and mint. Top with the lamb slices. Divide the salad into individual bowls.
4. Sprinkle with feta and mint. Drizzle the dressing over the top, as desired or in a spiral pattern.

SERVING AND DECORATION TIPS:

Use large, shallow, light-colored bowls. Serve immediately, or refrigerate for up to 1 hr. Pair with pita, hummus, roasted vegetables, or quinoa.

NUTRITIONAL INFORMATION (per serving):
350 Cal | 30g Protein | 12g Carbs | 22g Fat | 4g Fiber | 75mg Chol | 550mg Sodium | 600mg Potassium

MEDITERRANEAN TURKEY SALAD WITH EGGS AND FETA



★★☆☆☆ PREP 15 MIN COOK 10 MIN

INGREDIENTS:

1 lb shredded cooked turkey breast, 2 eggs, 1/4 cup chopped fresh parsley, 1/2 sliced cucumber, 1 cup halved cherry tomatoes, 1/4 sliced red onion, 4 cups mixed greens (spinach, arugula, romaine), 1/4 cup halved Kalamata olives, 1/2 cup crumbled feta cheese

DRESSING: 1 tbsp lemon juice, 2 tbsp extra virgin olive oil, 1 tsp red wine vinegar, 1/2 tsp dried oregano, 1/4 tsp garlic powder, salt and black pepper to taste

INSTRUCTIONS:

1. Boil the eggs for 8–10 min. Transfer to ice water to cool. Peel and cut into halves or quarters.
2. Toss the mixed greens, tomatoes, cucumber, onion, olives, parsley, and turkey in a large bowl.
3. In a small bowl, whisk together the dressing ingredients until smooth.
4. Drizzle the dressing over the salad in a circular motion. Top with crumbled feta and arrange the egg slices neatly on top or around the salad.
5. Plate and serve immediately.

SERVING AND DECORATION TIPS:

Use a white or colorful salad plate. Garnish with extra parsley. Consider adding a sprinkle of toasted almonds or sunflower seeds for additional texture. Pair the salad with whole-grain pita or hummus.

NUTRITIONAL INFORMATION (per serving):
320 Cal | 30g Protein | 12g Carbs | 18g Fat | 4g Fiber | 210mg Chol | 460mg Sodium | 600mg Potassium

WARM CHICKPEA AND SWEET POTATO SALAD WITH TAHINI



★★☆☆☆ PREP 15 MIN COOK 25 MIN

INGREDIENTS:

2 medium sweet potatoes (cubed), 1 can (15 oz) drained chickpeas, 1 tbsp olive oil, 1 tsp smoked paprika, 1 tsp ground cumin, salt and pepper to taste, 4 cups baby spinach or mixed greens, 1/4 cup sliced red onion, 1/4 cup chopped parsley, 1/4 cup crumbled feta, 1/4 cup pomegranate seeds

DRESSING: 1/4 cup tahini, 2 tbsp lemon juice, 1 tbsp olive oil, 1 minced garlic clove, 2–3 tbsp water, salt and pepper to taste

INSTRUCTIONS:

1. Preheat the oven to 400°F.
2. In a bowl, toss the sweet potatoes and chickpeas with olive oil, cumin, paprika, salt, and pepper. Spread on a baking sheet and roast for 20–25 min.
3. In a small bowl, whisk the tahini, lemon juice, olive oil, garlic, salt, and pepper. Add water to thin.
4. In a bowl, mix the greens, roasted sweet potatoes, chickpeas, onion, and parsley. Drizzle the tahini dressing over the salad and toss gently to combine.

SERVING AND DECORATION TIPS:

Use a large, shallow white bowl or plate. Garnish the salad with feta and pomegranate seeds. Serve with whole-grain pita bread or quinoa. Opt for white, light beige, or olive green linen napkins.

NUTRITIONAL INFORMATION (per serving):
330 Cal | 10g Protein | 38g Carbs | 15g Fat | 8g Fiber | 15mg Chol | 410mg Sodium | 700mg Potassium

GRILLED CHICKEN PESTO PIZZA WITH SUN-DRIED TOMATOES AND ARUGULA



★★☆☆☆ PREP 20 MIN COOK 15 MIN

INGREDIENTS:

PIZZA: 1 whole wheat pizza crust, 1 cup sliced grilled chicken breast, 1/2 cup shredded part-skim mozzarella, 1/4 cup sliced sun-dried tomatoes, 1/4 cup sliced black olives, 1 tbsp olive oil, 1 tsp dried basil, 1/2 tsp garlic powder, salt and pepper, 1/2 cup fresh arugula, balsamic glaze

PESTO SAUCE: 1 cup fresh basil, 1/4 cup pine nuts or walnuts, 1/4 cup grated Parmesan, 2 garlic cloves, 1/4 cup olive oil, salt and pepper to taste

INSTRUCTIONS:

1. To make the pesto sauce, blend the basil, nuts, Parmesan, garlic, and olive oil in a food processor. Season with salt and pepper to taste.
2. Preheat the oven to 450°F with a pizza stone or baking sheet inside for 30 min.
3. Place the crust on the preheated pizza stone or baking sheet and brush it with olive oil.
4. Spread 1/2 cup pesto on the crust. Add the chicken, mozzarella, sun-dried tomatoes, and olives. Sprinkle with basil, garlic powder, salt, and pepper.
5. Bake for 12–15 min, until the crust is golden and the cheese is bubbly.
6. Remove from the oven. Serve hot, garnished with fresh arugula, basil, and/or balsamic glaze.

SERVING AND DECORATION TIPS:
Use large white plates, a pizza cutter, and a peel. Pair with a salad or roasted vegetables.

NUTRITIONAL INFORMATION (per serving):
360 Cal | 28g Protein | 30g Carbs | 15g Fat | 4g Fiber | 75mg Chol | 680mg Sodium | 500mg Potassium

4-CHEESE MEDITERRANEAN PIZZA



★★☆☆☆ PREP 15 MIN COOK 15 MIN

INGREDIENTS:
1 whole wheat pizza crust, 2 tbsp tomato paste (optional), 1 tbsp olive oil, 1/2 cup shredded mozzarella, 1/2 cup crumbled feta, 1/4 cup grated Parmesan, 1/4 cup low-fat ricotta, 1/2 cup halved cherry tomatoes, 1/4 cup sliced black olives, 1/4 cup thinly sliced red onion, 1 tsp dried oregano, 1 tsp dried basil, salt, pepper, fresh basil leaves

INSTRUCTIONS:

1. Preheat the oven to 475°F with a pizza stone or baking sheet inside for 30 min.
2. Spread the tomato paste on the crust. Drizzle with olive oil and sprinkle with oregano and basil.
3. Layer the cheeses evenly, then add the tomatoes, olives, and onions. Season lightly.
4. Place on the heated stone or baking sheet and bake for 12–15 min until the cheese is bubbly and the crust is golden.

SERVING AND DECORATION TIPS:
Let cool for 2 min, garnish with fresh basil, and slice. Add olives or roasted red pepper hummus as sides.

NUTRITIONAL INFORMATION (per serving):
295 Cal | 15g Protein | 29g Carbs | 12g Fat | 3g Fiber | 25mg Chol | 580mg Sodium | 290mg Potassium

MEDITERRANEAN SHRIMP AND SPINACH PIZZA



★★☆☆☆ PREP 20 MIN COOK 15 MIN

INGREDIENTS:

1 whole wheat pizza crust, 2 tbsp pesto sauce (see recipe on p. 69), 1 cup chopped fresh spinach, 1/2 cup halved cherry tomatoes, 1 cup cooked peeled and deveined shrimp, 1/2 cup crumbled feta cheese, 1/4 cup sliced black olives, 1/2 cup shredded part-skim mozzarella cheese, 1 tbsp olive oil, 2 minced garlic cloves, 1/2 tsp dried oregano, 1/2 tsp dried basil, salt and pepper to taste, 2 tbsp grated Parmesan for garnish

INSTRUCTIONS:

1. Heat the olive oil in a skillet over medium heat. Add the garlic and cook for 1 min. Add the shrimp, season, and cook for 3–4 min until pink. Set aside.
2. Preheat the oven to 475°F with a pizza stone or baking sheet inside for 30 min.
3. Spread the pesto on the crust, then top with mozzarella, spinach, shrimp, tomatoes, olives, and feta. Sprinkle with oregano and basil.
4. Bake for 12–15 min, until the crust is golden and the cheese is melted. Let cool slightly.

SERVING AND DECORATION TIPS:

Use a wooden or clean cutting board. Garnish with olive oil and fresh basil. Add grated Parmesan. Serve immediately with salad and lemon-olive oil dressing.

NUTRITIONAL INFORMATION (per serving):
310 Cal | 22g Protein | 30g Carbs | 12g Fat | 3g Fiber | 140mg Chol | 680mg Sodium | 500mg Potassium

MEDITERRANEAN SALMON AND ARTICHOKE PIZZA



★★☆☆☆ PREP 20 MIN COOK 15 MIN

INGREDIENTS:

1 cup flaked cooked salmon, 1 whole wheat pizza crust, 1/2 cup sliced black olives, 1/2 cup crumbled feta cheese, 1/2 cup artichoke hearts (chopped and drained), 1 tbsp olive oil, 1/4 cup sliced red onion, salt, pepper, 1 cup shredded part-skim mozzarella, 1 tsp dried thyme, 1 tsp dried oregano, fresh basil

OLIVE TAPENADE: 1 cup pitted olives, 2 tbsp rinsed capers, 2 garlic cloves, 2 tbsp olive oil, 1 tsp lemon juice, 1/2 tsp dried or fresh thyme, salt and pepper to taste

INSTRUCTIONS:

1. Blend the tapenade ingredients in a food processor. Pulse to the desired texture and season.
2. Preheat the oven to 475°F with a pizza stone or baking sheet inside for 30 min.
3. Place the crust on a baking sheet or pizza stone. Spread 2 tbsp olive tapenade evenly over the crust. Sprinkle the mozzarella, followed by salmon, artichokes, olives, and onion. Add feta, oregano, and thyme. Drizzle with olive oil and season.
4. Bake for 12–15 min until the crust is golden and the cheese is bubbly. Cool slightly, garnish with fresh basil, then slice.

SERVING AND DECORATION TIPS:

Use a large flat ceramic white or earth-toned plate. Pair with a fresh tomato and cucumber salad.

NUTRITIONAL INFORMATION (per serving):
290 Cal | 22g Protein | 29g Carbs | 12g Fat | 3g Fiber | 75mg Chol | 700mg Sodium | 450mg Potassium








CHAPTER 5:
PASTA AND GRAINS

MEDITERRANEAN DIET COOKBOOK

MEDITERRANEAN SHRIMP AND FETA ORZO



★★½☆☆ PREP 15 MIN COOK 20 MIN

INGREDIENTS:

ORZO BASE: 1 3/4 cups low-sodium chicken or vegetable broth, 1 cup dry whole wheat orzo, 1/2 cup water

SHRIMP & SAUCE: 1 diced zucchini, 1 cup halved cherry tomatoes, 1 chopped medium red onion, 1 lb peeled and deveined medium shrimp, 2 tbsp olive oil (divided), 1 tsp dried oregano, 2 minced garlic cloves, 1/4 cup sliced Kalamata olives, 1/2 cup crumbled feta cheese, 1 tsp smoked paprika, 1/4 tsp crushed red pepper flakes (optional), salt, pepper, 1/4 cup chopped fresh parsley, zest and juice of 1 lemon, fresh dill or fresh basil

INSTRUCTIONS:

1. In a saucepan, bring the broth and water to a boil. Add the orzo and cook until al dente (8–10 min). Drain and set aside.
2. Heat the olive oil in a skillet over medium heat. Season the shrimp with paprika, oregano, red pepper flakes, salt, and pepper. Cook the shrimp for 2–3 min per side until pink. Remove and set aside.
3. In the same skillet, sauté the onion and garlic for 3 min. Add the zucchini and cook for 4–5 min until tender. Add the tomatoes and olives. Cook for 2–3 min.
4. Add the cooked orzo and shrimp to the skillet. Stir in lemon juice, zest, and parsley. Toss to combine.
5. Remove from the heat and sprinkle with feta.

SERVING AND DECORATION TIPS:
Serve in shallow bowls with a lemon wedge. Garnish with parsley, dill, or basil, and drizzle with olive oil.

NUTRITIONAL INFORMATION (per serving):
320 Cal | 28g Protein | 29g Carbs | 10g Fat | 4g Fiber | 165mg Chol | 490mg Sodium | 510mg Potassium

ROASTED RED PEPPER AND SPINACH WHOLE WHEAT PENNE



★★☆☆☆ PREP 10 MIN COOK 20 MIN

INGREDIENTS:

8 oz whole wheat penne, 2 tbsp olive oil, 2 minced garlic cloves, 1 red bell pepper, 4 cups chopped fresh spinach, 1/4 cup vegetable broth or water, 1/4 cup crumbled feta cheese, juice of 1/2 lemon, 1/2 tsp smoked paprika, salt and pepper to taste, fresh basil for garnish

INSTRUCTIONS:

1. Bring a large pot of salted water to a boil. Cook the penne according to package instructions. Drain.
2. Roast the red pepper in a dry pan until the skin blackens. Let cool, then peel and slice into strips.
3. Heat the olive oil in a skillet over medium heat. Sauté the garlic for 1 min, then add the red pepper and paprika. Cook for 2–3 min. Add the spinach and cook for 3–4 min until wilted, adding the broth.
4. Toss the cooked penne in the prepared sauce. Stir in the lemon juice, feta, salt, and pepper. Mix well.

SERVING AND DECORATION TIPS:
Serve in shallow bowls. Garnish with fresh basil.

NUTRITIONAL INFORMATION (per serving):
290 Cal | 10g Protein | 42g Carbs | 12g Fat | 6g Fiber | 15mg Chol | 330mg Sodium | 500mg Potassium

CREAMY ARTICHOKE AND MUSHROOM FETTUCCINE



★★☆☆☆ PREP 10 MIN COOK 20 MIN

INGREDIENTS:

8 oz whole wheat fettuccine, salt to taste, 2 tbsp extra virgin olive oil, 1 finely chopped medium onion, 2 minced garlic cloves, 1 can (14 oz) drained rinsed chopped artichoke hearts, 1 cup sliced mushrooms (button or cremini), 1/4 cup grated Parmesan cheese, 1/2 cup unsweetened almond milk or regular milk, 1/2 cup vegetable broth, 1/4 cup reduced-fat cream cheese, 1 tbsp fresh lemon juice, 1 tsp dried thyme, 1/2 tsp dried oregano, fresh parsley or basil (for garnish)

INSTRUCTIONS:

1. In a large pot, boil the fettuccine in salted water until al dente (8–10 min). Drain and set aside.
2. Heat the olive oil in a skillet over medium. Sauté the onion for 3–4 min until softened. Add the garlic and mushrooms, and cook for 5–6 min until tender.
3. Stir in the artichokes, broth, almond milk, lemon juice, thyme, and oregano. Simmer for 3–4 min.
4. Add the Parmesan and cream cheese to the skillet. Stir until the sauce is smooth. Adjust the thickness with more milk or broth. Add salt to taste, if needed.
5. Toss the cooked pasta in the sauce. Cook for 2–3 min until well-coated and heated through.

SERVING AND DECORATION TIPS:

Use shallow, wide bowls. Sprinkle with Parmesan, drizzle with olive oil, and garnish with fresh herbs.

NUTRITIONAL INFORMATION (per serving):
330 Cal | 12g Protein | 42g Carbs | 14g Fat | 6g Fiber | 30mg Chol | 420mg Sodium | 540mg Potassium

VEGETABLE BOLOGNESE WITH LENTIL PASTA



★★½☆☆ PREP 15 MIN COOK 30 MIN

INGREDIENTS:

8 oz lentil or whole wheat pasta, 1 can (15 oz) drained rinsed cooked lentils, 2 minced garlic cloves, 1 tbsp olive oil, 1 diced carrot, 1 diced zucchini, 1 diced celery stalk, 1 cup finely chopped mushrooms, 14 oz canned crushed tomatoes, 1 finely chopped onion, 1 chopped red bell pepper, 1/4 cup red wine (optional), 1 tbsp tomato paste, 1 tsp dried oregano, 1 tsp dried basil, salt, pepper, red pepper flakes, a pinch of nutmeg, fresh basil

INSTRUCTIONS:

1. Boil salted water, cook the pasta (7–10 min), drain, reserving 1/2 cup of the pasta water.
2. Heat the olive oil in a pan; sauté the onion and garlic (2–3 min). Add the carrot, celery, zucchini, and bell pepper; cook (5–6 min). Stir in the mushrooms. Cook (3–4 min).
3. Add the crushed tomatoes, tomato paste, red wine, and lentils. Simmer (15–20 min), stirring. Thin the sauce with reserved pasta water if needed.
4. Stir in oregano, basil, salt, pepper, nutmeg, and red pepper flakes, if desired. Adjust seasoning.
5. Toss the pasta in the sauce; cook (2–3 min).

SERVING AND DECORATION TIPS:

Serve in shallow bowls. Garnish with fresh basil.

NUTRITIONAL INFORMATION (per serving):
280 Cal | 14g Protein | 45g Carbs | 7g Fat | 10g Fiber | 0mg Chol | 480mg Sodium | 800mg Potassium

SPICY MEDITERRANEAN TUNA PASTA WITH KALAMATA OLIVES



★★☆☆☆ PREP 10 MIN COOK 15 MIN

INGREDIENTS:

8 oz whole wheat penne or spaghetti, 2 tbsp olive oil, 2 minced garlic cloves, 1/4 tsp red pepper flakes (adjust to taste), 1 can (5 oz) tuna in olive oil (drained), 1/2 cup sliced Kalamata olives, 1/2 cup halved cherry tomatoes, 1/4 cup drained capers, 1/4 cup chopped parsley, 1 tbsp lemon juice, 1 tsp dried oregano, salt and pepper to taste

INSTRUCTIONS:

1. Boil salted water and cook the pasta until al dente (8–10 min). Drain, reserving 1/2 cup pasta water.
2. Heat the olive oil in a skillet on medium. Sauté the garlic and red pepper flakes for 2 min, until fragrant.
3. Stir in the tuna, olives, tomatoes, and capers. Cook for 3 min until the tomatoes soften.
4. Toss the pasta into the skillet. Add the reserved pasta water as needed for a light sauce. Stir in parsley, lemon juice, oregano, salt, and pepper.

SERVING AND DECORATION TIPS:

Serve in shallow light blue or gray bowls. Garnish with parsley. Pair with citrus juice or white wine.

NUTRITIONAL INFORMATION (per serving):
320 Cal | 24g Protein | 35g Carbs | 12g Fat | 6g Fiber | 30mg Chol | 550mg Sodium | 570mg Potassium

TURKEY RICOTTA LASAGNA ROLLS



★★★☆☆ PREP 20 MIN COOK 40 MIN

INGREDIENTS:

LASAGNA ROLLS: 8 whole wheat lasagna noodles, 1 tbsp olive oil, 1 large egg, 1/2 tsp dried oregano, 1 1/2 cups shredded cooked turkey breast, 1/2 cup part-skim ricotta cheese, 1 cup shredded low-fat mozzarella cheese, divided (1/2 cup for filling, 1/2 cup for topping), 1/4 tsp nutmeg, 1/4 cup grated Parmesan cheese, salt and pepper to taste, 1/4 cup chopped fresh basil (for garnish)

MARINARA SAUCE: 1 tbsp olive oil, 1/4 tsp dried oregano, 1 minced garlic clove, 2 cups crushed tomatoes, 1/2 tsp dried basil, salt and pepper to taste

INSTRUCTIONS:

1. Cook the lasagna noodles according to package directions. Drain and set aside.
2. In a bowl, mix the shredded turkey, ricotta, egg, oregano, mozzarella, nutmeg and Parmesan. Season.
3. For the marinara sauce, heat the olive oil in a saucepan. Sauté the garlic, stir in the tomatoes, basil, oregano, salt, and pepper. Simmer for 10–15 min.
4. Preheat the oven to 375°F. Spread about 1/3 of the marinara sauce in a greased baking dish.
5. Spoon the turkey-ricotta mixture onto each noodle and roll up. Place seam-side down in the dish.
6. Top the rolls with the remaining marinara sauce. Sprinkle with the remaining mozzarella. Cover with foil and bake for 25 min. Remove the foil and bake for 15 min, until the cheese is bubbly and golden.

SERVING AND DECORATION TIPS:

Serve on wide, shallow plates. Garnish with basil.

NUTRITIONAL INFORMATION (per serving):
320 Cal | 25g Protein | 37g Carbs | 12g Fat | 6g Fiber | 65mg Chol | 450mg Sodium | 670mg Potassium

MEDITERRANEAN FARRO SALAD WITH FETA AND OLIVES



★★☆☆☆ PREP 15 MIN COOK 25 MIN

INGREDIENTS:

1 cup whole grain farro, 1 1/2 cups water or vegetable broth, 1/4 cup sliced Kalamata olives, 1 diced cucumber, 1 diced medium tomato, 1/4 cup finely diced red onion, 1/2 cup crumbled low-fat feta cheese, 1/4 cup chopped parsley, 1/4 cup chopped mint

DRESSING: 2 tbsp extra virgin olive oil, 1 tbsp lemon juice, 1 tbsp red wine vinegar, 1 tsp dried oregano, salt and pepper to taste

INSTRUCTIONS:

1. In a medium pot, simmer the farro in water or broth for 20–25 min, covered, until tender. Drain excess liquid, fluff the farro with a fork, and let cool.
2. In a small bowl, whisk together the olive oil, lemon juice, vinegar, oregano, salt, and pepper.
3. In a large bowl, combine the farro, vegetables, olives, feta, and herbs. Toss with the dressing.
4. Chill for 30 min to enhance flavor, or serve immediately.

SERVING AND DECORATION TIPS:

Serve in wide, shallow white or turquoise bowls, or on a rustic platter. Garnish with fresh herbs and a few extra crumbles of feta.

NUTRITIONAL INFORMATION (per serving):
290 Cal | 8g Protein | 35g Carbs | 14g Fat | 6g Fiber | 20mg Chol | 350mg Sodium | 480mg Potassium

BULGUR BOWL WITH CUCUMBER-TOMATO RELISH & GRILLED SALMON



★★☆☆☆ PREP 15 MIN COOK 20 MIN

INGREDIENTS:

BULGUR WHEAT: 1 cup bulgur wheat, 1 1/2 cups water or broth, 1 tbsp olive oil, salt and pepper to taste

RELISH: 1 diced cucumber, 1/4 cup diced red onion, 2 diced tomatoes, 2 tbsp chopped fresh parsley, 1 tbsp lemon juice, 1 tsp dried oregano, 1 tbsp olive oil, salt and pepper

SALMON: 4 salmon fillets (4–6 oz each), 2 tbsp olive oil, 1 tsp lemon zest, 1 tbsp lemon juice, 1 tsp dried thyme, salt and pepper

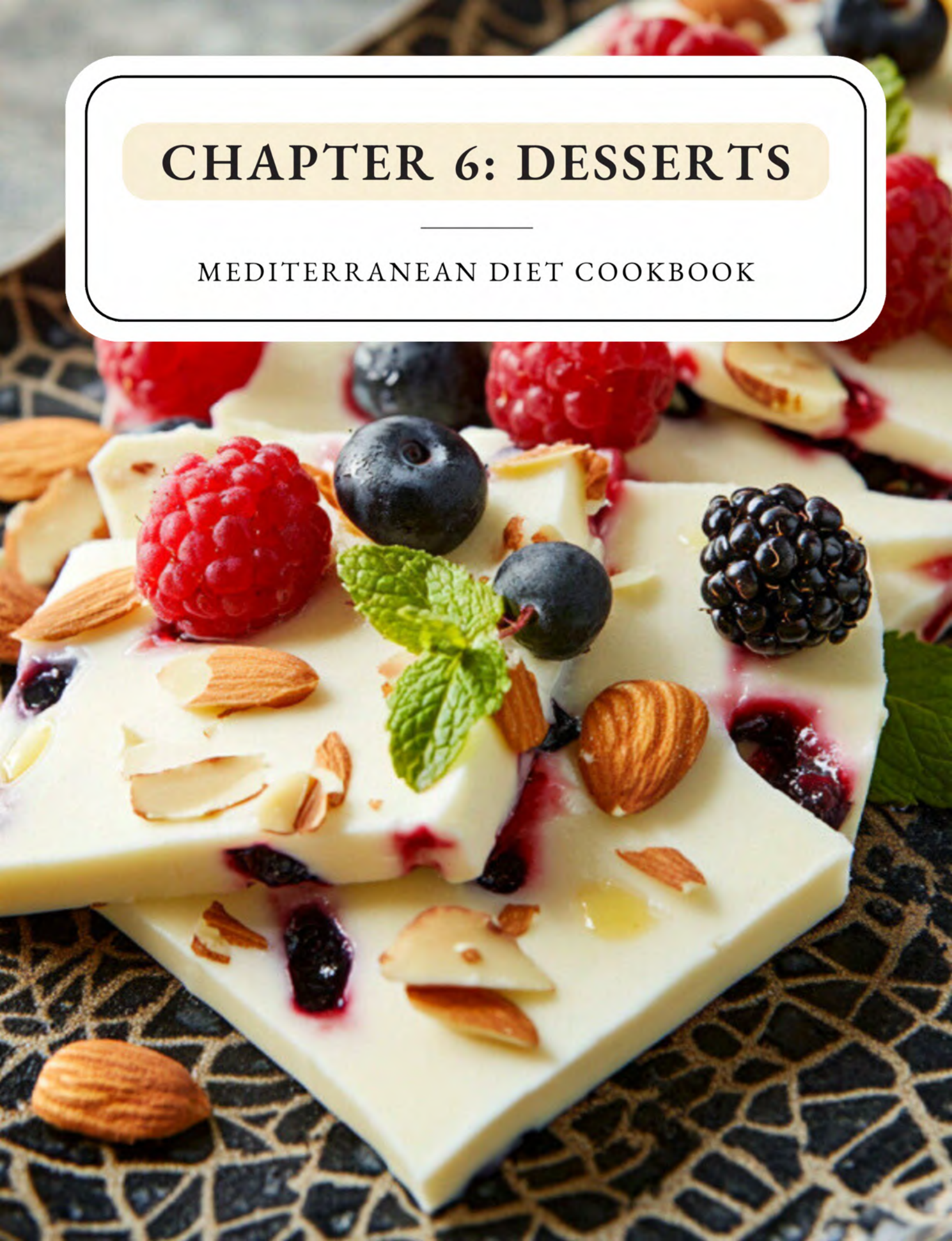
INSTRUCTIONS:

1. Simmer the bulgur in water or broth with 1 tbsp olive oil, salt, and pepper to taste for 12–15 min. Fluff with a fork and let cool slightly.
2. For the relish, combine the diced cucumber, tomatoes, red onion, and parsley in a small bowl. Drizzle with lemon juice and olive oil, then sprinkle with oregano, salt, and pepper.
3. Preheat a grill or grill pan to medium-high heat. Coat the salmon with olive oil, lemon zest and juice, thyme, salt, and pepper. Grill for 4–5 min per side.
4. Divide the bulgur into 4 bowls. Top with the relish and place the grilled salmon skin-side down.

SERVING AND DECORATION TIPS:

Use shallow bowls or a wooden or stone platter for a rustic touch. Garnish with parsley or dill, lemon wedges, and a drizzle of olive oil.

NUTRITIONAL INFORMATION (per serving):
410 Cal | 34g Protein | 25g Carbs | 21g Fat | 5g Fiber | 70mg Chol | 250mg Sodium | 850mg Potassium



CHAPTER 6: DESSERTS

MEDITERRANEAN DIET COOKBOOK

GREEK YOGURT CHEESECAKE WITH BERRIES COMPOTE



★★★☆☆ PREP 20 MIN COOK 45 MIN

INGREDIENTS:

CRUST: 1 cup almond flour, 2 tbsp melted coconut oil, 2 tbsp honey or maple syrup, 1/4 tsp cinnamon (optional)

FILLING: 2 cups plain Greek yogurt (full-fat or 2%), 1 cup softened low-fat cream cheese, 1/2 cup honey or maple syrup, 2 large eggs, 1 tsp vanilla extract, 1 tbsp lemon juice, 1 tsp lemon zest, 1 tbsp cornstarch

COMPOTE: 1 cup mixed berries, 2 tbsp honey or maple syrup, 1 tsp lemon juice

INSTRUCTIONS:

1. Preheat the oven to 325°F. Mix the crust ingredients in a medium bowl and press into an 8-inch springform pan. Bake for 10 min, then cool.
2. In a large mixing bowl, beat the yogurt, cream cheese, and honey until smooth. Add the eggs, vanilla, lemon juice and zest, and cornstarch. Pour over the crust.
3. Bake for 45 min until set. Cool in the oven with the door ajar for 1 hr. Chill for 3 hr or overnight.
4. In a small saucepan, simmer the berries, honey, and lemon juice for 10 min until thickened. Let cool.
5. Top the cheesecake with the compote.

SERVING AND DECORATION TIPS:
Serve on a cake stand. Garnish with yogurt swirls, mint, berries, a drizzle of honey, or chopped nuts.

NUTRITIONAL INFORMATION (per serving):
230 Cal | 10g Protein | 22g Carbs | 12g Fat | 3g Fiber | 55mg Chol | 180mg Sodium | 250mg Potassium

ORANGE AND ALMOND CAKE WITH GREEK YOGURT GLAZE



★★½☆☆ PREP 20 MIN COOK 35 MIN

INGREDIENTS:

CAKE: 1 1/2 cups almond flour, 1/2 cup whole wheat flour, 1/4 cup honey, 1/2 cup fresh orange juice, 3 eggs, 1/4 cup melted coconut oil, 1 tsp baking powder, zest of 1 orange, 1/2 tsp vanilla extract, 1/2 tsp cinnamon (optional)

GLAZE: 1 cup Greek yogurt, 2 tbsp honey, 1 tsp orange zest, 1/4 tsp vanilla extract

GARNISH: 1/4 cup toasted almonds, mint

INSTRUCTIONS:

1. Preheat the oven to 350°F.
2. Grease or line an 8-inch cake pan.
3. In a medium bowl, combine the almond flour, whole wheat flour, baking powder, and cinnamon.
4. In a large bowl, whisk together the orange juice, honey, coconut oil, eggs, vanilla, and orange zest.
5. Gradually stir the dry ingredients into the wet until combined. Pour into the pan and bake for 30–35 min, until a toothpick comes out clean. Let cool.
6. Mix the yogurt, honey, orange zest, and vanilla in a bowl. Spread or drizzle glaze over the cooled cake.

SERVING AND DECORATION TIPS:
Use a decorative plate for serving. Top with toasted almonds, and garnish with orange zest or mint.

NUTRITIONAL INFORMATION (per serving):
200 Cal | 7g Protein | 19g Carbs | 11g Fat | 2g Fiber | 45mg Chol | 80mg Sodium | 225mg Potassium

PEACH AND MINT GREEK YOGURT ICE CREAM



★★☆☆☆ PREP 15 MIN COOK NONE

INGREDIENTS:

ICE CREAM: 2 cups chopped ripe peaches (peeled and pitted), 1 cup plain Greek yogurt (full-fat or 2%), 1/2 cup honey or maple syrup, 1/2 cup canned full-fat coconut milk, 1 tsp finely chopped fresh mint leaves, 1 tsp vanilla extract, 1 tbsp lemon juice

GARNISH: lime slices, fresh mint leaves (optional), peach slices (optional), honey (optional)

INSTRUCTIONS:

1. In a blender or food processor, puree the peaches, honey, and lemon juice. Add the yogurt, coconut milk, mint, and vanilla. Blend until smooth.
2. Refrigerate the mixture for 1 hr.
3. Pour into an ice cream maker and churn for 20–25 min. If you don't have an ice cream maker, pour the mixture into ice cube trays, freeze, then blend the frozen cubes until smooth.
4. Transfer the churned ice cream to an airtight container. Freeze for at least 4 hr, or until firm.

SERVING AND DECORATION TIPS:

Use a melon baller or ice cream scoop dipped in hot water to create perfect rounds. Serve in colorful bowls, glass dessert cups, or cones. Top with mint, a thin slice of lime, a drizzle of honey, or peach slices.

NUTRITIONAL INFORMATION (per serving):
150 Cal | 6g Protein | 22g Carbs | 6g Fat | 2g Fiber | 15mg Chol | 30mg Sodium | 250mg Potassium

BASIL AND STRAWBERRY SORBET



★☆☆☆☆ PREP 15 MIN COOK NONE

INGREDIENTS:

SORBET INGREDIENTS: 2 cups hulled and halved fresh strawberries, 1/2 cup tightly packed fresh basil leaves, 1/4 cup honey or agave syrup, 2 tbsp freshly squeezed lemon juice, 1/4 cup water

GARNISH: fresh basil leaves, mint sprigs, edible flowers

INSTRUCTIONS:

1. Puree the strawberries, basil, honey, lemon juice, and water in a blender or food processor until smooth.
2. Pour the mixture into a bowl. Refrigerate for 1 hr.
3. If you have an ice cream maker, churn the mixture for 20–25 min.
4. Otherwise, pour the mixture into ice cream molds and freeze for about 2–3 hr.

SERVING AND DECORATION TIPS:

If using an ice cream maker, scoop into bowls and garnish with strawberries, basil, mint, or edible flowers. If using molds, serve on sticks or unmold onto small dessert plates with a strawberry slice and mint. Pair with a light herbal tea or sparkling water.

NUTRITIONAL INFORMATION (per serving):
80 Cal | 1g Protein | 21g Carbs | 0g Fat | 2g Fiber | 0mg Chol | 5mg Sodium | 170mg Potassium

BAKED PEARS WITH WALNUTS AND CINNAMON



★☆☆☆☆ PREP 10 MIN COOK 25 MIN

INGREDIENTS:

PEARS: 4 ripe pears (Bartlett or Anjou), 1/2 cup chopped walnuts, 2 tbsp honey or maple syrup, 1 tsp ground cinnamon, 1/4 tsp ground nutmeg (optional)

FOR SERVING: 1/4 cup Greek yogurt, fresh mint leaves

INSTRUCTIONS:

1. Preheat the oven to 350°F.
2. Halve the pears lengthwise and scoop out the seeds and core.
3. In a small bowl, combine the walnuts, honey, cinnamon, and nutmeg.
4. Fill the pear cavities with walnut mixture.
5. Place the pears in a baking dish and bake for 20–25 min, until tender and golden.

SERVING AND DECORATION TIPS:
Use a contrasting plate to highlight the golden pears, and serve with a small dessert spoon or fork. Serve warm. Add a dollop of Greek yogurt and garnish with mint leaves or a sprinkle of cinnamon.

NUTRITIONAL INFORMATION (per serving):
150 Cal | 3g Protein | 27g Carbs | 6g Fat | 5g Fiber | 0mg Chol | 0mg Sodium | 240mg Potassium

COCONUT MILK RICE PUDDING WITH FRESH MANGO



★★☆☆☆ PREP 10 MIN COOK 30 MIN

INGREDIENTS:

PUDDING: 1/2 cup short-grain brown rice or arborio (or use jasmine or basmati for a lighter texture), 1 cup water, 1 can (13.5 oz) coconut milk, 1 1/2 cups almond milk, 1/4 cup honey or sweetener of choice, 1/2 tsp vanilla extract, 1/4 tsp cinnamon, a pinch of nutmeg (optional), a pinch of salt

TOPPING: 1 diced ripe mango, 1 tbsp toasted shredded coconut (optional), fresh mint (optional), honey

INSTRUCTIONS:

1. In a medium saucepan, simmer the rice with 1 cup of water for 15 min until tender.
2. Add the coconut milk, almond milk, honey, vanilla, salt, and spices. Simmer for 20–25 min, stirring, until thickened.
3. Cool slightly. Divide into 4 bowls. Chill for 1 hr.
4. Just before serving, top with diced mango, a sprinkle of toasted coconut, and fresh mint if desired.

SERVING AND DECORATION TIPS:
Serve the pudding in clear glass bowls or small dessert glasses. Drizzle a little honey over the mango. Pair with toasted pistachios, almonds, or ricotta on whole-grain crackers. Serve with fresh figs, pomegranate arils, or berries.

NUTRITIONAL INFORMATION (per serving):
210 Cal | 3g Protein | 33g Carbs | 8g Fat | 3g Fiber | 0mg Chol | 40mg Sodium | 250mg Potassium

GREEK YOGURT, HONEY, ALMOND, AND FRESH BERRY BARK



★☆☆☆☆ PREP 15 MIN COOK NONE

INGREDIENTS:

2 cups plain Greek yogurt (full-fat or 2%), 3 tbsp honey or maple syrup (for vegan), 1–2 tbsp melted coconut oil, 1/4 cup roasted sliced almonds, 1/2 cup fresh mixed berries (sliced strawberries, blueberries, raspberries), a sprinkle of granola or crushed nuts (optional), sea salt (optional)

GARNISH: fresh berries, mint leaves, honey

INSTRUCTIONS:

1. Combine the yogurt and honey in a bowl.
2. Line a baking sheet with parchment paper. Stir the coconut oil into the yogurt mixture, then spread it evenly (about 1/4 inch thick) on the prepared baking sheet.
3. Top with almonds and berries, pressing gently to help them stick. Sprinkle with granola or sea salt.
4. Freeze for 2 hr or until firm.
5. Remove and break into pieces.
6. Serve immediately or store in an airtight container in the freezer for up to 2 weeks.

SERVING AND DECORATION TIPS:

Serve the bark on a patterned platter. Stack the pieces or fan them out. Garnish with fresh berries, mint leaves, or a light drizzle of honey.

NUTRITIONAL INFORMATION (per serving):
95 Cal | 4g Protein | 12g Carbs | 5g Fat | 2g Fiber | 15mg Chol | 20mg Sodium | 160mg Potassium

ALMOND FLOUR AND DATE ENERGY BALLS



★☆☆☆☆ PREP 15 MIN COOK NONE

INGREDIENTS:

DRY: 1 cup almond flour, 1/2 cup chopped pitted dates, 1/4 cup chopped almonds (optional), 2 tbsp unsweetened shredded coconut, 1 tbsp chia seeds (optional), 1 tbsp unsweetened cocoa powder (optional), 1/2 tsp ground cinnamon (optional)

WET: 1 tbsp almond butter, 1 tbsp honey or maple syrup, 2–3 tbsp melted dark chocolate (for drizzling, optional)

INSTRUCTIONS:

1. Mix together the dry ingredients—almond flour, chopped dates, chopped almonds, shredded coconut, chia seeds, cocoa powder, and cinnamon—in a bowl.
2. Stir in the wet ingredients—almond butter and honey—until the mixture is well combined and sticky. Roll into 12 balls (about 1 tbsp each).
3. Refrigerate on parchment paper for 30 min.
4. Once chilled, transfer the energy balls to an airtight container. Store in the refrigerator for up to 2 weeks.

SERVING AND DECORATION TIPS:

Use colorful or elegant small paper cups. Drizzle melted dark chocolate over each ball. Pair with a glass of unsweetened almond milk or herbal tea.

NUTRITIONAL INFORMATION (per serving):
100 Cal | 2g Protein | 12g Carbs | 6g Fat | 2g Fiber | 0mg Chol | 0mg Sodium | 140mg Potassium

CHAPTER 7:



30-DAY MEAL PLAN

MEDITERRANEAN DIET COOKBOOK

WEEK 1

	BREAKFAST	SNACK	LUNCH	DINNER
DAY 1	Greek Yogurt Parfait with Fresh Berries and Nuts p. 8	Stuffed Cherry Tomatoes with Herb Cream Cheese p. 27	Mediterranean Tuna Salad with Artichokes & Olives p. 45	Greek Lamb Stew with Eggplant and Tomatoes p. 59
DAY 2	Whole Grain Oatmeal with Almonds and Dried Apricots p. 11	Strawberries with Cottage Cheese p. 38	Greek Chicken Wraps with Tzatziki and Fresh Veggies p. 40	Warm Chickpea and Sweet Potato Salad with Tahini p. 68
DAY 3	Overnight Chia Seed Pudding with Almond Milk and Blueberries p. 10	Basil and Garlic Infused Mushroom Skewers p. 34	Mediterranean Chickpea and Avocado Salad p. 48	Mediterranean Baked Mackerel with Olives and Tomatoes p. 60
DAY 4	Mediterranean Avocado Toast with Tomatoes and Feta p. 8	Stuffed Mini Bell Peppers with Herbed Goat Cheese p. 26	Lemon-Garlic Chicken with Olive and Tomato Medley p. 41	Seared Scallops and Baby Greens Salad with Grapefruit Segments p. 67
DAY 5	Whole Wheat Bagel with Avocado and Smoked Salmon p. 9	Tomato and Basil Bruschetta on Whole-Grain Crostini p. 36	Greek Turkey Meatballs with Cucumber Yogurt Sauce p. 43	Eggplant Moussaka with Greek Yogurt Bechamel p. 63
DAY 6	Greek Yogurt and Fig Smoothie with Chia Seeds p. 10	Zucchini and Feta Cheese Bites p. 31	Roasted Red Pepper and Hummus Stuffed Pita p. 49	Grilled Tuna Steaks with Mediterranean Salsa p. 61
DAY 7	Mediterranean Apple and Pear Salad with Sunflower Seeds and Pistachios p. 20	Caprese Skewers with Cherry Tomatoes, Fresh Mozzarella, and Basil p. 34	Baked Cod with Lemon, Olives, and Capers p. 44	Stuffed Acorn Squash with Wild Rice and Walnuts p. 64

WEEK 2

	BREAKFAST	SNACK	LUNCH	DINNER
DAY 8	Sweet Potato and Chickpea Breakfast Patties p. 16	Warm Eggplant and Tomato Dip with Zucchini Chips p. 25	Tuscan Clam and Bean Soup p. 53	4-cheese Mediterranean Pizza p. 69
DAY 9	Tomato Basil Scramble with Whole Grain Toast p. 12	Spiced Chickpea & Spinach Fritters with Tzatziki Sauce p. 30	Lemon-Parmesan Baked Oysters with Creamy Leek Filling p. 47	Greek-Style Lamb Salad with Cucumber and Feta p. 67
DAY 10	Orange Cranberry Muffins with Chia Seeds p. 15	Chilled Octopus and Fennel Salad p. 33	Mediterranean Stuffed Eggplant with Ground Turkey p. 43	Mediterranean Shrimp and Cauliflower Rice Stir-Fry p. 60
DAY 11	Tuna-Stuffed Deviled Eggs with Mediterranean Herbs p. 12	Spicy Roasted Chickpeas with Paprika and Cumin p. 35	Grilled Shrimp Skewers with Tabbouleh Salad p. 46	Grilled Chicken Pesto Pizza with Sun-Dried Tomatoes and Arugula p. 69
DAY 12	Roasted Cauliflower and Spinach Breakfast Bowl p. 20	Greek Yogurt & Herb Dip with Whole Grain Pita Chips p. 25	Lentil and Roasted Vegetable Stuffed Bell Peppers p. 48	Mediterranean Beef and Vegetable Skillet p. 58
DAY 13	Spinach and Mushroom Frittata with Fresh Herbs p. 13	Crispy Chickpea and Avocado Lettuce Wraps p. 31	Med Spiced Chicken Wings with Green Pea Hummus p. 41	Zucchini and Tomato Gratin with Parmesan p. 63
DAY 14	Avocado and Tomato Salsa Breakfast Quesadilla p. 18	Melon and Pumpkin Seeds p. 37	Mediterranean-Style Spare Ribs with Couscous p. 42	Panko-Crusted Tilapia with Garlic and Fresh Dill Yogurt Marinade p. 62

WEEK 3

	BREAKFAST	SNACK	LUNCH	DINNER
DAY 15	Smoked Salmon and Cucumber Greek Yogurt Bowl p. 9	Baked Sweet Potato Chips with Garlic Aioli p. 36	Tuna & Avocado Sandwich with Lemon-Caper Aioli p. 47	Lemon Dill Turkey Meatballs with Zucchini Noodles p. 59
DAY 16	Spinach and Roasted Red Pepper Breakfast Flatbread p. 18	Grilled Eggplant and Zucchini Roll-Ups with Feta p. 32	Citrus Garlic Rice Pilaf with Shrimp, Squid & Mussels p. 44	Chicken and Artichoke Bake with Lemon and Capers p. 57
DAY 17	Mediterranean Shrimp and Spinach Quiche p. 14	Cucumber Cups Filled with Tzatziki and Fresh Dill p. 27	Grilled Vegetable and Hummus Wrap p. 54	Greek-Style Cod with Herb-Crusted Walnut Topping p. 61
DAY 18	Carrot & Walnut Muffins with Greek Yogurt Frosting p. 15	Grilled Asparagus Wrapped in Smoked Salmon with Dill Cream p. 29	Mediterranean Beef-Stuffed Zucchini Boats p. 42	Crispy Halloumi & Tomato Salad with Balsamic Glaze p. 66
DAY 19	Almond and Berry Quinoa Porridge p. 11	Prosciutto and Mozzarella Roll-Ups p. 38	Turkey and Hummus Lettuce Wraps with Veggies p. 54	Grilled Peach & Burrata Salad with Balsamic Glaze p. 65
DAY 20	Lentil and Vegetable Breakfast Hash p. 21	Mixed Nuts and Grapes p. 37	Spicy Seafood Cioppino p. 53	Baked Falafel with Lemon-Tahini Dressing p. 64
DAY 21	Citrus-infused berry Salad with Almonds & Chia Seeds p. 21	Roasted Cauliflower Bites with Lemon-Tahini Drizzle p. 32	Lemon and Dill Salmon Chowder p. 52	Grilled Lamb Chops with Mint and Garlic p. 58

WEEK 4

	BREAKFAST	SNACK	LUNCH	DINNER
DAY 22	Rustic Whole Wheat Pancakes with Fresh Cherry Compote p. 17	Stuffed Cucumber Rolls with Hummus and Sun-Dried Tomatoes p. 28	Mediterranean Baked Sea Bass with Bell Peppers p. 46	Mediterranean Chicken and Roasted Veggie Salad p. 66
DAY 23	Banana Blueberry Patties with Honey Drizzle p. 16	Smoked Salmon and Avocado Cucumber Bites p. 30	Eggplant and Tomato Stew with Fresh Basil p. 49	Spinach and Feta Stuffed Chicken with Tomato Sauce p. 57
DAY 24	Cottage Cheese and Tomato Stuffed Avocado p. 22	Baked Zucchini Fries with Parmesan and Oregano p. 35	Broccoli and Cannellini Salad with Grilled Salmon p. 45	Mediterranean Shrimp and Spinach Pizza p. 70
DAY 25	Sun-dried Tomato and Basil Omelet p. 14	Spinach and Artichoke Dip with Whole Grain Crackers p. 24	Whole Wheat Pasta Salad with Cherry Tomatoes and Kalamata Olives p. 50	Baked Lemon Herb Chicken Thighs with Roasted Vegetables p. 56
DAY 26	Quinoa Breakfast Bowl with Avocado, Tomatoes, and Spinach p. 19	Baked Falafel Bites with Lemon Tahini Dip p. 24	Roasted Red Pepper and Tomato Soup with Basil p. 51	Mediterranean Turkey Salad with Eggs and Feta p. 68
DAY 27	Smoked Salmon & Cream Cheese Crepes with Fresh Dill p. 17	Mediterranean Stuffed Grape Leaves p. 26	Cauliflower Rice with Roasted Vegetables and Feta p. 50	Mediterranean Chicken and Vegetable Skewers p. 56
DAY 28	Caprese-stuffed Baked Eggs in Tomato Cups p. 22	Mediterranean Roasted Beet & Goat Cheese Salad Cups p. 33	Creamy Shrimp and Sweet Corn Chowder p. 52	Grilled Portobello Salad with Balsamic Dressing p. 65

WEEK 5

	BREAKFAST	SNACK	LUNCH	DINNER
DAY 29	Mediterranean Breakfast Burrito with Whole Wheat Tortilla p. 13	Avocado and Olive Oil Deviled Eggs p. 29	Greek Yogurt Chicken Veggie Kabobs p. 40	Lemon-Garlic Grilled Squid with Herbs p. 62
DAY 30	Mediterranean Chicken and Veggie Breakfast Skillet p. 19	Quinoa and vegetable-stuffed Portobello Mushrooms p. 28	Greek-style Lentil Soup with Spinach and Lemon p. 51	Mediterranean Salmon and Artichoke Pizza p. 70

TIPS FOR DECORATING DISHES AND SETTING THE TABLE FOR THE MEDITERRANEAN DIET

1

Dishware Selection

- Choose plates and bowls in earthy tones (terracotta, olive green) or sea-inspired colors (soft blue, white).
- Opt for rustic ceramic or wooden serving platters to enhance authenticity.

2

Garnishing the Food

- Sprinkle fresh herbs like parsley, basil, or oregano for a vibrant touch.
- Add edible flowers or drizzle olive oil around the plate's edge for elegance.
- Use lemon wedges or citrus zest to brighten the dish's color and freshness.

3

Layering and Textures

- Thoughtfully stack or layer ingredients to add height and visual interest.
- Combine vibrant vegetables with neutral tones like rice or whole grains for contrast.

4

Table Setting

- Use natural materials, like linen or cotton for tablecloths and napkins, choosing warm, neutral shades.
- For ambiance, incorporate Mediterranean elements such as olive branches, small potted herbs, or candles.
- Set the table with simple, elegant flatware and glassware to maintain sophistication.

5

Enhance the Mediterranean Vibe

- Arrange a bowl of fresh fruits like oranges, figs, or grapes as a centerpiece.
- Use small, decorative bowls for olives, nuts, or dips to add variety and charm.
- Serve a carafe of water infused with lemon, mint, or cucumber for a refreshing touch.

6

Lighting & Mood

- Use soft, warm lighting or candlelight to create a cozy, inviting dining experience.
- Play gentle Mediterranean music in the background to set the tone and elevate the meal.

SHOPPING LIST AND BUILDING YOUR MEDITERRANEAN PANTRY

Essential Mediterranean Pantry Staples:

- **OLIVE OIL:** Extra virgin for cooking, dressings, and drizzling.
- **WHOLE GRAINS:** Quinoa, farro, barley, brown rice, and whole wheat pasta.
- **CANNED TOMATOES:** Diced, paste, and sauce.
- **LEGUMES:** Chickpeas, lentils, black beans, and cannellini beans.
- **NUTS AND SEEDS:** Almonds, walnuts, chia seeds, and flaxseeds.
- **HERBS AND SPICES:** Dried oregano, basil, rosemary, thyme, cumin, paprika, and cinnamon.
- **GARLIC:** Fresh garlic cloves or pre-minced.
- **VINEGAR:** Red wine, balsamic, and apple cider vinegar.
- **CANNED FISH:** Sardines, tuna, and anchovies.
- **LOW-FAT DAIRY:** Greek yogurt, feta, and Parmesan cheese.
- **FRESH VEGETABLES:** Tomatoes, cucumbers, bell peppers, eggplant, zucchini, and onions.
- **FRESH FRUITS:** Lemons, oranges, apples, and berries.
- **FROZEN VEGETABLES:** Frozen spinach, mixed vegetables, and green beans.
- **DRIED FRUITS:** Raisins, apricots, and figs.

Smart Shopping and Kitchen Organization

SMART SHOPPING TIPS:

- Prioritize fresh produce, whole grains, nuts, and lean proteins.
- Choose seasonal and local ingredients for peak flavor and nutrition.
- Read labels to avoid added sugars, excess sodium, and unhealthy fats.
- Buy bulk staples like nuts and grains to save money and reduce waste.
- Store essentials like olive oil and grains in airtight containers in cool, dark places.

PANTRY ORGANIZATION:

- Group similar items together and store frequently used ingredients at eye level for convenience.
- Use clear, airtight containers for dried herbs, grains, and legumes.
- Rotate items regularly to use older products first and minimize waste.

BREAKFAST RECIPES.....7

- Almond and Berry Quinoa Porridge.....11
- Avocado and Tomato Salsa Breakfast Quesadilla.....18
- Banana Blueberry Patties with Honey Drizzle.....16
- Caprese-stuffed Baked Eggs in Tomato Cups.....22
- Carrot & Walnut Muffins with Greek Yogurt Frosting.....15
- Citrus-infused berry Salad with Almonds & Chia Seeds.....21
- Cottage Cheese and Tomato Stuffed Avocado.....22
- Greek Yogurt and Fig Smoothie with Chia Seeds.....10
- Greek Yogurt Parfait with Fresh Berries and Nuts.....8
- Lentil and Vegetable Breakfast Hash.....21
- Mediterranean Apple and Pear Salad with Sunflower Seeds and Pistachios.....20
- Mediterranean Avocado Toast with Tomatoes and Feta.....8
- Mediterranean Breakfast Burrito with Whole Wheat Tortilla.....13
- Mediterranean Chicken and Veggie Breakfast Skillet.....19
- Mediterranean Shrimp and Spinach Quiche.....14
- Orange Cranberry Muffins with Chia Seeds.....15
- Overnight Chia Seed Pudding with Almond Milk and Blueberries.....10
- Quinoa Breakfast Bowl with Avocado, Tomatoes, and Spinach.....19
- Roasted Cauliflower and Spinach Breakfast Bowl.....20
- Rustic Whole Wheat Pancakes with Fresh Cherry Compote.....17
- Smoked Salmon & Cream Cheese Crepes with Fresh Dill.....17
- Smoked Salmon and Cucumber Greek Yogurt Bowl.....9
- Spinach and Mushroom Frittata with Fresh Herbs.....13
- Spinach and Roasted Red Pepper Breakfast Flatbread.....18
- Sun-Dried Tomato and Basil Omelet.....14
- Sweet Potato and Chickpea Breakfast Patties.....16
- Tomato Basil Scramble with Whole Grain Toast.....12
- Tuna-Stuffed Deviled Eggs with Mediterranean Herbs.....12
- Whole Grain Oatmeal with Almonds and Dried Apricots.....11
- Whole Wheat Bagel with Avocado and Smoked Salmon.....9

SNACKS AND APPETIZERS.....23

- Almonds & Dried Apricots.....37
- Apple, Cheese, and Walnut Bites.....37
- Avocado and Olive Oil Deviled Eggs.....29
- Baked Falafel Bites with Lemon Tahini Dip.....24
- Baked Sweet Potato Chips with Garlic Aioli.....36
- Baked Zucchini Fries with Parmesan and Oregano.....35
- Basil and Garlic Infused Mushroom Skewers.....34
- Caprese Skewers with Cherry Tomatoes, Fresh Mozzarella, and Basil.....34
- Chilled Octopus and Fennel Salad.....33
- Crispy Chickpea and Avocado Lettuce Wraps.....31
- Cucumber Cups Filled with Tzatziki and Fresh Dill.....27
- Greek Yogurt & Herb Dip with Whole Grain Pita Chips.....25
- Grilled Asparagus Wrapped in Smoked Salmon with Dill Cream..... 29
- Grilled Eggplant and Zucchini Roll-Ups with Feta.....32
- Mediterranean Roasted Beet & Goat Cheese Salad Cups.....33
- Mediterranean Stuffed Grape Leaves.....26
- Melon and Pumpkin Seeds.....37
- Mixed Nuts and Grapes.....37

- Pomegranate, Kiwi, and Flaxseed Cashew Mix....38
- Prosciutto and Mozzarella Roll-Ups....38
- Quinoa and Vegetable-stuffed Portobello Mushrooms....28
- Roasted Cauliflower Bites with Lemon-Tahini Drizzle....32
- Smoked Salmon and Avocado Cucumber Bites....30
- Spiced Chickpea & Spinach Fritters with Tzatziki Sauce....30
- Spicy Roasted Chickpeas with Paprika and Cumin....35
- Spinach and Artichoke Dip with Whole Grain Crackers....24
- Strawberries with Cottage Cheese....38
- Stuffed Cherry Tomatoes with Herb Cream Cheese....27
- Stuffed Cucumber Rolls with Hummus and Sun-Dried Tomatoes....28
- Stuffed Mini Bell Peppers with Herbed Goat Cheese....26
- Tomato and Basil Bruschetta on Whole-Grain Crostini....36
- Warm Eggplant and Tomato Dip with Zucchini Chips....25
- Watermelon Mint Cubes....38
- Zucchini and Feta Cheese Bites....31

LUNCH RECIPES....39

- Baked Cod with Lemon, Olives, and Capers....44
- Broccoli and Cannellini Salad with Grilled Salmon....45
- Cauliflower Rice with Roasted Vegetables and Feta....50
- Citrus Garlic Rice Pilaf with Shrimp, Squid & Mussels....44
- Creamy Shrimp and Sweet Corn Chowder....52
- Eggplant and Tomato Stew with Fresh Basil....49
- Greek Chicken Wraps with Tzatziki and Fresh Veggies....40
- Greek-style Lentil Soup with Spinach and Lemon....51
- Greek Turkey Meatballs with Cucumber Yogurt Sauce....43
- Greek Yogurt Chicken Veggie Kabobs....40
- Grilled Shrimp Skewers with Tabbouleh Salad....46
- Grilled Vegetable and Hummus Wrap....54
- Lemon and Dill Salmon Chowder....52
- Lemon-Garlic Chicken with Olive and Tomato Medley....41
- Lemon-Parmesan Baked Oysters with Creamy Leek Filling....47
- Lentil and Roasted Vegetable Stuffed Bell Peppers....48
- Mediterranean Baked Sea Bass with Bell Peppers....46
- Mediterranean Beef-Stuffed Zucchini Boats....42
- Mediterranean Chickpea and Avocado Salad....48
- Mediterranean-Style Spare Ribs with Couscous....42
- Mediterranean Stuffed Eggplant with Ground Turkey....43
- Mediterranean Tuna Salad with Artichokes & Olives....45
- Med Spiced Chicken Wings with Green Pea Hummus....41
- Roasted Red Pepper and Hummus Stuffed Pita....49
- Roasted Red Pepper and Tomato Soup with Basil....51
- Spicy Seafood Cioppino....53
- Tuscan Clam and Bean Soup....53
- Tuna & Avocado Sandwich with Lemon-Caper Aioli....47
- Turkey and Hummus Lettuce Wraps with Veggies....54
- Whole Wheat Pasta Salad with Cherry Tomatoes and Kalamata Olives....50

DINNER....55

- 4-Cheese Mediterranean Pizza....69

- Baked Falafel with Lemon-Tahini Dressing.....64
- Baked Lemon Herb Chicken Thighs with Roasted Vegetables.....56
- Chicken and Artichoke Bake with Lemon and Capers.....57
- Crispy Halloumi & Tomato Salad with Balsamic Glaze.....66
- Eggplant Moussaka with Greek Yogurt Bechamel.....63
- Greek Lamb Stew with Eggplant and Tomatoes.....59
- Greek-Style Cod with Herb-Crusted Walnut Topping.....61
- Greek-Style Lamb Salad with Cucumber and Feta.....67
- Grilled Chicken Pesto Pizza with Sun-Dried Tomatoes and Arugula.....69
- Grilled Lamb Chops with Mint and Garlic.....58
- Grilled Peach & Burrata Salad with Balsamic Glaze.....65
- Grilled Portobello Salad with Balsamic Dressing.....65
- Grilled Tuna Steaks with Mediterranean Salsa.....61
- Lemon Dill Turkey Meatballs with Zucchini Noodles.....59
- Lemon-Garlic Grilled Squid with Herbs...62
- Mediterranean Baked Mackerel with Olives and Tomatoes.....60
- Mediterranean Beef and Vegetable Skillet.....58
- Mediterranean Chicken and Roasted Veggie Salad.....66
- Mediterranean Chicken and Vegetable Skewers.....56
- Mediterranean Salmon and Artichoke Pizza.....70
- Mediterranean Shrimp and Cauliflower Rice Stir-Fry.....60
- Mediterranean Shrimp and Spinach Pizza.....70
- Mediterranean Turkey Salad with Eggs and Feta.....68
- Panko-Crusted Tilapia with Garlic and Fresh Dill Yogurt Marinade.....62
- Seared Scallops and Baby Greens Salad with Grapefruit Segments.....67
- Spinach and Feta Stuffed Chicken with Tomato Sauce.....57
- Stuffed Acorn Squash with Wild Rice and Walnuts.....64
- Warm Chickpea and Sweet Potato Salad with Tahini.....68
- Zucchini and Tomato Gratin with Parmesan.....63

PASTA AND GRAINS.....71

- Bulgur Bowl with Cucumber-Tomato Relish & Grilled Salmon.....75
- Creamy Artichoke and Mushroom Fettuccine.....73
- Mediterranean Farro Salad with Feta and Olives.....75
- Mediterranean Shrimp and Feta Orzo.....72
- Roasted Red Pepper and Spinach Whole Wheat Penne.....72
- Spicy Mediterranean Tuna Pasta with Kalamata Olives.....74
- Turkey Ricotta Lasagna Rolls.....74
- Vegetable Bolognese with Lentil Pasta.....73

DESSERTS.....76

- Almond Flour and Date Energy Balls.....80
- Baked Pears with Walnuts and Cinnamon.....79
- Basil and Strawberry Sorbet.....78
- Coconut Milk Rice Pudding with Fresh Mango.....79
- Greek Yogurt Cheesecake with Berries Compote.....77
- Greek Yogurt, Honey, Almond, and Fresh Berry Bark.....80
- Orange and Almond Cake with Greek Yogurt Glaze.....77
- Peach and Mint Greek Yogurt Ice Cream.....78









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