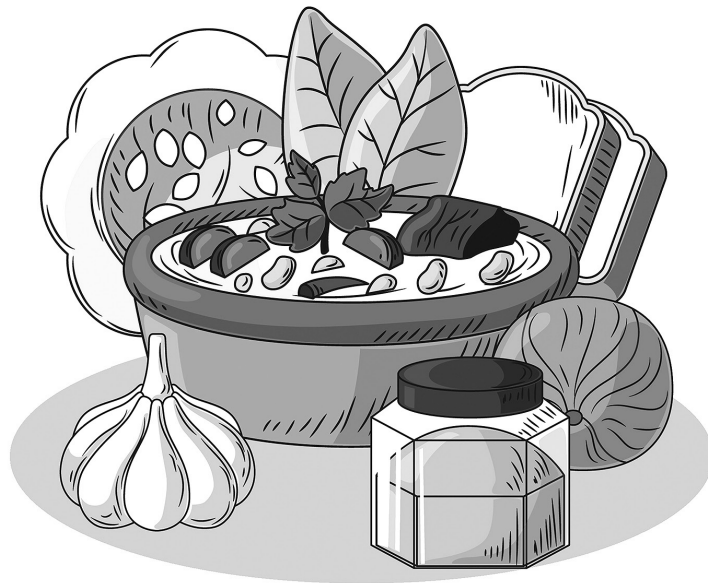


# **QUICK & EASY COOKBOOK**

## **RECIPES FROM AROUND THE WORLD**

**150+ DELICIOUS MEALS WITHOUT THE STRESS, SIMPLE AND TASTY  
DISHES ANYONE CAN MAKE IN MINUTES – PERFECT FOR BUSY PEOPLE,  
BEGINNERS, AND LAZY CHEFS**



by Kate Morrison

**Copyright Notice © 2026 Kate Morrison. All rights reserved.**

No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means - electronic, mechanical, photocopying, recording, or otherwise - without the prior written permission of the copyright owner. This book is licensed for individual use only. Any unauthorized distribution or reproduction is strictly prohibited and constitutes a violation of applicable copyright laws.

**Disclaimer**

This cookbook is intended for informational and educational purposes only. It is not intended as a substitute for professional medical advice, diagnosis, or treatment. Readers are encouraged to consult a qualified healthcare professional before making significant changes to their diet or lifestyle. The author and publisher assume no responsibility for any adverse effects or consequences resulting from the use of the information contained in this book. Individual results may vary.

<b>INTRODUCTION.....</b>	<b>6</b>	<b>EASY LUNCHES .....</b>	<b>24</b>
Welcome to Stress-Free Cooking.....	6	Classic Chicken Wrap.....	24
The Philosophy Behind Quick and Easy Cooking.....	6	Mediterranean Chickpea Bowl .....	25
Building Confidence in Your Kitchen.....	7	Quick Tuna Melt.....	25
Smart Time Management for Busy People .....	7	Turkey & Avocado Sandwich.....	26
Essential Pantry Strategy.....	8	Caprese Panini .....	26
Global Inspiration Without Complexity.....	8	Greek Pita Pocket.....	27
Cooking for Different Lifestyles.....	9	Veggie Stir Fry Bowl.....	27
Budget-Friendly Cooking That Tastes Great..	9	Egg Salad Toast.....	28
Kitchen Safety and Food Awareness.....	9	Simple Pasta Salad .....	28
 		Hummus & Veggie Wrap.....	29
<b>SIMPLE BREAKFASTS.....</b>	<b>11</b>	Chicken Caesar Wrap .....	29
Classic English Scrambled Eggs.....	11	Tomato Basil Pasta.....	30
Spanish Pan con Tomate .....	12	Asian Noodle Bowl.....	30
French Banana Crêpes .....	12	Grilled Cheese Sandwich .....	31
Italian Ricotta Honey Toast.....	13	Mexican Bean Quesadilla.....	31
German Apple Cinnamon Oatmeal.....	13	Avocado Chicken Salad.....	32
Mexican Breakfast Quesadilla .....	14	Couscous Vegetable Bowl.....	32
Turkish Menemen.....	14	BLT Sandwich.....	33
American Blueberry Pancakes.....	15	Creamy Garlic Mushrooms on Toast.....	33
Indian Masala Toast .....	15	Italian Sub Sandwich .....	34
Brazilian Papaya Lime Bowl.....	16	Shrimp Taco .....	34
Chinese Scallion Egg Pancake.....	16	Mediterranean Chickpea Wrap.....	35
Swedish Berry Yogurt Bowl.....	17	BBQ Chicken Sandwich .....	35
Moroccan Honey Flatbread .....	17	Tuna Avocado Salad Bowl.....	36
Australian Avocado Smash.....	18	Caprese Chicken Panini.....	36
Greek Spinach Feta Omelette .....	18	 	
Korean Vegetable Egg Rice .....	19	<b>EVERYDAY DINNERS .....</b>	<b>37</b>
Argentinian Dulce Toast .....	19	Lemon Herb Chicken with Rice .....	37
Egyptian Honey Tahini Toast.....	20	Creamy Tomato Pasta .....	38
Canadian Maple Oat Porridge.....	20	Beef Stir Fry with Vegetables.....	38
Israeli Shakshuka .....	21	Garlic Butter Salmon with Potatoes .....	39
Filipino Garlic Fried Rice .....	21	Turkey Meatballs with Marinara .....	39
Dutch Cheese Toast .....	22	Chicken Stir Fry Noodles .....	40
Thai Coconut Banana Rice .....	22	Baked Cod with Vegetables .....	40
Portuguese Cinnamon Toast.....	23	Beef and Potato Skillet .....	41
Italian Caprese Pasta Salad.....	23	Honey Garlic Chicken Thighs.....	41

## Quick & Easy Cookbook Recipes from around the world

---

Creamy Mushroom Chicken.....	42	Baked Cajun Cod.....	60
Pork Chop with Apple Skillet.....	42	Creamy Dill Salmon .....	61
Spaghetti with Meat Sauce.....	43	Pan Fried Sardines.....	61
Vegetable Lentil Stew .....	43	Thai Basil Shrimp.....	62
Teriyaki Chicken Rice Bowl.....	44	Lemon Garlic Trout.....	62
Creamy Garlic Shrimp.....	44		
Baked Chicken Parmesan.....	45	<b>CHICKEN, TURKEY &amp; MEAT FAVORITES ..</b>	<b>63</b>
Sausage and Peppers Skillet .....	45	Garlic Herb Roasted Chicken .....	63
Chickpea Spinach Curry.....	46	Creamy Garlic Chicken Skillet.....	64
Honey Garlic Salmon.....	46	Sweet Chili Turkey Meatballs .....	64
Turkey Meatballs with Tomato Sauce .....	47	Classic Beef Meatballs.....	65
Veggie Stir Fry Noodles.....	47	Lemon Pepper Chicken .....	65
Beef and Mushroom Skillet .....	48	Garlic Rosemary Pork Tenderloin .....	66
Lemon Herb Roasted Chicken Thighs.....	48	Balsamic Glazed Chicken .....	66
Creamy Tuscan Chicken.....	49	Cajun Turkey Skillet.....	67
Beef Fried Rice.....	49	Garlic Lime Chicken Thighs .....	67
		Classic Meatloaf.....	68
<b>FISH &amp; SEAFOOD MADE SIMPLE .....</b>	<b>50</b>	Honey Garlic Pork Stir-Fry .....	68
Garlic Butter Cod.....	50	BBQ Glazed Chicken.....	69
Lemon Dill Salmon .....	51	Mediterranean Turkey Patties .....	69
Shrimp Stir Fry.....	51	Garlic Butter Steak Bites .....	70
Baked Lemon Garlic Tilapia.....	52	Herb Crusted Pork Chops .....	70
Creamy Garlic Shrimp Pasta.....	52	Korean-Style Beef Bowl.....	71
Cajun Baked Salmon.....	53	Teriyaki Chicken Skillet .....	71
Mediterranean Baked Sea Bass .....	53	Lemon Herb Pork Tenderloin .....	72
Honey Soy Glazed Shrimp .....	54	Spicy Honey Chicken .....	72
Baked Pesto Salmon.....	55	Garlic Paprika Beef Skillet.....	73
Coconut Curry Shrimp.....	55	Balsamic Glazed Chicken Thighs.....	73
Pan Seared Tuna Steak.....	56	Greek-Style Turkey Patties .....	74
Lemon Garlic Mussels .....	56	Mustard Herb Pork Chops.....	74
Crispy Baked Fish Tacos .....	57	Teriyaki Beef Strips.....	75
Teriyaki Glazed Salmon.....	57	Mediterranean Baked Turkey Breast .....	75
Creamy Crab Pasta.....	58		
Baked Herb Halibut.....	58	<b>FRESH SALADS.....</b>	<b>76</b>
Spicy Garlic Calamari.....	59	Classic Greek Salad.....	76
Garlic Lime Grilled Shrimp.....	59	Lemon Chicken Arugula Salad .....	77
Mediterranean Tuna Salad.....	60	Avocado Spinach Power Salad.....	77

Mediterranean Tuna Salad.....	78
Strawberry Walnut Spinach Salad .....	78
Asian Sesame Chicken Salad.....	79
Caprese Avocado Salad.....	79
Cucumber Yogurt Dill Salad .....	80
Warm Beef and Spinach Salad.....	80
<b>EASY DESSERTS &amp; SWEET TREATS.....</b>	<b>81</b>
Classic Vanilla Panna Cotta.....	81
Chocolate Mug Cake.....	82
Strawberry Yogurt Parfait.....	82
Lemon Shortbread Cookies .....	83
Chocolate-Dipped Bananas .....	83
No-Bake Cheesecake Cups.....	84
Cinnamon Apple Skillet.....	84
Peanut Butter Energy Bites .....	85
Chocolate Avocado Mousse .....	85
Mini Berry Crumble .....	86
Classic Chocolate Brownies .....	86
Banana Oat Cookies.....	87
Coconut Rice Pudding .....	87
Chocolate Chip Pancakes .....	88
Honey Almond Biscotti .....	88
Raspberry Chia Pudding.....	89
Baked Cinnamon Pears .....	89
Chocolate Fudge Squares .....	90
Lemon Yogurt Cake .....	90
Salted Caramel Popcorn.....	91
Nutella Stuffed Crepes.....	91
Mango Coconut Smoothie Bowl .....	92
Classic Vanilla Cupcakes .....	92
Dark Chocolate Bark with Nuts.....	93
Caramel Banana Parfait.....	93
<b>CONCLUSION .....</b>	<b>94</b>
<b>35-DAY MEAL PLAN.....</b>	<b>95</b>
<b>APPENDIX FOOD INDEX.....</b>	<b>100</b>



# INTRODUCTION

## Welcome to Stress-Free Cooking

Modern life moves fast. Between work deadlines, family responsibilities, social obligations, and daily stress, cooking can easily feel like one more exhausting task. For many people, the kitchen becomes a place of pressure instead of comfort. The thought of planning meals, shopping for ingredients, and spending hours preparing food can feel overwhelming.

This book was created to remove that pressure.

Cooking does not have to be complicated. It does not have to be time-consuming. It does not require professional training or expensive equipment. What it truly requires is clarity, confidence, and a system that works in real life.

The purpose of this cookbook is simple: to help you prepare delicious meals quickly, easily, and without stress. These recipes are designed for real schedules, real budgets, and real kitchens. If you are busy, new to cooking, tired after work, or simply prefer simple solutions, this book was written for you.

Here, you will not find overly technical instructions or hard-to-find ingredients. You will find practical meals that taste satisfying, feel comforting, and fit into your everyday routine.

Good food should make life easier, not harder.

## The Philosophy Behind Quick and Easy Cooking

Quick cooking is not about cutting corners in a careless way. It is about removing what is unnec-

essary while protecting what truly matters: flavor, balance, and satisfaction.

Many traditional recipes were developed in times when people had more hours available for food preparation. Today, most of us do not have that luxury. We need a smarter approach. We need recipes that respect our time while still delivering comfort and taste.

The philosophy of this book is built on three principles: efficiency, simplicity, and bold flavor.

Efficiency means choosing techniques that cook food quickly without sacrificing quality. Stir-frying, roasting, one-pan baking, and simple simmering are powerful tools that produce excellent results in minimal time.

Simplicity means limiting the ingredient list. When you use fewer components, each ingredient plays a more important role. Fresh garlic, olive oil, lemon juice, herbs, salt, and pepper can transform even the simplest dish into something memorable.

Bold flavor means understanding balance. A squeeze of citrus can brighten a heavy meal. A pinch of salt can unlock hidden depth. A drizzle of olive oil can add richness and smooth texture.

When you focus on these fundamentals, cooking becomes less intimidating and more intuitive.

## **Building Confidence in Your Kitchen**

The biggest obstacle for many beginners is not skill. It is self-doubt.

Confidence in cooking develops the same way confidence develops in any skill: through practice and repetition. You do not need to master advanced culinary techniques to cook well. You need a few reliable methods and the willingness to try.

Start small. Choose recipes with short ingredient lists and clear instructions. Pay attention to how ingredients change during cooking. Notice how onions soften and become sweet. Observe how pasta transforms in boiling water. Watch how chicken browns in a hot pan. These simple observations build intuition.

Taste your food while you cook. Adjust seasoning gradually. If a dish tastes bland, it may need salt. If it tastes heavy, it may need acidity such as lemon juice or vinegar. If it feels dry, a small amount of oil or sauce can improve texture.

Mistakes are normal. Overcooked vegetables, slightly burned toast, or under-seasoned soup are not failures. They are lessons. The more you cook, the more comfortable you become.

Cooking confidence grows quietly, one meal at a time.

## **Smart Time Management for Busy People**

Time is the main reason people avoid cooking. However, cooking quickly is less about rushing and more about organizing.

Before turning on the stove, read the recipe from beginning to end. Prepare all ingredients in advance. Chop vegetables, measure spices, and open cans before heat is applied. This preparation method eliminates panic and prevents mistakes.

Cooking becomes faster when your movements are intentional. While pasta boils, you can prepare the sauce. While chicken bakes, you can prepare a salad. Learning to overlap tasks saves valuable minutes.

Batch cooking is another powerful strategy. Prepare extra rice, pasta, or roasted vegetables and store them in the refrigerator. These prepared components allow you to assemble meals in minutes throughout the week.

Cleaning as you cook also reduces stress. A tidy space allows you to focus. When the meal is finished, the kitchen is already manageable.

Fifteen organized minutes can produce better results than an hour of distracted effort.

### Essential Pantry Strategy

A thoughtfully stocked pantry is the foundation of quick cooking. When you keep versatile staples on hand, you reduce the need for constant grocery trips and last-minute takeout orders.

Your pantry does not need to be large. It needs to be practical. Rice, pasta, canned tomatoes, beans, oats, flour, and basic spices create endless possibilities. Eggs, yogurt, cheese, and simple proteins provide structure to meals. Olive oil, soy sauce, mustard, and vinegar deliver depth and character.

With these ingredients, you can improvise confidently. Rice becomes a stir-fry. Pasta becomes a comforting dinner with garlic and olive oil. Canned beans transform into salads, soups, or wraps.

Keeping fresh essentials such as onions, garlic, lemons, and seasonal vegetables enhances your flexibility even further.

The goal is not abundance. The goal is readiness.

When your kitchen is prepared, cooking feels effortless.

### Global Inspiration Without Complexity

Food connects cultures, traditions, and memories. This cookbook draws inspiration from flavors around the world while keeping preparation simple and accessible.

Mediterranean dishes emphasize olive oil, tomatoes, herbs, and bright citrus notes. Asian-inspired meals rely on quick cooking methods, soy sauce, ginger, and balanced seasoning. Mexican flavors celebrate beans, spices, and satisfying combinations wrapped in tortillas. American comfort food focuses on warmth and familiarity. European classics highlight fresh ingredients and elegant simplicity.

You do not need specialty markets or rare ingredients to experience global flavor. Most international tastes can be recreated with basic pantry staples and smart seasoning.

The intention is not strict authenticity. It is practical inspiration. These recipes capture the spirit of global cuisine in a way that fits everyday life.

Exploring new flavors does not require complicated preparation. It requires curiosity and simplicity.

## **Cooking for Different Lifestyles**

Every person's schedule and routine are unique. This cookbook is designed to adapt to different lifestyles rather than demand strict structure.

If you are a busy professional, focus on quick dinners that produce leftovers for the next day. If you are new to cooking, begin with breakfast recipes that require minimal preparation. If you are a student, choose budget-friendly meals built around pantry staples. If you are cooking for a family, select recipes that can be easily customized with different toppings or side dishes.

Even if you consider yourself a "lazy chef," you can prepare satisfying meals. One-pan recipes, sheet-pan baking, and simple bowls minimize cleanup while maximizing flavor.

Cooking should support your routine. It should not compete with it.

Flexibility is one of the greatest strengths of simple cooking.

## **Budget-Friendly Cooking That Tastes Great**

Eating well does not require expensive ingredients. Some of the most comforting meals are built from affordable components.

Seasonal produce is often fresher and more affordable. Frozen vegetables are convenient, nutritious, and reduce waste. Eggs, beans, chicken, and ground meat provide reliable protein without high cost.

Planning flexible meals helps reduce spending. For example, roasted chicken can become dinner one night and sandwich filling or salad topping the next day. Cooked vegetables can be added to omelets, wraps, or pasta dishes.

Reducing food waste saves money over time. Store leftovers properly and use them creatively. Small adjustments in planning can significantly improve your food budget.

Affordable cooking is not about restriction. It is about smart decisions and thoughtful combinations.

## **Kitchen Safety and Food Awareness**

Even quick cooking requires attention to safety. Clean hands, clean surfaces, and proper food storage are essential.

Wash your hands before and after handling raw ingredients, especially meat. Use separate cutting boards for raw meat and vegetables to prevent cross-contamination. Store leftovers in airtight containers and refrigerate promptly.

Pay attention to cooking temperatures to ensure food safety. Properly cooked meals are not only delicious but also safe to enjoy.

Maintaining a clean and organized kitchen creates a healthier environment and reduces stress. When safety becomes habit, cooking feels smoother and more confident.

Taking care of these basics protects both flavor and well-being.

## **The Mindset That Makes Cooking Sustainable**

The most important ingredient in any kitchen is mindset.

Many people believe they are not good at cooking. Others believe they do not have enough time. Some assume ordering food is always easier. While convenience has its place, relying entirely on takeout removes the personal connection to what you eat.

Cooking at home provides control. You choose the ingredients. You adjust the seasoning. You manage the portion size. You decide how fresh and balanced your meals will be.

More importantly, cooking builds independence. It creates routine and stability. It offers small moments of accomplishment in an otherwise busy day.

You do not need to cook perfectly. You do not need to cook daily. You only need to begin.

Choose one recipe. Prepare it calmly. Enjoy the result. Then repeat when you are ready.

Over time, cooking becomes less of a task and more of a habit. A comforting, empowering habit that supports your health, your budget, and your confidence.

This cookbook is not about becoming a professional chef. It is about becoming comfortable in your own kitchen. And that comfort can change the way you experience food every single day.



## SIMPLE BREAKFASTS

### Classic English Scrambled Eggs

**COUNTRY: UNITED KINGDOM**

**Yield: 2 servings | Prep Time: 3 min | Cook Time: 7 min**

#### INGREDIENTS:

- 4 large eggs (7 oz / 200 g without shells)
- 2 tbsp whole milk (1 fl oz / 30 ml)
- 1 tbsp butter (0.5 oz / 14 g)
- 1/4 tsp salt (0.05 oz / 1.5 g)
- 1/8 tsp black pepper (0.02 oz / 0.5 g)

#### INSTRUCTIONS:

1. Crack the eggs into a bowl and add the milk, salt, and black pepper.
2. Whisk until fully combined and slightly frothy.
3. Heat a skillet over medium-low heat (about 300°F / 150°C surface temperature) and melt the butter without browning it.
4. Pour the egg mixture into the skillet.
5. Stir gently with a spatula, pushing the eggs from the edges toward the center as soft curds begin to form.
6. Cook for 4–6 minutes until the eggs are softly set and creamy, but still slightly glossy.
7. Remove from heat immediately to prevent overcooking and serve warm and tender.

**Nutrition (per serving):** 340 kcal | Carbs: 2 g | Protein: 22 g | Potassium: 170 mg | Phosphorus: 330 mg | Sodium: 390 mg

## Spanish Pan con Tomate

**COUNTRY: SPAIN**

**Yield: 2 servings | Prep Time: 5 min | Cook Time: 5 min**

### INGREDIENTS:

- 4 slices rustic bread (4 oz / 120 g)
- 2 medium ripe tomatoes, grated (7 oz / 200 g)
- 1 tablespoon olive oil (0.5 oz / 14 g)
- 1 quarter teaspoon salt (0.05 oz / 1.5 g)
- 1 small garlic clove, halved (0.1 oz / 3 g)

### INSTRUCTIONS:

1. Preheat a dry skillet over medium heat to approximately 350 degrees Fahrenheit or 175 degrees Celsius surface temperature.
2. Place the bread slices in the skillet in a single layer.
3. Toast for 2 to 3 minutes until golden brown and crisp.
4. Turn the slices over and toast for another 2 to 3 minutes until evenly browned and firm to the touch.
5. Remove the bread from the skillet while still warm.
6. Rub the cut side of the garlic clove gently over the entire surface of each slice.
7. Spread the grated tomatoes evenly over the toasted bread.
8. Sprinkle the salt evenly over the tomato layer.
9. Drizzle the olive oil slowly over each slice.
10. Serve immediately while the bread is crisp at the edges and the topping is fresh and juicy.

**Nutrition (per serving):** 220 kcal | Carbs: 28 g | Protein: 5 g | Potassium: 320 mg | Phosphorus: 110 mg | Sodium: 260 mg

## French Banana Crêpes

**COUNTRY: FRANCE**

**Yield: 2 servings | Prep Time: 5 min | Cook Time: 10 min**

### INGREDIENTS:

- 1 cup all-purpose flour (4.4 oz / 125 g)
- 1 cup whole milk (8 fl oz / 240 ml)
- 2 large eggs (3.5 oz / 100 g without shells)
- 1 tbsp sugar (0.5 oz / 12 g)
- 1 tbsp melted butter (0.5 oz / 14 g)
- 1 medium banana, sliced (4 oz / 115 g)

### INSTRUCTIONS:

1. In a mixing bowl, add the all-purpose flour and sugar and stir briefly to combine.
2. Crack the eggs into the bowl and begin whisking gently.
3. Gradually pour in the whole milk while whisking continuously until the batter becomes smooth and lump-free.
4. Stir in the melted butter and mix until fully incorporated and glossy.
5. Heat a lightly greased skillet over medium heat (about 325°F / 160°C surface temperature) until evenly warm.
6. Pour 1/4 cup (2 oz / 60 ml) of batter into the skillet and swirl immediately to coat the surface in a thin, even layer.
7. Cook for 1–2 minutes until the edges lift slightly and the bottom appears lightly browned.
8. Flip the crêpe carefully using a spatula and cook for another 1 minute until tender and lightly golden.
9. Transfer to a plate and repeat with the remaining batter.
10. Fill each warm crêpe with sliced banana, fold gently, and serve when soft and lightly golden.

**Nutrition (per serving):** 390 kcal | Carbs: 55 g | Protein: 13 g | Potassium: 410 mg | Phosphorus: 250 mg | Sodium: 210 mg

## Italian Ricotta Honey Toast

**COUNTRY:** ITALY

**Yield:** 2 servings | **Prep Time:** 5 min | **Cook Time:** 5 min

### INGREDIENTS:

- 4 slices ciabatta bread (4 oz / 120 g)
- 1 cup ricotta cheese (8 oz / 225 g)
- 2 tbsp honey (1.4 oz / 40 g)
- 1 tbsp olive oil (0.5 oz / 14 g)
- 1/8 tsp salt (0.02 oz / 0.5 g)

### INSTRUCTIONS:

1. Place the ricotta cheese in a bowl and add the salt.
2. Stir until the mixture becomes smooth and creamy.
3. Heat a dry skillet over medium heat (about 350°F / 175°C surface temperature).
4. Add the ciabatta slices and toast for 2–3 minutes on one side until golden brown.
5. Flip and toast the other side until crisp and lightly browned.
6. Drizzle olive oil lightly over the warm toasted bread.
7. Spread the ricotta mixture evenly over each slice.
8. Drizzle honey evenly across the ricotta layer.
9. Allow the honey to settle slightly into the cheese.
10. Serve immediately while the toast is crisp outside and soft inside.

**Nutrition (per serving):** 420 kcal | Carbs: 42 g | Protein: 16 g | Potassium: 180 mg | Phosphorus: 260 mg | Sodium: 320 mg

## German Apple Cinnamon Oatmeal

**COUNTRY:** GERMANY

**Yield:** 2 servings | **Prep Time:** 5 min | **Cook Time:** 8 min

### INGREDIENTS:

- 1 cup rolled oats (3 oz / 90 g)
- 2 cups water (16 fl oz / 480 ml)
- 1 medium apple, diced (6 oz / 170 g)
- 1 tbsp brown sugar (0.5 oz / 12 g)
- 1/2 tsp ground cinnamon (0.04 oz / 1 g)
- 1 tbsp butter (0.5 oz / 14 g)

### INSTRUCTIONS:

1. Pour the water into a saucepan and bring to a gentle boil over medium heat (212°F / 100°C).
2. Stir in the rolled oats and reduce the heat to low.
3. Add the diced apple and stir to combine evenly.
4. Cook for 3–4 minutes, stirring occasionally to prevent sticking.
5. Add the brown sugar and ground cinnamon.
6. Continue cooking for another 2–3 minutes until the oats begin to thicken.
7. Stir occasionally until the apples become tender when pierced with a fork.
8. Remove the saucepan from heat.
9. Add the butter and stir until completely melted and glossy.
10. Serve warm when the oatmeal is creamy and slightly thickened.

**Nutrition (per serving):** 310 kcal | Carbs: 54 g | Protein: 7 g | Potassium: 260 mg | Phosphorus: 180 mg | Sodium: 40 mg

## Mexican Breakfast Quesadilla

**COUNTRY:** MEXICO

**Yield:** 2 servings | **Prep Time:** 5 min | **Cook Time:** 8 min

### INGREDIENTS:

- 2 large flour tortillas (6 oz / 170 g)
- 3 large eggs (5.3 oz / 150 g without shells)
- 1/2 cup shredded cheddar cheese (2 oz / 60 g)
- 1/4 cup diced tomato (2 oz / 60 g)
- 1 tbsp butter (0.5 oz / 14 g)
- 1/4 tsp salt (0.05 oz / 1.5 g)

### INSTRUCTIONS:

1. Crack the eggs into a bowl and add the salt.
2. Whisk until fully combined and slightly frothy.
3. Heat half of the butter in a skillet over medium heat (about 325°F / 160°C surface temperature).
4. Pour in the eggs and cook gently, stirring until softly scrambled and just set.
5. Transfer the scrambled eggs to a plate.
6. Add the remaining butter to the skillet and melt evenly.
7. Place one tortilla into the skillet and sprinkle half of the shredded cheese over it.
8. Spread the scrambled eggs and diced tomato evenly on top.
9. Sprinkle the remaining cheese and cover with the second tortilla.
10. Cook for 2–3 minutes per side until golden brown and crisp, and the cheese is fully melted, then cut and serve hot.

**Nutrition (per serving):** 520 kcal | Carbs: 38 g | Protein: 24 g | Potassium: 320 mg | Phosphorus: 420 mg | Sodium: 640 mg

## Turkish Menemen

**COUNTRY:** TURKEY

**Yield:** 2 servings | **Prep Time:** 5 min | **Cook Time:** 10 min

### INGREDIENTS:

- 3 large eggs (5.3 oz / 150 g without shells)
- 2 medium tomatoes, diced (10 oz / 280 g)
- 1 small green bell pepper, diced (4 oz / 115 g)
- 1 tbsp olive oil (0.5 oz / 14 g)
- 1/4 tsp salt (0.05 oz / 1.5 g)
- 1/4 tsp paprika (0.05 oz / 1.5 g)

### INSTRUCTIONS:

1. Heat olive oil in a skillet over medium heat (about 325°F / 160°C surface temperature).
2. Add the diced green bell pepper and sauté for 3–4 minutes until softened and slightly glossy.
3. Stir in the diced tomatoes.
4. Add the salt and paprika and mix well.
5. Cook for 3–4 minutes until the tomatoes release juices and begin to break down.
6. Allow the mixture to simmer gently until slightly thickened.
7. Crack the eggs directly into the skillet over the tomato mixture.
8. Stir gently to combine the eggs with the vegetables.
9. Cook for 3–4 minutes until the eggs are softly set but still moist and tender.
10. Remove from heat and serve warm when the texture is creamy and lightly set.

**Nutrition (per serving):** 260 kcal | Carbs: 14 g | Protein: 16 g | Potassium: 620 mg | Phosphorus: 290 mg | Sodium: 320 mg

## American Blueberry Pancakes

**COUNTRY:** UNITED STATES

**Yield:** 2 servings | **Prep Time:** 5 min | **Cook Time:** 10 min

### INGREDIENTS:

- 1 cup all-purpose flour (4.4 oz / 125 g)
- 1 tbsp sugar (0.5 oz / 12 g)
- 1 tsp baking powder (0.18 oz / 5 g)
- 1/4 tsp salt (0.05 oz / 1.5 g)
- 3/4 cup milk (6 fl oz / 180 ml)
- 1 large egg (1.8 oz / 50 g without shell)
- 1 tbsp melted butter (0.5 oz / 14 g)
- 1/2 cup fresh blueberries (2.5 oz / 75 g)

### INSTRUCTIONS:

1. In a mixing bowl, combine the all-purpose flour, sugar, baking powder, and salt.
2. Whisk the dry ingredients until evenly distributed.
3. In a separate bowl, whisk together the milk and egg until smooth.
4. Add the melted butter to the milk mixture and stir until combined.
5. Pour the wet ingredients into the dry ingredients and stir gently until just combined, leaving the batter slightly lumpy.
6. Fold in the fresh blueberries evenly throughout the batter.
7. Heat a lightly greased skillet over medium heat (about 350°F / 175°C surface temperature).
8. Pour 1/4 cup (2 oz / 60 ml) of batter for each pancake onto the skillet.
9. Cook for 2–3 minutes until bubbles form on the surface and the edges look set.
10. Flip and cook another 2–3 minutes until golden brown and fluffy inside, then serve warm.

**Nutrition (per serving):** 380 kcal | Carbs: 60 g | Protein: 11 g | Potassium: 220 mg | Phosphorus: 210 mg | Sodium: 330 mg

## Indian Masala Toast

**COUNTRY:** INDIA

**Yield:** 2 servings | **Prep Time:** 5 min | **Cook Time:** 6 min

### INGREDIENTS:

- 4 slices sandwich bread (4 oz / 120 g)
- 1 medium boiled potato, mashed (5 oz / 140 g)
- 1/4 cup finely chopped onion (2 oz / 60 g)
- 1/4 cup finely chopped tomato (2 oz / 60 g)
- 1 tbsp butter (0.5 oz / 14 g)
- 1/4 tsp salt (0.05 oz / 1.5 g)
- 1/4 tsp ground cumin (0.05 oz / 1.5 g)

### INSTRUCTIONS:

1. Place the mashed potato in a bowl.
2. Add the chopped onion and chopped tomato.
3. Sprinkle in the salt and ground cumin.
4. Mix thoroughly until evenly blended and slightly textured.
5. Spread the mixture evenly over two slices of sandwich bread.
6. Top with the remaining bread slices to form sandwiches.
7. Heat a skillet over medium heat (about 325°F / 160°C surface temperature).
8. Add the butter and allow it to melt and coat the surface evenly.
9. Place the sandwiches in the skillet and cook for 2–3 minutes per side until golden brown and lightly crisp.
10. Remove from heat, slice in half, and serve warm when the bread is evenly browned and the filling heated through.

**Nutrition (per serving):** 360 kcal | Carbs: 55 g | Protein: 9 g | Potassium: 420 mg | Phosphorus: 190 mg | Sodium: 480 mg

## Brazilian Papaya Lime Bowl

**COUNTRY:** BRAZIL

**Yield:** 2 servings | **Prep Time:** 5 min | **Cook Time:** 0 min

### INGREDIENTS:

- 2 cups fresh papaya cubes (10 oz / 280 g)
- 1 tbsp fresh lime juice (0.5 fl oz / 15 ml)
- 2 tbsp honey (1.4 oz / 40 g)
- 1/4 cup granola (1 oz / 30 g)
- 1/4 cup plain yogurt (2 oz / 60 g)

### INSTRUCTIONS:

1. Place the fresh papaya cubes evenly into two serving bowls.
2. Drizzle the fresh lime juice evenly over the papaya.
3. Add the plain yogurt on top of the fruit in each bowl.
4. Sprinkle the granola evenly over the yogurt layer.
5. Drizzle honey evenly over each bowl.
6. Gently stir slightly to combine flavors while keeping texture layered.
7. Allow the bowls to rest for 1–2 minutes so the flavors blend.
8. Check that the granola remains lightly crisp.
9. Adjust distribution to ensure even topping in both bowls.
10. Serve immediately while fresh, chilled, and slightly textured.

**Nutrition (per serving):** 240 kcal | Carbs: 48 g | Protein: 5 g | Potassium: 470 mg | Phosphorus: 90 mg | Sodium: 40 mg

## Chinese Scallion Egg Pancake

**COUNTRY:** CHINA

**Yield:** 2 servings | **Prep Time:** 5 min | **Cook Time:** 8 min

### INGREDIENTS:

- 1 cup all-purpose flour (4.4 oz / 125 g)
- 1/2 cup water (4 fl oz / 120 ml)
- 2 large eggs (3.5 oz / 100 g without shells)
- 1/4 cup finely chopped scallions (1 oz / 30 g)
- 1 tbsp vegetable oil (0.5 oz / 14 g)
- 1/4 tsp salt (0.05 oz / 1.5 g)

### INSTRUCTIONS:

1. In a bowl, combine the all-purpose flour and salt.
2. Gradually add the water while stirring until a smooth batter forms.
3. Whisk the eggs in a separate bowl until fully blended.
4. Heat half of the vegetable oil in a skillet over medium heat (about 325°F / 160°C surface temperature).
5. Pour half of the batter into the skillet and spread evenly into a thin layer.
6. Cook for 2–3 minutes until lightly set and the bottom begins to turn golden.
7. Pour half of the beaten eggs over the batter and sprinkle with half of the scallions.
8. Cook until the egg is set and the bottom is golden brown.
9. Flip carefully and cook another 2 minutes until lightly crisp and cooked through.
10. Repeat with remaining ingredients and serve warm when lightly browned and tender inside.

**Nutrition (per serving):** 370 kcal | Carbs: 42 g | Protein: 15 g | Potassium: 160 mg | Phosphorus: 210 mg | Sodium: 310 mg

## Swedish Berry Yogurt Bowl

**COUNTRY: SWEDEN**

**Yield: 2 servings | Prep Time: 5 min | Cook Time: 0 min**

### INGREDIENTS:

- 1 1/2 cups plain yogurt (12 oz / 340 g)
- 1 cup mixed berries (5 oz / 150 g)
- 2 tbsp rolled oats (1 oz / 30 g)
- 1 tbsp honey (0.7 oz / 20 g)
- 1 tbsp chopped almonds (0.5 oz / 15 g)

### INSTRUCTIONS:

1. Spoon the plain yogurt evenly into two bowls.
2. Wash the mixed berries thoroughly.
3. Pat the berries dry gently with a clean towel.
4. Distribute the berries evenly over the yogurt.
5. Sprinkle the rolled oats evenly on top.
6. Add the chopped almonds over the oat layer.
7. Drizzle honey evenly across each bowl.
8. Let the bowls sit for 1 minute to allow the oats to slightly soften.
9. Ensure toppings are evenly distributed.
10. Serve immediately while fresh, chilled, and lightly textured.

**Nutrition (per serving):** 310 kcal | Carbs: 36 g | Protein: 14 g | Potassium: 290 mg | Phosphorus: 240 mg | Sodium: 90 mg

## Moroccan Honey Flatbread

**COUNTRY: MOROCCO**

**Yield: 2 servings | Prep Time: 5 min | Cook Time: 8 min**

### INGREDIENTS:

- 2 medium flatbreads (6 oz / 170 g)
- 2 tbsp butter (1 oz / 28 g)
- 2 tbsp honey (1.4 oz / 40 g)
- 1/4 tsp ground cinnamon (0.05 oz / 1.5 g)

### INSTRUCTIONS:

1. Place a skillet over medium heat (about 325°F / 160°C surface temperature) and allow it to warm evenly.
2. Place the flatbreads into the dry skillet in a single layer.
3. Warm for 2–3 minutes until the bottom becomes lightly toasted and slightly golden.
4. Flip the flatbreads and warm the other side for another 2–3 minutes until lightly crisp.
5. Reduce heat to low and add the butter directly on top of the warm flatbreads.
6. Spread the butter evenly over the surface as it melts.
7. Drizzle honey evenly across each flatbread.
8. Sprinkle ground cinnamon evenly over the honey layer.
9. Allow the flatbreads to warm for 1 additional minute until fragrant.
10. Remove from heat, fold or slice, and serve warm when lightly crisp and glossy.

**Nutrition (per serving):** 420 kcal | Carbs: 62 g | Protein: 7 g | Potassium: 120 mg | Phosphorus: 110 mg | Sodium: 280 mg

## Australian Avocado Smash

**COUNTRY:** AUSTRALIA

**Yield:** 2 servings | **Prep Time:** 5 min | **Cook Time:** 5 min

### INGREDIENTS:

- 4 slices sourdough bread (4 oz / 120 g)
- 1 large ripe avocado (7 oz / 200 g)
- 1 tbsp lemon juice (0.5 fl oz / 15 ml)
- 1 tbsp olive oil (0.5 oz / 14 g)
- 1/4 tsp salt (0.05 oz / 1.5 g)
- 1/8 tsp chili flakes (0.02 oz / 0.5 g)

### INSTRUCTIONS:

1. Heat a skillet over medium heat (about 350°F / 175°C surface temperature).
2. Place the sourdough slices in the skillet and toast for 2–3 minutes until golden brown.
3. Flip and toast the other side until crisp and lightly browned.
4. Cut the avocado in half, remove the pit, and scoop the flesh into a bowl.
5. Add the lemon juice and salt to the avocado.
6. Mash with a fork until slightly chunky but creamy.
7. Spread the avocado mixture evenly over the toasted bread.
8. Drizzle olive oil evenly across the top.
9. Sprinkle chili flakes lightly over each slice.
10. Serve immediately while the toast is crisp and the avocado fresh and smooth.

**Nutrition (per serving):** 410 kcal | Carbs: 34 g | Protein: 8 g | Potassium: 520 mg | Phosphorus: 130 mg | Sodium: 300 mg

## Greek Spinach Feta Omelette

**COUNTRY:** GREECE

**Yield:** 2 servings | **Prep Time:** 5 min | **Cook Time:** 8 min

### INGREDIENTS:

- 4 large eggs (7 oz / 200 g without shells)
- 1/2 cup fresh spinach, chopped (1 oz / 30 g)
- 1/3 cup crumbled feta cheese (2 oz / 60 g)
- 2 tbsp whole milk (1 fl oz / 30 ml)
- 1 tbsp olive oil (0.5 oz / 14 g)
- 1/4 tsp salt (0.05 oz / 1.5 g)

### INSTRUCTIONS:

1. Crack the eggs into a bowl.
2. Add the whole milk and salt.
3. Whisk until fully combined and slightly frothy.
4. Heat olive oil in a skillet over medium-low heat (about 300°F / 150°C surface temperature).
5. Add the chopped spinach and cook for 1–2 minutes until wilted and tender.
6. Pour the egg mixture evenly over the spinach.
7. Cook undisturbed for 3–4 minutes until the edges are set and the center slightly soft.
8. Sprinkle crumbled feta evenly over one half of the omelette.
9. Fold the omelette gently in half.
10. Cook for 1–2 additional minutes until lightly set but still moist inside, then serve warm and tender.

**Nutrition (per serving):** 390 kcal | Carbs: 4 g | Protein: 24 g | Potassium: 420 mg | Phosphorus: 360 mg | Sodium: 540 mg

## Korean Vegetable Egg Rice

**COUNTRY:** SOUTH KOREA

**Yield:** 2 servings | **Prep Time:** 5 min | **Cook Time:** 8 min

### INGREDIENTS:

- 2 cups cooked white rice (12 oz / 340 g)
- 2 large eggs (3.5 oz / 100 g without shells)
- 1/4 cup diced carrot (2 oz / 60 g)
- 1/4 cup frozen peas (2 oz / 60 g)
- 1 tbsp vegetable oil (0.5 oz / 14 g)
- 1 tbsp soy sauce (0.5 fl oz / 15 ml)

### INSTRUCTIONS:

1. Heat vegetable oil in a skillet over medium heat (about 325°F / 160°C surface temperature).
2. Add diced carrot and peas to the skillet.
3. Cook for 2–3 minutes until tender and slightly glossy.
4. Push the vegetables to one side of the skillet.
5. Crack the eggs into the empty space.
6. Scramble gently until fully cooked and softly set.
7. Add the cooked white rice to the skillet.
8. Stir thoroughly to combine rice, eggs, and vegetables evenly.
9. Pour soy sauce over the mixture and stir to coat evenly.
10. Cook for 2–3 minutes until heated through and lightly steaming, then serve hot.

**Nutrition (per serving):** 430 kcal | Carbs: 68 g | Protein: 16 g | Potassium: 280 mg | Phosphorus: 300 mg | Sodium: 520 mg

## Argentinian Dulce Toast

**COUNTRY:** ARGENTINA

**Yield:** 2 servings | **Prep Time:** 5 min | **Cook Time:** 4 min

### INGREDIENTS:

- 4 slices white bread (4 oz / 120 g)
- 4 tbsp dulce de leche (3 oz / 85 g)
- 1 tbsp butter (0.5 oz / 14 g)

### INSTRUCTIONS:

1. Place a skillet over medium heat (about 325°F / 160°C surface temperature).
2. Spread butter evenly on one side of each slice of bread.
3. Place two slices butter-side down in the skillet.
4. Spread dulce de leche evenly over the top of the bread in the skillet.
5. Cover with the remaining slices, butter-side up.
6. Cook for 2 minutes until the bottom is golden brown.
7. Flip carefully using a spatula.
8. Cook another 2 minutes until the outside is evenly browned and lightly crisp.
9. Press gently to warm the filling evenly.
10. Remove from heat, slice, and serve immediately while crisp outside and soft inside.

**Nutrition (per serving):** 480 kcal | Carbs: 62 g | Protein: 9 g | Potassium: 210 mg | Phosphorus: 160 mg | Sodium: 330 mg

## Egyptian Honey Tahini Toast

**COUNTRY:** EGYPT

**Yield:** 2 servings | **Prep Time:** 5 min | **Cook Time:** 5 min

### INGREDIENTS:

- 4 slices flatbread (4 oz / 120 g)
- 2 tbsp tahini (1 oz / 28 g)
- 2 tbsp honey (1.4 oz / 40 g)
- 1 tbsp olive oil (0.5 oz / 14 g)

### INSTRUCTIONS:

1. Place a skillet over medium heat (about 325°F / 160°C surface temperature) and allow it to heat evenly.
2. Lay the flatbread slices in the dry skillet in a single layer.
3. Warm for 2–3 minutes until lightly toasted and slightly golden underneath.
4. Flip and warm the other side for another 2 minutes until soft and lightly crisp at the edges.
5. Remove the flatbread from the skillet and place on a plate.
6. Brush olive oil evenly over the warm surface of each slice.
7. Spread tahini evenly across each piece using the back of a spoon.
8. Drizzle honey generously and evenly over the tahini layer.
9. Allow the toppings to settle slightly into the warm bread.
10. Slice and serve immediately while lightly crisp and fragrant.

**Nutrition (per serving):** 430 kcal | Carbs: 54 g | Protein: 10 g | Potassium: 150 mg | Phosphorus: 220 mg | Sodium: 240 mg

## Canadian Maple Oat Porridge

**COUNTRY:** CANADA

**Yield:** 2 servings | **Prep Time:** 5 min | **Cook Time:** 8 min

### INGREDIENTS:

- 1 cup rolled oats (3 oz / 90 g)
- 2 cups milk (16 fl oz / 480 ml)
- 2 tbsp maple syrup (1.5 oz / 45 g)
- 1 tbsp butter (0.5 oz / 14 g)
- 1/4 tsp salt (0.05 oz / 1.5 g)

### INSTRUCTIONS:

1. Pour the milk into a saucepan and place over medium heat.
2. Bring the milk to a gentle simmer (about 200°F / 95°C) without boiling.
3. Stir in the rolled oats and salt.
4. Reduce heat to low and cook for 3 minutes, stirring occasionally.
5. Continue cooking for another 2–3 minutes until the oats begin to thicken.
6. Stir frequently to prevent sticking at the bottom.
7. Cook until the oats are tender and the texture becomes creamy.
8. Remove the saucepan from heat.
9. Add the butter and stir until fully melted and glossy.
10. Drizzle maple syrup evenly over the porridge and serve warm while lightly steaming.

**Nutrition (per serving):** 390 kcal | Carbs: 58 g | Protein: 12 g | Potassium: 320 mg | Phosphorus: 260 mg | Sodium: 140 mg

## Israeli Shakshuka

**COUNTRY:** ISRAEL

**Yield:** 2 servings | **Prep Time:** 5 min |  
**Cook Time:** 12 min

### INGREDIENTS:

- 3 large eggs (5.3 oz / 150 g without shells)
- 2 cups crushed tomatoes (14 oz / 400 g)
- 1/2 cup diced onion (4 oz / 115 g)
- 1/2 cup diced red bell pepper (4 oz / 115 g)
- 1 tbsp olive oil (0.5 oz / 14 g)
- 1/4 tsp salt (0.05 oz / 1.5 g)
- 1/4 tsp ground cumin (0.05 oz / 1.5 g)

### INSTRUCTIONS:

1. Heat olive oil in a skillet over medium heat (about 325°F / 160°C surface temperature).
2. Add diced onion and cook for 2–3 minutes until slightly translucent.
3. Add diced red bell pepper and cook for another 2 minutes until softened.
4. Stir in the crushed tomatoes.
5. Add salt and ground cumin and mix thoroughly.
6. Simmer the sauce for 5 minutes until slightly thickened and gently bubbling.
7. Use a spoon to make three small wells in the sauce.
8. Crack one egg into each well carefully.
9. Cover the skillet and cook for 4–5 minutes until the egg whites are set and yolks remain slightly soft or cooked to preference.
10. Remove from heat and serve warm while the sauce is bubbling and the eggs are tender.

**Nutrition (per serving):** 290 kcal | Carbs: 18 g | Protein: 18 g | Potassium: 720 mg | Phosphorus: 300 mg | Sodium: 480 mg

## Filipino Garlic Fried Rice

**COUNTRY:** PHILIPPINES

**Yield:** 2 servings | **Prep Time:** 5 min |  
**Cook Time:** 8 min

### INGREDIENTS:

- 2 cups cooked white rice (12 oz / 340 g)
- 3 cloves garlic, minced (0.3 oz / 9 g)
- 2 tbsp vegetable oil (1 oz / 28 g)
- 1/4 tsp salt (0.05 oz / 1.5 g)
- 1 large egg (1.8 oz / 50 g without shell)

### INSTRUCTIONS:

1. Heat vegetable oil in a skillet over medium heat (about 325°F / 160°C surface temperature).
2. Add the minced garlic and cook for 1–2 minutes until fragrant and lightly golden.
3. Stir continuously to prevent burning.
4. Add the cooked white rice to the skillet.
5. Sprinkle salt evenly over the rice.
6. Stir thoroughly to coat the rice evenly with garlic oil.
7. Cook for 3–4 minutes, stirring occasionally, until heated through and slightly crisp in spots.
8. Push the rice to one side of the skillet.
9. Crack the egg into the empty space and cook until the white is fully set and the yolk is cooked to preference.
10. Serve the rice topped with the egg while hot and lightly crisp.

**Nutrition (per serving):** 470 kcal | Carbs: 70 g | Protein: 13 g | Potassium: 160 mg | Phosphorus: 250 mg | Sodium: 330 mg

## Dutch Cheese Toast

**COUNTRY: NETHERLANDS**

**Yield: 2 servings | Prep Time: 5 min |  
Cook Time: 6 min**

### INGREDIENTS:

- 4 slices whole-grain bread (4 oz / 120 g)
- 1 cup shredded Gouda cheese (4 oz / 115 g)
- 1 tbsp butter (0.5 oz / 14 g)
- 1/4 tsp salt (0.05 oz / 1.5 g)

### INSTRUCTIONS:

1. Place a skillet over medium heat (about 325°F / 160°C surface temperature).
2. Spread butter evenly on one side of each bread slice.
3. Place two slices butter-side down into the skillet.
4. Sprinkle shredded Gouda cheese evenly over the bread in the skillet.
5. Add a small pinch of salt evenly over the cheese.
6. Top with the remaining bread slices, butter-side up.
7. Cook for 2–3 minutes until the bottom is golden brown.
8. Flip carefully using a spatula.
9. Cook another 2–3 minutes until the bread is crisp and the cheese fully melted and stretchy.
10. Remove from heat, slice, and serve immediately while hot and lightly crisp.

**Nutrition (per serving):** 520 kcal | Carbs: 34 g | Protein: 24 g | Potassium: 210 mg | Phosphorus: 420 mg | Sodium: 640 mg

## Thai Coconut Banana Rice

**COUNTRY: THAILAND**

**Yield: 2 servings | Prep Time: 5 min |  
Cook Time: 10 min**

### INGREDIENTS:

- 2 cups cooked jasmine rice (12 oz / 340 g)
- 1 cup coconut milk (8 fl oz / 240 ml)
- 1 medium banana, sliced (4 oz / 115 g)
- 2 tbsp sugar (1 oz / 28 g)
- 1/4 tsp salt (0.05 oz / 1.5 g)

### INSTRUCTIONS:

1. Pour the coconut milk into a saucepan and place over medium heat.
2. Heat gently until it reaches a light simmer (about 200°F / 95°C) without boiling.
3. Add the sugar to the coconut milk.
4. Stir in the salt and mix until fully dissolved.
5. Add the cooked jasmine rice to the saucepan.
6. Stir thoroughly to coat the rice evenly with the coconut mixture.
7. Cook for 4–5 minutes, stirring occasionally to prevent sticking.
8. Continue cooking until the mixture thickens and becomes creamy.
9. Gently fold in the sliced banana.
10. Cook for 1–2 minutes until the banana is slightly softened but still holds its shape, then serve warm and fragrant.

**Nutrition (per serving):** 520 kcal | Carbs: 88 g | Protein: 7 g | Potassium: 420 mg | Phosphorus: 200 mg | Sodium: 180 mg

## Portuguese Cinnamon Toast

**COUNTRY:** PORTUGAL

**Yield:** 2 servings | **Prep Time:** 5 min | **Cook Time:** 6 min

### INGREDIENTS:

- 4 slices white bread (4 oz / 120 g)
- 2 tbsp butter (1 oz / 28 g)
- 2 tbsp sugar (1 oz / 28 g)
- 1/2 tsp ground cinnamon (0.04 oz / 1 g)

### INSTRUCTIONS:

1. Place a skillet over medium heat (about 325°F / 160°C surface temperature).
2. Spread butter evenly on one side of each bread slice.
3. Place the bread slices butter-side down in the skillet.
4. Cook for 2–3 minutes until the bottom becomes lightly golden brown.
5. In a small bowl, combine the sugar and ground cinnamon.
6. Flip the bread slices carefully using a spatula.
7. Sprinkle the cinnamon sugar mixture evenly over the toasted surface.
8. Press lightly so the sugar adheres to the warm bread.
9. Cook for another 2–3 minutes until the sugar begins to melt and lightly caramelize.
10. Remove from heat and serve warm when crisp outside and lightly caramelized on top.

**Nutrition (per serving):** 450 kcal | Carbs: 60 g | Protein: 7 g | Potassium: 120 mg | Phosphorus: 110 mg | Sodium: 330 mg

## Italian Caprese Pasta Salad

**COUNTRY:** ITALY

**Yield:** 2 servings | **Prep Time:** 15 min | **Cook Time:** 10 min

### INGREDIENTS:

- 1 1/2 cups dry pasta (6 oz / 170 g)
- 1 cup cherry tomatoes, halved (6 oz / 170 g)
- 4 oz fresh mozzarella balls, halved (4 oz / 115 g)
- 2 tbsp extra virgin olive oil (1 oz / 28 g)
- 1 tbsp balsamic vinegar (0.5 oz / 15 ml)
- 1/4 tsp salt (0.05 oz / 1.5 g)
- 1/4 tsp freshly ground black pepper (0.05 oz / 1.5 g)
- 2 tbsp fresh basil leaves, sliced (0.2 oz / 5 g)

### INSTRUCTIONS:

1. Bring salted water to a boil, add the pasta, cook until al dente, then drain and rinse briefly.
2. Transfer the pasta to a bowl and toss with one tablespoon of olive oil to prevent sticking.
3. Add halved cherry tomatoes and mozzarella balls, mixing gently.
4. Whisk the remaining olive oil, balsamic vinegar, salt, and black pepper until combined.
5. Pour the dressing over the pasta and toss carefully to keep the mozzarella intact.
6. Add sliced fresh basil and fold in gently.
7. Let the salad rest for 10 minutes before serving.

**Nutrition (per serving):** 520 kcal | Carbs: 58 g | Protein: 18 g | Potassium: 420 mg | Phosphorus: 260 mg | Sodium: 340 mg. ¶



## Classic Chicken Wrap

**COUNTRY: UNITED STATES**

**Yield: 2 servings | Prep Time: 10 min | Cook Time: 10 min**

### INGREDIENTS:

- 2 large flour tortillas (8 oz / 225 g total)
- 1 cup (150 g) cooked chicken breast, sliced
- 1 cup (70 g) shredded lettuce
- 1/2 cup (120 g) diced tomato
- 1/4 cup (60 g) plain Greek yogurt
- 1 tablespoon (15 ml / 15 g) olive oil
- 1/2 teaspoon (3 g) salt
- 1/4 teaspoon (1 g) black pepper

### INSTRUCTIONS:

1. Heat a large skillet over medium heat to approximately 350°F (175°C surface temperature).
2. Add olive oil to the skillet and warm it for 1 minute until it shimmers but does not smoke.
3. Place the sliced chicken into the skillet and cook for 3–4 minutes, stirring occasionally, until heated through and lightly browned at the edges.
4. Sprinkle salt and black pepper evenly over the chicken and stir well to coat all pieces.
5. Warm the flour tortillas in the same skillet for 30 seconds per side until soft and flexible.
6. Spread Greek yogurt evenly across the center of each tortilla using the back of a spoon.
7. Layer shredded lettuce and diced tomato evenly over the yogurt.
8. Divide the warm seasoned chicken evenly between the tortillas and place it on top of the vegetables.
9. Fold the sides inward and roll each tortilla tightly into a wrap.
10. Return the wraps to the skillet and cook for 1–2 minutes per side until the outside is lightly golden and slightly crisp.

**Nutrition (per serving):** 420 kcal | Carbs: 35 g | Protein: 28 g | Potassium: 0.6 g | Phosphorus: 0.3 g | Sodium: 650 mg

## Mediterranean Chickpea Bowl

**COUNTRY: GREECE**

**Yield: 2 servings | Prep Time: 10 min | Cook Time: 8 min**

### INGREDIENTS:

- 1 can chickpeas, drained (15 oz / 400 g)
- 1 cup (150 g) cherry tomatoes, halved
- 1/2 cup (75 g) diced cucumber
- 1/4 cup (40 g) crumbled feta cheese
- 2 tablespoons (30 ml / 27 g) olive oil
- 1 tablespoon (15 ml / 15 g) lemon juice
- 1/2 teaspoon (3 g) salt
- 1/4 teaspoon (1 g) dried oregano

### INSTRUCTIONS:

1. Rinse the drained chickpeas under cold water using a colander and shake off excess moisture.
2. Place a medium saucepan on the stovetop over medium heat at approximately 325°F (160°C surface heat).
3. Add 1 tablespoon (15 ml / 13.5 g) of the olive oil and warm for 1 minute until slightly shimmering.
4. Add the chickpeas to the saucepan and cook for 4–5 minutes, stirring occasionally, until heated through and slightly glossy.
5. Transfer the warm chickpeas to a large mixing bowl.
6. Add halved cherry tomatoes and diced cucumber to the bowl and toss gently.
7. Sprinkle salt and dried oregano evenly over the mixture.
8. Drizzle the remaining 1 tablespoon (15 ml / 13.5 g) olive oil and lemon juice over all ingredients.
9. Fold in the crumbled feta cheese carefully to maintain texture.

**Nutrition (per serving):** 380 kcal | Carbs: 32 g | Protein: 12 g | Potassium: 0.7 g | Phosphorus: 0.25 g | Sodium: 720 mg

## Quick Tuna Melt

**COUNTRY: UNITED STATES**

**Yield: 2 servings | Prep Time: 8 min | Cook Time: 8 min**

### INGREDIENTS:

- 1 can tuna in water, drained (5 oz / 140 g)
- 2 slices whole wheat bread (4 oz / 115 g total)
- 1/4 cup (60 g) shredded cheddar cheese
- 2 tablespoons (30 g) mayonnaise
- 1 tablespoon (15 ml / 14 g) butter
- 1/4 teaspoon (1 g) salt
- 1/4 teaspoon (1 g) black pepper

### INSTRUCTIONS:

1. Place a skillet on the stovetop over medium heat at approximately 350°F (175°C surface temperature).
2. In a medium bowl combine drained tuna, mayonnaise, salt, and black pepper and mix until creamy and evenly blended.
3. Spread the tuna mixture evenly over one slice of bread using a spoon.
4. Sprinkle shredded cheddar cheese evenly over the tuna layer.
5. Place the second slice of bread on top and press gently to secure the filling.
6. Spread butter evenly over the outside of both bread slices.
7. Place the sandwich into the heated skillet and cook for 3–4 minutes until the bottom is golden brown and crisp.
8. Flip carefully using a spatula and cook another 3–4 minutes until the cheese is fully melted and the second side is evenly browned.
9. Press lightly with the spatula to ensure even browning and melting.
10. Remove from heat and let rest for 1 minute before slicing in half and serving warm.

**Nutrition (per serving):** 450 kcal | Carbs: 28 g | Protein: 30 g | Potassium: 0.4 g | Phosphorus: 0.35 g | Sodium: 780 mg

## Turkey & Avocado Sandwich

**COUNTRY:** UNITED STATES

**Yield:** 2 servings | **Prep Time:** 10 min | **Cook Time:** 5 min

### INGREDIENTS:

- 4 slices whole grain bread (8 oz / 225 g total)
- 1 cup (150 g) sliced cooked turkey breast
- 1 medium avocado, sliced (7 oz / 200 g)
- 1/2 cup (60 g) sliced tomato
- 2 tablespoons (30 g) mayonnaise
- 1 tablespoon (15 ml / 14 g) olive oil
- 1/4 teaspoon (1 g) salt
- 1/4 teaspoon (1 g) black pepper

### INSTRUCTIONS:

1. Heat a large skillet over medium heat to approximately 350°F (175°C surface temperature).
2. Brush one side of each bread slice lightly with olive oil.
3. Place the bread slices oil-side down in the skillet and toast for 2–3 minutes until lightly golden and crisp.
4. Flip the bread and toast the second side for 1–2 minutes until warmed through but not overly browned.
5. Remove the bread from the skillet and spread mayonnaise evenly on one side of each slice.
6. Layer sliced turkey breast evenly over two slices of bread.
7. Arrange avocado slices over the turkey and sprinkle with salt and black pepper.
8. Add sliced tomato evenly on top of the avocado.
9. Cover with the remaining bread slices and press gently.

**Nutrition (per serving):** 520 kcal | Carbs: 42 g | Protein: 32 g | Potassium: 0.9 g | Phosphorus: 0.4 g | Sodium: 820 mg

## Caprese Panini

**COUNTRY:** ITALY

**Yield:** 2 servings | **Prep Time:** 8 min | **Cook Time:** 7 min

### INGREDIENTS:

- 1 large ciabatta loaf, halved (10 oz / 280 g total)
- 8 oz fresh mozzarella, sliced (225 g)
- 1 cup (150 g) sliced fresh tomatoes
- 1/4 cup (10 g) fresh basil leaves
- 2 tablespoons (30 ml / 27 g) olive oil
- 1 tablespoon (15 ml / 15 g) balsamic vinegar
- 1/2 teaspoon (3 g) salt
- 1/4 teaspoon (1 g) black pepper

### INSTRUCTIONS:

1. Preheat a large skillet over medium heat to approximately 350°F (175°C surface temperature).
2. Brush the cut sides of the ciabatta evenly with olive oil.
3. Place the ciabatta halves cut-side down in the skillet and toast for 2–3 minutes until lightly golden.
4. Remove from the skillet and layer mozzarella slices evenly on the bottom half.
5. Arrange sliced tomatoes over the mozzarella and sprinkle with salt and black pepper.
6. Add fresh basil leaves evenly across the tomatoes.
7. Drizzle balsamic vinegar lightly over the filling.
8. Close the sandwich with the top half of the bread and press gently.
9. Return the sandwich to the skillet and cook 2–3 minutes per side until the bread is crisp and the mozzarella is melted and soft.
10. Remove from heat and let rest for 1 minute before slicing into portions and serving warm.

**Nutrition (per serving):** 540 kcal | Carbs: 48 g | Protein: 22 g | Potassium: 0.7 g | Phosphorus: 0.45 g | Sodium: 760 mg

## Greek Pita Pocket

**COUNTRY: GREECE**

**Yield: 2 servings | Prep Time: 10 min | Cook Time: 6 min**

### INGREDIENTS:

- 2 whole wheat pita breads (6 oz / 170 g total)
- 1 cup (150 g) cooked chicken breast, diced
- 1/2 cup (75 g) diced cucumber
- 1/2 cup (120 g) diced tomato
- 1/4 cup (60 g) plain Greek yogurt
- 1 tablespoon (15 ml / 15 g) olive oil
- 1 tablespoon (15 ml / 15 g) lemon juice
- 1/2 teaspoon (3 g) salt
- 1/4 teaspoon (1 g) dried oregano

### INSTRUCTIONS:

1. Heat a skillet over medium heat to approximately 350°F (175°C surface temperature).
2. Add olive oil and warm for 1 minute until lightly shimmering.
3. Add diced chicken to the skillet and cook for 3–4 minutes until heated through and lightly browned at the edges.
4. Sprinkle salt and dried oregano over the chicken and stir to coat evenly.
5. Warm the pita breads in the skillet for 30 seconds per side until soft and flexible.
6. In a bowl combine diced cucumber, diced tomato, Greek yogurt, and lemon juice and stir until evenly mixed.
7. Slice open each pita carefully to form a pocket.
8. Fill each pita with seasoned chicken and spoon the yogurt vegetable mixture evenly inside.
9. Serve immediately while the pita is warm and the filling is fresh and tender.

**Nutrition (per serving):** 410 kcal | Carbs: 38 g | Protein: 27 g | Potassium: 0.6 g | Phosphorus: 0.32 g | Sodium: 690 mg

## Veggie Stir Fry Bowl

**COUNTRY: CHINA**

**Yield: 2 servings | Prep Time: 10 min | Cook Time: 10 min**

### INGREDIENTS:

- 1 cup (150 g) broccoli florets
- 1 cup (120 g) sliced bell peppers
- 1/2 cup (75 g) sliced carrots
- 1 cup (150 g) cooked rice
- 2 tablespoons (30 ml / 27 g) soy sauce
- 1 tablespoon (15 ml / 15 g) olive oil
- 1 teaspoon (5 g) minced garlic
- 1/2 teaspoon (3 g) salt
- 1/4 teaspoon (1 g) black pepper

### INSTRUCTIONS:

1. Heat a large skillet over medium-high heat to approximately 375°F (190°C surface temperature).
2. Add olive oil and heat for 1 minute until shimmering.
3. Add minced garlic and cook for 30 seconds until fragrant but not browned.
4. Add broccoli, bell peppers, and carrots to the skillet and stir-fry for 5–6 minutes until vegetables are tender when pierced but still slightly crisp.
5. Sprinkle salt and black pepper evenly over the vegetables and stir well.
6. Add cooked rice to the skillet and mix thoroughly with the vegetables.
7. Pour soy sauce evenly over the mixture and stir continuously for 2–3 minutes until everything is heated through and evenly coated.
8. Press lightly with a spatula and cook 1 additional minute until the rice begins to lightly brown at the bottom.
9. Remove from heat and serve warm while vegetables remain bright and tender.

**Nutrition (per serving):** 360 kcal | Carbs: 58 g | Protein: 9 g | Potassium: 0.7 g | Phosphorus: 0.22 g | Sodium: 820 mg

## Egg Salad Toast

**COUNTRY:** UNITED KINGDOM

**Yield:** 2 servings | **Prep Time:** 10 min | **Cook Time:** 10 min

### INGREDIENTS:

- 4 large eggs (8 oz / 225 g total)
- 4 slices whole grain bread (8 oz / 225 g total)
- 3 tablespoons (45 g) mayonnaise
- 1 tablespoon (15 ml / 15 g) lemon juice
- 1 tablespoon (15 ml / 14 g) olive oil
- 1/2 teaspoon (3 g) salt
- 1/4 teaspoon (1 g) black pepper

### INSTRUCTIONS:

1. Place the eggs in a saucepan and cover with water by 1 inch and bring to a boil over medium-high heat at 212°F (100°C).
2. Once boiling, reduce heat to medium and simmer for 9 minutes until the yolks are firm and fully set.
3. Drain the hot water and cool the eggs under cold running water for 2 minutes until easy to handle.
4. Peel the eggs and chop them finely using a knife.
5. Transfer chopped eggs to a bowl and mix with mayonnaise, lemon juice, salt, and black pepper until creamy and evenly combined.
6. Heat a skillet over medium heat to approximately 350°F (175°C surface temperature).
7. Brush both sides of the bread slices lightly with olive oil.
8. Toast the bread in the skillet for 2–3 minutes per side until golden brown and crisp.
9. Spread the egg salad evenly over the warm toast slices and serve immediately while crisp.

**Nutrition (per serving):** 480 kcal | Carbs: 32 g | Protein: 22 g | Potassium: 0.4 g | Phosphorus: 0.35 g | Sodium: 620 mg

## Simple Pasta Salad

**COUNTRY:** ITALY

**Yield:** 2 servings | **Prep Time:** 10 min | **Cook Time:** 10 min

### INGREDIENTS:

- 1 cup (100 g) dry penne pasta
- 1 cup (150 g) cherry tomatoes, halved
- 1/2 cup (75 g) diced cucumber
- 1/4 cup (40 g) crumbled feta cheese
- 2 tablespoons (30 ml / 27 g) olive oil
- 1 tablespoon (15 ml / 15 g) red wine vinegar
- 1/2 teaspoon (3 g) salt
- 1/4 teaspoon (1 g) dried oregano

### INSTRUCTIONS:

1. Bring a pot of water to a boil at 212°F (100°C) over high heat.
2. Add penne pasta and cook for 8–10 minutes until tender but firm when bitten.
3. Drain the pasta in a colander and rinse briefly under cool water to stop cooking.
4. Transfer cooled pasta to a large mixing bowl.
5. Add halved cherry tomatoes and diced cucumber to the bowl.
6. Sprinkle salt and dried oregano evenly over the mixture.
7. Drizzle olive oil and red wine vinegar over all ingredients.
8. Add crumbled feta cheese and toss gently until evenly coated.
9. Let rest for 3 minutes before serving so the flavors combine fully.

**Nutrition (per serving):** 420 kcal | Carbs: 55 g | Protein: 14 g | Potassium: 0.5 g | Phosphorus: 0.28 g | Sodium: 700 mg

## Hummus & Veggie Wrap

**COUNTRY:** LEBANON

**Yield:** 2 servings | **Prep Time:** 10 min | **Cook Time:** 5 min

### INGREDIENTS:

- 2 large flour tortillas (8 oz / 225 g total)
- 1/2 cup (120 g) hummus
- 1 cup (70 g) shredded lettuce
- 1/2 cup (75 g) grated carrot
- 1/2 cup (75 g) sliced cucumber
- 1 tablespoon (15 ml / 15 g) olive oil
- 1 tablespoon (15 ml / 15 g) lemon juice
- 1/2 teaspoon (3 g) salt

### INSTRUCTIONS:

1. Heat a large skillet over medium heat to approximately 350°F (175°C surface temperature).
2. Brush both sides of the tortillas lightly with olive oil.
3. Warm each tortilla in the skillet for 30 seconds per side until soft and flexible.
4. In a small bowl combine shredded lettuce, grated carrot, sliced cucumber, lemon juice, and salt and toss gently.
5. Spread hummus evenly over the center of each warm tortilla.
6. Divide the vegetable mixture evenly over the hummus layer.
7. Roll each tortilla tightly, folding in the sides to secure the filling.
8. Place the wraps seam-side down in the skillet and cook for 1–2 minutes until lightly golden and slightly crisp.
9. Remove from heat, slice in half, and serve while warm and tender.

**Nutrition (per serving):** 390 kcal | Carbs: 48 g | Protein: 10 g | Potassium: 0.5 g | Phosphorus: 0.22 g | Sodium: 680 mg

## Chicken Caesar Wrap

**COUNTRY:** UNITED STATES

**Yield:** 2 servings | **Prep Time:** 10 min | **Cook Time:** 8 min

### INGREDIENTS:

- 2 large flour tortillas (8 oz / 225 g total)
- 1 cup (150 g) cooked chicken breast, sliced
- 1 cup (70 g) chopped romaine lettuce
- 1/4 cup (60 g) Caesar dressing
- 1/4 cup (25 g) grated Parmesan cheese
- 1 tablespoon (15 ml / 14 g) olive oil
- 1/2 teaspoon (3 g) salt
- 1/4 teaspoon (1 g) black pepper

### INSTRUCTIONS:

1. Heat a skillet over medium heat to approximately 350°F (175°C surface temperature).
2. Add olive oil and warm for 1 minute until shimmering.
3. Add sliced chicken and cook for 3–4 minutes until heated through and lightly browned.
4. Sprinkle salt and black pepper evenly over the chicken and stir well.
5. Warm the tortillas in the skillet for 30 seconds per side until soft and pliable.
6. In a bowl combine chopped romaine lettuce, Caesar dressing, and grated Parmesan cheese and toss gently.
7. Place the warm chicken evenly in the center of each tortilla.
8. Top with the dressed lettuce mixture and roll tightly, folding in the sides.
9. Return wraps to the skillet and cook for 1–2 minutes per side until lightly crisp and golden on the outside.

**Nutrition (per serving):** 470 kcal | Carbs: 36 g | Protein: 32 g | Potassium: 0.6 g | Phosphorus: 0.38 g | Sodium: 820 mg

## Tomato Basil Pasta

**COUNTRY:** ITALY

**Yield:** 2 servings | **Prep Time:** 8 min |  
**Cook Time:** 12 min

### INGREDIENTS:

- 1 cup (100 g) dry spaghetti
- 1 cup (240 g) crushed tomatoes
- 1/4 cup (10 g) fresh basil, chopped
- 2 tablespoons (30 ml / 27 g) olive oil
- 2 cloves garlic, minced (2 teaspoons / 6 g)
- 1/4 cup (25 g) grated Parmesan cheese
- 1/2 teaspoon (3 g) salt
- 1/4 teaspoon (1 g) black pepper

### INSTRUCTIONS:

1. Bring a pot of water to a boil at 212°F (100°C) over high heat.
2. Add spaghetti and cook for 9–11 minutes until tender but still firm when bitten.
3. Drain the pasta in a colander, reserving 2 tablespoons (30 ml / 30 g) of pasta water.
4. Heat olive oil in a skillet over medium heat to approximately 325°F (160°C surface temperature).
5. Add minced garlic and cook for 30 seconds until fragrant but not browned.
6. Pour in crushed tomatoes, salt, and black pepper and simmer for 5 minutes until slightly thickened.
7. Add the cooked spaghetti and reserved pasta water to the skillet and toss until evenly coated and glossy.
8. Stir in chopped fresh basil and mix gently for 1 minute until aromatic.
9. Sprinkle grated Parmesan cheese on top and serve immediately while hot and lightly steaming.

**Nutrition (per serving):** 520 kcal | Carbs: 68 g | Protein: 16 g | Potassium: 0.7 g | Phosphorus: 0.32 g | Sodium: 640 mg

## Asian Noodle Bowl

**COUNTRY:** JAPAN

**Yield:** 2 servings | **Prep Time:** 10 min |  
**Cook Time:** 10 min

### INGREDIENTS:

- 4 oz (115 g) rice noodles
- 1 cup (150 g) sliced bell peppers
- 1/2 cup (75 g) shredded carrots
- 1 cup (100 g) sliced mushrooms
- 2 tablespoons (30 ml / 27 g) soy sauce
- 1 tablespoon (15 ml / 15 g) olive oil
- 1 teaspoon (5 g) grated ginger
- 1/2 teaspoon (3 g) salt

### INSTRUCTIONS:

1. Bring a pot of water to a boil at 212°F (100°C) over high heat.
2. Add rice noodles and cook for 4–5 minutes until tender and flexible.
3. Drain the noodles in a colander and set aside.
4. Heat olive oil in a large skillet over medium-high heat to approximately 375°F (190°C surface temperature).
5. Add grated ginger and cook for 30 seconds until fragrant.
6. Add sliced bell peppers, shredded carrots, mushrooms, and salt and stir-fry for 4–5 minutes until vegetables are tender when pierced but still vibrant.
7. Add the cooked noodles to the skillet and toss thoroughly with the vegetables.
8. Pour soy sauce evenly over the mixture and stir for 2–3 minutes until evenly coated and heated through.
9. Remove from heat and serve warm while vegetables remain slightly crisp and glossy.

**Nutrition (per serving):** 390 kcal | Carbs: 62 g | Protein: 8 g | Potassium: 0.6 g | Phosphorus: 0.21 g | Sodium: 900 mg

## Grilled Cheese Sandwich

**COUNTRY:** UNITED STATES

**Yield:** 2 servings | **Prep Time:** 5 min | **Cook Time:** 8 min

### INGREDIENTS:

- 4 slices white bread (8 oz / 225 g total)
- 4 slices cheddar cheese (4 oz / 115 g total)
- 2 tablespoons (30 ml / 28 g) butter
- 1/4 teaspoon (1 g) salt
- 1/4 teaspoon (1 g) black pepper

### INSTRUCTIONS:

1. Place a skillet over medium heat to approximately 350°F (175°C surface temperature).
2. Spread butter evenly on one side of each bread slice.
3. Place two slices of bread butter-side down in the skillet.
4. Add two slices of cheddar cheese on each bread slice and sprinkle lightly with salt and black pepper.
5. Cover with the remaining bread slices, butter-side facing up.
6. Cook for 3–4 minutes until the bottom is golden brown and crisp.
7. Flip carefully using a spatula and cook another 3–4 minutes until the second side is golden and the cheese is melted and soft.
8. Press gently with the spatula to ensure even browning and melting.
9. Remove from heat, slice in half, and serve immediately while hot and gooey.

**Nutrition (per serving):** 520 kcal | Carbs: 34 g | Protein: 20 g | Potassium: 0.3 g | Phosphorus: 0.4 g | Sodium: 780 mg

## Mexican Bean Quesadilla

**COUNTRY:** MEXICO

**Yield:** 2 servings | **Prep Time:** 10 min | **Cook Time:** 8 min

### INGREDIENTS:

- 2 large flour tortillas (8 oz / 225 g total)
- 1 cup (170 g) canned black beans, drained
- 1/2 cup (75 g) shredded cheddar cheese
- 1/4 cup (60 g) diced tomato
- 1 tablespoon (15 ml / 15 g) olive oil
- 1 teaspoon (5 g) ground cumin
- 1/2 teaspoon (3 g) salt

### INSTRUCTIONS:

1. Heat a skillet over medium heat to approximately 350°F (175°C surface temperature).
2. Add olive oil and warm for 1 minute until shimmering.
3. Add black beans and cook for 3 minutes, stirring, until heated through.
4. Sprinkle ground cumin and salt over the beans and stir well.
5. Remove beans from the skillet and set aside briefly.
6. Place one tortilla in the skillet and spread half of the beans evenly over it.
7. Add diced tomato and shredded cheddar cheese evenly over the beans.
8. Top with the second tortilla and cook for 3–4 minutes per side until golden brown and the cheese is fully melted.
9. Remove from heat, cut into wedges, and serve warm while the filling is soft and slightly creamy.

**Nutrition (per serving):** 480 kcal | Carbs: 58 g | Protein: 18 g | Potassium: 0.7 g | Phosphorus: 0.33 g | Sodium: 860 mg

## Avocado Chicken Salad

**COUNTRY: UNITED STATES**

**Yield: 2 servings | Prep Time: 12 min | Cook Time: 6 min**

### INGREDIENTS:

- 1 cup (150 g) cooked chicken breast, diced
- 1 medium avocado, diced (7 oz / 200 g)
- 1/2 cup (75 g) diced cucumber
- 1/4 cup (60 g) plain Greek yogurt
- 1 tablespoon (15 ml / 15 g) lemon juice
- 1 tablespoon (15 ml / 14 g) olive oil
- 1/2 teaspoon (3 g) salt
- 1/4 teaspoon (1 g) black pepper

### INSTRUCTIONS:

1. Heat a skillet over medium heat to approximately 350°F (175°C surface temperature).
2. Add olive oil and warm for 1 minute until shimmering.
3. Add diced chicken and cook for 3–4 minutes until lightly browned and heated through.
4. Transfer the warm chicken to a mixing bowl.
5. Add diced avocado and diced cucumber to the bowl.
6. In a small bowl mix Greek yogurt, lemon juice, salt, and black pepper until smooth.
7. Pour the yogurt dressing over the chicken mixture.
8. Gently toss until evenly coated and creamy.
9. Serve immediately while fresh and tender.

**Nutrition (per serving):** 430 kcal | Carbs: 18 g | Protein: 30 g | Potassium: 0.9 g | Phosphorus: 0.35 g | Sodium: 620 mg

## Couscous Vegetable Bowl

**COUNTRY: MOROCCO**

**Yield: 2 servings | Prep Time: 10 min | Cook Time: 8 min**

### INGREDIENTS:

- 1 cup (170 g) dry couscous
- 1 cup (240 ml / 240 g) boiling water
- 1/2 cup (75 g) diced zucchini
- 1/2 cup (75 g) diced bell pepper
- 2 tablespoons (30 ml / 27 g) olive oil
- 1 tablespoon (15 ml / 15 g) lemon juice
- 1/2 teaspoon (3 g) salt
- 1/4 teaspoon (1 g) ground cumin

### INSTRUCTIONS:

1. Place couscous in a heatproof bowl and pour boiling water over it.
2. Cover the bowl and let sit for 5 minutes until the couscous absorbs the water and becomes tender.
3. Fluff the couscous with a fork to separate the grains.
4. Heat olive oil in a skillet over medium heat to approximately 350°F (175°C surface temperature).
5. Add diced zucchini and bell pepper and cook for 4–5 minutes until tender when pierced and lightly browned.
6. Sprinkle salt and ground cumin evenly over the vegetables and stir well.
7. Transfer cooked vegetables to the bowl with couscous.
8. Drizzle lemon juice over the mixture.
9. Toss gently until evenly combined and serve warm.

**Nutrition (per serving):** 440 kcal | Carbs: 60 g | Protein: 12 g | Potassium: 0.6 g | Phosphorus: 0.28 g | Sodium: 640 mg

## BLT Sandwich

**COUNTRY: UNITED STATES**

**Yield: 2 servings | Prep Time: 8 min |  
Cook Time: 8 min**

### INGREDIENTS:

- 4 slices sandwich bread (8 oz / 225 g total)
- 6 slices bacon (6 oz / 170 g total)
- 1 cup (70 g) shredded lettuce
- 1/2 cup (120 g) sliced tomato
- 2 tablespoons (30 g) mayonnaise
- 1/4 teaspoon (1 g) black pepper

### INSTRUCTIONS:

1. Heat a skillet over medium heat to approximately 350°F (175°C surface temperature).
2. Place bacon slices in the skillet and cook for 3–4 minutes per side until crisp and evenly browned.
3. Transfer bacon to a plate lined with paper towels to remove excess fat.
4. Toast the bread slices in the same skillet for 1–2 minutes per side until lightly golden.
5. Spread mayonnaise evenly on one side of each toast slice.
6. Layer shredded lettuce evenly over two slices of bread.
7. Add sliced tomato and sprinkle with black pepper.
8. Place three slices of bacon on each sandwich.
9. Top with remaining bread slices, press gently, and serve immediately while crisp.

**Nutrition (per serving):** 550 kcal | Carbs: 38 g | Protein: 24 g | Potassium: 0.5 g | Phosphorus: 0.4 g | Sodium: 980 mg

## Creamy Garlic Mushrooms on Toast

**COUNTRY: FRANCE**

**Yield: 2 servings | Prep Time: 8 min |  
Cook Time: 10 min**

### INGREDIENTS:

- 4 slices rustic bread (8 oz / 225 g total)
- 2 cups (200 g) sliced mushrooms
- 2 cloves garlic, minced (2 teaspoons / 6 g)
- 1/2 cup (120 ml / 120 g) heavy cream
- 2 tablespoons (30 ml / 27 g) olive oil
- 1 tablespoon (15 g) butter
- 1/2 teaspoon (3 g) salt
- 1/4 teaspoon (1 g) black pepper

### INSTRUCTIONS:

1. Heat a skillet over medium heat to approximately 350°F (175°C surface temperature).
2. Add olive oil and butter and heat until the butter is fully melted and lightly bubbling.
3. Add sliced mushrooms and cook for 5–6 minutes until tender and lightly browned.
4. Add minced garlic and cook for 30 seconds until fragrant.
5. Pour in heavy cream and stir gently.
6. Season with salt and black pepper and simmer for 3–4 minutes until the sauce thickens slightly and coats the mushrooms.
7. Toast the bread slices in a separate skillet over medium heat for 2–3 minutes per side until golden and crisp.
8. Spoon the creamy mushrooms evenly over the toasted bread.
9. Serve immediately while the sauce is warm and the toast remains crisp.

**Nutrition (per serving):** 520 kcal | Carbs: 42 g | Protein: 10 g | Potassium: 0.6 g | Phosphorus: 0.25 g | Sodium: 640 mg

## Italian Sub Sandwich

**COUNTRY:** ITALY

**Yield:** 2 servings | **Prep Time:** 10 min | **Cook Time:** 5 min

### INGREDIENTS:

- 1 large baguette, halved (10 oz / 280 g total)
- 4 oz (115 g) sliced salami
- 4 oz (115 g) sliced ham
- 4 oz (115 g) sliced provolone cheese
- 1 cup (70 g) shredded lettuce
- 1/2 cup (120 g) sliced tomato
- 2 tablespoons (30 ml / 27 g) olive oil
- 1 tablespoon (15 ml / 15 g) red wine vinegar
- 1/2 teaspoon (3 g) dried oregano

### INSTRUCTIONS:

1. Preheat a skillet over medium heat to approximately 350°F (175°C surface temperature).
2. Place the baguette halves cut-side down in the skillet and toast for 2–3 minutes until lightly crisp.
3. Remove from heat and layer salami evenly on the bottom half.
4. Add sliced ham evenly over the salami.
5. Place provolone cheese slices over the ham.
6. In a bowl combine shredded lettuce, sliced tomato, olive oil, red wine vinegar, and dried oregano and toss gently.
7. Spread the vegetable mixture evenly over the cheese layer.
8. Close the sandwich with the top half of the baguette and press gently.
9. Slice into portions and serve immediately while fresh and slightly warm.

**Nutrition (per serving):** 720 kcal | Carbs: 48 g | Protein: 40 g | Potassium: 0.6 g | Phosphorus: 0.5 g | Sodium: 1400 mg

## Shrimp Taco

**COUNTRY:** MEXICO

**Yield:** 2 servings | **Prep Time:** 10 min | **Cook Time:** 8 min

### INGREDIENTS:

- 8 small corn tortillas (8 oz / 225 g total)
- 1 cup (200 g) raw shrimp, peeled and deveined
- 1/2 cup (75 g) shredded cabbage
- 1/4 cup (60 g) diced tomato
- 1/4 cup (60 g) plain Greek yogurt
- 1 tablespoon (15 ml / 15 g) lime juice
- 1 tablespoon (15 ml / 15 g) olive oil
- 1/2 teaspoon (3 g) chili powder
- 1/2 teaspoon (3 g) salt

### INSTRUCTIONS:

1. Heat a skillet over medium heat to approximately 375°F (190°C surface temperature).
2. Add olive oil and heat for 1 minute until shimmering.
3. Add shrimp and cook for 2–3 minutes per side until pink and opaque.
4. Sprinkle chili powder and salt over the shrimp and stir to coat evenly.
5. Warm the corn tortillas in a dry skillet for 30 seconds per side until soft and flexible.
6. In a bowl combine shredded cabbage, diced tomato, Greek yogurt, and lime juice and mix gently.
7. Place cooked shrimp evenly into each tortilla.
8. Spoon the yogurt cabbage mixture evenly over the shrimp.
9. Serve immediately while shrimp are tender and tortillas are warm.

**Nutrition (per serving):** 420 kcal | Carbs: 48 g | Protein: 28 g | Potassium: 0.7 g | Phosphorus: 0.35 g | Sodium: 720 mg

## Mediterranean Chickpea Wrap

**COUNTRY: TURKEY**

**Yield: 2 servings | Prep Time: 10 min | Cook Time: 6 min**

### INGREDIENTS:

- 2 large flatbreads (8 oz / 225 g total)
- 1 cup (170 g) canned chickpeas, drained
- 1/2 cup (75 g) diced cucumber
- 1/2 cup (120 g) diced tomato
- 1/4 cup (60 g) plain Greek yogurt
- 1 tablespoon (15 ml / 15 g) olive oil
- 1 tablespoon (15 ml / 15 g) lemon juice
- 1/2 teaspoon (3 g) salt

### INSTRUCTIONS:

1. Heat a skillet over medium heat to approximately 350°F (175°C surface temperature).
2. Add olive oil and warm for 1 minute until shimmering.
3. Add chickpeas and cook for 4 minutes until heated through and slightly crisp on the outside.
4. Sprinkle salt over the chickpeas and stir well.
5. Warm flatbreads in the skillet for 30 seconds per side until soft.
6. In a bowl combine diced cucumber, diced tomato, Greek yogurt, and lemon juice and mix gently.
7. Spread the yogurt vegetable mixture evenly over each flatbread.
8. Add warm chickpeas evenly across the center.
9. Roll tightly, slice in half, and serve immediately while warm and fresh.

**Nutrition (per serving):** 450 kcal | Carbs: 62 g | Protein: 16 g | Potassium: 0.8 g | Phosphorus: 0.3 g | Sodium: 760 mg

## BBQ Chicken Sandwich

**COUNTRY: UNITED STATES**

**Yield: 2 servings | Prep Time: 8 min | Cook Time: 10 min**

### INGREDIENTS:

- 2 sandwich buns (6 oz / 170 g total)
- 1 cup (150 g) cooked chicken breast, shredded
- 1/2 cup (120 g) barbecue sauce
- 1/2 cup (70 g) shredded lettuce
- 1/4 cup (60 g) sliced red onion
- 1 tablespoon (15 ml / 14 g) olive oil
- 1/4 teaspoon (1 g) black pepper

### INSTRUCTIONS:

1. Heat a skillet over medium heat to approximately 350°F (175°C surface temperature).
2. Add olive oil and warm for 1 minute until shimmering.
3. Add shredded chicken and cook for 3–4 minutes until heated through.
4. Pour barbecue sauce over the chicken and stir well to coat evenly.
5. Cook for an additional 2–3 minutes until the sauce thickens slightly and becomes glossy.
6. Slice the sandwich buns and toast them in the skillet for 1–2 minutes until lightly golden.
7. Sprinkle black pepper over the sauced chicken mixture.
8. Layer shredded lettuce and sliced red onion on the bottom bun halves.
9. Spoon the BBQ chicken evenly over the vegetables, close the buns, and serve warm while tender and juicy.

**Nutrition (per serving):** 560 kcal | Carbs: 58 g | Protein: 32 g | Potassium: 0.6 g | Phosphorus: 0.38 g | Sodium: 980 mg

## Tuna Avocado Salad Bowl

**COUNTRY:** JAPAN

**Yield:** 2 servings | **Prep Time:** 10 min | **Cook Time:** 5 min

### INGREDIENTS:

- 1 cup (150 g) canned tuna in water, drained
- 1 medium avocado, diced (1 cup / 150 g)
- 1 cup (150 g) cooked white rice
- 1/2 cup (75 g) diced cucumber
- 1/2 cup (120 g) diced tomato
- 1 tablespoon (15 ml / 15 g) soy sauce
- 1 tablespoon (15 ml / 15 g) olive oil
- 1 teaspoon (5 ml / 5 g) lemon juice
- 1/4 teaspoon (1 g) black pepper

### INSTRUCTIONS:

1. Heat a skillet over medium heat to approximately 350°F (175°C surface temperature).
2. Add olive oil and cooked rice and stir for 3–4 minutes until heated through and slightly dry.
3. Season the rice with black pepper and stir well.
4. In a bowl combine tuna and soy sauce and mix gently.
5. Add diced avocado and lemon juice to the tuna and fold carefully to keep chunks intact.
6. Place warm rice evenly into serving bowls.
7. Top rice with the tuna and avocado mixture.
8. Add diced cucumber and diced tomato evenly over the top.
9. Serve immediately while rice is warm and ingredients remain fresh.

**Nutrition (per serving):** 520 kcal | Carbs: 48 g | Protein: 28 g | Potassium: 0.9 g | Phosphorus: 0.4 g | Sodium: 780 mg

## Caprese Chicken Panini

**COUNTRY:** ITALY

**Yield:** 2 servings | **Prep Time:** 8 min | **Cook Time:** 8 min

### INGREDIENTS:

- 2 ciabatta rolls (8 oz / 225 g total)
- 1 cup (150 g) cooked chicken breast, sliced
- 4 oz (115 g) fresh mozzarella, sliced
- 1 cup (120 g) sliced tomato
- 1/4 cup (15 g) fresh basil leaves
- 2 tablespoons (30 ml / 27 g) olive oil
- 1 tablespoon (15 ml / 15 g) balsamic glaze
- 1/4 teaspoon (1 g) salt

### INSTRUCTIONS:

1. Heat a skillet over medium heat to approximately 375°F (190°C surface temperature).
2. Slice ciabatta rolls and brush cut sides with olive oil.
3. Toast the rolls cut-side down for 2–3 minutes until lightly golden.
4. Layer sliced chicken evenly on the bottom halves.
5. Add fresh mozzarella and sliced tomato over the chicken.
6. Sprinkle salt evenly over the tomato and cheese.
7. Add fresh basil leaves and drizzle balsamic glaze over the top.
8. Close the sandwiches and press gently with a spatula while cooking for 2–3 minutes per side until cheese melts and bread is crisp.
9. Remove from heat and serve warm when cheese is soft and slightly stretchy.

**Nutrition (per serving):** 650 kcal | Carbs: 50 g | Protein: 38 g | Potassium: 0.7 g | Phosphorus: 0.45 g | Sodium: 920 mg



## EVERYDAY DINNERS

### Lemon Herb Chicken with Rice

**COUNTRY: UNITED STATES**

**Yield: 2 servings | Prep Time: 10 min | Cook Time: 25 min**

#### INGREDIENTS:

- 2 boneless skinless chicken breasts (12 oz / 340 g total)
- 1 cup (200 g) uncooked white rice
- 2 cups (480 ml / 480 g) water
- 2 tablespoons (30 ml / 27 g) olive oil
- 2 tablespoons (30 ml / 30 g) lemon juice
- 2 cloves garlic, minced (2 teaspoons / 6 g)
- 1 teaspoon (5 g) dried oregano
- 1/2 teaspoon (3 g) salt
- 1/4 teaspoon (1 g) black pepper

#### INSTRUCTIONS:

1. Rinse the rice under cold water until the water runs clear.
2. In a saucepan combine rice and water and bring to a boil over medium heat.
3. Reduce heat to low, cover, and cook for 15 minutes until water is absorbed and rice is tender.
4. Heat olive oil in a skillet over medium heat to approximately 375°F (190°C surface temperature).
5. Season chicken breasts evenly with salt, black pepper, and dried oregano.
6. Add chicken to the skillet and cook for 6–7 minutes per side until golden brown and internal temperature reaches 165°F (74°C).
7. Add minced garlic and cook for 30 seconds until fragrant.
8. Drizzle lemon juice evenly over the chicken and cook for 1 additional minute.
9. Serve chicken over warm rice while hot and juicy.

**Nutrition (per serving):** 620 kcal | Carbs: 55 g | Protein: 45 g | Potassium: 0.8 g | Phosphorus: 0.45 g | Sodium: 720 mg

## Creamy Tomato Pasta

**COUNTRY:** ITALY

**Yield:** 2 servings | **Prep Time:** 8 min |  
**Cook Time:** 15 min

### INGREDIENTS:

- 8 oz (225 g) dry penne pasta
- 2 cups (480 ml / 480 g) water for boiling
- 1 cup (240 g) tomato sauce
- 1/2 cup (120 ml / 120 g) heavy cream
- 2 tablespoons (30 ml / 27 g) olive oil
- 2 cloves garlic, minced (2 teaspoons / 6 g)
- 1/2 teaspoon (3 g) salt
- 1/4 teaspoon (1 g) black pepper
- 1/4 cup (25 g) grated Parmesan cheese

### INSTRUCTIONS:

1. Bring water to a boil in a pot over high heat.
2. Add penne pasta and cook for 9–10 minutes until al dente.
3. Drain pasta completely and set aside.
4. Heat olive oil in a skillet over medium heat to approximately 350°F (175°C surface temperature).
5. Add minced garlic and cook for 30 seconds until fragrant.
6. Pour in tomato sauce and heavy cream and stir well.
7. Season with salt and black pepper and simmer for 3–4 minutes until slightly thickened.
8. Add drained pasta and grated Parmesan cheese and toss until evenly coated.
9. Serve immediately while warm and creamy.

**Nutrition (per serving):** 680 kcal | Carbs: 82 g | Protein: 20 g | Potassium: 0.7 g | Phosphorus: 0.4 g | Sodium: 860 mg

## Beef Stir Fry with Vegetables

**COUNTRY:** CHINA

**Yield:** 2 servings | **Prep Time:** 12 min |  
**Cook Time:** 10 min

### INGREDIENTS:

- 10 oz (280 g) beef sirloin, thinly sliced
- 1 cup (150 g) broccoli florets
- 1/2 cup (75 g) sliced bell pepper
- 1/2 cup (75 g) sliced carrot
- 2 tablespoons (30 ml / 30 g) soy sauce
- 1 tablespoon (15 ml / 15 g) vegetable oil
- 1 teaspoon (5 g) grated ginger
- 1 clove garlic, minced (1 teaspoon / 3 g)
- 1/2 teaspoon (3 g) salt

### INSTRUCTIONS:

1. Heat a wok or skillet over high heat to approximately 400°F (200°C surface temperature).
2. Add vegetable oil and heat until shimmering.
3. Add sliced beef and cook for 2–3 minutes until browned but still tender.
4. Remove beef from the pan and set aside.
5. Add broccoli, bell pepper, and carrot to the pan and stir fry for 3–4 minutes until crisp tender.
6. Add minced garlic and grated ginger and cook for 30 seconds until fragrant.
7. Return beef to the pan and pour soy sauce evenly over the mixture.
8. Sprinkle salt evenly and stir fry for 1–2 minutes until everything is well coated and heated through.
9. Serve immediately while hot and slightly glossy.

**Nutrition (per serving):** 540 kcal | Carbs: 22 g | Protein: 45 g | Potassium: 0.9 g | Phosphorus: 0.5 g | Sodium: 980 mg

## Garlic Butter Salmon with Potatoes

**COUNTRY:** NORWAY

**Yield:** 2 servings | **Prep Time:** 10 min |  
**Cook Time:** 25 min

### INGREDIENTS:

- 2 salmon fillets (12 oz / 340 g total)
- 2 cups (300 g) baby potatoes, halved
- 2 tablespoons (30 g) butter
- 1 tablespoon (15 ml / 15 g) olive oil
- 2 cloves garlic, minced (2 teaspoons / 6 g)
- 1 tablespoon (15 ml / 15 g) lemon juice
- 1/2 teaspoon (3 g) salt
- 1/4 teaspoon (1 g) black pepper
- 1 tablespoon (5 g) chopped fresh parsley

### INSTRUCTIONS:

1. Preheat oven to 400°F (200°C).
2. Place halved baby potatoes on a baking sheet and drizzle with olive oil.
3. Sprinkle potatoes with half of the salt and black pepper and toss to coat evenly.
4. Roast potatoes for 20 minutes until tender when pierced with a fork.
5. Season salmon fillets with remaining salt and black pepper.
6. Melt butter in a skillet over medium heat to approximately 350°F (175°C surface temperature).
7. Add minced garlic and cook for 30 seconds until fragrant.
8. Place salmon in the skillet and cook for 4–5 minutes per side until internal temperature reaches 145°F (63°C) then drizzle lemon juice over the top.
9. Serve salmon with roasted potatoes and sprinkle chopped parsley evenly before serving hot.

**Nutrition (per serving):** 640 kcal | Carbs: 38 g | Protein: 45 g | Potassium: 1.1 g | Phosphorus: 0.55 g | Sodium: 720 mg

## Turkey Meatballs with Marinara

**COUNTRY:** ITALY

**Yield:** 2 servings | **Prep Time:** 12 min |  
**Cook Time:** 20 min

### INGREDIENTS:

- 12 oz (340 g) ground turkey
- 1/4 cup (25 g) breadcrumbs
- 1/4 cup (25 g) grated Parmesan cheese
- 1 egg (1/4 cup / 60 g beaten)
- 2 cups (480 g) marinara sauce
- 1 tablespoon (15 ml / 15 g) olive oil
- 1 teaspoon (5 g) dried basil
- 1/2 teaspoon (3 g) salt
- 1/4 teaspoon (1 g) black pepper

### INSTRUCTIONS:

1. Preheat oven to 375°F (190°C).
2. In a bowl combine ground turkey, breadcrumbs, Parmesan cheese, beaten egg, dried basil, salt, and black pepper.
3. Mix thoroughly until evenly combined.
4. Form mixture into equal sized meatballs using all of the mixture.
5. Heat olive oil in a skillet over medium heat and brown meatballs for 3–4 minutes turning gently.
6. Transfer browned meatballs to a baking dish.
7. Pour marinara sauce evenly over the meatballs.
8. Bake for 15 minutes until internal temperature reaches 165°F (74°C).
9. Serve hot with sauce spooned evenly over each portion.

**Nutrition (per serving):** 580 kcal | Carbs: 28 g | Protein: 48 g | Potassium: 0.9 g | Phosphorus: 0.6 g | Sodium: 980 mg

## Chicken Stir Fry Noodles

**COUNTRY: THAILAND**

**Yield: 2 servings | Prep Time: 10 min | Cook Time: 12 min**

### INGREDIENTS:

- 8 oz (225 g) rice noodles
- 1 cup (150 g) cooked chicken breast, sliced
- 1/2 cup (75 g) sliced bell pepper
- 1/2 cup (75 g) shredded cabbage
- 2 tablespoons (30 ml / 30 g) soy sauce
- 1 tablespoon (15 ml / 15 g) vegetable oil
- 1 teaspoon (5 g) grated ginger
- 1 clove garlic, minced (1 teaspoon / 3 g)
- 1/2 teaspoon (3 g) salt

### INSTRUCTIONS:

1. Soak rice noodles in hot water for 5 minutes until softened then drain completely.
2. Heat a wok over medium high heat to approximately 400°F (200°C surface temperature).
3. Add vegetable oil and heat until shimmering.
4. Add minced garlic and grated ginger and cook for 30 seconds until fragrant.
5. Add sliced chicken and cook for 2 minutes until heated through.
6. Add bell pepper and shredded cabbage and stir fry for 3 minutes until crisp tender.
7. Add drained noodles to the pan.
8. Pour soy sauce and sprinkle salt evenly over the mixture and toss well.
9. Cook for 2–3 minutes until noodles are heated through and serve immediately while hot.

**Nutrition (per serving):** 620 kcal | Carbs: 78 g | Protein: 32 g | Potassium: 0.8 g | Phosphorus: 0.4 g | Sodium: 980 mg

## Baked Cod with Vegetables

**COUNTRY: UNITED KINGDOM**

**Yield: 2 servings | Prep Time: 8 min | Cook Time: 20 min**

### INGREDIENTS:

- 2 cod fillets (12 oz / 340 g total)
- 1 cup (150 g) zucchini slices
- 1/2 cup (75 g) cherry tomatoes
- 1/2 cup (75 g) sliced carrots
- 2 tablespoons (30 ml / 27 g) olive oil
- 1 tablespoon (15 ml / 15 g) lemon juice
- 1/2 teaspoon (3 g) salt
- 1/4 teaspoon (1 g) black pepper
- 1 teaspoon (5 g) dried thyme

### INSTRUCTIONS:

1. Preheat oven to 400°F (200°C).
2. Place zucchini, cherry tomatoes, and carrots on a baking sheet.
3. Drizzle vegetables with half of the olive oil and sprinkle half of the salt and black pepper and toss evenly.
4. Roast vegetables for 10 minutes until slightly tender.
5. Season cod fillets with remaining salt, black pepper, and dried thyme.
6. Place cod on the baking sheet beside the vegetables.
7. Drizzle remaining olive oil over the fish.
8. Bake for 10–12 minutes until fish flakes easily and internal temperature reaches 145°F (63°C).
9. Drizzle lemon juice over everything before serving hot.

**Nutrition (per serving):** 480 kcal | Carbs: 22 g | Protein: 42 g | Potassium: 1.0 g | Phosphorus: 0.5 g | Sodium: 680 mg

## Beef and Potato Skillet

**COUNTRY: GERMANY**

**Yield: 2 servings | Prep Time: 10 min |  
Cook Time: 20 min**

### INGREDIENTS:

- 12 oz (340 g) ground beef
- 2 cups (300 g) diced potatoes
- 1/2 cup (75 g) diced onion
- 1 tablespoon (15 ml / 15 g) olive oil
- 1 teaspoon (5 g) paprika
- 1/2 teaspoon (3 g) salt
- 1/4 teaspoon (1 g) black pepper
- 1/2 cup (120 ml / 120 g) beef broth

### INSTRUCTIONS:

1. Heat a large skillet over medium heat to approximately 375°F (190°C surface temperature).
2. Add olive oil and diced potatoes and cook for 8–10 minutes stirring occasionally until golden and tender.
3. Remove potatoes from the skillet and set aside.
4. Add ground beef and diced onion to the skillet.
5. Cook for 6–7 minutes until beef is browned and onion is soft.
6. Sprinkle paprika, salt, and black pepper evenly over the beef and stir well.
7. Return cooked potatoes to the skillet.
8. Pour beef broth evenly over the mixture.
9. Simmer for 5 minutes until liquid reduces slightly and serve hot.

**Nutrition (per serving):** 720 kcal | Carbs: 42 g | Protein: 45 g | Potassium: 1.2 g | Phosphorus: 0.6 g | Sodium: 980 mg

## Honey Garlic Chicken Thighs

**COUNTRY: SOUTH KOREA**

**Yield: 2 servings | Prep Time: 10 min |  
Cook Time: 25 min**

### INGREDIENTS:

- 4 boneless skinless chicken thighs (16 oz / 450 g total)
- 2 tablespoons (30 ml / 30 g) soy sauce
- 2 tablespoons (30 ml / 40 g) honey
- 1 tablespoon (15 ml / 15 g) rice vinegar
- 2 cloves garlic, minced (2 teaspoons / 6 g)
- 1 tablespoon (15 ml / 15 g) vegetable oil
- 1/2 teaspoon (3 g) salt
- 1/4 teaspoon (1 g) black pepper
- 1 teaspoon (5 g) sesame seeds

### INSTRUCTIONS:

1. Preheat oven to 400°F (200°C).
2. Season chicken thighs evenly with salt and black pepper.
3. Heat vegetable oil in an oven safe skillet over medium heat to approximately 375°F (190°C surface temperature).
4. Place chicken skin side down and cook for 5–6 minutes until golden brown.
5. Turn chicken over and cook for 2 additional minutes.
6. In a bowl combine soy sauce, honey, rice vinegar, and minced garlic and stir well.
7. Pour the sauce evenly over the chicken.
8. Transfer skillet to the oven and bake for 15 minutes until internal temperature reaches 165°F (74°C).
9. Sprinkle sesame seeds evenly over the chicken and serve hot with sauce spooned over the top.

**Nutrition (per serving):** 640 kcal | Carbs: 22 g | Protein: 48 g | Potassium: 0.8 g | Phosphorus: 0.5 g | Sodium: 980 mg

## Creamy Mushroom Chicken

**COUNTRY:** FRANCE

**Yield:** 2 servings | **Prep Time:** 10 min | **Cook Time:** 20 min

### INGREDIENTS:

- 2 boneless skinless chicken breasts (12 oz / 340 g total)
- 2 cups (200 g) sliced mushrooms
- 1/2 cup (120 ml / 120 g) heavy cream
- 1/2 cup (120 ml / 120 g) chicken broth
- 2 tablespoons (30 ml / 27 g) olive oil
- 2 cloves garlic, minced (2 teaspoons / 6 g)
- 1/2 teaspoon (3 g) salt
- 1/4 teaspoon (1 g) black pepper
- 1 teaspoon (5 g) dried thyme

### INSTRUCTIONS:

1. Season chicken breasts evenly with salt and black pepper.
2. Heat olive oil in a skillet over medium heat to approximately 375°F (190°C surface temperature).
3. Add chicken and cook for 6–7 minutes per side until golden and internal temperature reaches 165°F (74°C) then remove from skillet.
4. Add sliced mushrooms to the same skillet and cook for 5 minutes until tender and lightly browned.
5. Add minced garlic and dried thyme and cook for 30 seconds until fragrant.
6. Pour in chicken broth and simmer for 3 minutes.
7. Add heavy cream and stir gently until combined.
8. Return chicken to the skillet and spoon sauce over the top.
9. Simmer for 5 minutes until sauce thickens slightly and serve hot.

**Nutrition (per serving):** 720 kcal | Carbs: 18 g | Protein: 50 g | Potassium: 1.0 g | Phosphorus: 0.55 g | Sodium: 860 mg

## Pork Chop with Apple Skillet

**COUNTRY:** GERMANY

**Yield:** 2 servings | **Prep Time:** 10 min | **Cook Time:** 20 min

### INGREDIENTS:

- 2 pork chops (14 oz / 400 g total)
- 1 large apple, sliced (1 cup / 150 g)
- 1/2 cup (75 g) sliced onion
- 1 tablespoon (15 ml / 15 g) olive oil
- 1 tablespoon (15 g) butter
- 1/2 cup (120 ml / 120 g) chicken broth
- 1/2 teaspoon (3 g) salt
- 1/4 teaspoon (1 g) black pepper
- 1/2 teaspoon (2 g) dried rosemary

### INSTRUCTIONS:

1. Season pork chops evenly with salt, black pepper, and dried rosemary.
2. Heat olive oil in a skillet over medium heat to approximately 375°F (190°C surface temperature).
3. Add pork chops and cook for 5–6 minutes per side until internal temperature reaches 145°F (63°C) then remove from skillet.
4. Add butter to the skillet and allow it to melt completely.
5. Add sliced onion and cook for 3 minutes until softened.
6. Add sliced apple and cook for 3–4 minutes until slightly tender.
7. Pour chicken broth into the skillet and simmer for 3 minutes.
8. Return pork chops to the skillet and spoon apple mixture over the top.
9. Cook for 2 additional minutes and serve hot with sauce evenly distributed.

**Nutrition (per serving):** 680 kcal | Carbs: 28 g | Protein: 48 g | Potassium: 1.1 g | Phosphorus: 0.6 g | Sodium: 820 mg

## Spaghetti with Meat Sauce

**COUNTRY:** ITALY

**Yield:** 2 servings | **Prep Time:** 10 min | **Cook Time:** 20 min

### INGREDIENTS:

- 8 oz (225 g) dry spaghetti
- 2 cups (480 ml / 480 g) water for boiling
- 10 oz (280 g) ground beef
- 1 cup (240 g) tomato sauce
- 1/2 cup (75 g) diced onion
- 1 tablespoon (15 ml / 15 g) olive oil
- 1 teaspoon (5 g) dried oregano
- 1/2 teaspoon (3 g) salt
- 1/4 teaspoon (1 g) black pepper

### INSTRUCTIONS:

1. Bring water to a boil in a large pot over high heat.
2. Add spaghetti and cook for 9–10 minutes until al dente then drain completely.
3. Heat olive oil in a skillet over medium heat to approximately 375°F (190°C surface temperature).
4. Add diced onion and cook for 3 minutes until softened.
5. Add ground beef and cook for 6–7 minutes until browned.
6. Sprinkle dried oregano, salt, and black pepper evenly over the beef and stir well.
7. Pour tomato sauce into the skillet and simmer for 5 minutes.
8. Add drained spaghetti to the sauce and toss until evenly coated.
9. Serve immediately while hot and fully combined.

**Nutrition (per serving):** 760 kcal | Carbs: 82 g | Protein: 45 g | Potassium: 0.9 g | Phosphorus: 0.6 g | Sodium: 980 mg

## Vegetable Lentil Stew

**COUNTRY:** MOROCCO

**Yield:** 2 servings | **Prep Time:** 10 min | **Cook Time:** 30 min

### INGREDIENTS:

- 1 cup (200 g) dried lentils
- 3 cups (720 ml / 720 g) water
- 1/2 cup (75 g) diced carrot
- 1/2 cup (75 g) diced zucchini
- 1/2 cup (75 g) diced onion
- 2 tablespoons (30 ml / 27 g) olive oil
- 1 teaspoon (5 g) ground cumin
- 1/2 teaspoon (3 g) salt
- 1/4 teaspoon (1 g) black pepper

### INSTRUCTIONS:

1. Rinse lentils under cold water until clean.
2. In a pot combine lentils and water and bring to a boil over medium high heat.
3. Reduce heat to low and simmer for 20 minutes until lentils begin to soften.
4. Heat olive oil in a separate skillet over medium heat to approximately 350°F (175°C surface temperature).
5. Add diced onion, carrot, and zucchini and cook for 5 minutes until slightly tender.
6. Add ground cumin, salt, and black pepper and stir well.
7. Transfer cooked vegetables into the pot with lentils.
8. Simmer for 10 additional minutes until lentils are fully tender.
9. Serve hot while thick and hearty.

**Nutrition (per serving):** 520 kcal | Carbs: 72 g | Protein: 28 g | Potassium: 1.3 g | Phosphorus: 0.6 g | Sodium: 720 mg

## Teriyaki Chicken Rice Bowl

**COUNTRY:** JAPAN

**Yield:** 2 servings | **Prep Time:** 10 min | **Cook Time:** 20 min

### INGREDIENTS:

- 2 boneless skinless chicken breasts (12 oz / 340 g total)
- 1 cup (200 g) uncooked white rice
- 2 cups (480 ml / 480 g) water
- 3 tablespoons (45 ml / 45 g) teriyaki sauce
- 1 tablespoon (15 ml / 15 g) vegetable oil
- 1/2 cup (75 g) sliced carrot
- 1/2 cup (75 g) broccoli florets
- 1 teaspoon (5 g) sesame seeds
- 1/4 teaspoon (1 g) black pepper

### INSTRUCTIONS:

1. Rinse the rice under cold water until the water runs clear.
2. Combine rice and water in a saucepan and bring to a boil over medium heat.
3. Reduce heat to low, cover, and cook for 15 minutes until water is absorbed and rice is tender.
4. Heat vegetable oil in a skillet over medium heat to approximately 375°F (190°C surface temperature).
5. Season chicken with black pepper and cook for 6–7 minutes per side until internal temperature reaches 165°F (74°C).
6. Add sliced carrot and broccoli to the skillet and cook for 3–4 minutes until crisp tender.
7. Pour teriyaki sauce evenly over the chicken and vegetables.
8. Cook for 2 additional minutes until sauce thickens slightly and coats evenly.
9. Serve chicken and vegetables over warm rice and sprinkle sesame seeds on top.

**Nutrition (per serving):** 650 kcal | Carbs: 70 g | Protein: 45 g | Potassium: 0.9 g | Phosphorus: 0.5 g | Sodium: 980 mg

## Creamy Garlic Shrimp

**COUNTRY:** SPAIN

**Yield:** 2 servings | **Prep Time:** 8 min | **Cook Time:** 12 min

### INGREDIENTS:

- 1 lb (450 g) raw shrimp, peeled and deveined
- 1/2 cup (120 ml / 120 g) heavy cream
- 1/2 cup (120 ml / 120 g) chicken broth
- 2 tablespoons (30 ml / 27 g) olive oil
- 2 cloves garlic, minced (2 teaspoons / 6 g)
- 1 tablespoon (15 ml / 15 g) lemon juice
- 1/2 teaspoon (3 g) salt
- 1/4 teaspoon (1 g) black pepper
- 1 tablespoon (5 g) chopped fresh parsley

### INSTRUCTIONS:

1. Heat olive oil in a skillet over medium heat to approximately 375°F (190°C surface temperature).
2. Add minced garlic and cook for 30 seconds until fragrant.
3. Add shrimp and cook for 2–3 minutes per side until pink and opaque.
4. Season shrimp with salt and black pepper evenly.
5. Pour chicken broth into the skillet and simmer for 2 minutes.
6. Add heavy cream and stir gently until combined.
7. Cook for 3–4 minutes until sauce thickens slightly.
8. Drizzle lemon juice over the shrimp and stir gently.
9. Sprinkle chopped parsley evenly before serving hot with sauce spooned over the top.

**Nutrition (per serving):** 720 kcal | Carbs: 10 g | Protein: 55 g | Potassium: 0.9 g | Phosphorus: 0.6 g | Sodium: 880 mg

## Baked Chicken Parmesan

**COUNTRY:** ITALY

**Yield:** 2 servings | **Prep Time:** 12 min |  
**Cook Time:** 25 min

### INGREDIENTS:

- 2 boneless skinless chicken breasts (12 oz / 340 g total)
- 1/2 cup (50 g) breadcrumbs
- 1/2 cup (50 g) grated Parmesan cheese
- 1 cup (240 g) marinara sauce
- 4 oz (115 g) mozzarella cheese, sliced
- 1 egg (1/4 cup / 60 g beaten)
- 1 tablespoon (15 ml / 15 g) olive oil
- 1/2 teaspoon (3 g) salt
- 1/4 teaspoon (1 g) black pepper

### INSTRUCTIONS:

1. Preheat oven to 400°F (200°C).
2. Season chicken breasts evenly with salt and black pepper.
3. Dip chicken into beaten egg ensuring full coating.
4. In a bowl combine breadcrumbs and grated Parmesan cheese and mix evenly.
5. Coat chicken evenly with the breadcrumb mixture using all of it.
6. Place chicken on a baking sheet and drizzle olive oil evenly over the top.
7. Bake for 20 minutes until internal temperature reaches 165°F (74°C).
8. Spoon marinara sauce evenly over each chicken breast and top with mozzarella slices.
9. Bake for 5 additional minutes until cheese is melted and serve hot.

**Nutrition (per serving):** 760 kcal | Carbs: 32 g | Protein: 65 g | Potassium: 0.9 g | Phosphorus: 0.7 g | Sodium: 1100 mg

## Sausage and Peppers Skillet

**COUNTRY:** ITALY

**Yield:** 2 servings | **Prep Time:** 10 min |  
**Cook Time:** 20 min

### INGREDIENTS:

- 4 Italian sausages (16 oz / 450 g total)
- 1 cup (150 g) sliced bell peppers
- 1/2 cup (75 g) sliced onion
- 1 tablespoon (15 ml / 15 g) olive oil
- 1/2 cup (120 ml / 120 g) chicken broth
- 1 teaspoon (5 g) dried oregano
- 1/2 teaspoon (3 g) salt
- 1/4 teaspoon (1 g) black pepper

### INSTRUCTIONS:

1. Heat olive oil in a large skillet over medium heat to approximately 375°F (190°C surface temperature).
2. Add sausages and cook for 5–6 minutes per side until browned.
3. Remove sausages temporarily from the skillet.
4. Add sliced onion and bell peppers to the skillet and cook for 5 minutes until softened.
5. Sprinkle dried oregano, salt, and black pepper evenly over vegetables.
6. Pour chicken broth into the skillet and stir gently.
7. Return sausages to the skillet.
8. Cover and simmer for 8–10 minutes until sausages reach internal temperature of 165°F (74°C).
9. Serve hot with vegetables and sauce spooned evenly over the top.

**Nutrition (per serving):** 820 kcal | Carbs: 18 g | Protein: 45 g | Potassium: 1.1 g | Phosphorus: 0.7 g | Sodium: 1200 mg

## Chickpea Spinach Curry

**COUNTRY:** INDIA

**Yield:** 2 servings | **Prep Time:** 10 min | **Cook Time:** 20 min

### INGREDIENTS:

- 1 cup (170 g) canned chickpeas, drained
- 2 cups (60 g) fresh spinach
- 1 cup (240 ml / 240 g) coconut milk
- 1/2 cup (75 g) diced onion
- 2 tablespoons (30 ml / 27 g) olive oil
- 1 tablespoon (15 g) curry powder
- 1 teaspoon (5 g) ground cumin
- 1/2 teaspoon (3 g) salt
- 1/4 teaspoon (1 g) black pepper

### INSTRUCTIONS:

1. Heat olive oil in a skillet over medium heat to approximately 350°F (175°C surface temperature).
2. Add diced onion and cook for 4–5 minutes until softened.
3. Add curry powder and ground cumin and stir for 30 seconds until fragrant.
4. Add chickpeas and stir to coat evenly with spices.
5. Pour coconut milk into the skillet and stir gently.
6. Simmer for 8–10 minutes until slightly thickened.
7. Add fresh spinach and cook for 2–3 minutes until wilted.
8. Season with salt and black pepper evenly.
9. Serve hot while creamy and aromatic.

**Nutrition (per serving):** 640 kcal | Carbs: 48 g | Protein: 18 g | Potassium: 1.2 g | Phosphorus: 0.5 g | Sodium: 820 mg

## Honey Garlic Salmon

**COUNTRY:** NORWAY

**Yield:** 2 servings | **Prep Time:** 8 min | **Cook Time:** 12 min

### INGREDIENTS:

- 2 salmon fillets (12 oz / 340 g total)
- 2 tablespoons (30 ml / 40 g) honey
- 2 tablespoons (30 ml / 30 g) soy sauce
- 1 tablespoon (15 ml / 15 g) olive oil
- 2 cloves garlic, minced (2 teaspoons / 6 g)
- 1 tablespoon (15 ml / 15 g) lemon juice
- 1/4 teaspoon (1 g) black pepper
- 1 tablespoon (5 g) chopped parsley

### INSTRUCTIONS:

1. Pat salmon fillets dry with paper towel.
2. Heat olive oil in a skillet over medium heat to approximately 375°F (190°C surface temperature).
3. Season salmon with black pepper evenly.
4. Place salmon skin side down and cook for 4–5 minutes.
5. Flip salmon carefully and cook for 3–4 minutes until internal temperature reaches 145°F (63°C).
6. In a small bowl combine honey, soy sauce, garlic, and lemon juice.
7. Pour sauce evenly over salmon in the skillet.
8. Cook for 2 minutes while spooning sauce over the fillets.
9. Sprinkle chopped parsley on top and serve immediately.

**Nutrition (per serving):** 620 kcal | Carbs: 28 g | Protein: 45 g | Potassium: 0.9 g | Phosphorus: 0.6 g | Sodium: 780 mg

## Turkey Meatballs with Tomato Sauce

**COUNTRY:** ITALY

**Yield:** 2 servings | **Prep Time:** 12 min | **Cook Time:** 25 min

### INGREDIENTS:

- 1 lb (450 g) ground turkey
- 1/4 cup (25 g) breadcrumbs
- 1 egg (1/4 cup / 60 g beaten)
- 1/2 teaspoon (3 g) salt
- 1/4 teaspoon (1 g) black pepper
- 1 tablespoon (15 ml / 15 g) olive oil
- 2 cups (480 g) tomato sauce
- 1 teaspoon (5 g) dried basil

### INSTRUCTIONS:

1. Preheat oven to 375°F (190°C).
2. In a bowl combine ground turkey, breadcrumbs, egg, salt, and black pepper.
3. Mix thoroughly until evenly combined.
4. Form mixture into 12 equal meatballs.
5. Place meatballs on a baking sheet and bake for 18 minutes until internal temperature reaches 165°F (74°C).
6. Heat olive oil in a saucepan over medium heat.
7. Add tomato sauce and dried basil and stir evenly.
8. Transfer baked meatballs into the sauce.
9. Simmer for 5 minutes and serve hot with sauce spooned over the top.

**Nutrition (per serving):** 680 kcal | Carbs: 22 g | Protein: 60 g | Potassium: 1.0 g | Phosphorus: 0.7 g | Sodium: 950 mg

## Veggie Stir Fry Noodles

**COUNTRY:** CHINA

**Yield:** 2 servings | **Prep Time:** 10 min | **Cook Time:** 15 min

### INGREDIENTS:

- 6 oz (170 g) rice noodles
- 2 cups (150 g) mixed vegetables (carrot, bell pepper, broccoli)
- 2 tablespoons (30 ml / 30 g) soy sauce
- 1 tablespoon (15 ml / 15 g) sesame oil
- 1 tablespoon (15 ml / 15 g) vegetable oil
- 1 teaspoon (5 g) grated ginger
- 1 clove garlic, minced (1 teaspoon / 3 g)
- 1 tablespoon (5 g) sesame seeds

### INSTRUCTIONS:

1. Cook rice noodles according to package instructions and drain completely.
2. Heat vegetable oil in a wok over medium high heat to approximately 400°F (205°C surface temperature).
3. Add garlic and ginger and stir for 30 seconds.
4. Add mixed vegetables and stir fry for 4–5 minutes until crisp tender.
5. Add cooked noodles to the wok.
6. Pour soy sauce evenly over noodles and vegetables.
7. Drizzle sesame oil over the mixture.
8. Toss thoroughly for 2–3 minutes until heated through.
9. Sprinkle sesame seeds evenly before serving hot.

**Nutrition (per serving):** 690 kcal | Carbs: 105 g | Protein: 14 g | Potassium: 0.8 g | Phosphorus: 0.4 g | Sodium: 1100 mg

## Beef and Mushroom Skillet

**COUNTRY: FRANCE**

**Yield: 2 servings | Prep Time: 10 min | Cook Time: 18 min**

### INGREDIENTS:

- 1 lb (450 g) beef strips
- 1 cup (150 g) sliced mushrooms
- 1/2 cup (75 g) diced onion
- 1 tablespoon (15 ml / 15 g) olive oil
- 1/2 cup (120 ml / 120 g) beef broth
- 1/4 cup (60 ml / 60 g) heavy cream
- 1 teaspoon (5 g) dried thyme
- 1/2 teaspoon (3 g) salt
- 1/4 teaspoon (1 g) black pepper

### INSTRUCTIONS:

1. Heat olive oil in a skillet over medium high heat to approximately 400°F (205°C surface temperature).
2. Add beef strips and cook for 4–5 minutes until browned.
3. Remove beef temporarily from the skillet.
4. Add diced onion and mushrooms and cook for 5 minutes until softened.
5. Sprinkle thyme, salt, and black pepper evenly over vegetables.
6. Pour beef broth into the skillet and stir gently.
7. Return beef to the skillet.
8. Add heavy cream and stir evenly.
9. Simmer for 5 minutes until slightly thickened and serve hot.

**Nutrition (per serving):** 780 kcal | Carbs: 18 g | Protein: 65 g | Potassium: 1.1 g | Phosphorus: 0.8 g | Sodium: 980 mg

## Lemon Herb Roasted Chicken Thighs

**COUNTRY: GREECE**

**Yield: 2 servings | Prep Time: 10 min | Cook Time: 30 min**

### INGREDIENTS:

- 4 chicken thighs (1.5 lb / 680 g total)
- 2 tablespoons (30 ml / 30 g) olive oil
- 2 tablespoons (30 ml / 30 g) lemon juice
- 1 teaspoon (5 g) dried oregano
- 1/2 teaspoon (3 g) salt
- 1/4 teaspoon (1 g) black pepper
- 1/2 cup (75 g) sliced zucchini
- 1/2 cup (75 g) sliced red onion

### INSTRUCTIONS:

1. Preheat oven to 400°F (200°C).
2. Pat chicken thighs dry thoroughly.
3. In a bowl combine olive oil, lemon juice, oregano, salt, and black pepper.
4. Rub mixture evenly over all chicken thighs.
5. Place chicken on a baking sheet.
6. Scatter zucchini and red onion evenly around the chicken.
7. Roast for 30 minutes until internal temperature reaches 175°F (80°C).
8. Baste chicken once during cooking with pan juices.
9. Serve hot with roasted vegetables evenly distributed.

**Nutrition (per serving):** 820 kcal | Carbs: 12 g | Protein: 60 g | Potassium: 1.0 g | Phosphorus: 0.7 g | Sodium: 900 mg

## Creamy Tuscan Chicken

**COUNTRY:** ITALY

**Yield:** 2 servings | **Prep Time:** 10 min | **Cook Time:** 20 min

### INGREDIENTS:

- 2 boneless skinless chicken breasts (12 oz / 340 g total)
- 1 tablespoon (15 ml / 15 g) olive oil
- 2 cloves garlic, minced (2 teaspoons / 6 g)
- 1/2 cup (120 ml / 120 g) chicken broth
- 1/2 cup (120 ml / 120 g) heavy cream
- 1/2 cup (75 g) cherry tomatoes, halved
- 1/2 cup (30 g) fresh spinach
- 1/4 cup (25 g) grated Parmesan cheese
- 1/2 teaspoon (3 g) salt
- 1/4 teaspoon (1 g) black pepper

### INSTRUCTIONS:

1. Season chicken breasts evenly with salt and black pepper.
2. Heat olive oil in a skillet over medium heat to approximately 375°F (190°C surface temperature).
3. Cook chicken for 6–7 minutes per side until internal temperature reaches 165°F (74°C).
4. Remove chicken temporarily from the skillet.
5. Add minced garlic and cook for 30 seconds until fragrant.
6. Pour chicken broth and heavy cream into the skillet and stir evenly.
7. Add cherry tomatoes and simmer for 3–4 minutes.
8. Stir in spinach and Parmesan cheese until spinach wilts and sauce thickens slightly.
9. Return chicken to the skillet and simmer for 2 minutes before serving hot with sauce spooned over the top.

**Nutrition (per serving):** 790 kcal | Carbs: 14 g | Protein: 65 g | Potassium: 1.0 g | Phosphorus: 0.8 g | Sodium: 980 mg

## Beef Fried Rice

**COUNTRY:** CHINA

**Yield:** 2 servings | **Prep Time:** 10 min | **Cook Time:** 15 min

### INGREDIENTS:

- 2 cups (300 g) cooked white rice
- 8 oz (225 g) beef strips
- 1/2 cup (75 g) diced carrot
- 1/2 cup (75 g) frozen peas
- 2 tablespoons (30 ml / 30 g) soy sauce
- 1 tablespoon (15 ml / 15 g) sesame oil
- 1 tablespoon (15 ml / 15 g) vegetable oil
- 1 egg (1/4 cup / 60 g beaten)
- 1/4 teaspoon (1 g) black pepper

### INSTRUCTIONS:

1. Heat vegetable oil in a wok over medium high heat to approximately 400°F (205°C surface temperature).
2. Add beef strips and cook for 3–4 minutes until browned.
3. Push beef to one side of the wok.
4. Pour beaten egg into the empty space and scramble until fully cooked.
5. Add diced carrot and frozen peas and stir fry for 3–4 minutes.
6. Add cooked rice to the wok.
7. Pour soy sauce evenly over the rice mixture.
8. Drizzle sesame oil and sprinkle black pepper evenly.
9. Toss thoroughly for 2–3 minutes until heated through and serve hot.

**Nutrition (per serving):** 850 kcal | Carbs: 95 g | Protein: 55 g | Potassium: 1.1 g | Phosphorus: 0.8 g | Sodium: 1200 mg



## FISH & SEAFOOD MADE SIMPLE

### Garlic Butter Cod

**COUNTRY:** USA

**Yield:** 2 servings | **Prep Time:** 8 min | **Cook Time:** 12 min

#### INGREDIENTS:

- 2 cod fillets (12 oz / 340 g total)
- 2 tablespoons (30 g) unsalted butter
- 1 tablespoon (15 ml / 15 g) olive oil
- 2 cloves garlic, minced (2 teaspoons / 6 g)
- 1 tablespoon (15 ml / 15 g) lemon juice
- 1/2 teaspoon (3 g) salt
- 1/4 teaspoon (1 g) black pepper
- 1 tablespoon (5 g) chopped parsley

#### INSTRUCTIONS:

1. Pat cod fillets dry with paper towel.
2. Season both sides evenly with salt and black pepper.
3. Heat olive oil and butter in a skillet over medium heat to approximately 350°F (175°C surface temperature).
4. Add minced garlic and cook for 30 seconds until fragrant.
5. Place cod fillets in the skillet.
6. Cook for 4–5 minutes on the first side.
7. Flip carefully and cook for 3–4 minutes until internal temperature reaches 145°F (63°C).
8. Drizzle lemon juice evenly over the fillets.
9. Sprinkle chopped parsley on top and serve immediately.

**Nutrition (per serving):** 520 kcal | Carbs: 3 g | Protein: 45 g | Potassium: 0.9 g | Phosphorus: 0.6 g | Sodium: 680 mg

## Lemon Dill Salmon

**COUNTRY:** NORWAY

**Yield:** 2 servings | **Prep Time:** 7 min | **Cook Time:** 15 min

### INGREDIENTS:

- 2 salmon fillets (12 oz / 340 g total)
- 1 tablespoon (15 ml / 15 g) olive oil
- 2 tablespoons (30 ml / 30 g) lemon juice
- 1 tablespoon (5 g) fresh dill, chopped
- 1/2 teaspoon (3 g) salt
- 1/4 teaspoon (1 g) black pepper
- 1/2 cup (75 g) asparagus pieces

### INSTRUCTIONS:

1. Preheat oven to 400°F (200°C).
2. Pat salmon fillets dry thoroughly.
3. Season evenly with salt and black pepper.
4. Place salmon on a lined baking sheet.
5. Drizzle olive oil and lemon juice evenly over the fillets.
6. Scatter asparagus pieces around the salmon.
7. Sprinkle chopped dill evenly on top.
8. Bake for 15 minutes until internal temperature reaches 145°F (63°C).
9. Serve immediately with roasted asparagus.

**Nutrition (per serving):** 640 kcal | Carbs: 6 g | Protein: 45 g | Potassium: 1.0 g | Phosphorus: 0.7 g | Sodium: 720 mg

## Shrimp Stir Fry

**COUNTRY:** THAILAND

**Yield:** 2 servings | **Prep Time:** 10 min | **Cook Time:** 10 min

### INGREDIENTS:

- 1 lb (450 g) raw shrimp, peeled and deveined
- 1 tablespoon (15 ml / 15 g) vegetable oil
- 1 cup (150 g) sliced bell peppers
- 1/2 cup (75 g) snap peas
- 2 tablespoons (30 ml / 30 g) soy sauce
- 1 teaspoon (5 g) grated ginger
- 1 clove garlic, minced (1 teaspoon / 3 g)
- 1/4 teaspoon (1 g) black pepper

### INSTRUCTIONS:

1. Heat vegetable oil in a wok over medium high heat to approximately 400°F (205°C surface temperature).
2. Add garlic and ginger and stir for 30 seconds.
3. Add shrimp and cook for 2–3 minutes until pink.
4. Add bell peppers and snap peas.
5. Stir fry for 3–4 minutes until vegetables are crisp tender.
6. Pour soy sauce evenly over the mixture.
7. Sprinkle black pepper evenly.
8. Cook for 1–2 additional minutes until shrimp are fully cooked to 145°F (63°C).
9. Serve immediately while hot.

**Nutrition (per serving):** 610 kcal | Carbs: 18 g | Protein: 55 g | Potassium: 1.1 g | Phosphorus: 0.7 g | Sodium: 980 mg

## Baked Lemon Garlic Tilapia

**COUNTRY:** USA

**Yield:** 2 servings | **Prep Time:** 8 min | **Cook Time:** 15 min

### INGREDIENTS:

- 2 tilapia fillets (12 oz / 340 g total)
- 2 tablespoons (30 ml / 30 g) olive oil
- 2 tablespoons (30 ml / 30 g) lemon juice
- 2 cloves garlic, minced (2 teaspoons / 6 g)
- 1/2 teaspoon (3 g) salt
- 1/4 teaspoon (1 g) black pepper
- 1 tablespoon (5 g) chopped parsley

### INSTRUCTIONS:

1. Preheat oven to 400°F (200°C).
2. Pat tilapia fillets dry thoroughly.
3. Season evenly with salt and black pepper.
4. Place fillets on a lined baking sheet.
5. Combine olive oil, lemon juice, and minced garlic in a small bowl.
6. Brush mixture evenly over the fillets.
7. Bake for 15 minutes until internal temperature reaches 145°F (63°C).
8. Sprinkle chopped parsley evenly on top.
9. Serve immediately while hot.

**Nutrition (per serving):** 500 kcal | Carbs: 3 g | Protein: 45 g | Potassium: 0.9 g | Phosphorus: 0.6 g | Sodium: 690 mg

## Creamy Garlic Shrimp Pasta

**COUNTRY:** ITALY

**Yield:** 2 servings | **Prep Time:** 10 min | **Cook Time:** 18 min

### INGREDIENTS:

- 8 oz (225 g) fettuccine
- 1 lb (450 g) shrimp, peeled and deveined
- 1 tablespoon (15 ml / 15 g) olive oil
- 2 cloves garlic, minced (2 teaspoons / 6 g)
- 1/2 cup (120 ml / 120 g) heavy cream
- 1/2 cup (50 g) grated Parmesan cheese
- 1/2 teaspoon (3 g) salt
- 1/4 teaspoon (1 g) black pepper
- 1 tablespoon (15 ml / 15 g) lemon juice

### INSTRUCTIONS:

1. Cook fettuccine according to package instructions and drain completely.
2. Heat olive oil in a skillet over medium heat to approximately 375°F (190°C surface temperature).
3. Add minced garlic and cook for 30 seconds.
4. Add shrimp and cook for 2–3 minutes per side until pink.
5. Season shrimp with salt and black pepper evenly.
6. Pour heavy cream into the skillet and stir gently.
7. Add grated Parmesan cheese and stir until melted.
8. Add cooked pasta and lemon juice and toss thoroughly.
9. Serve immediately while creamy and hot.

**Nutrition (per serving):** 980 kcal | Carbs: 90 g | Protein: 65 g | Potassium: 1.1 g | Phosphorus: 0.8 g | Sodium: 1100 mg

## Cajun Baked Salmon

**COUNTRY:** USA

**Yield:** 2 servings | **Prep Time:** 7 min |  
**Cook Time:** 15 min

### INGREDIENTS:

- 2 salmon fillets (12 oz / 340 g total)
- 1 tablespoon (15 ml / 15 g) olive oil
- 1 tablespoon (10 g) Cajun seasoning
- 1/2 teaspoon (3 g) salt
- 1/4 teaspoon (1 g) black pepper
- 1/2 cup (75 g) cherry tomatoes
- 1/2 cup (75 g) zucchini slices

### INSTRUCTIONS:

1. Preheat oven to 400°F (200°C).
2. Pat salmon fillets dry thoroughly.
3. Rub olive oil evenly over the fillets.
4. Mix Cajun seasoning, salt, and black pepper.
5. Coat salmon evenly with seasoning mixture.
6. Place salmon on a baking sheet.
7. Arrange cherry tomatoes and zucchini around the salmon.
8. Bake for 15 minutes until internal temperature reaches 145°F (63°C).
9. Serve immediately with roasted vegetables.

**Nutrition (per serving):** 650 kcal | Carbs: 10 g | Protein: 45 g | Potassium: 1.0 g | Phosphorus: 0.7 g | Sodium: 820 mg

## Mediterranean Baked Sea Bass

**COUNTRY:** GREECE

**Yield:** 2 servings | **Prep Time:** 10 min |  
**Cook Time:** 20 min

### INGREDIENTS:

- 2 sea bass fillets (12 oz / 340 g total)
- 2 tablespoons (30 ml / 30 g) olive oil
- 1/2 cup (75 g) diced tomatoes
- 1/4 cup (40 g) sliced olives
- 2 tablespoons (30 ml / 30 g) lemon juice
- 1 teaspoon (5 g) dried oregano
- 1/2 teaspoon (3 g) salt
- 1/4 teaspoon (1 g) black pepper

### INSTRUCTIONS:

1. Preheat oven to 400°F (200°C).
2. Pat sea bass fillets dry thoroughly.
3. Season evenly with salt and black pepper.
4. Place fillets in a baking dish.
5. Combine olive oil, lemon juice, oregano, tomatoes, and olives.
6. Spread mixture evenly over the fish.
7. Bake for 20 minutes until internal temperature reaches 145°F (63°C).
8. Baste once during cooking with pan juices.
9. Serve immediately while hot.

**Nutrition (per serving):** 610 kcal | Carbs: 9 g | Protein: 48 g | Potassium: 1.0 g | Phosphorus: 0.7 g | Sodium: 900 mg

# Honey Soy Glazed Shrimp

**COUNTRY:** CHINA

**Yield:** 2 servings | **Prep Time:** 8 min | **Cook Time:** 10 min

## INGREDIENTS:

- 1 lb (450 g) shrimp, peeled and deveined
- 1 tablespoon (15 ml / 15 g) vegetable oil
- 2 tablespoons (30 ml / 40 g) honey
- 2 tablespoons (30 ml / 30 g) soy sauce
- 1 teaspoon (5 g) grated ginger
- 1 clove garlic, minced (1 teaspoon / 3 g)
- 1/4 teaspoon (1 g) black pepper
- 1 tablespoon (5 g) sesame seeds

## INSTRUCTIONS:

1. Heat vegetable oil in a skillet over medium high heat to approximately 400°F (205°C surface temperature).
2. Add garlic and ginger and stir for 30 seconds.
3. Add shrimp and cook for 2–3 minutes until pink.
4. Combine honey and soy sauce in a small bowl.
5. Pour sauce evenly over shrimp.
6. Sprinkle black pepper evenly.
7. Cook for 2–3 minutes until shrimp reach 145°F (63°C).
8. Stir gently to coat evenly in glaze.
9. Sprinkle sesame seeds on top and serve immediately.

**Nutrition (per serving):** 720 kcal | Carbs: 35 g | Protein: 55 g | Potassium: 1.1 g | Phosphorus: 0.7 g | Sodium: 1050 mg

# Garlic Butter Scallops

**COUNTRY:** FRANCE

**Yield:** 2 servings | **Prep Time:** 8 min | **Cook Time:** 8 min

## INGREDIENTS:

- 1 lb (450 g) sea scallops
- 2 tablespoons (30 g) unsalted butter
- 1 tablespoon (15 ml / 15 g) olive oil
- 2 cloves garlic, minced (2 teaspoons / 6 g)
- 1 tablespoon (15 ml / 15 g) lemon juice
- 1/2 teaspoon (3 g) salt
- 1/4 teaspoon (1 g) black pepper
- 1 tablespoon (5 g) chopped parsley

## INSTRUCTIONS:

1. Pat scallops completely dry with paper towel.
2. Season evenly with salt and black pepper.
3. Heat olive oil and butter in a skillet over medium high heat to approximately 400°F (205°C surface temperature).
4. Add minced garlic and cook for 20 seconds.
5. Place scallops in a single layer in the skillet.
6. Cook for 2–3 minutes without moving until golden crust forms.
7. Flip and cook for 2 additional minutes until internal temperature reaches 145°F (63°C).
8. Drizzle lemon juice evenly over scallops.
9. Sprinkle chopped parsley on top and serve immediately.

**Nutrition (per serving):** 590 kcal | Carbs: 6 g | Protein: 50 g | Potassium: 1.0 g | Phosphorus: 0.8 g | Sodium: 720 mg

## Baked Pesto Salmon

**COUNTRY:** ITALY

**Yield:** 2 servings | **Prep Time:** 7 min |  
**Cook Time:** 15 min

### INGREDIENTS:

- 2 salmon fillets (12 oz / 340 g total)
- 2 tablespoons (30 g) basil pesto
- 1 tablespoon (15 ml / 15 g) olive oil
- 1/2 teaspoon (3 g) salt
- 1/4 teaspoon (1 g) black pepper
- 1/2 cup (75 g) cherry tomatoes
- 1/2 cup (75 g) zucchini slices

### INSTRUCTIONS:

1. Preheat oven to 400°F (200°C).
2. Pat salmon fillets dry thoroughly.
3. Season evenly with salt and black pepper.
4. Place salmon on a lined baking sheet.
5. Brush olive oil evenly over fillets.
6. Spread basil pesto evenly on top of each fillet.
7. Arrange cherry tomatoes and zucchini around the salmon.
8. Bake for 15 minutes until internal temperature reaches 145°F (63°C).
9. Serve immediately while hot.

**Nutrition (per serving):** 690 kcal | Carbs: 10 g | Protein: 45 g | Potassium: 1.1 g | Phosphorus: 0.8 g | Sodium: 760 mg

## Coconut Curry Shrimp

**COUNTRY:** THAILAND

**Yield:** 2 servings | **Prep Time:** 10 min |  
**Cook Time:** 15 min

### INGREDIENTS:

- 1 lb (450 g) shrimp, peeled and deveined
- 1 tablespoon (15 ml / 15 g) vegetable oil
- 1 cup (240 ml / 240 g) coconut milk
- 1 tablespoon (15 g) red curry paste
- 1/2 cup (75 g) sliced bell pepper
- 1/2 cup (75 g) snap peas
- 1 tablespoon (15 ml / 15 g) lime juice
- 1/2 teaspoon (3 g) salt

### INSTRUCTIONS:

1. Heat vegetable oil in a skillet over medium heat to approximately 375°F (190°C surface temperature).
2. Add red curry paste and stir for 30 seconds until fragrant.
3. Pour coconut milk into the skillet and stir evenly.
4. Bring mixture to a gentle simmer.
5. Add bell pepper and snap peas.
6. Cook for 4–5 minutes until vegetables are slightly tender.
7. Add shrimp and cook for 3–4 minutes until pink and internal temperature reaches 145°F (63°C).
8. Stir in lime juice and salt evenly.
9. Serve immediately while creamy and hot.

**Nutrition (per serving):** 780 kcal | Carbs: 22 g | Protein: 55 g | Potassium: 1.2 g | Phosphorus: 0.8 g | Sodium: 880 mg

## Pan Seared Tuna Steak

**COUNTRY:** JAPAN

**Yield:** 2 servings | **Prep Time:** 5 min |  
**Cook Time:** 6 min

### INGREDIENTS:

- 2 tuna steaks (12 oz / 340 g total)
- 1 tablespoon (15 ml / 15 g) sesame oil
- 1 tablespoon (10 g) sesame seeds
- 2 tablespoons (30 ml / 30 g) soy sauce
- 1 tablespoon (15 ml / 15 g) lemon juice
- 1/4 teaspoon (1 g) black pepper

### INSTRUCTIONS:

1. Pat tuna steaks dry thoroughly.
2. Brush sesame oil evenly over both sides.
3. Sprinkle sesame seeds and black pepper evenly on all sides.
4. Heat a skillet over high heat to approximately 425°F (220°C surface temperature).
5. Place tuna steaks in the skillet.
6. Cook for 2–3 minutes on the first side.
7. Flip and cook for 1–2 minutes for medium rare with internal temperature of 125–130°F (52–54°C).
8. Remove from heat and drizzle soy sauce and lemon juice evenly over the steaks.
9. Slice and serve immediately.

**Nutrition (per serving):** 610 kcal | Carbs: 5 g | Protein: 55 g | Potassium: 1.1 g | Phosphorus: 0.9 g | Sodium: 900 mg

## Lemon Garlic Mussels

**COUNTRY:** SPAIN

**Yield:** 2 servings | **Prep Time:** 10 min |  
**Cook Time:** 10 min

### INGREDIENTS:

- 2 lb (900 g) fresh mussels, cleaned
- 1 tablespoon (15 ml / 15 g) olive oil
- 2 cloves garlic, minced (2 teaspoons / 6 g)
- 1/2 cup (120 ml / 120 g) dry white wine
- 2 tablespoons (30 ml / 30 g) lemon juice
- 1/2 teaspoon (3 g) salt
- 1/4 teaspoon (1 g) black pepper
- 1 tablespoon (5 g) chopped parsley

### INSTRUCTIONS:

1. Heat olive oil in a large pot over medium heat to approximately 375°F (190°C surface temperature).
2. Add minced garlic and cook for 30 seconds.
3. Add cleaned mussels to the pot.
4. Pour white wine and lemon juice evenly over mussels.
5. Season with salt and black pepper evenly.
6. Cover the pot with a lid.
7. Cook for 5–7 minutes until mussels open and internal temperature reaches 145°F (63°C).
8. Discard any unopened mussels.
9. Sprinkle chopped parsley on top and serve immediately with broth.

**Nutrition (per serving):** 720 kcal | Carbs: 20 g | Protein: 60 g | Potassium: 1.3 g | Phosphorus: 1.0 g | Sodium: 950 mg

## Crispy Baked Fish Tacos

**COUNTRY:** MEXICO

**Yield:** 2 servings | **Prep Time:** 12 min | **Cook Time:** 18 min

### INGREDIENTS:

- 2 white fish fillets (12 oz / 340 g total)
- 1/2 cup (50 g) breadcrumbs
- 1/2 teaspoon (3 g) salt
- 1/4 teaspoon (1 g) black pepper
- 1 tablespoon (15 ml / 15 g) olive oil
- 4 small corn tortillas (4 oz / 120 g total)
- 1 cup (100 g) shredded cabbage
- 2 tablespoons (30 ml / 30 g) lime juice
- 1/4 cup (60 g) plain Greek yogurt

### INSTRUCTIONS:

1. Preheat oven to 400°F (200°C).
2. Season fish evenly with salt and black pepper.
3. Coat fish completely with breadcrumbs using all of them.
4. Place fillets on a lined baking sheet and drizzle olive oil evenly over the top.
5. Bake for 18 minutes until internal temperature reaches 145°F (63°C).
6. Warm tortillas in a dry skillet for 30 seconds per side.
7. In a bowl combine shredded cabbage, lime juice, and Greek yogurt evenly.
8. Slice baked fish into strips.
9. Fill tortillas with fish and cabbage mixture and serve immediately.

**Nutrition (per serving):** 720 kcal | Carbs: 78 g | Protein: 48 g | Potassium: 1.0 g | Phosphorus: 0.7 g | Sodium: 920 mg

## Teriyaki Glazed Salmon

**COUNTRY:** JAPAN

**Yield:** 2 servings | **Prep Time:** 8 min | **Cook Time:** 12 min

### INGREDIENTS:

- 2 salmon fillets (12 oz / 340 g total)
- 2 tablespoons (30 ml / 30 g) teriyaki sauce
- 1 tablespoon (15 ml / 15 g) sesame oil
- 1 teaspoon (5 g) grated ginger
- 1 tablespoon (5 g) sesame seeds
- 1/4 teaspoon (1 g) black pepper
- 1/2 cup (75 g) steamed broccoli

### INSTRUCTIONS:

1. Pat salmon fillets dry thoroughly.
2. Brush sesame oil evenly over both sides.
3. Heat a skillet over medium heat to approximately 375°F (190°C surface temperature).
4. Place salmon skin side down and cook for 4–5 minutes.
5. Flip carefully and cook for 3–4 minutes.
6. Add grated ginger to the skillet.
7. Pour teriyaki sauce evenly over salmon.
8. Cook for 2 minutes until internal temperature reaches 145°F (63°C).
9. Sprinkle sesame seeds on top and serve with steamed broccoli.

**Nutrition (per serving):** 690 kcal | Carbs: 18 g | Protein: 46 g | Potassium: 1.1 g | Phosphorus: 0.8 g | Sodium: 980 mg

## Creamy Crab Pasta

**COUNTRY:** ITALY

**Yield:** 2 servings | **Prep Time:** 10 min |  
**Cook Time:** 15 min

### INGREDIENTS:

- 8 oz (225 g) linguine
- 8 oz (225 g) crab meat
- 1 tablespoon (15 ml / 15 g) olive oil
- 2 cloves garlic, minced (2 teaspoons / 6 g)
- 1/2 cup (120 ml / 120 g) heavy cream
- 1/4 cup (25 g) grated Parmesan cheese
- 1 tablespoon (15 ml / 15 g) lemon juice
- 1/2 teaspoon (3 g) salt
- 1/4 teaspoon (1 g) black pepper

### INSTRUCTIONS:

1. Cook linguine according to package instructions and drain completely.
2. Heat olive oil in a skillet over medium heat to approximately 375°F (190°C surface temperature).
3. Add minced garlic and cook for 30 seconds.
4. Add crab meat and stir gently for 2 minutes.
5. Pour heavy cream into the skillet and stir evenly.
6. Add grated Parmesan cheese and mix until melted.
7. Season with salt and black pepper evenly.
8. Add cooked pasta and lemon juice and toss thoroughly.
9. Serve immediately while creamy and hot.

**Nutrition (per serving):** 960 kcal | Carbs: 88 g | Protein: 55 g | Potassium: 1.0 g | Phosphorus: 0.8 g | Sodium: 1050 mg

## Baked Herb Halibut

**COUNTRY:** USA

**Yield:** 2 servings | **Prep Time:** 7 min |  
**Cook Time:** 15 min

### INGREDIENTS:

- 2 halibut fillets (12 oz / 340 g total)
- 2 tablespoons (30 ml / 30 g) olive oil
- 1 tablespoon (5 g) chopped parsley
- 1 teaspoon (5 g) dried thyme
- 2 tablespoons (30 ml / 30 g) lemon juice
- 1/2 teaspoon (3 g) salt
- 1/4 teaspoon (1 g) black pepper
- 1/2 cup (75 g) sliced zucchini

### INSTRUCTIONS:

1. Preheat oven to 400°F (200°C).
2. Pat halibut fillets dry thoroughly.
3. Season evenly with salt and black pepper.
4. Place fillets in a baking dish.
5. Combine olive oil, lemon juice, parsley, and thyme.
6. Brush mixture evenly over the fish.
7. Arrange zucchini around the fillets.
8. Bake for 15 minutes until internal temperature reaches 145°F (63°C).
9. Serve immediately while hot.

**Nutrition (per serving):** 640 kcal | Carbs: 8 g | Protein: 50 g | Potassium: 1.1 g | Phosphorus: 0.8 g | Sodium: 760 mg

## Spicy Garlic Calamari

**COUNTRY:** ITALY

**Yield:** 2 servings | **Prep Time:** 10 min |  
**Cook Time:** 8 min

### INGREDIENTS:

- 1 lb (450 g) calamari rings
- 1 tablespoon (15 ml / 15 g) olive oil
- 2 cloves garlic, minced (2 teaspoons / 6 g)
- 1/2 teaspoon (3 g) chili flakes
- 1 tablespoon (15 ml / 15 g) lemon juice
- 1/2 teaspoon (3 g) salt
- 1/4 teaspoon (1 g) black pepper
- 1 tablespoon (5 g) chopped parsley

### INSTRUCTIONS:

1. Pat calamari rings completely dry.
2. Heat olive oil in a skillet over medium high heat to approximately 400°F (205°C surface temperature).
3. Add minced garlic and cook for 20 seconds.
4. Add calamari in a single layer.
5. Cook for 2–3 minutes until opaque.
6. Sprinkle chili flakes, salt, and black pepper evenly.
7. Drizzle lemon juice evenly over calamari.
8. Cook for 1 additional minute until tender and internal temperature reaches 145°F (63°C).
9. Sprinkle chopped parsley on top and serve immediately.

**Nutrition (per serving):** 610 kcal | Carbs: 12 g | Protein: 55 g | Potassium: 1.2 g | Phosphorus: 0.9 g | Sodium: 880 mg

## Garlic Lime Grilled Shrimp

**COUNTRY:** MEXICO

**Yield:** 2 servings | **Prep Time:** 10 min |  
**Cook Time:** 8 min

### INGREDIENTS:

- 1 lb (450 g) shrimp, peeled and deveined
- 2 tablespoons (30 ml / 30 g) olive oil
- 2 tablespoons (30 ml / 30 g) lime juice
- 2 cloves garlic, minced (2 teaspoons / 6 g)
- 1/2 teaspoon (3 g) salt
- 1/4 teaspoon (1 g) black pepper
- 1 tablespoon (5 g) chopped cilantro

### INSTRUCTIONS:

1. Preheat grill to medium high heat approximately 400°F (205°C).
2. Pat shrimp dry thoroughly.
3. In a bowl combine olive oil, lime juice, garlic, salt, and black pepper.
4. Add shrimp and coat evenly with the marinade.
5. Thread shrimp onto skewers evenly.
6. Place skewers on the grill.
7. Cook for 2–3 minutes per side until internal temperature reaches 145°F (63°C).
8. Remove from grill carefully.
9. Sprinkle chopped cilantro evenly on top and serve immediately.

**Nutrition (per serving):** 630 kcal | Carbs: 6 g | Protein: 55 g | Potassium: 1.2 g | Phosphorus: 0.8 g | Sodium: 780 mg

## Mediterranean Tuna Salad

**COUNTRY:** GREECE

**Yield:** 2 servings | **Prep Time:** 10 min | **Cook Time:** 0 min

### INGREDIENTS:

- 2 cans (10 oz / 280 g drained) tuna in water
- 1/2 cup (75 g) cherry tomatoes, halved
- 1/4 cup (40 g) sliced olives
- 1/4 cup (60 g) diced cucumber
- 2 tablespoons (30 ml / 30 g) olive oil
- 2 tablespoons (30 ml / 30 g) lemon juice
- 1/2 teaspoon (3 g) salt
- 1/4 teaspoon (1 g) black pepper

### INSTRUCTIONS:

1. Drain tuna completely and place in a bowl.
2. Flake tuna evenly with a fork.
3. Add cherry tomatoes, olives, and diced cucumber.
4. In a small bowl combine olive oil and lemon juice.
5. Pour dressing evenly over the salad mixture.
6. Sprinkle salt and black pepper evenly.
7. Mix thoroughly until evenly combined.
8. Chill for 10 minutes if desired.
9. Serve immediately while fresh.

**Nutrition (per serving):** 680 kcal | Carbs: 12 g | Protein: 60 g | Potassium: 1.1 g | Phosphorus: 0.9 g | Sodium: 820 mg

## Baked Cajun Cod

**COUNTRY:** USA

**Yield:** 2 servings | **Prep Time:** 8 min | **Cook Time:** 15 min

### INGREDIENTS:

- 2 cod fillets (12 oz / 340 g total)
- 1 tablespoon (15 ml / 15 g) olive oil
- 1 tablespoon (10 g) Cajun seasoning
- 1/2 teaspoon (3 g) salt
- 1/4 teaspoon (1 g) black pepper
- 1/2 cup (75 g) bell pepper strips
- 1/2 cup (75 g) zucchini slices

### INSTRUCTIONS:

1. Preheat oven to 400°F (200°C).
2. Pat cod fillets dry thoroughly.
3. Mix Cajun seasoning, salt, and black pepper.
4. Rub olive oil evenly over the fillets.
5. Coat fillets evenly with seasoning mixture.
6. Place fish on a baking sheet.
7. Arrange bell pepper and zucchini around the fish.
8. Bake for 15 minutes until internal temperature reaches 145°F (63°C).
9. Serve immediately while hot.

**Nutrition (per serving):** 540 kcal | Carbs: 10 g | Protein: 48 g | Potassium: 1.0 g | Phosphorus: 0.7 g | Sodium: 880 mg

## Creamy Dill Salmon

**COUNTRY:** NORWAY

**Yield:** 2 servings | **Prep Time:** 8 min | **Cook Time:** 15 min

### INGREDIENTS:

- 2 salmon fillets (12 oz / 340 g total)
- 1 tablespoon (15 ml / 15 g) olive oil
- 1/2 cup (120 ml / 120 g) heavy cream
- 1 tablespoon (5 g) fresh dill, chopped
- 2 tablespoons (30 ml / 30 g) lemon juice
- 1/2 teaspoon (3 g) salt
- 1/4 teaspoon (1 g) black pepper

### INSTRUCTIONS:

1. Preheat oven to 400°F (200°C).
2. Pat salmon fillets dry thoroughly.
3. Season evenly with salt and black pepper.
4. Place fillets in a baking dish.
5. Drizzle olive oil evenly over salmon.
6. Bake for 12 minutes.
7. In a saucepan heat heavy cream gently over low heat.
8. Add dill and lemon juice and stir evenly.
9. Pour sauce over salmon and serve immediately when internal temperature reaches 145°F (63°C).

**Nutrition (per serving):** 820 kcal | Carbs: 6 g | Protein: 45 g | Potassium: 1.1 g | Phosphorus: 0.8 g | Sodium: 760 mg

## Pan Fried Sardines

**COUNTRY:** PORTUGAL

**Yield:** 2 servings | **Prep Time:** 8 min | **Cook Time:** 8 min

### INGREDIENTS:

- 8 fresh sardines (1 lb / 450 g total)
- 2 tablespoons (30 ml / 30 g) olive oil
- 2 tablespoons (30 ml / 30 g) lemon juice
- 1/2 teaspoon (3 g) salt
- 1/4 teaspoon (1 g) black pepper
- 1 tablespoon (5 g) chopped parsley

### INSTRUCTIONS:

1. Pat sardines dry thoroughly.
2. Season evenly with salt and black pepper.
3. Heat olive oil in a skillet over medium high heat to approximately 400°F (205°C surface temperature).
4. Place sardines in a single layer.
5. Cook for 3–4 minutes on the first side.
6. Flip carefully and cook for 2–3 additional minutes until internal temperature reaches 145°F (63°C).
7. Drizzle lemon juice evenly over sardines.
8. Cook for 30 seconds more.
9. Sprinkle chopped parsley on top and serve immediately.

**Nutrition (per serving):** 760 kcal | Carbs: 2 g | Protein: 55 g | Potassium: 1.3 g | Phosphorus: 1.0 g | Sodium: 720 mg

## Thai Basil Shrimp

**COUNTRY:** THAILAND

**Yield:** 2 servings | **Prep Time:** 10 min | **Cook Time:** 10 min

### INGREDIENTS:

- 1 lb (450 g) shrimp, peeled and deveined
- 1 tablespoon (15 ml / 15 g) vegetable oil
- 2 cloves garlic, minced (2 teaspoons / 6 g)
- 1/2 teaspoon (3 g) chili flakes
- 2 tablespoons (30 ml / 30 g) soy sauce
- 1 tablespoon (15 ml / 15 g) fish sauce
- 1 cup (25 g) fresh basil leaves
- 1/4 teaspoon (1 g) black pepper

### INSTRUCTIONS:

1. Heat vegetable oil in a wok over medium high heat to approximately 400°F (205°C surface temperature).
2. Add garlic and chili flakes and stir for 30 seconds.
3. Add shrimp and cook for 2–3 minutes until pink.
4. Pour soy sauce and fish sauce evenly over shrimp.
5. Sprinkle black pepper evenly.
6. Cook for 2–3 minutes until shrimp reach 145°F (63°C).
7. Add fresh basil leaves.
8. Stir gently until basil wilts completely.
9. Serve immediately while hot and aromatic.

**Nutrition (per serving):** 700 kcal | Carbs: 12 g | Protein: 60 g | Potassium: 1.2 g | Phosphorus: 0.9 g | Sodium: 1050 mg

## Lemon Garlic Trout

**COUNTRY:** GERMANY

**Yield:** 2 servings | **Prep Time:** 8 min | **Cook Time:** 15 min

### INGREDIENTS:

- 2 trout fillets (12 oz / 340 g total)
- 2 tablespoons (30 ml / 30 g) olive oil
- 2 tablespoons (30 ml / 30 g) lemon juice
- 2 cloves garlic, minced (2 teaspoons / 6 g)
- 1/2 teaspoon (3 g) salt
- 1/4 teaspoon (1 g) black pepper
- 1 tablespoon (5 g) chopped parsley

### INSTRUCTIONS:

1. Preheat oven to 400°F (200°C).
2. Pat trout fillets dry thoroughly.
3. Season evenly with salt and black pepper.
4. Place fillets in a baking dish.
5. Combine olive oil, lemon juice, and garlic.
6. Brush mixture evenly over the trout.
7. Bake for 15 minutes until internal temperature reaches 145°F (63°C).
8. Baste once with pan juices during cooking.
9. Sprinkle chopped parsley on top and serve immediately.

**Nutrition (per serving):** 680 kcal | Carbs: 4 g | Protein: 50 g | Potassium: 1.2 g | Phosphorus: 0.9 g | Sodium: 760 mg

# CHICKEN, TURKEY & MEAT FAVORITES

## Garlic Herb Roasted Chicken

**COUNTRY:** USA

**Yield:** 2 servings | **Prep Time:** 10 min | **Cook Time:** 35 min

### INGREDIENTS:

- 2 bone-in chicken thighs (1.5 lb / 680 g total)
- 2 tablespoons (30 ml / 30 g) olive oil
- 3 cloves garlic, minced (1 tablespoon / 9 g)
- 1 teaspoon (5 g) dried thyme
- 1 teaspoon (5 g) dried rosemary
- 1/2 teaspoon (3 g) salt
- 1/4 teaspoon (1 g) black pepper
- 1 cup (150 g) baby potatoes, halved

### INSTRUCTIONS:

1. Preheat the oven to 400°F (200°C) and allow it to fully heat so the chicken begins roasting immediately once placed inside.
2. Pat the chicken thighs very dry with paper towels, removing excess moisture to help the skin become golden and crisp during cooking.
3. In a small bowl thoroughly combine olive oil, minced garlic, dried thyme, dried rosemary, salt, and black pepper until the mixture forms a fragrant herb paste.
4. Rub the herb mixture evenly over the chicken thighs, making sure to coat both sides and gently lift the skin to distribute seasoning directly onto the meat.
5. Place the chicken thighs skin side up on a baking sheet and arrange the halved baby potatoes around them in a single layer for even roasting.
6. Lightly toss the potatoes in any remaining herb mixture on the tray so they absorb the garlic and herb flavors while cooking.
7. Roast for about 35 minutes, or until the chicken skin is deeply golden brown and the potatoes appear lightly caramelized around the edges.
8. Check that the internal temperature of the chicken reaches 175°F (80°C) and that the potatoes are tender when pierced easily with a fork.
9. Remove the tray from the oven and let the chicken rest for 5 minutes before serving so the juices redistribute and the meat stays moist.

**Nutrition (per serving):** 890 kcal | Carbs: 28 g | Protein: 60 g | Potassium: 1.1 g | Phosphorus: 0.8 g | Sodium: 820 mg

## Creamy Garlic Chicken Skillet

**COUNTRY:** ITALY

**Yield:** 2 servings | **Prep Time:** 10 min | **Cook Time:** 20 min

### INGREDIENTS:

- 2 boneless skinless chicken breasts (12 oz / 340 g total)
- 1 tablespoon (15 ml / 15 g) olive oil
- 2 tablespoons (30 g) unsalted butter
- 3 cloves garlic, minced (1 tablespoon / 9 g)
- 1/2 cup (120 ml / 120 g) chicken broth
- 1/2 cup (120 ml / 120 g) heavy cream
- 1/2 teaspoon (3 g) salt
- 1/4 teaspoon (1 g) black pepper
- 1 tablespoon (5 g) chopped parsley

### INSTRUCTIONS:

1. Pat the chicken breasts completely dry with paper towels and season both sides evenly with salt and black pepper.
2. Heat olive oil and butter together in a large skillet over medium heat until the butter is fully melted and begins to lightly foam.
3. Place the chicken breasts in the skillet and cook for 5–6 minutes on the first side without moving them, allowing a golden crust to form.
4. Flip the chicken carefully and cook for another 5–6 minutes until the internal temperature reaches 165°F (74°C).
5. Transfer the cooked chicken to a plate and loosely cover to keep warm while preparing the sauce.
6. In the same skillet add the minced garlic and sauté for about 30 seconds, stirring constantly so it becomes fragrant but does not brown.
7. Pour in the chicken broth and scrape the bottom of the pan gently to release any flavorful browned bits.
8. Add the heavy cream and simmer for 4–5 minutes, stirring occasionally, until the sauce thickens slightly and becomes smooth.
9. Return the chicken to the skillet, spoon the sauce over the top, sprinkle with chopped parsley, and serve once everything is heated through.

**Nutrition (per serving):** 840 kcal | Carbs: 8 g | Protein: 65 g | Potassium: 1.0 g | Phosphorus: 0.8 g | Sodium: 880 mg

## Sweet Chili Turkey Meatballs

**COUNTRY:** THAILAND

**Yield:** 2 servings | **Prep Time:** 12 min | **Cook Time:** 22 min

### INGREDIENTS:

- 1 lb (450 g) ground turkey
- 1/4 cup (25 g) breadcrumbs
- 1 egg (1/4 cup / 60 g beaten)
- 1/2 teaspoon (3 g) salt
- 1/4 teaspoon (1 g) black pepper
- 1 tablespoon (15 ml / 15 g) vegetable oil
- 1/2 cup (120 ml / 120 g) sweet chili sauce
- 1 tablespoon (15 ml / 15 g) lime juice

### INSTRUCTIONS:

1. Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper for easy cleanup.
2. In a large bowl combine ground turkey, breadcrumbs, beaten egg, salt, and black pepper until the mixture is evenly blended but not overworked.
3. Using your hands or a spoon form the mixture into evenly sized meatballs, approximately 1.5 inches in diameter.
4. Place the meatballs on the prepared baking sheet, spacing them slightly apart for even cooking.
5. Bake for 18–20 minutes until the internal temperature reaches 165°F (74°C) and the exterior is lightly browned.
6. While the meatballs bake, heat vegetable oil in a small saucepan over medium heat.
7. Add sweet chili sauce and lime juice and warm gently for 2–3 minutes, stirring until smooth and slightly glossy.
8. Remove the cooked meatballs from the oven and transfer them carefully into the saucepan.
9. Toss the meatballs in the warm sauce until evenly coated and serve immediately while hot.

**Nutrition (per serving):** 820 kcal | Carbs: 38 g | Protein: 60 g | Potassium: 1.1 g | Phosphorus: 0.8 g | Sodium: 950 mg

## Classic Beef Meatballs

**COUNTRY:** ITALY

**Yield:** 2 servings | **Prep Time:** 12 min | **Cook Time:** 25 min

### INGREDIENTS:

- 1 lb (450 g) ground beef
- 1/4 cup (25 g) breadcrumbs
- 1 egg (1/4 cup / 60 g beaten)
- 1/2 teaspoon (3 g) salt
- 1/4 teaspoon (1 g) black pepper
- 1 teaspoon (5 g) dried oregano
- 1 tablespoon (15 ml / 15 g) olive oil
- 2 cups (480 g) tomato sauce

### INSTRUCTIONS:

1. Preheat oven to 375°F (190°C) and prepare a baking tray with parchment paper.
2. In a large mixing bowl combine ground beef, breadcrumbs, beaten egg, salt, black pepper, and dried oregano until fully incorporated.
3. Shape the mixture into evenly sized meatballs and place them on the prepared tray.
4. Bake for 18–20 minutes until browned on the outside and cooked through to 160°F (71°C).
5. While the meatballs are baking, heat olive oil in a saucepan over medium heat.
6. Add the tomato sauce and stir gently until warmed and lightly simmering.
7. Once the meatballs are done, carefully transfer them into the saucepan with the sauce.
8. Allow the meatballs to simmer in the sauce for 5 minutes so they absorb additional flavor.
9. Serve hot with sauce spooned generously over each portion.

**Nutrition (per serving):** 900 kcal | Carbs: 28 g | Protein: 65 g | Potassium: 1.2 g | Phosphorus: 0.9 g | Sodium: 980 mg

## Lemon Pepper Chicken

**COUNTRY:** USA

**Yield:** 2 servings | **Prep Time:** 8 min | **Cook Time:** 18 min

### INGREDIENTS:

- 2 chicken breasts (12 oz / 340 g total)
- 1 tablespoon (15 ml / 15 g) olive oil
- 2 tablespoons (30 ml / 30 g) lemon juice
- 1 teaspoon (5 g) lemon zest
- 1/2 teaspoon (3 g) salt
- 1/2 teaspoon (2 g) black pepper
- 1 cup (150 g) green beans

### INSTRUCTIONS:

1. Pat the chicken breasts dry thoroughly and season both sides evenly with salt and black pepper.
2. Heat olive oil in a skillet over medium heat until shimmering but not smoking.
3. Place chicken in the skillet and cook for 5–6 minutes on the first side until golden brown.
4. Flip the chicken and cook another 5–6 minutes until the internal temperature reaches 165°F (74°C).
5. Transfer chicken to a plate and cover loosely with foil to rest.
6. In the same skillet add green beans and cook for 4–5 minutes, stirring occasionally until tender but still bright green.
7. Add lemon juice and lemon zest to the skillet and stir to coat the beans evenly.
8. Return the chicken to the pan briefly so it warms in the lemon juices.
9. Serve immediately once the chicken is juicy and the beans are tender when pierced with a fork.

**Nutrition (per serving):** 760 kcal | Carbs: 18 g | Protein: 65 g | Potassium: 1.1 g | Phosphorus: 0.8 g | Sodium: 820 mg

## Garlic Rosemary Pork Tenderloin

**COUNTRY:** FRANCE

**Yield:** 2 servings | **Prep Time:** 10 min | **Cook Time:** 25 min

### INGREDIENTS:

- 1 pork tenderloin (1 lb / 450 g)
- 2 tablespoons (30 ml / 30 g) olive oil
- 2 cloves garlic, minced (2 teaspoons / 6 g)
- 1 teaspoon (5 g) dried rosemary
- 1/2 teaspoon (3 g) salt
- 1/4 teaspoon (1 g) black pepper
- 1 cup (150 g) sliced carrots

### INSTRUCTIONS:

1. Preheat oven to 400°F (200°C) and allow it to fully heat before placing the meat inside. Pat the pork tenderloin completely dry to promote proper browning.

2. In a small bowl combine olive oil, garlic, rosemary, salt, and black pepper into a fragrant seasoning mixture.

3. Rub the mixture evenly over the entire surface of the tenderloin.

4. Place the tenderloin on a baking sheet and arrange sliced carrots around it in a single layer.

5. Roast for 20–25 minutes until the exterior is lightly browned.

6. Check that the internal temperature reaches 145°F (63°C) for juicy, tender meat.

7. Remove from the oven and let the pork rest for 5–7 minutes before slicing.

8. Slice into medallions and serve alongside the roasted carrots while everything is still warm.

**Nutrition (per serving):** 850 kcal | Carbs: 22 g | Protein: 70 g | Potassium: 1.2 g | Phosphorus: 0.9 g | Sodium: 780 mg

## Balsamic Glazed Chicken

**COUNTRY:** ITALY

**Yield:** 2 servings | **Prep Time:** 8 min | **Cook Time:** 22 min

### INGREDIENTS:

- 2 chicken breasts (12 oz / 340 g total)
- 1 tablespoon (15 ml / 15 g) olive oil
- 1/4 cup (60 ml / 60 g) balsamic vinegar
- 1 tablespoon (15 g) honey
- 1/2 teaspoon (3 g) salt
- 1/4 teaspoon (1 g) black pepper
- 1 cup (150 g) sliced mushrooms

### INSTRUCTIONS:

1. Pat the chicken breasts completely dry with paper towels, pressing gently to remove excess surface moisture so the meat browns properly rather than steaming in the pan.

2. Season both sides evenly with salt and black pepper, distributing the seasoning thoroughly for balanced flavor throughout.

3. Heat olive oil in a skillet over medium heat until it begins to shimmer lightly, indicating the pan is properly heated.

4. Place the chicken into the skillet and cook undisturbed for 5–6 minutes, allowing a golden crust to naturally develop on the surface.

5. Turn the chicken carefully and cook the second side for another 5–6 minutes, until nearly cooked through.

6. Transfer the chicken temporarily to a plate to prevent overcooking while preparing the glaze.

7. In the same skillet pour in balsamic vinegar and honey, stirring continuously while gently scraping up the caramelized bits from the bottom of the pan.

8. Allow the mixture to simmer for 3–4 minutes until it reduces slightly and thickens into a glossy glaze.

9. Return the chicken to the skillet and spoon the glaze repeatedly over the top so it coats evenly and absorbs flavor.

10. Add sliced mushrooms around the chicken and continue cooking until the internal temperature reaches 165°F (74°C) and the mushrooms are tender.

11. Remove from heat and let the chicken rest for 5 minutes before serving so the juices redistribute and the glaze settles.

**Nutrition (per serving):** 830 kcal | Carbs: 36 g | Protein: 66 g | Potassium: 1.1 g | Phosphorus: 0.8 g | Sodium: 910 mg

## Cajun Turkey Skillet

**COUNTRY:** USA

**Yield:** 2 servings | **Prep Time:** 10 min |  
**Cook Time:** 18 min

### INGREDIENTS:

- 1 lb (450 g) ground turkey
- 1 tablespoon (15 ml / 15 g) olive oil
- 1 teaspoon (5 g) Cajun seasoning
- 1/2 teaspoon (3 g) salt
- 1/4 teaspoon (1 g) black pepper
- 1 cup (150 g) diced zucchini
- 1/2 cup (75 g) diced onion

### INSTRUCTIONS:

1. Heat olive oil in a large skillet over medium heat until warm but not smoking.
2. Add diced onion and cook slowly for 2–3 minutes, stirring occasionally, until it becomes soft and slightly translucent while releasing a mild aroma.
3. Add the ground turkey and begin breaking it apart with a spatula, stirring consistently so it cooks evenly without forming large clumps.
4. Continue cooking until the turkey is no longer pink and begins to develop light browning for deeper flavor.
5. Sprinkle Cajun seasoning, salt, and black pepper evenly over the meat, stirring thoroughly so every portion is well coated.
6. Add diced zucchini and fold it gently into the mixture, allowing it to soften while still maintaining a slight firmness.
7. Cook for another 4–5 minutes so the flavors meld together and the mixture becomes aromatic and cohesive.
8. Remove from heat once the turkey is fully cooked and the zucchini is tender but not mushy.
9. Serve immediately while hot for the best texture and flavor.

**Nutrition (per serving):** 870 kcal | Carbs: 18 g | Protein: 72 g | Potassium: 1.2 g | Phosphorus: 0.9 g | Sodium: 990 mg

## Garlic Lime Chicken Thighs

**COUNTRY:** MEXICO

**Yield:** 2 servings | **Prep Time:** 10 min |  
**Cook Time:** 30 min

### INGREDIENTS:

- 4 bone-in chicken thighs (1.5 lb / 680 g total)
- 2 tablespoons (30 ml / 30 g) olive oil
- 2 tablespoons (30 ml / 30 g) lime juice
- 2 cloves garlic, minced (2 teaspoons / 6 g)
- 1/2 teaspoon (3 g) salt
- 1/4 teaspoon (1 g) black pepper
- 1 cup (150 g) sliced bell peppers

### INSTRUCTIONS:

1. Preheat the oven to 400°F (200°C), allowing it to fully heat so the chicken begins roasting immediately once inside.
2. Pat the chicken thighs thoroughly dry, especially the skin, to help it crisp properly during roasting.
3. In a small bowl whisk together olive oil, lime juice, minced garlic, salt, and black pepper until evenly combined and aromatic.
4. Place the chicken thighs skin side up in a baking dish, spacing them slightly apart for even heat circulation.
5. Pour the marinade evenly over each piece, then use a spoon to distribute it across the surface so all sides are coated.
6. Arrange the sliced bell peppers around the chicken in a single layer so they roast rather than steam.
7. Roast for 28–30 minutes until the skin becomes golden and lightly crisp at the edges.
8. Check that the internal temperature reaches 175°F (80°C) for tender, fully cooked meat.
9. Remove from the oven and let the chicken rest for 5 minutes before serving to retain its juices.

**Nutrition (per serving):** 920 kcal | Carbs: 20 g | Protein: 68 g | Potassium: 1.3 g | Phosphorus: 0.9 g | Sodium: 860 mg

## Classic Meatloaf

**COUNTRY:** USA

**Yield:** 2 servings | **Prep Time:** 15 min |  
**Cook Time:** 40 min

### INGREDIENTS:

- 1 lb (450 g) ground beef
- 1/2 cup (50 g) breadcrumbs
- 1 egg (1/4 cup / 60 g beaten)
- 1/2 cup (120 g) tomato sauce
- 1/2 teaspoon (3 g) salt
- 1/4 teaspoon (1 g) black pepper
- 1 teaspoon (5 g) dried thyme

### INSTRUCTIONS:

1. Preheat the oven to 375°F (190°C) and lightly grease a small loaf pan to prevent sticking.
2. In a large mixing bowl combine ground beef, breadcrumbs, beaten egg, half of the tomato sauce, salt, black pepper, and dried thyme.
3. Mix gently until evenly incorporated, being careful not to compress the mixture too firmly to keep the texture tender.
4. Transfer the mixture into the prepared loaf pan and shape it evenly, smoothing the top with a spatula.
5. Spread the remaining tomato sauce across the surface to create a moist, lightly caramelized glaze during baking.
6. Place the pan in the oven and bake for 35–40 minutes until the internal temperature reaches 160°F (71°C).
7. Remove from the oven and allow the meatloaf to rest for at least 10 minutes before slicing to prevent crumbling.
8. Slice carefully into thick portions and serve warm while still juicy inside.

**Nutrition (per serving):** 980 kcal | Carbs: 38 g | Protein: 75 g | Potassium: 1.3 g | Phosphorus: 1.0 g | Sodium: 1050 mg

## Honey Garlic Pork Stir-Fry

**COUNTRY:** CHINA

**Yield:** 2 servings | **Prep Time:** 10 min |  
**Cook Time:** 15 min

### INGREDIENTS:

- 12 oz (340 g) pork strips
- 1 tablespoon (15 ml / 15 g) vegetable oil
- 2 tablespoons (30 g) honey
- 2 tablespoons (30 ml / 30 g) soy sauce
- 2 cloves garlic, minced (2 teaspoons / 6 g)
- 1 teaspoon (5 g) cornstarch
- 1 cup (150 g) broccoli florets

### INSTRUCTIONS:

1. In a small bowl whisk together honey, soy sauce, minced garlic, and cornstarch until smooth and slightly thickened.
2. Heat vegetable oil in a wok or large skillet over medium-high heat until the surface shimmers.
3. Add the pork strips in a single layer and cook for 3–4 minutes without excessive stirring so light browning develops.
4. Turn the pork and cook another 2–3 minutes until nearly cooked through but still tender.
5. Add broccoli florets and stir-fry for several minutes until bright green and tender-crisp.
6. Pour the prepared sauce evenly over the pork and vegetables, stirring continuously so everything is coated.
7. Allow the sauce to bubble briefly and thicken into a glossy glaze that clings to the meat.
8. Remove from heat once the pork is fully cooked and serve immediately while hot.

**Nutrition (per serving):** 940 kcal | Carbs: 42 g | Protein: 70 g | Potassium: 1.2 g | Phosphorus: 0.9 g | Sodium: 1180 mg

## BBQ Glazed Chicken

**COUNTRY:** USA

**Yield:** 2 servings | **Prep Time:** 8 min |  
**Cook Time:** 25 min

### INGREDIENTS:

- 2 chicken breasts (12 oz / 340 g total)
- 1 tablespoon (15 ml / 15 g) olive oil
- 1/2 cup (120 g) BBQ sauce
- 1/2 teaspoon (3 g) salt
- 1/4 teaspoon (1 g) black pepper
- 1 cup (150 g) corn kernels

### INSTRUCTIONS:

1. Preheat the oven to 400°F (200°C) so it is fully heated before baking.
2. Pat the chicken breasts dry with paper towels to ensure proper browning.
3. Season both sides evenly with salt and black pepper.
4. Heat olive oil in an oven-safe skillet over medium heat until lightly shimmering.
5. Place the chicken in the skillet and sear for 3–4 minutes per side until lightly golden.
6. Brush a generous layer of BBQ sauce evenly over the top of each piece.
7. Scatter the corn kernels around the chicken in the same skillet in a single layer.
8. Transfer the skillet to the oven and bake for 15–18 minutes until the internal temperature reaches 165°F (74°C).
9. During the final 5 minutes, brush additional BBQ sauce on top for a thicker glaze.
10. Remove from the oven and let rest briefly before serving.

**Nutrition (per serving):** 850 kcal | Carbs: 55 g | Protein: 65 g | Potassium: 1.1 g | Phosphorus: 0.8 g | Sodium: 980 mg

## Mediterranean Turkey Patties

**COUNTRY:** GREECE

**Yield:** 2 servings | **Prep Time:** 12 min |  
**Cook Time:** 15 min

### INGREDIENTS:

- 1 lb (450 g) ground turkey
- 1 teaspoon (5 g) dried oregano
- 1 clove garlic, minced (1 teaspoon / 3 g)
- 1/2 teaspoon (3 g) salt
- 1/4 teaspoon (1 g) black pepper
- 1 tablespoon (15 ml / 15 g) olive oil
- 1 cup (120 g) cherry tomatoes

### INSTRUCTIONS:

1. In a large bowl combine ground turkey, oregano, minced garlic, salt, and black pepper.
  - Mix gently until evenly incorporated without overworking the meat.
  - Form the mixture into four equal patties, pressing lightly to hold their shape.
  - Heat olive oil in a skillet over medium heat until warm.
  - Place the patties in the skillet and cook for 5–6 minutes on the first side until browned.
  - Flip carefully and cook another 5–6 minutes until the internal temperature reaches 165°F (74°C).
  - Add cherry tomatoes to the pan during the last few minutes so they soften and release some juices.
  - Remove from heat and allow the patties to rest briefly before serving.

**Nutrition (per serving):** 820 kcal | Carbs: 14 g | Protein: 70 g | Potassium: 1.2 g | Phosphorus: 0.9 g | Sodium: 870 mg

## Garlic Butter Steak Bites

**COUNTRY:** FRANCE

**Yield:** 2 servings | **Prep Time:** 10 min | **Cook Time:** 12 min

### INGREDIENTS:

- 14 oz (400 g) sirloin steak, cubed
- 1 tablespoon (15 ml / 15 g) olive oil
- 2 tablespoons (30 g) butter
- 2 cloves garlic, minced (2 teaspoons / 6 g)
- 1/2 teaspoon (3 g) salt
- 1/4 teaspoon (1 g) black pepper
- 1 cup (150 g) green beans

### INSTRUCTIONS:

1. Pat the steak cubes dry thoroughly to encourage proper searing.
2. Season evenly with salt and black pepper on all sides.
3. Heat olive oil in a skillet over high heat until very hot.
4. Add steak cubes in a single layer and sear for 2–3 minutes without stirring.
5. Turn the pieces and cook another 2–3 minutes for medium doneness.
6. Reduce heat to medium and add butter and minced garlic to the skillet.
7. Stir gently as the butter melts and coats the steak evenly.
8. Remove steak from the pan and set aside to rest briefly.
9. In the same skillet cook green beans for 4–5 minutes until tender-crisp.
10. Return steak to the pan, toss lightly, and serve immediately.

**Nutrition (per serving):** 950 kcal | Carbs: 18 g | Protein: 75 g | Potassium: 1.3 g | Phosphorus: 1.0 g | Sodium: 860 mg

## Herb Crusted Pork Chops

**COUNTRY:** ITALY

**Yield:** 2 servings | **Prep Time:** 10 min | **Cook Time:** 25 min

### INGREDIENTS:

- 2 pork chops (1 lb / 450 g total)
- 1/2 cup (50 g) breadcrumbs
- 1 teaspoon (5 g) dried basil
- 1/2 teaspoon (3 g) salt
- 1/4 teaspoon (1 g) black pepper
- 1 tablespoon (15 ml / 15 g) olive oil
- 1 cup (150 g) asparagus

### INSTRUCTIONS:

1. Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
2. In a shallow bowl combine breadcrumbs, dried basil, salt, and black pepper, mixing evenly.
3. Brush both sides of each pork chop lightly with olive oil to help the coating adhere.
4. Press the chops firmly into the breadcrumb mixture, turning to coat both sides evenly.
5. Place the coated pork chops on the prepared baking sheet.
6. Arrange the asparagus alongside the chops in a single layer for even roasting.
7. Bake for 22–25 minutes until the pork reaches an internal temperature of 145°F (63°C).
8. Remove from the oven and let the chops rest for 5 minutes before serving.

**Nutrition (per serving):** 890 kcal | Carbs: 32 g | Protein: 72 g | Potassium: 1.2 g | Phosphorus: 0.9 g | Sodium: 920 mg

## Korean-Style Beef Bowl

**COUNTRY:** SOUTH KOREA

**Yield:** 2 servings | **Prep Time:** 10 min | **Cook Time:** 15 min

### INGREDIENTS:

- 12 oz (340 g) ground beef
- 1 tablespoon (15 ml / 15 g) sesame oil
- 2 tablespoons (30 ml / 30 g) soy sauce
- 1 tablespoon (15 g) brown sugar
- 1 teaspoon (5 g) minced garlic
- 1/2 teaspoon (2 g) chili flakes
- 1 cup (150 g) shredded carrots

### INSTRUCTIONS:

1. Heat sesame oil in a skillet over medium heat until fragrant.
2. Add ground beef and cook while breaking it apart into small pieces.
3. Continue cooking until the beef is fully browned and no longer pink.
4. Drain excess fat if necessary, leaving a small amount for flavor.
5. Stir in soy sauce, brown sugar, minced garlic, and chili flakes.
6. Allow the mixture to simmer gently for several minutes so the sauce thickens slightly.
7. Add shredded carrots and cook briefly until just tender but still bright.
8. Remove from heat and serve immediately while hot.

**Nutrition (per serving):** 930 kcal | Carbs: 28 g | Protein: 72 g | Potassium: 1.3 g | Phosphorus: 1.0 g | Sodium: 1200 mg

## Teriyaki Chicken Skillet

**COUNTRY:** JAPAN

**Yield:** 2 servings | **Prep Time:** 8 min | **Cook Time:** 18 min

### INGREDIENTS:

- 2 chicken breasts (12 oz / 340 g total)
- 1 tablespoon (15 ml / 15 g) vegetable oil
- 1/4 cup (60 ml / 60 g) teriyaki sauce
- 1 tablespoon (15 ml / 15 g) soy sauce
- 1 teaspoon (5 g) grated ginger
- 1 cup (150 g) snap peas

### INSTRUCTIONS:

1. Pat the chicken breasts dry and season lightly with salt if desired.
2. Heat vegetable oil in a skillet over medium heat until shimmering.
3. Place the chicken in the pan and cook for 5–6 minutes on the first side.
4. Turn the chicken and cook another 5–6 minutes until nearly done.
5. Add grated ginger to the skillet and stir briefly until fragrant.
6. Pour in teriyaki sauce and soy sauce, spooning the mixture over the chicken.
7. Add snap peas and cook for 4–5 minutes until tender-crisp.
8. Ensure the internal temperature reaches 165°F (74°C) before serving.

**Nutrition (per serving):** 870 kcal | Carbs: 34 g | Protein: 68 g | Potassium: 1.1 g | Phosphorus: 0.8 g | Sodium: 1050 mg

## Lemon Herb Pork Tenderloin

**COUNTRY:** FRANCE

**Yield:** 2 servings | **Prep Time:** 10 min | **Cook Time:** 25 min

### INGREDIENTS:

- 1 pork tenderloin (1 lb / 450 g)
- 2 tablespoons (30 ml / 30 g) olive oil
- 2 tablespoons (30 ml / 30 g) lemon juice
- 1 teaspoon (5 g) dried thyme
- 1/2 teaspoon (3 g) salt
- 1/4 teaspoon (1 g) black pepper
- 1 cup (150 g) green beans

### INSTRUCTIONS:

1. Preheat the oven to 400°F (200°C) and allow it to fully heat before roasting.
2. Pat the pork tenderloin completely dry with paper towels to ensure proper browning.
3. In a small bowl combine olive oil, lemon juice, dried thyme, salt, and black pepper.
4. Rub the mixture evenly over the entire surface of the tenderloin.
5. Place the tenderloin on a baking sheet and arrange green beans around it in a single layer.
6. Roast for 20–25 minutes until the exterior is lightly golden.
7. Check that the internal temperature reaches 145°F (63°C) for juicy, tender meat.
8. Remove from the oven and let rest for 5–7 minutes before slicing.
9. Slice into medallions and serve warm with the roasted green beans.

**Nutrition (per serving):** 860 kcal | Carbs: 20 g | Protein: 72 g | Potassium: 1.2 g | Phosphorus: 0.9 g | Sodium: 790 mg

## Spicy Honey Chicken

**COUNTRY:** USA

**Yield:** 2 servings | **Prep Time:** 8 min | **Cook Time:** 20 min

### INGREDIENTS:

- 2 chicken breasts (12 oz / 340 g total)
- 1 tablespoon (15 ml / 15 g) olive oil
- 2 tablespoons (30 g) honey
- 1 teaspoon (5 g) chili flakes
- 1 tablespoon (15 ml / 15 g) soy sauce
- 1/2 teaspoon (3 g) salt
- 1 cup (150 g) sliced zucchini

### INSTRUCTIONS:

1. Pat the chicken breasts dry and season evenly with salt.
2. Heat olive oil in a skillet over medium heat until shimmering.
3. Place the chicken in the pan and cook for 5–6 minutes on the first side.
4. Turn the chicken and cook another 5–6 minutes until nearly cooked through.
5. In a small bowl mix honey, chili flakes, and soy sauce until smooth.
6. Pour the mixture over the chicken and allow it to bubble gently.
7. Add sliced zucchini to the skillet and cook until tender but not soft.
8. Continue cooking until the glaze thickens slightly and the chicken reaches 165°F (74°C).
9. Remove from heat and let rest briefly before serving.

**Nutrition (per serving):** 880 kcal | Carbs: 44 g | Protein: 67 g | Potassium: 1.1 g | Phosphorus: 0.8 g | Sodium: 980 mg

## Garlic Paprika Beef Skillet

**COUNTRY:** SPAIN

**Yield:** 2 servings | **Prep Time:** 10 min | **Cook Time:** 15 min

### INGREDIENTS:

- 12 oz (340 g) sliced beef
- 1 tablespoon (15 ml / 15 g) olive oil
- 1 teaspoon (5 g) smoked paprika
- 2 cloves garlic, minced (2 teaspoons / 6 g)
- 1/2 teaspoon (3 g) salt
- 1/4 teaspoon (1 g) black pepper
- 1 cup (150 g) sliced bell peppers

### INSTRUCTIONS:

1. Pat the sliced beef dry to remove excess moisture before cooking.
2. Season evenly with smoked paprika, salt, and black pepper.
3. Heat olive oil in a large skillet over medium-high heat until hot.
4. Add the beef in a single layer and cook for 2–3 minutes without stirring.
5. Turn the beef and cook another 2–3 minutes until lightly browned.
6. Add minced garlic and stir quickly for about 30 seconds until fragrant.
7. Add sliced bell peppers and cook for 3–4 minutes until slightly softened but still vibrant.
8. Remove from heat once the beef is tender and fully cooked.
9. Serve immediately while hot and aromatic.

**Nutrition (per serving):** 900 kcal | Carbs: 22 g | Protein: 74 g | Potassium: 1.3 g | Phosphorus: 1.0 g | Sodium: 890 mg

## Balsamic Glazed Chicken Thighs

**COUNTRY:** ITALY

**Yield:** 2 servings | **Prep Time:** 10 min | **Cook Time:** 25 min

### INGREDIENTS:

- 4 chicken thighs, skinless (1 lb / 450 g total)
- 1 tablespoon (15 ml / 15 g) olive oil
- 3 tablespoons (45 ml / 45 g) balsamic vinegar
- 1 teaspoon (5 g) dried oregano
- 2 cloves garlic, minced (2 teaspoons / 6 g)
- 1/2 teaspoon (3 g) salt
- 1/4 teaspoon (1 g) black pepper
- 1 cup (150 g) cherry tomatoes

### INSTRUCTIONS:

1. Pat the chicken thighs dry thoroughly and season evenly with salt and black pepper on both sides.
2. Heat olive oil in a large skillet over medium heat until hot but not smoking.
3. Place the chicken thighs in the skillet and cook for 5–6 minutes on the first side until golden.
4. Turn the chicken and cook another 5–6 minutes to develop even browning.
5. Add minced garlic and cook briefly until fragrant without letting it burn.
6. Pour balsamic vinegar over the chicken and sprinkle with dried oregano.
7. Add cherry tomatoes around the chicken and reduce heat to medium-low.
8. Allow the sauce to simmer gently until it thickens slightly and the chicken reaches 165°F (74°C).
9. Remove from heat and let rest for several minutes before serving with the glaze spooned over the top.

**Nutrition (per serving):** 910 kcal | Carbs: 18 g | Protein: 78 g | Potassium: 1.2 g | Phosphorus: 0.9 g | Sodium: 820 mg

## Greek-Style Turkey Patties

**COUNTRY:** GREECE

**Yield:** 2 servings | **Prep Time:** 12 min | **Cook Time:** 15 min

### INGREDIENTS:

- 12 oz (340 g) ground turkey
- 1 tablespoon (15 ml / 15 g) olive oil
- 1 teaspoon (5 g) dried oregano
- 2 tablespoons (30 g) finely chopped onion
- 1 tablespoon (15 g) chopped parsley
- 1/2 teaspoon (3 g) salt
- 1/4 teaspoon (1 g) black pepper
- 1/2 cup (75 g) diced cucumber

### INSTRUCTIONS:

1. Place the ground turkey in a bowl and add chopped onion, parsley, oregano, salt, and pepper.
2. Mix gently with your hands until the ingredients are evenly combined without overworking the meat.
3. Divide the mixture into four equal portions and shape into patties of even thickness.
4. Heat olive oil in a skillet over medium heat until fully warmed.
5. Place patties in the pan and cook for 4–5 minutes on the first side.
6. Turn carefully and cook another 4–5 minutes until fully cooked through.
7. Check that the internal temperature reaches 165°F (74°C).
8. Remove from the skillet and let rest briefly to retain juices.
9. Serve warm with fresh diced cucumber on the side.

**Nutrition (per serving):** 870 kcal | Carbs: 14 g | Protein: 76 g | Potassium: 1.0 g | Phosphorus: 0.8 g | Sodium: 780 mg

## Mustard Herb Pork Chops

**COUNTRY:** GERMANY

**Yield:** 2 servings | **Prep Time:** 8 min | **Cook Time:** 18 min

### INGREDIENTS:

- 2 pork chops (1 lb / 450 g total)
- 1 tablespoon (15 ml / 15 g) olive oil
- 1 tablespoon (15 g) Dijon mustard
- 1 teaspoon (5 g) dried rosemary
- 1/2 teaspoon (3 g) salt
- 1/4 teaspoon (1 g) black pepper
- 1 cup (150 g) shredded cabbage

### INSTRUCTIONS:

1. Pat the pork chops dry and season both sides evenly with salt and pepper.
2. Spread Dijon mustard evenly over each pork chop using the back of a spoon.
3. Sprinkle dried rosemary over the mustard-coated surface.
4. Heat olive oil in a skillet over medium heat until hot.
5. Place pork chops in the skillet and cook for 4–5 minutes on the first side.
6. Turn and cook another 4–5 minutes until golden and cooked through.
7. Add shredded cabbage to the pan during the last few minutes to soften slightly.
8. Ensure the pork reaches an internal temperature of 145°F (63°C).
9. Remove from heat and let rest several minutes before serving.

**Nutrition (per serving):** 920 kcal | Carbs: 16 g | Protein: 80 g | Potassium: 1.1 g | Phosphorus: 0.9 g | Sodium: 850 mg

## Teriyaki Beef Strips

**COUNTRY:** JAPAN

**Yield:** 2 servings | **Prep Time:** 10 min |  
**Cook Time:** 12 min

### INGREDIENTS:

- 12 oz (340 g) beef strips
- 1 tablespoon (15 ml / 15 g) olive oil
- 3 tablespoons (45 ml / 45 g) teriyaki sauce
- 1 teaspoon (5 g) grated ginger
- 1 clove garlic, minced (1 teaspoon / 3 g)
- 1/2 teaspoon (3 g) salt
- 1 cup (150 g) broccoli florets

### INSTRUCTIONS:

1. Pat the beef strips dry to promote proper searing.
2. Heat olive oil in a skillet over medium-high heat.
3. Add beef in a single layer and cook undisturbed for 2–3 minutes.
4. Stir and cook another 2–3 minutes until lightly browned.
5. Add minced garlic and grated ginger and cook briefly until aromatic.
6. Pour teriyaki sauce over the beef and stir to coat evenly.
7. Add broccoli florets and cook until bright green and slightly tender.
8. Continue cooking until sauce thickens slightly and beef is cooked through.
9. Remove from heat and serve immediately while hot.

**Nutrition (per serving):** 940 kcal | Carbs: 28 g | Protein: 82 g | Potassium: 1.3 g | Phosphorus: 1.0 g | Sodium: 1,020 mg

## Mediterranean Baked Turkey Breast

**COUNTRY:** SPAIN

**Yield:** 2 servings | **Prep Time:** 10 min |  
**Cook Time:** 30 min

### INGREDIENTS:

- 1 turkey breast (1 lb / 450 g)
- 1 tablespoon (15 ml / 15 g) olive oil
- 2 tablespoons (30 g) chopped sun-dried tomatoes
- 1 teaspoon (5 g) dried basil
- 1/2 teaspoon (3 g) salt
- 1/4 teaspoon (1 g) black pepper
- 1 cup (150 g) sliced zucchini

### INSTRUCTIONS:

1. Preheat the oven to 375°F (190°C) and prepare a baking dish.
2. Pat the turkey breast dry and season evenly with salt and black pepper.
3. Rub olive oil over the surface to help keep the meat moist.
4. Sprinkle dried basil evenly over the top.
5. Spread chopped sun-dried tomatoes across the surface of the turkey.
6. Place the turkey in the baking dish and arrange sliced zucchini around it.
7. Bake for 25–30 minutes until the exterior is lightly golden.
8. Ensure the internal temperature reaches 165°F (74°C).
9. Remove from the oven and let rest before slicing and serving.

**Nutrition (per serving):** 890 kcal | Carbs: 20 g | Protein: 85 g | Potassium: 1.2 g | Phosphorus: 0.9 g | Sodium: 810 mg



## FRESH SALADS

### Classic Greek Salad

**COUNTRY: GREECE**

**Yield: 2 servings | Prep Time: 10 min | Cook Time: 0 min**

#### INGREDIENTS:

- 2 cups (300 g) chopped tomatoes
- 1 cup (150 g) diced cucumber
- 1/2 cup (75 g) sliced red onion
- 1/2 cup (75 g) feta cheese cubes
- 2 tablespoons (30 ml / 30 g) olive oil
- 1 tablespoon (15 ml / 15 g) red wine vinegar
- 1/2 teaspoon (3 g) dried oregano
- 1/4 teaspoon (1 g) salt
- 1/4 teaspoon (1 g) black pepper

#### INSTRUCTIONS:

1. Wash and dry all vegetables thoroughly before chopping to keep the salad fresh and crisp.
2. Cut the tomatoes into bite-sized pieces and place them in a large mixing bowl.
3. Add diced cucumber and thinly sliced red onion to the bowl.
4. Gently fold in the feta cheese cubes to keep their shape intact.
5. In a small bowl whisk together olive oil and red wine vinegar until combined.
6. Season the dressing with dried oregano, salt, and black pepper.
7. Pour the dressing evenly over the vegetables and cheese.
8. Toss gently to coat all ingredients without crushing them.
9. Serve immediately or chill for 15 minutes to enhance the flavors before serving.

**Nutrition (per serving):** 520 kcal | Carbs: 28 g | Protein: 16 g | Potassium: 0.9 g | Phosphorus: 0.5 g | Sodium: 780 mg

## Lemon Chicken Arugula Salad

**COUNTRY:** ITALY

**Yield:** 2 servings | **Prep Time:** 15 min | **Cook Time:** 10 min

### INGREDIENTS:

- 2 cups (60 g) fresh arugula
- 1 grilled chicken breast, sliced (6 oz / 170 g)
- 1/2 cup (75 g) cherry tomatoes
- 1/4 cup (30 g) shaved Parmesan
- 2 tablespoons (30 ml / 30 g) olive oil
- 1 tablespoon (15 ml / 15 g) lemon juice
- 1/4 teaspoon (1 g) salt
- 1/4 teaspoon (1 g) black pepper

### INSTRUCTIONS:

1. Wash and thoroughly dry the arugula to prevent excess moisture in the salad.
2. Grill or pan-cook the chicken breast until fully cooked and allow it to rest before slicing.
3. Place arugula in a large bowl and add halved cherry tomatoes.
4. Slice the chicken breast into thin strips and arrange over the greens.
5. Sprinkle shaved Parmesan evenly across the top.
6. In a small bowl whisk olive oil with fresh lemon juice.
7. Season the dressing with salt and black pepper and mix well.
8. Drizzle the dressing evenly over the salad just before serving.
9. Toss lightly and serve immediately while the chicken is still slightly warm.

**Nutrition (per serving):** 690 kcal | Carbs: 18 g | Protein: 58 g | Potassium: 1.0 g | Phosphorus: 0.8 g | Sodium: 720 mg

## Avocado Spinach Power Salad

**COUNTRY:** USA

**Yield:** 2 servings | **Prep Time:** 10 min | **Cook Time:** 0 min

### INGREDIENTS:

- 3 cups (90 g) fresh spinach
- 1 ripe avocado, sliced
- 1/2 cup (75 g) diced cucumber
- 1/4 cup (30 g) sliced almonds
- 2 tablespoons (30 ml / 30 g) olive oil
- 1 tablespoon (15 ml / 15 g) lime juice
- 1/4 teaspoon (1 g) salt
- 1/4 teaspoon (1 g) black pepper

### INSTRUCTIONS:

1. Rinse the spinach thoroughly and spin dry to remove excess water.
2. Place the spinach in a wide salad bowl to allow easy tossing.
3. Slice the avocado just before assembling to prevent browning.
4. Add diced cucumber evenly over the spinach.
5. Arrange avocado slices gently on top of the greens.
6. Sprinkle sliced almonds over the salad for crunch.
7. Whisk together olive oil and lime juice in a small bowl.
8. Season the dressing with salt and black pepper and mix well.
9. Drizzle over the salad and toss gently before serving.

**Nutrition (per serving):** 740 kcal | Carbs: 22 g | Protein: 18 g | Potassium: 1.1 g | Phosphorus: 0.6 g | Sodium: 380 mg

## Mediterranean Tuna Salad

**COUNTRY:** ITALY

**Yield:** 2 servings | **Prep Time:** 10 min | **Cook Time:** 0 min

### INGREDIENTS:

- 1 can (7 oz / 200 g) tuna in water, drained
- 2 cups (60 g) mixed salad greens
- 1/2 cup (75 g) cherry tomatoes, halved
- 1/4 cup (40 g) sliced olives
- 1/4 cup (40 g) diced cucumber
- 2 tablespoons (30 ml / 30 g) olive oil
- 1 tablespoon (15 ml / 15 g) lemon juice
- 1/4 teaspoon (1 g) salt
- 1/4 teaspoon (1 g) black pepper

### INSTRUCTIONS:

1. Drain the tuna thoroughly and gently flake it with a fork into large pieces.
2. Rinse and dry the salad greens to remove any excess moisture.
3. Place the greens in a large mixing bowl as the base of the salad.
4. Add halved cherry tomatoes and diced cucumber evenly over the greens.
5. Scatter sliced olives across the salad for balanced flavor.
6. Place the flaked tuna on top without breaking it down too finely.
7. In a small bowl whisk together olive oil and lemon juice until combined.
8. Season the dressing with salt and black pepper and mix well.
9. Drizzle over the salad and toss gently just before serving.

**Nutrition (per serving):** 640 kcal | Carbs: 16 g | Protein: 52 g | Potassium: 1.0 g | Phosphorus: 0.9 g | Sodium: 760 mg

## Strawberry Walnut Spinach Salad

**COUNTRY:** USA

**Yield:** 2 servings | **Prep Time:** 10 min | **Cook Time:** 0 min

### INGREDIENTS:

- 3 cups (90 g) fresh spinach
- 1 cup (150 g) sliced strawberries
- 1/4 cup (30 g) chopped walnuts
- 1/4 cup (40 g) crumbled goat cheese
- 2 tablespoons (30 ml / 30 g) olive oil
- 1 tablespoon (15 ml / 15 g) balsamic vinegar
- 1 teaspoon (5 g) honey
- 1/4 teaspoon (1 g) salt

### INSTRUCTIONS:

1. Wash the spinach leaves thoroughly and dry completely before assembling.
2. Slice the strawberries evenly to ensure balanced sweetness in each bite.
3. Place spinach in a large bowl and scatter strawberries over the top.
4. Add chopped walnuts evenly across the salad.
5. Sprinkle crumbled goat cheese gently over the surface.
6. In a small bowl whisk olive oil, balsamic vinegar, and honey until smooth.
7. Add salt to the dressing and mix again to combine flavors.
8. Drizzle the dressing evenly over the salad.
9. Toss lightly and serve immediately to maintain freshness and texture.

**Nutrition (per serving):** 720 kcal | Carbs: 32 g | Protein: 20 g | Potassium: 0.9 g | Phosphorus: 0.6 g | Sodium: 420 mg

## Asian Sesame Chicken Salad

**COUNTRY:** JAPAN

**Yield:** 2 servings | **Prep Time:** 15 min | **Cook Time:** 10 min

### INGREDIENTS:

- 2 cups (60 g) shredded cabbage
- 1 grilled chicken breast, sliced (6 oz / 170 g)
- 1/2 cup (75 g) shredded carrots
- 2 tablespoons (20 g) sliced green onions
- 1 tablespoon (15 ml / 15 g) sesame oil
- 1 tablespoon (15 ml / 15 g) soy sauce
- 1 teaspoon (5 g) honey
- 1 teaspoon (5 g) sesame seeds

### INSTRUCTIONS:

1. Cook the chicken breast until fully done and allow it to rest before slicing thinly.
2. Place shredded cabbage in a large bowl to form the base.
3. Add shredded carrots and sliced green onions over the cabbage.
4. Arrange sliced chicken evenly across the top.
5. In a small bowl combine sesame oil, soy sauce, and honey.
6. Whisk the dressing until fully blended and slightly glossy.
7. Pour the dressing evenly over the salad.
8. Sprinkle sesame seeds across the top for added texture.
9. Toss gently and serve immediately for the best flavor.

**Nutrition (per serving):** 700 kcal | Carbs: 24 g | Protein: 58 g | Potassium: 1.1 g | Phosphorus: 0.8 g | Sodium: 980 mg

## Caprese Avocado Salad

**COUNTRY:** ITALY

**Yield:** 2 servings | **Prep Time:** 10 min | **Cook Time:** 0 min

### INGREDIENTS:

- 2 large tomatoes (300 g), sliced
- 1 fresh mozzarella ball (8 oz / 225 g), sliced
- 1 ripe avocado, sliced
- 1/4 cup (10 g) fresh basil leaves
- 2 tablespoons (30 ml / 30 g) olive oil
- 1 tablespoon (15 ml / 15 g) balsamic glaze
- 1/4 teaspoon (1 g) salt
- 1/4 teaspoon (1 g) black pepper

### INSTRUCTIONS:

1. Wash and dry the tomatoes before slicing them evenly.
2. Slice the mozzarella and avocado into similar thickness for balanced layering.
3. Arrange tomato slices on a serving plate in a single layer.
4. Place mozzarella slices evenly over the tomatoes.
5. Add avocado slices gently between the layers.
6. Scatter fresh basil leaves across the salad.
7. Drizzle olive oil evenly over all ingredients.
8. Season with salt and black pepper to taste.
9. Finish with balsamic glaze and serve immediately.

**Nutrition (per serving):** 760 kcal | Carbs: 24 g | Protein: 28 g | Potassium: 1.2 g | Phosphorus: 0.7 g | Sodium: 620 mg

## Cucumber Yogurt Dill Salad

**COUNTRY:** GREECE

**Yield:** 2 servings | **Prep Time:** 10 min | **Cook Time:** 0 min

### INGREDIENTS:

- 2 cups (300 g) thinly sliced cucumber
- 1 cup (240 g) plain Greek yogurt
- 1 tablespoon (15 ml / 15 g) lemon juice
- 1 tablespoon (5 g) chopped fresh dill
- 1 clove garlic, minced (1 teaspoon / 3 g)
- 1/4 teaspoon (1 g) salt
- 1/4 teaspoon (1 g) black pepper

### INSTRUCTIONS:

1. Wash the cucumbers and slice them thinly for even texture.
2. Place the cucumber slices in a bowl and lightly pat dry if needed.
3. In a separate bowl combine Greek yogurt and lemon juice.
4. Add minced garlic and chopped dill to the yogurt mixture.
5. Season with salt and black pepper.
6. Stir the dressing until smooth and evenly blended.
7. Pour the yogurt mixture over the cucumbers.
8. Mix gently to coat all slices evenly.
9. Chill for 15–20 minutes before serving for best flavor.

**Nutrition (per serving):** 420 kcal | Carbs: 22 g | Protein: 26 g | Potassium: 0.8 g | Phosphorus: 0.5 g | Sodium: 520 mg

## Warm Beef and Spinach Salad

**COUNTRY:** FRANCE

**Yield:** 2 servings | **Prep Time:** 12 min | **Cook Time:** 10 min

### INGREDIENTS:

- 3 cups (90 g) fresh spinach
- 10 oz (280 g) beef strips
- 1/2 cup (75 g) cherry tomatoes
- 1 tablespoon (15 ml / 15 g) olive oil
- 1 tablespoon (15 ml / 15 g) Dijon mustard
- 1 teaspoon (5 ml) red wine vinegar
- 1/4 teaspoon (1 g) salt
- 1/4 teaspoon (1 g) black pepper

### INSTRUCTIONS:

1. Rinse and dry the spinach thoroughly before placing it in a large bowl.
2. Season beef strips evenly with salt and black pepper.
3. Heat olive oil in a skillet over medium-high heat.
4. Cook the beef for 2–3 minutes per side until browned and tender.
5. Remove from heat and allow the beef to rest briefly.
6. In a small bowl whisk Dijon mustard with red wine vinegar.
7. Pour the warm beef over the spinach so the leaves soften slightly.
8. Add cherry tomatoes evenly across the salad.
9. Drizzle with dressing, toss gently, and serve immediately.

**Nutrition (per serving):** 780 kcal | Carbs: 18 g | Protein: 70 g | Potassium: 1.3 g | Phosphorus: 1.0 g | Sodium: 760 mg

# EASY DESSERTS & SWEET TREATS



## Classic Vanilla Panna Cotta

**COUNTRY:** ITALY

**Yield:** 2 servings | **Prep Time:** 10 min | **Chill Time:** 4 hours

### INGREDIENTS:

- 1 cup (240 ml) heavy cream
- 1/2 cup (120 ml) whole milk
- 1/4 cup (50 g) sugar
- 1 teaspoon (5 ml) vanilla extract
- 1 teaspoon (3 g) powdered gelatin
- 2 tablespoons (30 ml) cold water

### INSTRUCTIONS:

1. Pour the cold water into a small bowl and sprinkle the gelatin evenly over the surface.
2. Allow the gelatin to bloom for about 5 minutes until fully absorbed.
3. In a saucepan combine heavy cream, milk, and sugar.
4. Heat gently over medium heat, stirring until the sugar dissolves completely.
5. Remove from heat before the mixture begins to boil.
6. Stir in the bloomed gelatin until fully dissolved.
7. Add vanilla extract and mix thoroughly.
8. Pour the mixture evenly into serving glasses.
9. Refrigerate for at least 4 hours until fully set before serving.

**Nutrition (per serving):** 520 kcal | Carbs: 36 g | Protein: 6 g | Potassium: 0.2 g | Phosphorus: 0.1 g | Sodium: 65 mg

## Chocolate Mug Cake

**COUNTRY:** USA

**Yield:** 2 servings | **Prep Time:** 5 min |  
**Cook Time:** 3 min

### INGREDIENTS:

- 1/2 cup (60 g) all-purpose flour
- 1/4 cup (25 g) cocoa powder
- 1/4 cup (50 g) sugar
- 1/2 teaspoon (2 g) baking powder
- 1/2 cup (120 ml) milk
- 2 tablespoons (30 ml / 30 g) vegetable oil
- 1/4 teaspoon (1 g) salt

### INSTRUCTIONS:

1. In a microwave-safe bowl combine flour, cocoa powder, sugar, baking powder, and salt.
2. Stir the dry ingredients until evenly mixed.
3. Add milk and vegetable oil to the bowl.
4. Mix until a smooth batter forms with no dry patches.
5. Divide the batter evenly between two microwave-safe mugs.
6. Place one mug in the microwave and cook for about 1½ minutes.
7. Repeat with the second mug, adjusting time if needed.
8. Allow the cakes to cool slightly before serving.
9. Serve warm directly from the mug for best texture.

**Nutrition (per serving):** 610 kcal | Carbs: 82 g | Protein: 9 g | Potassium: 0.4 g | Phosphorus: 0.3 g | Sodium: 380 mg

## Strawberry Yogurt Parfait

**COUNTRY:** FRANCE

**Yield:** 2 servings | **Prep Time:** 10 min |  
**Cook Time:** 0 min

### INGREDIENTS:

- 1 cup (240 g) Greek yogurt
- 1 cup (150 g) sliced strawberries
- 1/4 cup (60 g) granola
- 2 tablespoons (30 g) honey
- 1/4 teaspoon (1 g) vanilla extract

### INSTRUCTIONS:

1. Wash and slice the strawberries evenly.
2. In a small bowl mix Greek yogurt with vanilla extract.
3. Place a spoonful of yogurt into the bottom of each serving glass.
4. Add a layer of sliced strawberries.
5. Sprinkle a layer of granola over the fruit.
6. Drizzle a small amount of honey over the granola.
7. Repeat the layers until the glasses are filled.
8. Finish with a final drizzle of honey on top.
9. Serve immediately or chill briefly before serving.

**Nutrition (per serving):** 480 kcal | Carbs: 62 g | Protein: 18 g | Potassium: 0.6 g | Phosphorus: 0.3 g | Sodium: 110 mg

## Lemon Shortbread Cookies

**COUNTRY:** UNITED KINGDOM

**Yield:** 2 servings | **Prep Time:** 15 min | **Cook Time:** 15 min

### INGREDIENTS:

- 1 cup (120 g) all-purpose flour
- 1/4 cup (50 g) sugar
- 1/2 cup (115 g) unsalted butter, softened
- 1 teaspoon (5 ml) lemon zest
- 1 tablespoon (15 ml) lemon juice
- 1/4 teaspoon (1 g) salt

### INSTRUCTIONS:

1. Preheat the oven to 350°F (175°C).
2. In a bowl cream together softened butter and sugar until light.
3. Add lemon zest and lemon juice and mix well.
4. Stir in flour and salt until a soft dough forms.
5. Shape the dough into a flat disk and wrap in plastic.
6. Chill for 20 minutes to firm up the dough.
7. Roll out the dough and cut into desired shapes.
8. Place cookies on a lined baking sheet.
9. Bake for 12–15 minutes until lightly golden, then cool before serving.

**Nutrition (per serving):** 650 kcal | Carbs: 62 g | Protein: 6 g | Potassium: 0.2 g | Phosphorus: 0.1 g | Sodium: 180 mg

## Chocolate-Dipped Bananas

**COUNTRY:** USA

**Yield:** 2 servings | **Prep Time:** 10 min | **Chill Time:** 20 min

### INGREDIENTS:

- 2 ripe bananas
- 1/2 cup (90 g) dark chocolate chips
- 1 teaspoon (5 ml) coconut oil
- 2 tablespoons (20 g) chopped nuts

### INSTRUCTIONS:

1. Peel the bananas and cut them into halves.
2. Insert wooden sticks into each banana half if desired.
3. Place chocolate chips and coconut oil in a microwave-safe bowl.
4. Heat in short intervals, stirring until fully melted and smooth.
5. Dip each banana piece into the melted chocolate.
6. Allow excess chocolate to drip off gently.
7. Sprinkle chopped nuts evenly over the chocolate coating.
8. Place the coated bananas on a parchment-lined tray.
9. Refrigerate for about 20 minutes until the chocolate sets.

**Nutrition (per serving):** 540 kcal | Carbs: 58 g | Protein: 7 g | Potassium: 0.7 g | Phosphorus: 0.3 g | Sodium: 40 mg

## No-Bake Cheesecake Cups

**COUNTRY:** USA

**Yield:** 2 servings | **Prep Time:** 15 min |  
**Chill Time:** 2 hours

### INGREDIENTS:

- 1 cup (200 g) cream cheese, softened
- 1/4 cup (50 g) sugar
- 1/2 teaspoon (2 ml) vanilla extract
- 1/2 cup (120 ml) heavy cream
- 1/2 cup (60 g) crushed graham crackers
- 1/2 cup (100 g) mixed berries

### INSTRUCTIONS:

10. Place softened cream cheese in a mixing bowl.
11. Add sugar and vanilla extract and beat until smooth and creamy.
12. In a separate bowl whip the heavy cream until soft peaks form.
13. Fold the whipped cream gently into the cream cheese mixture.
14. Spoon a layer of crushed graham crackers into serving glasses.
15. Add a generous layer of the cheesecake filling.
16. Top with mixed berries evenly distributed.
17. Repeat layers if space allows in the glasses.
18. Refrigerate for at least 2 hours before serving.

**Nutrition (per serving):** 720 kcal | Carbs: 48 g  
| Protein: 8 g | Potassium: 0.3 g | Phosphorus:  
0.2 g | Sodium: 320 mg

## Cinnamon Apple Skillet

**COUNTRY:** GERMANY

**Yield:** 2 servings | **Prep Time:** 10 min |  
**Cook Time:** 10 min

### INGREDIENTS:

- 2 apples (300 g), sliced
- 2 tablespoons (30 g) butter
- 2 tablespoons (25 g) brown sugar
- 1 teaspoon (3 g) ground cinnamon
- 1 tablespoon (15 ml) lemon juice

### INSTRUCTIONS:

1. Wash and slice the apples evenly, removing the cores.
2. Heat butter in a skillet over medium heat until melted.
3. Add apple slices to the skillet in a single layer.
4. Cook for 3–4 minutes until slightly softened.
5. Sprinkle brown sugar evenly over the apples.
6. Add ground cinnamon and lemon juice.
7. Stir gently to coat all slices evenly.
8. Cook for another 3–4 minutes until tender and caramelized.
9. Serve warm on its own or with a scoop of ice cream.

**Nutrition (per serving):** 460 kcal | Carbs: 72 g  
| Protein: 2 g | Potassium: 0.6 g | Phosphorus:  
0.1 g | Sodium: 90 mg

## Peanut Butter Energy Bites

**COUNTRY:** USA

**Yield:** 2 servings | **Prep Time:** 10 min | **Chill Time:** 30 min

### INGREDIENTS:

- 1/2 cup (120 g) peanut butter
- 1/4 cup (60 g) honey
- 1/2 cup (45 g) rolled oats
- 2 tablespoons (20 g) chocolate chips
- 1 tablespoon (10 g) chia seeds

### INSTRUCTIONS:

1. Place peanut butter and honey in a mixing bowl.
2. Stir together until smooth and evenly combined.
3. Add rolled oats to the mixture.
4. Sprinkle in chocolate chips and chia seeds.
5. Mix thoroughly until all ingredients are incorporated.
6. Use a spoon to scoop small portions of the mixture.
7. Roll each portion into compact bite-sized balls.
8. Place the bites on a lined tray.
9. Refrigerate for 30 minutes until firm before serving.

**Nutrition (per serving):** 680 kcal | Carbs: 54 g | Protein: 18 g | Potassium: 0.5 g | Phosphorus: 0.4 g | Sodium: 220 mg

## Chocolate Avocado Mousse

**COUNTRY:** FRANCE

**Yield:** 2 servings | **Prep Time:** 10 min | **Cook Time:** 0 min

### INGREDIENTS:

- 1 ripe avocado
- 1/4 cup (25 g) cocoa powder
- 1/4 cup (60 ml) maple syrup
- 1/4 teaspoon (1 g) vanilla extract
- 2 tablespoons (30 ml) milk

### INSTRUCTIONS:

1. Cut the avocado in half and remove the pit.
2. Scoop the flesh into a blender or food processor.
3. Add cocoa powder and maple syrup.
4. Pour in milk and add vanilla extract.
5. Blend until completely smooth and creamy.
6. Stop to scrape down the sides if necessary.
7. Taste and adjust sweetness if desired.
8. Spoon the mousse evenly into serving cups.
9. Chill for 20–30 minutes before serving for best texture.

**Nutrition (per serving):** 520 kcal | Carbs: 44 g | Protein: 6 g | Potassium: 0.9 g | Phosphorus: 0.2 g | Sodium: 40 mg

## Mini Berry Crumble

**COUNTRY: UNITED KINGDOM**

**Yield: 2 servings | Prep Time: 15 min |  
Cook Time: 20 min**

### INGREDIENTS:

- 1 cup (150 g) mixed berries
- 2 tablespoons (25 g) sugar
- 1 teaspoon (5 ml) lemon juice
- 1/4 cup (30 g) all-purpose flour
- 2 tablespoons (30 g) cold butter
- 2 tablespoons (20 g) rolled oats

### INSTRUCTIONS:

1. Preheat the oven to 350°F (175°C).
2. Place mixed berries in a small baking dish.
3. Sprinkle sugar and lemon juice over the berries.
4. In a separate bowl combine flour and rolled oats.
5. Add cold butter and rub it into the flour mixture until crumbly.
6. Spread the crumble mixture evenly over the berries.
7. Place the dish in the preheated oven.
8. Bake for 18–20 minutes until golden on top.
9. Allow to cool slightly before serving warm.

**Nutrition (per serving):** 580 kcal | Carbs: 78 g | Protein: 6 g | Potassium: 0.5 g | Phosphorus: 0.2 g | Sodium: 120 mg

## Classic Chocolate Brownies

**COUNTRY: USA**

**Yield: 2 servings | Prep Time: 15 min |  
Cook Time: 20 min**

### INGREDIENTS:

- 1/2 cup (115 g) unsalted butter
- 1/2 cup (100 g) sugar
- 1/4 cup (25 g) cocoa powder
- 1/2 cup (60 g) all-purpose flour
- 2 eggs
- 1/4 teaspoon (1 g) salt
- 1/4 teaspoon (2 ml) vanilla extract

### INSTRUCTIONS:

1. Preheat the oven to 350°F (175°C) and lightly grease a small baking pan.
2. Melt the butter in a saucepan over low heat and remove from heat once fully melted.
3. Stir sugar into the melted butter until well combined.
4. Add eggs one at a time, mixing thoroughly after each addition.
5. Stir in vanilla extract.
6. Sift cocoa powder, flour, and salt together in a separate bowl.
7. Gradually fold the dry ingredients into the wet mixture.
8. Pour the batter into the prepared pan and smooth the top evenly.
9. Bake for 18–20 minutes, then cool before slicing and serving.

**Nutrition (per serving):** 720 kcal | Carbs: 78 g | Protein: 10 g | Potassium: 0.3 g | Phosphorus: 0.3 g | Sodium: 210 mg

## Banana Oat Cookies

**COUNTRY:** AUSTRALIA

**Yield:** 2 servings | **Prep Time:** 10 min | **Cook Time:** 15 min

### INGREDIENTS:

- 2 ripe bananas
- 1 cup (90 g) rolled oats
- 2 tablespoons (30 g) honey
- 1/4 teaspoon (1 g) cinnamon
- 2 tablespoons (20 g) raisins

### INSTRUCTIONS:

1. Preheat the oven to 350°F (175°C) and line a baking tray with parchment paper.
2. Peel the bananas and mash them in a bowl until smooth.
3. Add rolled oats to the mashed bananas.
4. Stir in honey and cinnamon.
5. Fold in raisins evenly throughout the mixture.
6. Scoop spoonfuls of dough onto the prepared tray.
7. Flatten each cookie slightly with the back of a spoon.
8. Bake for 12–15 minutes until lightly golden.
9. Allow to cool before serving.

**Nutrition (per serving):** 480 kcal | Carbs: 92 g | Protein: 10 g | Potassium: 0.9 g | Phosphorus: 0.3 g | Sodium: 15 mg

## Coconut Rice Pudding

**COUNTRY:** THAILAND

**Yield:** 2 servings | **Prep Time:** 5 min | **Cook Time:** 25 min

### INGREDIENTS:

- 1/2 cup (100 g) white rice
- 1 cup (240 ml) coconut milk
- 1 cup (240 ml) water
- 2 tablespoons (25 g) sugar
- 1/4 teaspoon (1 g) salt
- 1/4 teaspoon (2 ml) vanilla extract

### INSTRUCTIONS:

1. Rinse the rice under cold water until the water runs clear.
2. Combine rice, water, and coconut milk in a saucepan.
3. Bring the mixture to a gentle boil over medium heat.
4. Reduce heat to low and simmer uncovered.
5. Stir occasionally to prevent sticking.
6. Add sugar and salt once the rice begins to soften.
7. Continue cooking until the rice is tender and creamy.
8. Remove from heat and stir in vanilla extract.
9. Allow to cool slightly before serving warm or chilled.

**Nutrition (per serving):** 560 kcal | Carbs: 84 g | Protein: 8 g | Potassium: 0.4 g | Phosphorus: 0.2 g | Sodium: 140 mg

## Chocolate Chip Pancakes

**COUNTRY:** CANADA

**Yield:** 2 servings | **Prep Time:** 10 min |  
**Cook Time:** 10 min

### INGREDIENTS:

- 1 cup (120 g) all-purpose flour
- 1 tablespoon (15 g) sugar
- 1 teaspoon (4 g) baking powder
- 1 cup (240 ml) milk
- 1 egg
- 2 tablespoons (30 ml / 30 g) vegetable oil
- 1/4 cup (40 g) chocolate chips

### INSTRUCTIONS:

1. In a bowl combine flour, sugar, and baking powder.
2. In a separate bowl whisk together milk, egg, and vegetable oil.
3. Pour the wet ingredients into the dry ingredients.
4. Mix gently until just combined without overmixing.
5. Fold chocolate chips evenly into the batter.
6. Heat a non-stick skillet over medium heat.
7. Pour small portions of batter onto the skillet.
8. Cook until bubbles form on the surface, then flip.
9. Cook the other side until golden and serve warm.

**Nutrition (per serving):** 690 kcal | Carbs: 88 g | Protein: 16 g | Potassium: 0.4 g | Phosphorus: 0.4 g | Sodium: 420 mg

## Honey Almond Biscotti

**COUNTRY:** ITALY

**Yield:** 2 servings | **Prep Time:** 15 min |  
**Cook Time:** 30 min

### INGREDIENTS:

- 1 cup (120 g) all-purpose flour
- 1/3 cup (65 g) sugar
- 1 egg
- 2 tablespoons (30 ml) honey
- 1/4 cup (30 g) sliced almonds
- 1/4 teaspoon (1 g) baking powder
- 1/4 teaspoon (1 g) salt

### INSTRUCTIONS:

1. Preheat the oven to 350°F (175°C) and line a baking sheet.
2. In a bowl mix flour, baking powder, and salt.
3. In another bowl whisk egg, sugar, and honey until smooth.
4. Combine wet and dry ingredients to form a dough.
5. Fold sliced almonds evenly into the dough.
6. Shape the dough into a flat log on the baking sheet.
7. Bake for 20 minutes until lightly golden.
8. Remove from oven and slice into thin pieces.
9. Return slices to oven for 8–10 minutes until crisp.

**Nutrition (per serving):** 620 kcal | Carbs: 82 g | Protein: 14 g | Potassium: 0.3 g | Phosphorus: 0.3 g | Sodium: 190 mg

## Raspberry Chia Pudding

**COUNTRY:** USA

**Yield:** 2 servings | **Prep Time:** 10 min | **Chill Time:** 4 hours

### INGREDIENTS:

- 1 cup (240 ml) almond milk
- 3 tablespoons (30 g) chia seeds
- 2 tablespoons (30 g) honey
- 1/2 cup (75 g) mashed raspberries
- 1/4 teaspoon (2 ml) vanilla extract

### INSTRUCTIONS:

1. In a bowl combine almond milk and chia seeds.
2. Stir well to prevent the seeds from clumping together.
3. Add honey and vanilla extract to the mixture.
4. Mix thoroughly until evenly combined.
5. Fold in mashed raspberries gently.
6. Let the mixture sit for 5 minutes.
7. Stir again to redistribute the chia seeds evenly.
8. Cover the bowl and refrigerate for at least 4 hours.
9. Stir before serving and spoon into individual cups.

**Nutrition (per serving):** 420 kcal | Carbs: 52 g | Protein: 10 g | Potassium: 0.4 g | Phosphorus: 0.3 g | Sodium: 90 mg

## Baked Cinnamon Pears

**COUNTRY:** FRANCE

**Yield:** 2 servings | **Prep Time:** 10 min | **Cook Time:** 25 min

### INGREDIENTS:

- 2 ripe pears, halved
- 2 tablespoons (30 g) butter
- 2 tablespoons (25 g) brown sugar
- 1 teaspoon (3 g) ground cinnamon
- 1 tablespoon (15 ml) lemon juice

### INSTRUCTIONS:

1. Preheat the oven to 375°F (190°C).
2. Place pear halves in a small baking dish cut side up.
3. Brush each pear half with melted butter.
4. Sprinkle brown sugar evenly over the pears.
5. Dust the tops with ground cinnamon.
6. Drizzle lemon juice lightly over each half.
7. Cover the dish loosely with foil.
8. Bake for 20–25 minutes until tender.
9. Serve warm with the syrup from the dish spooned over the top.

**Nutrition (per serving):** 480 kcal | Carbs: 64 g | Protein: 2 g | Potassium: 0.5 g | Phosphorus: 0.1 g | Sodium: 60 mg

## Chocolate Fudge Squares

**COUNTRY:** UNITED KINGDOM

**Yield:** 2 servings | **Prep Time:** 15 min | **Chill Time:** 2 hours

### INGREDIENTS:

- 1 cup (180 g) dark chocolate chips
- 1/2 cup (120 ml) sweetened condensed milk
- 1 tablespoon (15 g) butter
- 1/4 teaspoon (2 ml) vanilla extract

### INSTRUCTIONS:

1. Line a small square dish with parchment paper.
2. Place chocolate chips in a heatproof bowl.
3. Heat sweetened condensed milk and butter gently in a saucepan.
4. Pour the warm mixture over the chocolate chips.
5. Stir slowly until the chocolate melts completely.
6. Add vanilla extract and mix until smooth.
7. Spread the mixture evenly into the prepared dish.
8. Smooth the top with a spatula.
9. Refrigerate for at least 2 hours before cutting into squares.

**Nutrition (per serving):** 760 kcal | Carbs: 84 g | Protein: 10 g | Potassium: 0.3 g | Phosphorus: 0.3 g | Sodium: 150 mg

## Lemon Yogurt Cake

**COUNTRY:** GREECE

**Yield:** 2 servings | **Prep Time:** 15 min | **Cook Time:** 25 min

### INGREDIENTS:

- 1 cup (120 g) all-purpose flour
- 1/2 cup (100 g) sugar
- 1/2 cup (120 g) Greek yogurt
- 1/4 cup (60 ml) vegetable oil
- 1 egg
- 1 tablespoon (15 ml) lemon juice
- 1 teaspoon (5 ml) lemon zest
- 1/2 teaspoon (2 g) baking powder

### INSTRUCTIONS:

1. Preheat the oven to 350°F (175°C) and grease a small baking pan.
2. In a bowl whisk together sugar and egg until light.
3. Add Greek yogurt and vegetable oil and mix well.
4. Stir in lemon juice and lemon zest.
5. In another bowl combine flour and baking powder.
6. Gradually fold the dry ingredients into the wet mixture.
7. Mix until smooth without overmixing.
8. Pour batter into the prepared pan and smooth evenly.
9. Bake for 20–25 minutes until a toothpick inserted comes out clean.

**Nutrition (per serving):** 700 kcal | Carbs: 88 g | Protein: 14 g | Potassium: 0.3 g | Phosphorus: 0.3 g | Sodium: 260 mg

## Salted Caramel Popcorn

**COUNTRY:** USA

**Yield:** 2 servings | **Prep Time:** 10 min | **Cook Time:** 10 min

### INGREDIENTS:

- 4 cups (30 g) popped popcorn
- 1/4 cup (50 g) sugar
- 2 tablespoons (30 g) butter
- 2 tablespoons (30 ml) heavy cream
- 1/4 teaspoon (1 g) sea salt

### INSTRUCTIONS:

1. Place popped popcorn in a large mixing bowl.
2. In a saucepan melt butter over medium heat.
3. Add sugar and stir continuously until dissolved.
4. Cook until the mixture turns golden amber.
5. Carefully stir in heavy cream.
6. Remove from heat once smooth.
7. Pour caramel evenly over the popcorn.
8. Sprinkle sea salt over the coated popcorn.
9. Toss gently and allow to cool before serving.

**Nutrition (per serving):** 620 kcal | Carbs: 88 g | Protein: 4 g | Potassium: 0.1 g | Phosphorus: 0.1 g | Sodium: 380 mg

## Nutella Stuffed Crepes

**COUNTRY:** FRANCE

**Yield:** 2 servings | **Prep Time:** 15 min | **Cook Time:** 10 min

### INGREDIENTS:

- 1 cup (120 g) all-purpose flour
- 1 cup (240 ml) milk
- 1 egg
- 1 tablespoon (15 g) sugar
- 1 tablespoon (15 ml / 15 g) melted butter
- 1/2 cup (150 g) Nutella
- 1/4 teaspoon (1 g) salt

### INSTRUCTIONS:

1. In a bowl whisk together flour, sugar, and salt.
2. Add egg and milk gradually while whisking to avoid lumps.
3. Stir in melted butter until the batter is smooth and thin.
4. Let the batter rest for 5 minutes.
5. Heat a non-stick skillet over medium heat.
6. Pour a small amount of batter and swirl to form a thin layer.
7. Cook for about 1 minute per side until lightly golden.
8. Spread Nutella over each warm crepe.
9. Fold and serve immediately while soft and warm.

**Nutrition (per serving):** 820 kcal | Carbs: 102 g | Protein: 18 g | Potassium: 0.4 g | Phosphorus: 0.4 g | Sodium: 300 mg

## Mango Coconut Smoothie Bowl

**COUNTRY:** THAILAND

**Yield:** 2 servings | **Prep Time:** 10 min | **Cook Time:** 0 min

### INGREDIENTS:

- 1 cup (150 g) frozen mango chunks
- 1 banana
- 1/2 cup (120 ml) coconut milk
- 1/4 cup (30 g) shredded coconut
- 2 tablespoons (20 g) granola

### INSTRUCTIONS:

1. Place frozen mango and banana into a blender.
2. Pour coconut milk over the fruit.
3. Blend until thick and smooth.
4. Stop and scrape down the sides if necessary.
5. Blend again until creamy consistency forms.
6. Divide the mixture into serving bowls.
7. Sprinkle shredded coconut evenly over the top.
8. Add granola for texture and crunch.
9. Serve immediately while thick and chilled.

**Nutrition (per serving):** 540 kcal | Carbs: 84 g | Protein: 8 g | Potassium: 0.8 g | Phosphorus: 0.3 g | Sodium: 45 mg

## Classic Vanilla Cupcakes

**COUNTRY:** USA

**Yield:** 2 servings | **Prep Time:** 15 min | **Cook Time:** 18 min

### INGREDIENTS:

- 1 cup (120 g) all-purpose flour
- 1/2 cup (100 g) sugar
- 1/2 cup (115 g) butter, softened
- 1 egg
- 1/2 cup (120 ml) milk
- 1 teaspoon (5 ml) vanilla extract
- 1/2 teaspoon (2 g) baking powder
- 1/4 teaspoon (1 g) salt

### INSTRUCTIONS:

1. Preheat the oven to 350°F (175°C) and line a muffin tray.
2. Cream softened butter and sugar until light and fluffy.
3. Add egg and beat until fully incorporated.
4. Stir in vanilla extract.
5. In a separate bowl combine flour, baking powder, and salt.
6. Alternate adding dry ingredients and milk to the batter.
7. Mix until smooth but do not overmix.
8. Fill cupcake liners two-thirds full.
9. Bake for 15–18 minutes until golden and cool before serving.

**Nutrition (per serving):** 760 kcal | Carbs: 92 g | Protein: 12 g | Potassium: 0.3 g | Phosphorus: 0.3 g | Sodium: 260 mg

## Dark Chocolate Bark with Nuts

**COUNTRY:** SWITZERLAND

**Yield:** 2 servings | **Prep Time:** 10 min |  
**Chill Time:** 30 min

### INGREDIENTS:

- 1 cup (180 g) dark chocolate
- 1/4 cup (30 g) chopped almonds
- 1/4 cup (30 g) chopped pistachios
- 1 tablespoon (15 g) dried cranberries

### INSTRUCTIONS:

1. Line a tray with parchment paper.
2. Place dark chocolate in a heatproof bowl.
3. Melt the chocolate gently over a double boiler or microwave.
4. Stir until completely smooth.
5. Pour the melted chocolate onto the prepared tray.
6. Spread evenly into a thin layer.
7. Sprinkle almonds, pistachios, and cranberries over the surface.
8. Press toppings lightly into the chocolate.
9. Refrigerate for 30 minutes, then break into pieces before serving.

**Nutrition (per serving):** 880 kcal | Carbs: 68 g | Protein: 16 g | Potassium: 0.5 g | Phosphorus: 0.5 g | Sodium: 40 mg

## Caramel Banana Parfait

**COUNTRY:** USA

**Yield:** 2 servings | **Prep Time:** 10 min |  
**Cook Time:** 5 min

### INGREDIENTS:

- 2 bananas, sliced
- 1 cup (240 g) vanilla yogurt
- 2 tablespoons (30 g) caramel sauce
- 1/4 cup (30 g) crushed cookies
- 1 tablespoon (15 g) butter

### INSTRUCTIONS:

1. Melt butter in a small skillet over medium heat.
2. Add banana slices in a single layer.
3. Cook for 2–3 minutes until lightly caramelized.
4. Remove from heat and allow to cool slightly.
5. Spoon a layer of vanilla yogurt into serving glasses.
6. Add a layer of warm caramelized bananas.
7. Drizzle caramel sauce over the bananas.
8. Sprinkle crushed cookies for texture.
9. Repeat layers and serve immediately.

**Nutrition (per serving):** 680 kcal | Carbs: 96 g | Protein: 14 g | Potassium: 0.9 g | Phosphorus: 0.3 g | Sodium: 210 mg

# CONCLUSION

Cooking does not have to be complicated to be meaningful. Throughout this book, we have explored meals that are simple in preparation yet rich in flavor, nourishment, and comfort. From everyday dinners to fresh salads, from seafood to hearty meat dishes, and finally to sweet treats, each recipe was designed with balance, clarity, and practicality in mind.

The goal of this collection was not to overwhelm you with complex techniques or rare ingredients. Instead, it was to provide reliable, approachable recipes that fit into real life. Busy schedules, family dinners, quiet evenings, and spontaneous gatherings all deserve food that feels satisfying without being stressful. These recipes are meant to support that rhythm.

You may have noticed a consistent structure throughout the book. Clear ingredients, straightforward steps, and carefully measured portions create confidence in the kitchen. When cooking feels organized and predictable, creativity becomes easier. Once you are comfortable with these foundations, you can adjust spices, swap vegetables, or experiment with presentation while still relying on the core techniques you have learned.

Food is more than nourishment. It connects people across cultures and generations. A simple salad can reflect Mediterranean freshness. A warm dessert can bring comfort after a long day. A well-prepared dinner can turn an ordinary evening into a shared experience. Every section of this book was created with that emotional dimension in mind.

Balance has also been a guiding principle. Many recipes combine protein, fresh produce, healthy fats, and natural sweetness to create meals that feel complete. The intention is not only to satisfy hunger but to support steady energy and enjoyment. When meals are balanced, they contribute positively to daily well-being.

As you continue using this book, remember that cooking improves with repetition. The first attempt builds understanding. The second builds confidence. The third builds intuition. Over time, measuring becomes instinctive, timing becomes natural, and flavors become easier to adjust. What begins as following instructions gradually becomes personal expression.

Do not be afraid to personalize these recipes. Add herbs you love. Adjust sweetness to your preference. Replace ingredients based on season or availability. Cooking is flexible, and adaptability is one of its greatest strengths. The recipes here are foundations, not limitations.

Most importantly, allow yourself to enjoy the process. The act of preparing food can be calming, creative, and deeply satisfying. Whether you are cooking for yourself or for others, the effort you put into a meal carries meaning. Even the simplest dish can become memorable when prepared with care.

Thank you for bringing these recipes into your kitchen. May they serve as inspiration, comfort, and a reliable companion in your everyday cooking journey.

# 35-DAY MEAL PLAN

## WEEK 1

Day	Breakfast	Lunch	Dinner	Dessert
1	Fluffy Banana Pancakes, 6	Classic Chicken Caesar Salad, 82	Creamy Garlic Chicken, 48	Chocolate Lava Mug Cake, 108
2	Avocado Toast with Poached Egg, 8	Mediterranean Chickpea Salad, 86	Honey Garlic Salmon, 28	No-Bake Cheesecake Cups, 110
3	Berry Yogurt Parfait, 10	Caprese Salad with Balsamic Glaze, 84	Classic Spaghetti Bolognese, 42	Classic Chocolate Chip Cookies, 100
4	Scrambled Eggs with Spinach & Feta, 12	Grilled Chicken & Quinoa Bowl, 88	Lemon Herb Roasted Chicken, 44	Strawberry Shortcake Cups, 112
5	Overnight Oats with Almond Butter, 14	Asian Sesame Noodle Salad, 90	Teriyaki Glazed Chicken, 50	Fudgy Brownies, 102
6	Classic French Toast, 16	Greek Salad with Grilled Shrimp, 92	Baked Lemon Butter Cod, 30	Cinnamon Sugar Donuts, 114
7	Savory Breakfast Burrito, 18	Spinach & Goat Cheese Salad, 94	Creamy Tuscan Salmon, 32	Banana Bread with Walnuts, 104

## WEEK 1 SHOPPING LIST

### Produce

- Bananas – 6 medium (about 2.5 lb / 1.1 kg)
- Avocados – 4 medium (about 1.5 lb / 700 g)
- Strawberries – 1 lb (450 g)
- Blueberries – 12 oz (340 g)
- Lemons – 4 medium
- Garlic – 2 bulbs (about 3 oz / 85 g)
- Cherry tomatoes – 2 lb (900 g)
- Spinach – 10 oz (280 g)
- Romaine lettuce – 2 large heads (about 2 lb / 900 g)
- Fresh basil – 1 bunch (1 oz / 30 g)
- Potatoes – 3 lb (1.4 kg)
- Zucchini – 2 medium (1 lb / 450 g)
- Bell peppers – 4 medium (1.5 lb / 700 g)
- Onions – 3 large

(2 lb / 900 g)

### Proteins

- Chicken breasts/thighs – 4 lb (1.8 kg)
- Salmon fillets – 2 lb (900 g)
- Shrimp – 1.5 lb (700 g)
- Ground beef – 2 lb (900 g)
- Eggs – 2 dozen (24 eggs)
- Feta cheese – 8 oz (225 g)
- Goat cheese – 6 oz (170 g)
- Parmesan – 8 oz (225 g)

### Dairy

- Milk – 1 gallon (3.8 L)
- Butter – 1 lb (450 g)
- Heavy cream – 1 pint (480 ml)
- Yogurt – 32 oz (900 g)

### Pantry

- All-purpose flour – 5 lb (2.2 kg)
- Sugar – 4 lb (1.8 kg)

- Brown sugar – 2 lb (900 g)
- Olive oil – 16 fl oz (475 ml)
- Pasta – 2 lb (900 g)
- Quinoa – 1 lb (450 g)
- Rice – 2 lb (900 g)
- Canned chickpeas – 3 cans (15 oz / 425 g each)
- Canned black beans – 2 cans (15 oz / 425 g each)
- Balsamic vinegar – 12 fl oz (350 ml)
- Teriyaki sauce – 10 fl oz (300 ml)
- Baking powder – 4 oz (115 g)
- Cocoa powder – 8 oz (225 g)
- Chocolate chips – 12 oz (340 g)
- Vanilla extract – 4 fl oz (120 ml)

## WEEK 2

Day	Breakfast	Lunch	Dinner	Dessert
8	Spinach & Mushroom Omelette, 20	Avocado & Black Bean Salad, 96	One-Pan Beef Stir Fry, 54	Lemon Drizzle Cake, 116
9	Blueberry Oatmeal Bowl, 22	Classic Chicken Caesar Salad, 82	Chicken Alfredo Pasta, 46	Chocolate Mousse, 118
10	Fluffy Banana Pancakes, 6	Mediterranean Chickpea Salad, 86	Garlic Butter Steak Bites, 56	Apple Crumble, 120
11	Avocado Toast with Poached Egg, 8	Caprese Salad with Balsamic Glaze, 84	Thai Red Curry Chicken, 52	Vanilla Cupcakes with Buttercream, 122
12	Berry Yogurt Parfait, 10	Asian Sesame Noodle Salad, 90	Shrimp Scampi Pasta, 34	Raspberry Chia Pudding, 124
13	Scrambled Eggs with Spinach & Feta, 12	Greek Salad with Grilled Shrimp, 92	Baked Teriyaki Salmon, 36	Chocolate Banana Smoothie Bowl, 126
14	Overnight Oats with Almond Butter, 14	Spinach & Goat Cheese Salad, 94	Creamy Mushroom Chicken, 58	Carrot Cake with Cream Cheese Frosting, 128

## WEEK 2 SHOPPING LIST

### Produce

- Bananas – 5 medium (2 lb / 900 g)
- Blueberries – 12 oz (340 g)
- Apples – 6 medium (3 lb / 1.4 kg)
- Carrots – 1 lb (450 g)
- Garlic – 1 bulb
- Mushrooms – 12 oz (340 g)
- Broccoli – 2 lb (900 g)
- Lettuce – 2 heads (2 lb / 900 g)
- Cherry tomatoes – 1.5 lb (700 g)

### Proteins

- Chicken breasts – 3 lb (1.4 kg)
- Salmon – 2 lb (900 g)
- Shrimp – 1 lb (450 g)
- Beef steak – 2 lb (900 g)
- Eggs – 18 large
- Cream cheese – 16 oz (450 g)

### Dairy

- Milk – 1 gallon (3.8 L)
- Butter – 1 lb (450 g)
- Heavy cream – 1 pint (480 ml)

### Pantry

- Flour – 4 lb (1.8 kg)
- Sugar – 3 lb (1.4 kg)
- Rice – 2 lb (900 g)
- Pasta – 2 lb (900 g)
- Soy sauce – 12 fl oz (350 ml)
- Peanut butter – 16 oz (450 g)
- Coconut milk – 2 cans (13.5 oz / 400 ml each)
- Oats – 2 lb (900 g)
- Chia seeds – 8 oz (225 g)
- Cocoa powder – 8 oz (225 g)

## WEEK 3

Day	Breakfast	Lunch	Dinner	Dessert
15	Classic French Toast, 16	Avocado & Black Bean Salad, 96	BBQ Glazed Turkey Meatballs, 60	Peanut Butter Cookies, 130
16	Savory Breakfast Burrito, 18	Grilled Chicken & Quinoa Bowl, 88	Spicy Cajun Shrimp, 38	Tiramisu Cups, 132
17	Spinach & Mushroom Omelette, 20	Mediterranean Chickpea Salad, 86	Vegetable Stir Fry with Tofu, 62	Chocolate Covered Strawberries, 134
18	Blueberry Oatmeal Bowl, 22	Caprese Salad with Balsamic Glaze, 84	Creamy Pesto Chicken, 64	Coconut Macaroons, 136
19	Fluffy Banana Pancakes, 6	Greek Salad with Grilled Shrimp, 92	Beef & Broccoli Stir Fry, 66	Lemon Bars, 138
20	Avocado Toast with Poached Egg, 8	Spinach & Goat Cheese Salad, 94	Stuffed Bell Peppers with Ground Beef, 68	Baked Apples with Cinnamon, 140
21	Berry Yogurt Parfait, 10	Asian Sesame Noodle Salad, 90	Garlic Parmesan Chicken Thighs, 70	Chocolate Peanut Butter Fudge, 142

## WEEK 3 SHOPPING LIST

### Produce

- Bell peppers – 6 medium (2 lb / 900 g)
- Broccoli – 2 lb (900 g)
- Onions – 3 lb (1.4 kg)
- Garlic – 2 bulbs
- Lemons – 3
- Avocados – 3 (1 lb / 450 g)
- Spinach – 10 oz (280 g)

### Proteins

- Turkey – 2 lb (900 g)
- Chicken – 3 lb (1.4 kg)
- Shrimp – 2 lb (900 g)
- Beef – 2 lb (900 g)
- Tofu – 14 oz (400 g)
- Eggs – 18

### Dairy

- Butter – 1 lb (450 g)
- Milk – 1 gallon (3.8 L)
- Parmesan – 8 oz (225 g)

### Pantry

- Rice – 2 lb (900 g)
- Pasta – 2 lb (900 g)
- Flour – 4 lb (1.8 kg)
- Sugar – 3 lb (1.4 kg)
- Coconut flakes – 8 oz (225 g)
- Peanut butter – 12 oz (340 g)
- Soy sauce – 12 fl oz (350 ml)
- Baking powder – 4 oz (115 g)

## WEEK 4

Day	Breakfast	Lunch	Dinner	Dessert
22	Scrambled Eggs with Spinach & Feta, 12	Classic Chicken Caesar Salad, 82	Creamy Garlic Chicken, 48	Classic Chocolate Chip Cookies, 100
23	Overnight Oats with Almond Butter, 14	Mediterranean Chickpea Salad, 86	Honey Garlic Salmon, 28	Fudgy Brownies, 102
24	Classic French Toast, 16	Caprese Salad with Balsamic Glaze, 84	Classic Spaghetti Bolognese, 42	Strawberry Shortcake Cups, 112
25	Savory Breakfast Burrito, 18	Avocado & Black Bean Salad, 96	Lemon Herb Roasted Chicken, 44	Lemon Drizzle Cake, 116
26	Spinach & Mushroom Omelette, 20	Grilled Chicken & Quinoa Bowl, 88	Teriyaki Glazed Chicken, 50	Chocolate Mousse, 118
27	Blueberry Oatmeal Bowl, 22	Greek Salad with Grilled Shrimp, 92	Baked Lemon Butter Cod, 30	Apple Crumble, 120
28	Fluffy Banana Pancakes, 6	Spinach & Goat Cheese Salad, 94	Creamy Tuscan Salmon, 32	Vanilla Cupcakes with Buttercream, 122

## WEEK 4 SHOPPING LIST

### Produce

- Bananas – 4 (1.5 lb / 700 g)
- Lettuce – 2 heads (2 lb / 900 g)
- Garlic – 2 bulbs
- Tomatoes – 2 lb (900 g)
- Mushrooms – 1 lb (450 g)
- Lemons – 4

### Proteins

- Chicken – 4 lb (1.8 kg)
- Salmon – 2 lb (900 g)
- Beef – 2 lb (900 g)
- Eggs – 2 dozen

### Dairy

- Milk – 1 gallon (3.8 L)
- Butter – 1 lb (450 g)
- Heavy cream – 1 pint (480 ml)

### Pantry

- Flour – 4 lb (1.8 kg)
- Sugar – 3 lb (1.4 kg)
- Rice – 2 lb (900 g)
- Pasta – 2 lb (900 g)
- Chocolate chips – 12 oz (340 g)
- Cocoa powder – 8 oz (225 g)
- Vanilla extract – 4 fl oz (120 ml)

## WEEK 5

Day	Breakfast	Lunch	Dinner	Dessert
29	Avocado Toast with Poached Egg, 8	Mediterranean Chickpea Salad, 86	One-Pan Beef Stir Fry, 54	Raspberry Chia Pudding, 124
30	Berry Yogurt Parfait, 10	Asian Sesame Noodle Salad, 90	Chicken Alfredo Pasta, 46	Chocolate Banana Smoothie Bowl, 126
31	Scrambled Eggs with Spinach & Feta, 12	Classic Chicken Caesar Salad, 82	Garlic Butter Steak Bites, 56	Carrot Cake with Cream Cheese Frosting, 128
32	Overnight Oats with Almond Butter, 14	Caprese Salad with Balsamic Glaze, 84	Thai Red Curry Chicken, 52	Peanut Butter Cookies, 130
33	Classic French Toast, 16	Avocado & Black Bean Salad, 96	Shrimp Scampi Pasta, 34	Tiramisu Cups, 132
34	Savory Breakfast Burrito, 18	Greek Salad with Grilled Shrimp, 92	Creamy Mushroom Chicken, 58	Chocolate Covered Strawberries, 134
35	Spinach & Mushroom Omelette, 20	Spinach & Goat Cheese Salad, 94	BBQ Glazed Turkey Meatballs, 60	Coconut Macarons, 136

## WEEK 5 SHOPPING LIST

**Produce**

- Avocados – 4 (1.5 lb / 700 g)
- Bananas – 5 (2 lb / 900 g)
- Tomatoes – 2 lb (900 g)
- Spinach – 10 oz (280 g)
- Garlic – 1 bulb
- Onions – 2 lb (900 g)
- Carrots – 1 lb (450 g)

**Proteins**

- Chicken – 3 lb (1.4 kg)
- Beef – 2 lb (900 g)
- Shrimp – 2 lb (900 g)
- Turkey – 2 lb (900 g)
- Eggs – 18

**Dairy**

- Milk – 1 gallon (3.8 L)
- Butter – 1 lb (450 g)
- Cream cheese – 8 oz (225 g)

**Pantry**

- Flour – 4 lb (1.8 kg)
- Sugar – 3 lb (1.4 kg)
- Rice – 2 lb (900 g)
- Pasta – 2 lb (900 g)
- Oats – 2 lb (900 g)
- Coconut milk – 2 cans (13.5 oz / 400 ml each)
- Cocoa powder – 8 oz (225 g)
- Chocolate – 12 oz (340 g)

# APPENDIX FOOD INDEX

---

## A

### ALMONDS

Chocolate Nut Clusters – p. 92

### APPLE

Apple Cinnamon Oatmeal – p. 18

Apple Spinach Salad – p. 66

### AVOCADO

Avocado Egg Toast – p. 14

Avocado Chicken Wrap – p. 28

Shrimp Avocado Salad – p. 64

---

## B

### BANANA

Banana Pancakes – p. 20

Banana Yogurt Parfait – p. 88

### BASIL

Tomato Basil Pasta – p. 40

Caprese Salad – p. 60

### BEEF

Beef Stir Fry – p. 36

Classic Beef Tacos – p. 38

Beef & Rice Skillet – p. 44

### BLUEBERRIES

Blueberry Oat Bowl – p. 16

Berry Smoothie Bowl – p. 86

### BUTTER

Garlic Butter Salmon – p. 54

Classic Vanilla Cupcakes – p. 90

---

## C

### CARROTS

Chicken Noodle Soup – p. 72

Vegetable Fried Rice – p. 32

Beef Stir Fry – p. 36

### CHEESE

Grilled Cheese Sandwich – p. 26

Caprese Salad – p. 60

Spinach Feta Chicken – p. 50

## CHICKEN

Lemon Chicken Skillet – p. 46

Honey Garlic Chicken – p. 48

Spinach Feta Chicken – p. 50

Chicken Noodle Soup – p. 72

## CHOCOLATE

Chocolate Mug Cake – p. 84

Chocolate Nut Clusters – p. 92

## CUCUMBER

Greek Salad – p. 62

Shrimp Avocado Salad – p. 64

---

## D

### DILL

Garlic Butter Salmon – p. 54

---

## E

### EGGS

Scrambled Eggs with Spinach – p. 12

Avocado Egg Toast – p. 14

Banana Pancakes – p. 20

---

## F

### FETA CHEESE

Greek Salad – p. 62

Spinach Feta Chicken – p. 50

### FISH (COD)

Lemon Baked Cod – p. 56

### FLOUR

Banana Pancakes – p. 20

Classic Vanilla Cupcakes – p. 90

---

## G

### GARLIC

Garlic Butter Salmon – p. 54

Honey Garlic Chicken – p. 48

Beef Stir Fry – p. 36

**GRANOLA**

Banana Yogurt Parfait – p. 88  
Berry Smoothie Bowl – p. 86

**H**

**HONEY**

Honey Garlic Chicken – p. 48  
Banana Yogurt Parfait – p. 88

**L**

**LEMON**

Lemon Chicken Skillet – p. 46  
Lemon Baked Cod – p. 56  
Garlic Butter Salmon – p. 54

**M**

**MILK**

Classic Vanilla Cupcakes – p. 90  
Chocolate Mug Cake – p. 84

**MOZZARELLA**

Caprese Salad – p. 60

**O**

**OATS**

Apple Cinnamon Oatmeal – p. 18  
Blueberry Oat Bowl – p. 16

**OLIVE OIL**

Tomato Basil Pasta – p. 40  
Greek Salad – p. 62  
Lemon Baked Cod – p. 56

**P**

**PASTA**

Tomato Basil Pasta – p. 40

**POTATOES**

Garlic Herb Roasted Potatoes – p. 42

**R**

**RICE**

Vegetable Fried Rice – p. 32  
Beef & Rice Skillet – p. 44

**S**

**SALMON**

Garlic Butter Salmon – p. 54

**SHRIMP**

Garlic Shrimp Skillet – p. 52  
Shrimp Avocado Salad – p. 64

**SPINACH**

Scrambled Eggs with Spinach – p. 12  
Spinach Feta Chicken – p. 50  
Apple Spinach Salad – p. 66

**SUGAR**

Classic Vanilla Cupcakes – p. 90  
Chocolate Mug Cake – p. 84

**T**

**TOMATOES**

Caprese Salad – p. 60  
Greek Salad – p. 62  
Tomato Basil Pasta – p. 40

**TURKEY**

Turkey Meatballs – p. 52

**V**

**VANILLA**

Classic Vanilla Cupcakes – p. 90  
Banana Yogurt Parfait – p. 88

**YOGURT**

Banana Yogurt Parfait – p. 88  
Berry Smoothie Bowl – p. 86