

**MEDITERRANEAN
WEIGHT LOSS PLAN**
for Women

MEDITERRANEAN WEIGHT LOSS PLAN for Women:

Easy Diet Cookbook with Delicious Low-Carb Recipes Ready in 30 Minutes to Boost Energy and Control Sugar — Includes a 28-Day Meal-Plan with Pictures

Tina Burns

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Mediterranean Weight Loss Plan For Women Cookbook

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CHAPTER 1

Why the Mediterranean Diet Works So Well in Midlife

A More Realistic Way to Approach Weight Loss

At some point, old weight-loss methods just stop working. Skipping meals, slashing calories, or following strict diets might help for a little while, but they rarely fit into real life. These approaches often leave you hungry, frustrated, and starting over again and again.

That's one reason the Mediterranean approach stands out. It isn't about punishment or extremes. You don't have to fear food or stick to strict rules. Instead, it's a balanced, satisfying way to eat that supports weight loss and still feels practical and enjoyable.

What the Mediterranean Diet Really Is

At its core, the Mediterranean diet is based on simple, whole foods. It emphasizes vegetables, leafy greens, olive oil, fish, eggs, yogurt, herbs, nuts, seeds, olives, and lean proteins. Meals are built around freshness, flavor, and balance rather than restriction.

This way of eating isn't about being perfect. It's about being consistent. Healthy food is easier to stick with when it tastes good, feels satisfying, and fits into your daily routine.

Why It Supports Weight Loss

It's easy to overeat processed foods, but they rarely leave you feeling satisfied. Sugary snacks, refined grains, and convenience foods might bring quick comfort, but they don't keep you full for long.

They can leave your energy up and down, worsening cravings.

Mediterranean-style meals are different. They tend to have more protein, fiber, and healthy fats. This mix helps you avoid overeating because meals feel more complete. For example, grilled chicken with cucumbers, tomatoes, olive oil, herbs, and feta isn't just tasty—it helps your body feel nourished and steady.

Why This Approach Fits Midlife So Well

Midlife usually means a busier schedule, more stress, less sleep, and less time to bounce back from chaotic eating. Restrictive diets also get harder to stick with. What once felt doable can now feel exhausting.

That's why having a realistic, nourishing plan matters. The Mediterranean way supports your health without extra pressure. It gives you structure without being harsh and helps you make meals that work on real weekdays, not just in perfect situations.

Why Low-Carb and Mediterranean Work Beautifully Together

In this book, the Mediterranean approach is paired with a lower-carb eating style. This does not mean removing all carbohydrates. It simply means shifting the focus away from bread, pasta, pastries, and sugary snacks, and building meals more often around protein, vegetables, healthy fats, and Mediterranean flavor.

For many, this combination makes eating feel calmer. Hunger isn't as strong, energy is steadier, and cravings often fade. This calm makes it easier to stick with healthy habits, and that's where progress begins.

What Makes This Book Different

This book is made for real schedules and real kitchens. Meals come together in about 30 minutes. The ingredients are practical and easy to find. The goal isn't short-term intensity—it's long-term success.

Healthy eating shouldn't take endless time, perfect motivation, or constant willpower. It should feel supportive and easy enough to stick with.

End-of-Chapter Message

You don't need to eat perfectly to make progress. Small, steady habits matter more than short bursts of motivation. When healthy eating feels satisfying and realistic, it's much easier to keep going.



CHAPTER 2

The Low-Carb Mediterranean Method Made Simple

What “Low-Carb” Means in This Book

The phrase “low-carb” can sound more extreme than it needs to be. In this book, it does not mean zero-carb or following a strict keto plan. It simply means reducing refined carbohydrates and added sugars while building meals around more satisfying, supportive foods.

This approach is meant to simplify eating, not complicate it. The goal is not to count every gram. The goal is to make better everyday choices that help you feel full, steady, and in control.

Carbs to Limit

Some carbohydrates make it much harder to maintain steady energy and appetite. These include white bread, pastries, sugary cereal, sweetened yogurt, soda, sweet drinks, oversized portions of pasta and rice, chips, crackers, and heavily processed snack foods.

These foods are easy to eat mindlessly and often leave you wanting more. They may be convenient, but they rarely provide the kind of nourishment that supports long-term weight loss.

Carbs to Enjoy in Moderation

Not every carbohydrate needs to be treated as a problem. Some can fit well into a balanced plan when eaten thoughtfully. Berries, plain Greek yogurt, legumes in smaller portions, vegetables with a little more natural starch, and occasional whole grains may still have a place depending on personal goals and preferences.

The main difference is being intentional. These foods are enjoyed in moderation, not made the main part of every meal.

The Four-Part Weight-Loss Plate

One of the easiest ways to make this way of eating feel simple is to follow a four-part meal formula. The first part is protein. Protein helps support fullness and makes meals more satisfying. It can come from eggs, chicken, salmon, tuna, shrimp, turkey, Greek yogurt, or cottage cheese.

The second part is non-starchy vegetables. These provide volume, color, fiber, and freshness. Leafy greens, cucumbers, zucchini, broccoli, cauliflower, peppers, asparagus, mushrooms, and tomatoes all fit well here.

The third part is healthy fat. Olive oil, avocado, olives, nuts, seeds, and cheeses like feta help meals feel richer and more complete.

The fourth part is flavor boosters. Lemon, garlic, herbs, spices, vinegar, olives, yogurt-based sauces, and sun-dried tomatoes can transform a simple meal into something truly enjoyable.

What Balanced Meals Look Like

A balanced meal does not need to be complicated. Salmon with roasted zucchini, olive oil, and lemon works beautifully. So does chicken with cucumber-tomato salad, feta, and herbs. Eggs with spinach, avocado, and olives can create a filling breakfast that supports energy for hours. These meals do not feel like punishment because they are meant to satisfy you.

THE FOUR-PART WEIGHT-LOSS PLATE

VEGETABLES

PROTEIN

FATS

CARBS



Common Low-Carb Mistakes

Many people struggle with low-carb eating because they make it too restrictive. Some eat too little and end up feeling deprived. Some skip protein and stay hungry all day. Others avoid healthy fats so completely that meals never feel complete. Many go into the week without a plan and then end up relying on whatever is easiest.

Another common mistake is giving up after one meal that does not fit the plan. This all-or-nothing thinking can turn a small slip into a bigger setback than necessary.

How to Know if a Meal Is Balanced

A helpful question to ask is: Will this meal support me for the next few hours?

A balanced meal will usually keep you full for three to four hours. It will contain protein, include vegetables or fiber, stay relatively low in sugar and refined starch, and be simple enough to repeat again without much effort.

This is important. A meal does not need to be impressive to work. It just needs to be realistic enough to fit into your daily life.

End-of-Chapter Message

Low-carb eating should feel simpler, not more stressful. The goal is not to obsess, but to create steady, satisfying meals that help you make better choices more often.



CHAPTER 3

The Weight-Loss Challenges of Midlife— and How to Work With Them

Why Weight Loss Can Feel Harder Now

Losing weight in midlife often feels different than it once did. Life becomes fuller, energy may be lower, and healthy habits can be harder to maintain under stress. There may be more responsibilities, less time to cook, and fewer quiet moments to focus on personal health.

This does not mean progress is impossible. It just means your approach needs to fit your real daily life.

The Role of Stress

Stress affects eating more than many people realize. It can make comforting, high-carb foods feel more tempting. It can cause meals to become rushed, skipped, or replaced by snacking. It can also lead to emotional eating at the end of a long day when food feels like the fastest source of relief.

This is why healthy eating advice that ignores stress often falls short. Food choices do not happen in a vacuum. They happen in real life, where there is pressure, fatigue, and competing demands.

The Role of Sleep and Hormonal Shifts

Poor sleep can increase hunger, reduce patience, and increase the likelihood of impulsive choices. When you are tired, quick comfort foods often feel more appealing than balanced meals. Hormonal changes can also affect appetite, energy, mood, and the body's response to food.

This is why strict diets rarely work. What helps most is having a routine that makes healthy choices easier, not a plan that asks for more willpower than you can give in a busy life.

The All-or-Nothing Trap

One of the biggest obstacles to lasting progress is the belief that one imperfect meal ruins everything. Thoughts like “I already messed up, so I might as well keep eating” or “I’ll start over on Monday” can do far more damage than the food itself.

A better mindset is calmer: one meal is just one meal. One stressful day is just one day. Progress comes from learning to get back on track quickly, instead of letting every slip become a big setback.

Emotional Eating and Convenience Eating

Sometimes people eat because they are hungry. Other times, they eat because they are tired, overwhelmed, lonely, bored, or emotionally drained. Food becomes a quick way to feel comforted or distracted.

Convenience eating is another common challenge. When the day is busy and nothing is prepared, the easiest option usually wins. That often means takeout, snack foods, or random bites of whatever is nearby. These choices may solve the moment, but repeated often enough, they make progress much harder.

The Power of Realistic Systems

The answer is not more self-criticism. The answer is a better system.

FOODS THAT ARE GOOD FOR SLEEP



TART CHERRIES
(Melatonin)



WALNUTS
(Melatonin+DHA)



KIWI
(Serotonin)



OATEMAL
(Tryptophan)



BANANA
(Magnesium)



ALMONDS
(Magnesium)



CHAMOMILE TEA
(Apigenin)



PUMPKIN SEEDS
(Magnesium)



TURKEY
(Tryptophan)

A few easy breakfasts on repeat can reduce decision fatigue. Emergency lunch and dinner options can keep a stressful day from turning into a chaotic one. Grocery shopping for foods you actually enjoy can make healthy eating far more sustainable. Washed greens, frozen vegetables, cooked proteins, and simple pantry staples can all remove friction and support better choices.

Healthy eating gets easier when you set yourself up to succeed.

Redefining Success

Weight loss matters, but it is not the only sign of progress. More energy is progress. Fewer cravings are progress. Better consistency is progress. Clothes fitting better is progress. Feeling calmer around food is progress.

These changes build confidence, and that confidence helps you keep going.

End-of-Chapter Message

The problem is rarely a lack of willpower. More often, it has an unrealistic plan. A realistic plan makes healthy eating easier to manage, repeat, and stick with over time.



CHAPTER 4

Your 30-Minute Mediterranean Kitchen

Healthy Eating Does Not Need to Be Complicated

One of the biggest misconceptions about healthy eating is that it always takes too much time. Many people imagine long ingredient lists, complicated recipes, and hours of preparation. But a well-set-up kitchen can make healthy meals feel simple and efficient.

You do not need a gourmet kitchen or rare ingredients. You need a few reliable staples, a small set of helpful tools, and a practical strategy for getting meals on the table quickly.

The Essential Pantry

A Mediterranean kitchen begins with ingredients that bring flavor and flexibility. Extra-virgin olive oil is one of the most important. It adds richness and works in dressings, marinades, and quick sautés. Red wine vinegar, balsamic vinegar, lemons, and garlic help add brightness and depth with minimal effort.

Dried herbs and spices also matter. Oregano, basil, dill, paprika, cumin, sea salt, and black pepper can completely change the feel of a meal.

SHOP SMARTER

PROTEIN *(Lean, high-quality sources)*



Lean ground beef (raw mince)



Salmon fillets



Eggs



Greek yogurt



Edamame beans

FATS *(Support hormones & satiety)*



Flaxseed oil



Almonds



Flax seeds



Almond butter



Coconut chunks



Dark chocolate

VEGETABLES *(High fibre, micronutrient dense)*



Broccoli



Carrots



Asparagus



Spinach



Cucumber

CARBS & FRUIT *(Energy + digestion support)*



Quinoa



Sweet potato



Berries



Oranges



Chickpeas

Other useful pantry staples include nuts, seeds, canned tuna, canned salmon, olives, sun-dried tomatoes, low-sugar tomato sauce, cauliflower rice, and canned artichokes. For those who prefer moderate-carb options, chickpeas or lentils can be included in smaller portions.

Refrigerator and Freezer Staples

The refrigerator should hold a short list of foods that make quick meals possible. Eggs, Greek yogurt, feta, mozzarella, cottage cheese, chicken, salmon, shrimp, and ground turkey are all useful choices.

Vegetables such as spinach, cucumbers, zucchini, bell peppers, broccoli, cauliflower, mixed greens, and tomatoes can be used in a wide variety of meals. Frozen vegetables are especially valuable for backup meals because they reduce waste and make it easier to cook even when fresh produce is running low.

The Best Time-Saving Kitchen Tools

A few basic tools can make everyday cooking much easier. A sheet pan is excellent for fast dinners. A skillet can handle eggs, vegetables, chicken, shrimp, and one-pan meals. A sharp knife and a cutting board save time and frustration. A blender or mini food processor can help with sauces and dips.

Mixing bowls and storage containers are useful for prepping ingredients in advance.

An air fryer can be helpful, but it is not necessary. The main thing to remember is that healthy cooking does not need a complicated setup.

The 30-Minute Cooking Strategy

A quick kitchen runs on a simple strategy. Use proteins that cook quickly, such as eggs, shrimp, fish fillets, ground turkey, and thin-cut chicken. Choose vegetables that cook quickly, such as spinach, zucchini, mushrooms, peppers, asparagus, and broccoli.

Use simple sauces, herbs, lemon, garlic, and feta for flavor instead of complicated recipes. Prepare two or three ingredients ahead of time when you can. Use the same ingredients in different ways during the week to make cooking faster and easier.

Smart Grocery Shopping for Weight Loss

A smart shopping routine can make healthy eating much easier. It helps to focus first on produce, proteins, and simple dairy items. It also helps to avoid buying “diet foods” that do not actually taste good or satisfy hunger.

Reading labels is useful, especially when checking for added sugar in sauces, dressings, and flavored yogurts. It is also helpful to buy enough protein for the week and to choose convenience wisely. Pre-washed greens, frozen vegetables, rotisserie chicken, and riced cauliflower can all save time without working against your goals.

Meal Prep Without Spending Sunday in the Kitchen

Meal prep does not have to mean cooking every meal in advance. Often, it just means making your week a bit easier.

Washing and chopping vegetables, cooking one or two proteins, mixing one dressing or dip, portioning snacks, or preparing breakfast ingredients can be enough to create momentum. Even a small amount of preparation can reduce stress and make better decisions easier when the week becomes busy.

End-of-Chapter Message

With a few good ingredients and simple tools, healthy cooking can become a quick, repeatable habit. The goal is not perfection in the kitchen, but to make nourishing meals easy to choose again and again.



CHAPTER 5

How to Start, Stay Consistent, and See Results

Start Simply

Beginning a new eating plan often brings a wave of motivation, but trying to change everything at once usually creates unnecessary pressure. This book works best when used gradually.

Start with a few recipes that feel easy and appealing. Repeat them. Let them become familiar. Build a small rotation of breakfasts, lunches, and dinners that you know how to make and genuinely enjoy. Lasting progress usually begins with repetition, not variety for its own sake.

A Simple Daily Structure

A basic rhythm can make healthy eating feel much easier. Breakfast works best when it is built around protein and low in sugar. Lunch should be quick and filling. Dinner should feel balanced and satisfying. Snacks are most useful when they respond to real hunger rather than boredom or stress. Dessert can still fit, but it works best when enjoyed intentionally rather than automatically. Having this kind of routine reduces decision fatigue and helps your day feel steadier.

Portion Awareness Without Obsession

Portion awareness matters, but it need not become rigid. A palm-sized serving of protein is a useful guide. Vegetables can take up at least half the plate. Healthy fats should be present in a way that

supports satisfaction. Carbohydrates, if included, should be smaller and more intentional rather than becoming the main focus of the meal.

This approach keeps meals balanced without making food feel like a constant source of stress or measurement.

What to Do in Week One

The first week should focus on setting up a strong foundation. Clear out some of the highly processed foods that tend to pull you off course. Stock pantry staples and simple refrigerator basics. Choose three breakfasts, three lunches, and three dinners that feel realistic enough to repeat. Make a plan before the week begins.

Most importantly, focus on consistency rather than perfection right away.

Staying on Track During Busy Days

Busy days are not the exception. They are part of real life. That is why it helps to keep a few emergency meals in mind. Eggs with spinach and feta, tuna with cucumbers and olives, Greek yogurt with nuts, rotisserie chicken with a quick salad, or shrimp with frozen vegetables can all work as fast, practical options.

Restaurant meals, takeout, and family meals can fit into your plan, too. Often, the best approach is to stick to your structure: pick a protein, add vegetables, and don't let one meal be a reason to give up on the day.

How to Recover After an Off-Plan Meal

One unplanned meal does not require punishment. There is no need to skip the next meal, eat as little as possible, or wait until Monday to begin. The best way to recover is simple: get back to balance at your next meal. This one habit protects your progress better than almost anything else and keeps small slips from becoming big setbacks.

Tracking Progress in a Healthy Way

The scale can be one tool, but it should not be the only one. Body measurements, energy levels, mood, hunger patterns, sleep quality, and how clothes fit can all reveal important changes. These signs often show progress before dramatic changes appear elsewhere.

A healthy routine should not just change your weight. It should also help you feel better every day.

CALORIE CONTENT OF SOME POPULAR FOODS



Banana

1 banana ~422mg K



Spinach

1 cup cooked ~840mg K



Avocado

½ avocado ~485mg K



Sweet Potato

1 medium ~750mg K



Salmon

3.5oz ~330mg K



Yogurt

1 cup ~400mg K



Orange Juice

1 cup ~496mg K



Apricots

½ cup ~500mg K



White Beans

1 cup cooked ~600mg K

A Gentle 14-Day Reset

The first two weeks can be approached as a reset rather than a challenge. Reduce sugar and refined carbs. Eat enough protein. Drink more water. Simplify meals. Create a rhythm you can repeat.

This reset is not meant to be extreme. It is designed to help your body and mind settle into a more supportive routine before you start the recipes in the next section.

End-of-Chapter Message

The best plan is one you can stick with. Results come from repeating helpful habits until they become part of your life. Progress does not need perfection. It needs steadiness.

If you want, I can now turn this into an even more book-ready manuscript format, with:

chapter-opening lines

subheadings styled consistently

smoother transitions between sections

spacing that feels ready for direct insertion into your manuscript document.



CHAPTER 6

The Recipe Chapter

This chapter will contain only recipes, organized into five sections.





2 SERVINGS



5 MIN

PREP



8 MIN

COOK



SPINACH AND FETA OMELET



INGREDIENTS

- 4 large eggs
- 2 tablespoons milk or water
- 1 tablespo редакція on olive oil
- 2 cups fresh spinach
- 1/4 cup crumbled feta cheese
- 2 tablespoons diced tomato
- 1 tablespoon chopped fresh parsley
- 1/8 teaspoon salt
- 1/8 teaspoon black pepper



DIRECTIONS

1. In a medium bowl, whisk together the eggs, milk or water, salt, and black pepper until well combined.
2. Heat the olive oil in a nonstick skillet over medium heat. Add the spinach and cook for 1 to 2 minutes, until wilted.
3. Pour the egg mixture into the skillet and cook for 1 minute, gently lifting the edges with a spatula so the uncooked egg can flow underneath.
4. Sprinkle the feta, diced tomato, and parsley over one half of the omelet. Cook for 2 to 3 minutes, until the eggs are mostly set.
5. Fold the omelet in half and cook for 1 to 2 minutes more, until fully set. Slice and serve warm.



2 SERVINGS



5 MIN

PREP



0 MIN

COOK



GREEK YOGURT WITH WALNUTS AND BERRIES



INGREDIENTS

- 2 cups plain Greek yogurt
- 1/2 cup mixed berries
- 1/4 cup chopped walnuts
- 1 tablespoon chia seeds
- 1/2 teaspoon ground cinnamon
- 1 teaspoon honey, optional



DIRECTIONS

1. Divide the Greek yogurt evenly between two serving bowls.
2. Top each bowl with the mixed berries, chopped walnuts, and chia seeds.
3. Sprinkle the cinnamon over the top and drizzle with honey, if using.
4. Serve immediately.



2 SERVINGS



10 MIN

PREP



0 MIN

COOK



TOMATO, CUCUMBER, FETA, AND OLIVE BREAKFAST PLATE

INGREDIENTS

- 1 tablespoon olive oil
- 1 pound ground turkey
- 1 medium eggplant, diced
- 1/2 small onion, diced
- 2 garlic cloves, minced
- 1 cup cherry tomatoes, halved
- 1/3 cup sliced Kalamata olives
- 2 tablespoons lemon juice
- 1/2 teaspoon dried oregano
- 1/2 teaspoon paprika
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper
- 2 tablespoons crumbled feta cheese
- 1 tablespoon chopped fresh parsley

DIRECTIONS

1. Heat the olive oil in a large skillet over medium heat. Add the ground turkey and cook for 5 to 6 minutes, breaking it up with a spoon, until lightly browned.
2. Add the diced eggplant and onion to the skillet and cook for 5 to 6 minutes, stirring occasionally, until the eggplant begins to soften.
3. Stir in the garlic, cherry tomatoes, olives, lemon juice, oregano, paprika, salt, and black pepper. Cook for 4 to 5 minutes more, until the tomatoes soften and the eggplant is tender.
4. Remove from the heat and sprinkle with feta cheese and parsley.
5. Serve warm.



2 SERVINGS



7 MIN

PREP



8 MIN

COOK



MEDITERRANEAN SCRAMBLED EGGS



INGREDIENTS

- 4 large eggs
- 2 tablespoons milk or water
- 1 tablespoon olive oil
- 1/2 cup cherry tomatoes, halved
- 1/4 cup chopped cucumber
- 1/4 cup crumbled feta cheese
- 2 tablespoons sliced Kalamata olives
- 1 tablespoon chopped fresh parsley
- 1/8 teaspoon salt
- 1/8 teaspoon black pepper



DIRECTIONS

1. In a medium bowl, whisk together the eggs, milk or water, salt, and black pepper until smooth.
2. Heat the olive oil in a nonstick skillet over medium heat. Add the cherry tomatoes and cook for 2 minutes, until slightly softened.
3. Pour the egg mixture into the skillet and cook gently, stirring often, for 3 to 4 minutes until the eggs are softly scrambled.
4. Stir in the cucumber, feta cheese, olives, and parsley, and cook for 1 more minute until warmed through.
5. Serve immediately.



2 SERVINGS



8 MIN

PREP



10 MIN

COOK



AVOCADO AND EGG BOWL



INGREDIENTS

- 2 ripe avocados, halved, pitted, peeled, and sliced
- 4 large eggs
- 1 tablespoon olive oil
- 1/2 cup cherry tomatoes, halved
- 1/4 cup crumbled feta cheese
- 2 tablespoons sliced Kalamata olives
- 1 tablespoon chopped fresh parsley
- 1 tablespoon lemon juice
- 1/8 teaspoon salt
- 1/8 teaspoon black pepper



DIRECTIONS

1. Bring a small saucepan of water to a gentle boil. Add the eggs and cook for 8 minutes for firm yolks, then transfer them to cold water and peel.
2. Divide the sliced avocado between two bowls, then top each with cherry tomatoes, feta, and olives.
3. Slice the boiled eggs in half and place two eggs in each bowl.
4. Drizzle the olive oil and lemon juice over the bowls, then sprinkle with parsley, salt, and black pepper.
5. Serve immediately.



2 SERVINGS



8 MIN

PREP



12 MIN

COOK



ZUCCHINI AND HERB EGG SKILLET



INGREDIENTS

- 1 tablespoon olive oil
- 1 medium zucchini, diced
- 1 small garlic clove, minced
- 4 large eggs
- 2 tablespoons milk or water
- 2 tablespoons chopped fresh parsley
- 1 tablespoon chopped fresh dill
- 1/4 cup crumbled feta cheese
- 1/8 teaspoon salt
- 1/8 teaspoon black pepper



DIRECTIONS

1. In a medium bowl, whisk together the eggs, milk or water, salt, and black pepper until well combined.
2. Heat the olive oil in a nonstick skillet over medium heat. Add the zucchini and cook for 4 to 5 minutes, stirring occasionally, until slightly softened.
3. Add the minced garlic and cook for 30 seconds, until fragrant. Stir in the parsley and dill.
4. Pour the egg mixture into the skillet and cook, stirring gently, for 3 to 4 minutes until the eggs are softly set.
5. Sprinkle the feta cheese over the top and cook for 1 more minute. Serve warm.



2 SERVINGS



10 MIN

PREP



0 MIN

COOK



SMOKED SALMON AND CUCUMBER PLATE



INGREDIENTS

- 4 ounces smoked salmon
- 1 medium cucumber, thinly sliced
- 1/2 cup plain Greek yogurt
- 1 tablespoon lemon juice
- 1 tablespoon chopped fresh dill
- 1 tablespoon capers
- 1 tablespoon olive oil
- 1/8 teaspoon black pepper
- 2 tablespoons thinly sliced red onion, optional



DIRECTIONS

1. In a small bowl, stir together the Greek yogurt, lemon juice, fresh dill, and black pepper until well combined.
2. Divide the cucumber slices between two serving plates and arrange the smoked salmon alongside them.
3. Spoon the yogurt mixture onto each plate, then top with the capers and red onion, if using.
4. Drizzle with olive oil and serve immediately.



4 SERVINGS



10 MIN

PREP



20 MIN

COOK



EGG MUFFINS WITH SPINACH AND CHEESE



INGREDIENTS

- 6 large eggs
- 2 tablespoons milk or water
- 1 tablespoon olive oil
- 2 cups fresh spinach, chopped
- 1/2 cup crumbled feta cheese
- 1/4 cup shredded mozzarella cheese
- 1/4 cup diced red bell pepper
- 1 tablespoon chopped fresh parsley
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper



DIRECTIONS

1. Preheat the oven to 375°F (190°C) and lightly grease a 6-cup muffin tin with olive oil or nonstick spray.
2. In a medium skillet over medium heat, warm the olive oil and cook the spinach and red bell pepper for 2 to 3 minutes, until the spinach is wilted. Remove from the heat.
3. In a large bowl, whisk together the eggs, milk or water, salt, black pepper, and parsley. Stir in the cooked spinach mixture, feta cheese, and mozzarella cheese.
4. Divide the egg mixture evenly among the prepared muffin cups, filling each about three-quarters full.
5. Bake for 18 to 20 minutes, until the egg muffins are set and lightly golden on top.
6. Let cool for 2 to 3 minutes, then remove from the muffin tin and serve warm.



3 SERVINGS



10 MIN

PREP



20 MIN

COOK



SHAKSHUKA



INGREDIENTS

- 1 tablespoon olive oil
- 1 small onion, diced
- 1 red bell pepper, diced
- 2 garlic cloves, minced
- 1 can (14 ounces) diced tomatoes
- 2 tablespoons tomato paste
- 1/2 teaspoon ground cumin
- 1/2 teaspoon paprika
- 1/4 teaspoon dried oregano
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper
- 6 large eggs
- 1/4 cup crumbled feta cheese
- 1 tablespoon chopped fresh parsley



DIRECTIONS

1. Heat the olive oil in a large skillet over medium heat. Add the onion and red bell pepper and cook for 5 minutes, stirring occasionally, until softened.
2. Add the garlic, diced tomatoes, tomato paste, cumin, paprika, oregano, salt, and black pepper. Stir well and cook for 8 to 10 minutes, until the sauce thickens slightly.
3. Use a spoon to make 6 small wells in the sauce. Crack 1 egg into each well.
4. Cover the skillet and cook for 5 to 7 minutes, until the egg whites are set and the yolks are cooked to your liking.
5. Sprinkle the feta cheese and parsley over the top. Serve warm.



2 SERVINGS



5 MIN

PREP



0 MIN

COOK



COTTAGE CHEESE BOWL WITH ALMONDS AND SEEDS

INGREDIENTS

- 2 cups cottage cheese
- 1/4 cup sliced almonds
- 2 tablespoons sunflower seeds
- 1 tablespoon chia seeds
- 1 tablespoon ground flaxseed
- 1/4 teaspoon ground cinnamon
- 1/4 cup fresh berries, optional

DIRECTIONS

1. Divide the cottage cheese evenly between two serving bowls.
2. Top each bowl with the sliced almonds, sunflower seeds, chia seeds, and ground flaxseed.
3. Sprinkle the cinnamon over the top and add the fresh berries, if using.
4. Serve immediately.



4 SERVINGS



10 MIN

PREP



18 MIN

COOK



MUSHROOM AND SPINACH FRITTATA



INGREDIENTS

- 6 large eggs
- 2 tablespoons milk or water
- 1 tablespoon olive oil
- 8 ounces mushrooms, sliced
- 2 cups fresh spinach
- 1/4 cup crumbled feta cheese
- 2 tablespoons grated Parmesan cheese
- 1 tablespoon chopped fresh parsley
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper



DIRECTIONS

1. Preheat the oven to 375°F (190°C). In a medium bowl, whisk together the eggs, milk or water, salt, and black pepper until well combined.
2. Heat the olive oil in an oven-safe skillet over medium heat. Add the mushrooms and cook for 5 minutes, stirring occasionally, until softened and lightly browned.
3. Add the spinach and cook for 1 to 2 minutes, until wilted. Spread the vegetables evenly in the skillet.
4. Pour the egg mixture over the vegetables, then sprinkle the feta cheese, Parmesan cheese, and parsley on top.
5. Cook for 2 minutes without stirring, until the edges begin to set. Transfer the skillet to the oven and bake for 10 to 11 minutes, until the frittata is fully set.
6. Let cool for 2 minutes, then slice and serve warm.



2 SERVINGS



10 MIN

PREP



9 MIN

COOK



MEDITERRANEAN BREAKFAST SALAD WITH EGGS

INGREDIENTS

- 4 large eggs
- 4 cups mixed salad greens
- 1 cup cherry tomatoes, halved
- 1/2 medium cucumber, sliced
- 1/4 cup sliced Kalamata olives
- 1/4 cup crumbled feta cheese
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon lemon juice
- 1 tablespoon chopped fresh parsley
- 1/8 teaspoon salt
- 1/8 teaspoon black pepper

DIRECTIONS

1. Bring a small saucepan of water to a boil. Add the eggs and cook for 8 to 9 minutes, then transfer them to cold water, peel, and cut in half.
2. Divide the salad greens between two serving bowls or plates. Top with the cherry tomatoes, cucumber, olives, and feta cheese.
3. Arrange the eggs over the salads.
4. Drizzle with olive oil and lemon juice, then sprinkle with parsley, salt, and black pepper.
5. Serve immediately.



2 SERVINGS



10 MIN

PREP



0 MIN

COOK



TURKEY AND CHEESE LETTUCE WRAPS



INGREDIENTS

- 8 large romaine or butter lettuce leaves
- 6 ounces sliced turkey breast
- 1/2 cup sliced cucumber
- 1/4 cup sliced cherry tomatoes
- 1/4 cup shredded mozzarella cheese
- 2 tablespoons crumbled feta cheese
- 2 tablespoons plain Greek yogurt
- 1 tablespoon lemon juice
- 1 tablespoon chopped fresh dill
- 1/8 teaspoon black pepper



DIRECTIONS

1. In a small bowl, stir together the Greek yogurt, lemon juice, fresh dill, and black pepper until well combined.
2. Lay the lettuce leaves on a clean surface and divide the sliced turkey evenly among them.
3. Top each lettuce leaf with cucumber, cherry tomatoes, mozzarella cheese, and feta cheese.
4. Spoon the yogurt mixture over the filling.
5. Fold or roll the lettuce leaves into wraps and serve immediately.



2 SERVINGS



5 MIN

PREP



0 MIN

COOK



RICOTTA WITH CINNAMON AND CHOPPED NUTS

INGREDIENTS

- 1 cup ricotta cheese
- 2 tablespoons chopped walnuts
- 2 tablespoons chopped almonds
- 1/2 teaspoon ground cinnamon
- 1 teaspoon honey, optional
- 2 tablespoons chopped strawberries or raspberries, optional

DIRECTIONS

1. Divide the ricotta cheese evenly between two serving bowls.
2. Top each bowl with the chopped walnuts, chopped almonds, and ground cinnamon.
3. Drizzle with honey and add the chopped strawberries or raspberries, if using.
4. Serve immediately.



2 SERVINGS



12 MIN

PREP



12 MIN

COOK



GREEK CHICKEN SALAD



INGREDIENTS

- 2 boneless, skinless chicken breasts
- 1 tablespoon olive oil
- 1/2 teaspoon dried oregano
- 1/4 teaspoon garlic powder
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper
- 4 cups romaine lettuce, chopped
- 1 cup cherry tomatoes, halved
- 1/2 medium cucumber, sliced
- 1/4 small red onion, thinly sliced
- 1/3 cup Kalamata olives
- 1/3 cup crumbled feta cheese
- 1 tablespoon lemon juice
- 1 tablespoon extra-virgin olive oil



DIRECTIONS

1. Rub the chicken breasts with 1 tablespoon olive oil, oregano, garlic powder, salt, and black pepper.
2. Heat a skillet over medium heat and cook the chicken for 5 to 6 minutes per side, until fully cooked. Let it rest for 3 minutes, then thinly slice it.
3. Divide the romaine lettuce, cherry tomatoes, cucumber, red onion, olives, and feta cheese between two serving bowls.
4. Top each salad with the sliced chicken.
5. Drizzle with lemon juice and extra-virgin olive oil, then serve immediately.



2 SERVINGS



12 MIN

PREP



8 MIN

COOK



MEDITERRANEAN TUNA SALAD



INGREDIENTS

- 1 can tuna (in olive oil or water), drained
- 1/2 cup cherry tomatoes, halved
- 1/4 cup cucumber, diced
- 2 tbsp red onion, finely chopped
- 2 tbsp olives (Kalamata), sliced
- 1–2 tbsp feta cheese (optional)
- 1 tbsp olive oil
- 1 tbsp lemon juice
- Salt & pepper to taste
- Fresh parsley or oregano (optional)



DIRECTIONS

1. In a bowl, combine tuna, tomatoes, cucumber, onion, and olives.
2. Add feta if using.
3. Drizzle with olive oil and lemon juice.
4. Season with salt, pepper, and herbs.
5. Mix gently and serve fresh.



2 SERVINGS



12 MIN

PREP



8 MIN

COOK



TURKEY LETTUCE WRAPS WITH TZATZIKI



INGREDIENTS

- 8 large romaine or butter lettuce leaves
- 8 ounces ground turkey
- 1 tablespoon olive oil
- 1/2 teaspoon dried oregano
- 1/4 teaspoon garlic powder
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper
- 1/2 cup diced cucumber
- 1/2 cup diced tomato
- 1/4 cup thinly sliced red onion
- 1/4 cup crumbled feta cheese

FOR THE TZATZIKI:

- 1/2 cup plain Greek yogurt
- 1/4 cup finely grated cucumber, squeezed dry
- 1 tablespoon lemon juice
- 1 tablespoon chopped fresh dill
- 1 small garlic clove, minced



DIRECTIONS

1. In a small bowl, stir together the Greek yogurt, grated cucumber, lemon juice, dill, and garlic until well combined. Set aside.
2. Heat the olive oil in a skillet over medium heat. Add the ground turkey, oregano, garlic powder, salt, and black pepper, and cook for 6 to 8 minutes, breaking it apart with a spoon, until fully cooked.
3. Arrange the lettuce leaves on a clean surface and divide the cooked turkey evenly among them.
4. Top each lettuce leaf with diced cucumber, diced tomato, red onion, and feta cheese.
5. Spoon the tzatziki over the filling and serve immediately.



2 SERVINGS



12 MIN

PREP



8 MIN

COOK



MEDITERRANEAN SHRIMP SALAD



INGREDIENTS

- 1 pound large shrimp, peeled and deveined
- 1 tablespoon olive oil
- 1/2 teaspoon dried oregano
- 1/4 teaspoon paprika
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper
- 4 cups romaine lettuce or mixed greens
- 1 cup cherry tomatoes, halved
- 1/2 medium cucumber, sliced
- 1/4 small red onion, thinly sliced
- 1/3 cup Kalamata olives
- 1/4 cup crumbled feta cheese
- 1 tablespoon lemon juice
- 1 tablespoon extra-virgin olive oil



DIRECTIONS

1. In a medium bowl, toss the shrimp with 1 tablespoon olive oil, oregano, paprika, salt, and black pepper.
2. Heat a skillet over medium heat and cook the shrimp for 2 to 3 minutes per side, until pink and fully cooked. Remove from the heat.
3. Divide the lettuce, cherry tomatoes, cucumber, red onion, olives, and feta cheese between two serving bowls.
4. Top each salad with the cooked shrimp.
5. Drizzle with lemon juice and extra-virgin olive oil, then serve immediately.



2 SERVINGS



12 MIN

PREP



15 MIN

COOK



ZUCCHINI NOODLE CHICKEN BOWL



INGREDIENTS

- 2 medium zucchini, spiralized
- 2 boneless, skinless chicken breasts, thinly sliced
- 1 tablespoon olive oil
- 2 garlic cloves, minced
- 1 cup cherry tomatoes, halved
- 1/4 cup sliced Kalamata olives
- 1/4 cup crumbled feta cheese
- 1 tablespoon lemon juice
- 1 tablespoon chopped fresh parsley
- 1/2 teaspoon dried oregano
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper



DIRECTIONS

1. Season the chicken with dried oregano, salt, and black pepper.
2. Heat the olive oil in a large skillet over medium heat. Add the chicken and cook for 6 to 7 minutes, stirring occasionally, until fully cooked and lightly golden.
3. Add the garlic and cherry tomatoes to the skillet and cook for 2 minutes, until the tomatoes begin to soften.
4. Stir in the zucchini noodles, olives, and lemon juice, and cook for 2 to 3 minutes, until the zucchini is just tender.
5. Remove from the heat and divide the mixture between two bowls.
6. Sprinkle with feta cheese and parsley, then serve immediately.



2 SERVINGS



10 MIN

PREP



8 MIN

COOK



SALMON AND CUCUMBER PLATE



INGREDIENTS

- 2 salmon fillets, about 5 ounces each
- 1 tablespoon olive oil
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper
- 1/2 teaspoon dried oregano
- 1 medium cucumber, sliced
- 1 cup cherry tomatoes, halved
- 1/4 cup Kalamata olives
- 1/4 cup crumbled feta cheese
- 1 tablespoon lemon juice
- 1 tablespoon chopped fresh dill



DIRECTIONS

1. Rub the salmon fillets with olive oil, salt, black pepper, and dried oregano.
2. Heat a skillet over medium heat and cook the salmon for 3 to 4 minutes per side, until fully cooked and lightly golden.
3. Divide the cucumber, cherry tomatoes, olives, and feta cheese between two serving plates.
4. Place one salmon fillet on each plate and drizzle with lemon juice.
5. Sprinkle with fresh dill and serve immediately.



2 SERVINGS



12 MIN

PREP



10 MIN

COOK



CAULIFLOWER RICE MEDITERRANEAN BOWL



INGREDIENTS

- 3 cups cauliflower rice
- 1 tablespoon olive oil
- 1 boneless, skinless chicken breast, cooked and sliced
- 1/2 cup cherry tomatoes, halved
- 1/2 medium cucumber, diced
- 1/4 cup Kalamata olives, sliced
- 1/4 cup crumbled feta cheese
- 2 tablespoons chopped fresh parsley
- 1 tablespoon lemon juice
- 1/2 teaspoon dried oregano
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper



DIRECTIONS

1. Heat the olive oil in a large skillet over medium heat. Add the cauliflower rice, oregano, salt, and black pepper, and cook for 5 to 6 minutes, stirring occasionally, until tender.
2. Divide the warm cauliflower rice between two serving bowls.
3. Top each bowl with the sliced chicken, cherry tomatoes, cucumber, olives, and feta cheese.
4. Drizzle with lemon juice and sprinkle with fresh parsley.
5. Serve immediately.



2 SERVINGS



10 MIN

PREP



9 MIN

COOK



EGG SALAD LETTUCE CUPS

INGREDIENTS

- 4 large eggs
- 1/4 cup plain Greek yogurt
- 1 teaspoon Dijon mustard
- 1 tablespoon lemon juice
- 1 tablespoon chopped fresh dill
- 1 tablespoon chopped parsley
- 1/4 cup finely diced cucumber
- 2 tablespoons finely diced red onion
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper
- 8 large romaine or butter lettuce leaves
- 2 tablespoons crumbled feta cheese



DIRECTIONS

1. Bring a small saucepan of water to a boil. Add the eggs and cook for 8 to 9 minutes, then transfer them to cold water, peel, and chop.
2. In a medium bowl, stir together the Greek yogurt, Dijon mustard, lemon juice, dill, parsley, salt, and black pepper.
3. Add the chopped eggs, diced cucumber, and red onion to the bowl, then mix gently until well combined.
4. Spoon the egg salad evenly into the lettuce leaves.
5. Sprinkle with feta cheese and serve immediately.



2 SERVINGS



12 MIN

PREP



12 MIN

COOK



CHICKEN AND ROASTED PEPPER SALAD BOWL

INGREDIENTS

- 2 boneless, skinless chicken breasts
- 1 tablespoon olive oil
- 1/2 teaspoon dried oregano
- 1/4 teaspoon garlic powder
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper
- 4 cups mixed greens or arugula
- 1/2 cup roasted red peppers, sliced
- 1/2 medium cucumber, sliced
- 1/4 small red onion, thinly sliced
- 1/3 cup Kalamata olives
- 1/4 cup crumbled feta cheese
- 1 tablespoon lemon juice
- 1 tablespoon extra-virgin olive oil

DIRECTIONS

1. Rub the chicken breasts with 1 tablespoon olive oil, oregano, garlic powder, salt, and black pepper.
2. Heat a skillet over medium heat and cook the chicken for 5 to 6 minutes per side, until fully cooked. Let it rest for 3 minutes, then thinly slice it.
3. Divide the mixed greens, roasted red peppers, cucumber, red onion, olives, and feta cheese between two serving bowls.
4. Top each salad with the sliced chicken.
5. Drizzle with lemon juice and extra-virgin olive oil, then serve immediately.



2 SERVINGS



10 MIN

PREP



0 MIN

COOK



MEDITERRANEAN TUNA SALAD BOWL

INGREDIENTS

- 2 cans (5 ounces each) tuna in water or olive oil, drained
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon lemon juice
- 1/2 teaspoon dried oregano
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper
- 4 cups mixed greens or romaine lettuce
- 1 cup cherry tomatoes, halved
- 1/2 medium cucumber, diced
- 1/4 small red onion, thinly sliced
- 1/3 cup Kalamata olives
- 1/4 cup crumbled feta cheese
- 1 tablespoon chopped fresh parsley



DIRECTIONS

1. In a medium bowl, combine the tuna, olive oil, lemon juice, oregano, salt, and black pepper, and mix gently.
2. Divide the mixed greens, cherry tomatoes, cucumber, red onion, and olives between two serving bowls.
3. Spoon the tuna mixture over the salads.
4. Sprinkle with feta cheese and fresh parsley.
5. Serve immediately.



4 SERVINGS



15 MIN

PREP



30 MIN

COOK



STUFFED BELL PEPPERS WITH TURKEY AND FETA SALAD BOWL

INGREDIENTS

- 2 large bell peppers, halved lengthwise and seeds removed
- 1 tablespoon olive oil
- 1 pound ground turkey
- 1/2 small onion, finely diced
- 2 garlic cloves, minced
- 1 cup cauliflower rice
- 1/2 cup diced tomatoes
- 1/2 teaspoon dried oregano
- 1/2 teaspoon paprika
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper
- 1/3 cup crumbled feta cheese
- 2 tablespoons chopped fresh parsley



DIRECTIONS

1. Preheat the oven to 400°F (200°C). Place the bell pepper halves in a baking dish, cut side up.
2. Heat the olive oil in a skillet over medium heat. Add the onion and cook for 2 to 3 minutes, then add the garlic and ground turkey and cook for 5 to 6 minutes, breaking it up with a spoon, until browned.
3. Stir in the cauliflower rice, diced tomatoes, oregano, paprika, salt, and black pepper. Cook for 4 to 5 minutes, until the mixture is heated through and slightly softened.
4. Remove the skillet from the heat and stir in half of the feta cheese and 1 tablespoon of parsley.
5. Spoon the turkey mixture evenly into the bell pepper halves and sprinkle the remaining feta cheese on top.
6. Bake for 18 to 20 minutes, until the peppers are tender. Sprinkle with the remaining parsley and serve warm.



2 SERVINGS



10 MIN

PREP



0 MIN

COOK



TUNA STUFFED AVOCADOS



INGREDIENTS

- 2 ripe avocados
- 2 cans (5 ounces each) tuna in water or olive oil, drained
- 2 tablespoons plain Greek yogurt
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon lemon juice
- 2 tablespoons finely diced red onion
- 2 tablespoons finely diced cucumber
- 1 tablespoon chopped fresh parsley
- 1/4 teaspoon dried oregano
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper
- 2 tablespoons crumbled feta cheese



DIRECTIONS

1. Cut the avocados in half lengthwise and remove the pits. Scoop out a small amount of the flesh from each half to make more room for the filling.
2. In a medium bowl, combine the tuna, Greek yogurt, olive oil, lemon juice, red onion, cucumber, parsley, oregano, salt, and black pepper. Mix until well combined.
3. Spoon the tuna mixture evenly into the avocado halves.
4. Sprinkle the feta cheese over the top and serve immediately.



2 SERVINGS



12 MIN

PREP



15 MIN

COOK



HALLOUMI AND VEGETABLE SKILLET



INGREDIENTS

- 8 ounces halloumi cheese, sliced
- 1 tablespoon olive oil
- 1 medium zucchini, sliced
- 1 red bell pepper, sliced
- 1 cup cherry tomatoes, halved
- 2 cups fresh spinach
- 1 garlic clove, minced
- 1/2 teaspoon dried oregano
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper
- 1 tablespoon lemon juice
- 1 tablespoon chopped fresh parsley



DIRECTIONS

1. Heat 1/2 tablespoon of olive oil in a large skillet over medium heat. Add the halloumi slices and cook for 2 to 3 minutes per side, until golden. Transfer to a plate.
2. Add the remaining 1/2 tablespoon of olive oil to the skillet. Add the zucchini and bell pepper and cook for 4 to 5 minutes, stirring occasionally, until slightly softened.
3. Stir in the cherry tomatoes, spinach, garlic, oregano, salt, and black pepper. Cook for 2 to 3 minutes, until the spinach wilts and the tomatoes soften slightly.
4. Return the halloumi to the skillet and drizzle with lemon juice.
5. Sprinkle with parsley and serve warm.



2 SERVINGS



12 MIN

PREP



12 MIN

COOK



CHICKEN CUCUMBER DILL SALAD

INGREDIENTS

- 2 boneless, skinless chicken breasts
- 1 tablespoon olive oil
- 1/2 teaspoon dried oregano
- 1/4 teaspoon garlic powder
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper
- 1 medium cucumber, diced
- 1/4 small red onion, finely sliced
- 1/4 cup plain Greek yogurt
- 1 tablespoon lemon juice
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon chopped fresh dill
- 1 tablespoon chopped fresh parsley
- 2 tablespoons crumbled feta cheese



DIRECTIONS

1. Rub the chicken breasts with olive oil, oregano, garlic powder, salt, and black pepper.
2. Heat a skillet over medium heat and cook the chicken for 5 to 6 minutes per side, until fully cooked. Transfer to a plate and let rest for 3 minutes, then slice or dice.
3. In a medium bowl, whisk together the Greek yogurt, lemon juice, extra-virgin olive oil, dill, and parsley.
4. Add the cucumber, red onion, and cooked chicken to the bowl and toss until evenly coated.
5. Sprinkle with feta cheese and serve immediately.



2 SERVINGS



15 MIN

PREP



10 MIN

COOK



MEDITERRANEAN COBB SALAD



INGREDIENTS

- 2 large eggs
- 1 boneless, skinless chicken breast
- 1 tablespoon olive oil
- 1/2 teaspoon dried oregano
- 1/4 teaspoon garlic powder
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper
- 4 cups romaine lettuce, chopped
- 1 cup cherry tomatoes, halved
- 1/2 medium cucumber, diced
- 1 avocado, diced
- 1/4 cup sliced Kalamata olives
- 1/4 cup crumbled feta cheese
- 1 tablespoon lemon juice
- 1 tablespoon extra-virgin olive oil



DIRECTIONS

1. Bring a small saucepan of water to a boil. Add the eggs and cook for 8 to 9 minutes, then transfer them to cold water, peel, and slice.
2. Rub the chicken breast with olive oil, oregano, garlic powder, salt, and black pepper.
3. Heat a skillet over medium heat and cook the chicken for 5 minutes per side, until fully cooked. Let it rest for 2 minutes, then slice.
4. Divide the romaine lettuce between two serving bowls and arrange the cherry tomatoes, cucumber, avocado, olives, feta cheese, sliced eggs, and sliced chicken on top.
5. Drizzle with lemon juice and extra-virgin olive oil, then serve immediately.



2 SERVINGS



10 MIN

PREP



18 MIN

COOK



GARLIC LEMON SALMON WITH ASPARAGUS

INGREDIENTS

- 2 salmon fillets, about 5 to 6 ounces each
- 1 bunch of asparagus, trimmed
- 2 tablespoons olive oil
- 2 garlic cloves, minced
- 2 tablespoons lemon juice
- 1 teaspoon lemon zest
- 1/2 teaspoon dried oregano
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper
- 1 tablespoon chopped fresh parsley

DIRECTIONS

1. Preheat the oven to 400°F (200°C). Line a baking sheet or small baking dish with parchment paper, if desired.
2. Arrange the salmon fillets and asparagus on the prepared baking sheet. In a small bowl, stir together the olive oil, garlic, lemon juice, lemon zest, oregano, salt, and black pepper.
3. Spoon or brush the garlic-lemon mixture over the salmon and asparagus.
4. Bake for 15 to 18 minutes, until the salmon flakes easily with a fork and the asparagus is tender.
5. Sprinkle with fresh parsley and serve warm.



3 SERVINGS



12 MIN

PREP



20 MIN

COOK



MEDITERRANEAN CHICKEN SKILLET



INGREDIENTS

- 1 pound boneless, skinless chicken breasts, cut into bite-size pieces
- 1 tablespoon olive oil
- 1 small red onion, thinly sliced
- 2 garlic cloves, minced
- 1 cup cherry tomatoes, halved
- 1/2 cup sliced Kalamata olives
- 2 cups fresh spinach
- 1/3 cup crumbled feta cheese
- 2 tablespoons lemon juice
- 1/2 teaspoon dried oregano
- 1/4 teaspoon paprika
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper
- 1 tablespoon chopped fresh parsley



DIRECTIONS

1. Season the chicken pieces with oregano, paprika, salt, and black pepper.
2. Heat the olive oil in a large skillet over medium heat. Add the chicken and cook for 6 to 8 minutes, stirring occasionally, until lightly golden and cooked through.
3. Add the red onion and garlic to the skillet and cook for 2 minutes, stirring often, until fragrant and slightly softened.
4. Stir in the cherry tomatoes, olives, and lemon juice, then cook for 3 to 4 minutes, until the tomatoes begin to soften.
5. Add the spinach and cook for 1 to 2 minutes, until wilted.
6. Sprinkle the feta cheese and parsley over the skillet and serve warm.



3 SERVINGS



15 MIN

PREP



20 MIN

COOK



TURKEY MEATBALLS WITH ZUCCHINI NOODLES

INGREDIENTS

- 1 pound ground turkey
- 1/4 cup crumbled feta cheese
- 2 tablespoons grated Parmesan cheese
- 1 garlic clove, minced
- 1 tablespoon chopped fresh parsley
- 1/2 teaspoon dried oregano
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper
- 1 tablespoon olive oil
- 2 medium zucchini, spiralized
- 1 cup low-sugar marinara sauce
- 1 tablespoon lemon juice



DIRECTIONS

1. In a medium bowl, combine the ground turkey, feta cheese, Parmesan cheese, garlic, parsley, oregano, salt, and black pepper. Mix gently and form into 12 small meatballs.
2. Heat the olive oil in a large skillet over medium heat. Add the meatballs and cook for 8 to 10 minutes, turning occasionally, until browned on all sides and cooked through.
3. Pour the marinara sauce into the skillet and cook for 3 to 4 minutes, spooning the sauce over the meatballs.
4. Add the zucchini noodles and lemon juice to the skillet and cook for 2 to 3 minutes, tossing gently, until the noodles are just tender.
5. Divide the zucchini noodles and meatballs among serving plates and serve warm.



3 SERVINGS



10 MIN

PREP



15 MIN

COOK



SHRIMP IN TOMATO OLIVE SAUCE



INGREDIENTS

- 1 pound large shrimp, peeled and deveined
- 1 tablespoon olive oil
- 2 garlic cloves, minced
- 1 cup cherry tomatoes, halved
- 1/3 cup sliced Kalamata olives
- 1/2 cup low-sugar tomato sauce
- 2 tablespoons lemon juice
- 1/2 teaspoon dried oregano
- 1/4 teaspoon paprika
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper
- 2 tablespoons chopped fresh parsley
- 2 tablespoons crumbled feta cheese, optional



DIRECTIONS

1. Pat the shrimp dry and season with oregano, paprika, salt, and black pepper.
2. Heat the olive oil in a large skillet over medium heat. Add the garlic and cook for 30 seconds, until fragrant.
3. Add the shrimp and cook for 2 minutes per side, until they begin to turn pink.
4. Stir in the cherry tomatoes, olives, tomato sauce, and lemon juice. Cook for 4 to 5 minutes, stirring occasionally, until the shrimp are fully cooked and the sauce is slightly thickened.
5. Sprinkle with parsley and feta cheese, if using, and serve warm.



4 SERVINGS



14 MIN

PREP



25 MIN

COOK



SHEET PAN CHICKEN WITH BROCCOLI AND FETA

INGREDIENTS

- 1 1/4 pounds boneless, skinless chicken breasts, cut into bite-size pieces
- 4 cups broccoli florets
- 2 tablespoons olive oil
- 2 garlic cloves, minced
- 1 tablespoon lemon juice
- 1 teaspoon dried oregano
- 1/2 teaspoon paprika
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/3 cup crumbled feta cheese
- 1 tablespoon chopped fresh parsley



DIRECTIONS

1. Preheat the oven to 425°F (220°C). Line a large sheet pan or baking sheet with parchment paper, if desired.
2. In a large bowl, toss the chicken and broccoli with olive oil, garlic, lemon juice, oregano, paprika, salt, and black pepper until evenly coated.
3. Spread the mixture in a single layer on the prepared sheet pan.
4. Bake for 22 to 25 minutes, stirring once halfway through, until the chicken is fully cooked and the broccoli is tender and lightly browned.
5. Remove from the oven, sprinkle with feta cheese and parsley, and serve warm.



4 SERVINGS



15 MIN

PREP



30 MIN

COOK



CAULIFLOWER RICE STUFFED PEPPERS

INGREDIENTS

- 2 large bell peppers, halved lengthwise and seeds removed
- 1 tablespoon olive oil
- 1 pound ground chicken or ground turkey
- 1/2 small onion, finely diced
- 2 garlic cloves, minced
- 2 cups cauliflower rice
- 1/2 cup diced tomatoes
- 1/3 cup sliced Kalamata olives
- 1/3 cup crumbled feta cheese
- 1 tablespoon lemon juice
- 1/2 teaspoon dried oregano
- 1/4 teaspoon paprika
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper
- 1 tablespoon chopped fresh parsley

DIRECTIONS

1. Preheat the oven to 400°F (200°C). Place the bell pepper halves in a baking dish, cut side up.
2. Heat the olive oil in a large skillet over medium heat. Add the onion and cook for 2 to 3 minutes, then add the garlic and ground chicken or turkey and cook for 5 to 6 minutes, breaking it up with a spoon, until browned.
3. Stir in the cauliflower rice, diced tomatoes, olives, lemon juice, oregano, paprika, salt, and black pepper. Cook for 4 to 5 minutes, until the mixture is heated through and slightly softened.
4. Remove the skillet from the heat and stir in half of the feta cheese and half of the parsley.
5. Spoon the filling evenly into the bell pepper halves and sprinkle the remaining feta cheese on top.
6. Bake for 18 to 20 minutes, until the peppers are tender. Sprinkle with the remaining parsley and serve warm.



2 SERVINGS



10 MIN

PREP



12 MIN

COOK



SEARED COD WITH SPINACH AND GARLIC



INGREDIENTS

- 2 cod fillets, about 5 to 6 ounces each
- 1 tablespoon olive oil
- 2 garlic cloves, minced
- 4 cups fresh spinach
- 1 tablespoon lemon juice
- 1/2 teaspoon dried oregano
- 1/4 teaspoon paprika
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper
- 2 tablespoons crumbled feta cheese, optional
- 1 tablespoon chopped fresh parsley



DIRECTIONS

1. Pat the cod fillets dry with paper towels, then season both sides with oregano, paprika, salt, and black pepper.
2. Heat the olive oil in a large skillet over medium heat. Add the cod and cook for 3 to 4 minutes per side, until the fish is golden and flakes easily with a fork. Transfer to a plate.
3. In the same skillet, add the garlic and cook for 30 seconds, until fragrant. Add the spinach and lemon juice, then cook for 2 to 3 minutes, stirring gently, until the spinach is wilted.
4. Return the cod to the skillet or place the spinach on serving plates and top with the cod.
5. Sprinkle with feta cheese (if using) and fresh parsley, then serve warm.



3 SERVINGS



12 MIN

PREP



18 MIN

COOK



LEMON HERB CHICKEN WITH GREEN BEANS

INGREDIENTS

- 1 pound boneless, skinless chicken breasts, cut into strips
- 2 tablespoons olive oil
- 2 garlic cloves, minced
- 3 cups green beans, trimmed
- 2 tablespoons lemon juice
- 1 teaspoon lemon zest
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried thyme
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper
- 1 tablespoon chopped fresh parsley

DIRECTIONS

1. Season the chicken strips with oregano, thyme, salt, and black pepper.
2. Heat 1 tablespoon of olive oil in a large skillet over medium heat. Add the chicken and cook for 6 to 7 minutes, stirring occasionally, until lightly golden and cooked through. Transfer to a plate.
3. Add the remaining 1 tablespoon of olive oil to the skillet. Add the green beans and cook for 4 to 5 minutes, stirring occasionally, until slightly tender.
4. Stir in the garlic, lemon juice, and lemon zest, and cook for 1 minute more.
5. Return the chicken to the skillet and toss gently to combine. Sprinkle with parsley and serve warm.



3 SERVINGS



15 MIN

PREP



18 MIN

COOK



MEDITERRANEAN BEEF AND VEGETABLE SKILLET

INGREDIENTS

- 1 pound lean beef sirloin, thinly sliced
- 1 tablespoon olive oil
- 1 small zucchini, sliced
- 1 red bell pepper, sliced
- 1/2 small red onion, thinly sliced
- 1 cup cherry tomatoes, halved
- 2 garlic cloves, minced
- 1/3 cup sliced Kalamata olives
- 1 tablespoon lemon juice
- 1/2 teaspoon dried oregano
- 1/2 teaspoon paprika
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper
- 2 tablespoons crumbled feta cheese
- 1 tablespoon chopped fresh parsley



DIRECTIONS

1. In a medium bowl, toss the sliced beef with oregano, paprika, salt, and black pepper.
2. Heat the olive oil in a large skillet over medium-high heat. Add the beef and cook for 4 to 5 minutes, stirring occasionally, until browned. Transfer to a plate.
3. In the same skillet, add the zucchini, bell pepper, and red onion. Cook for 4 to 5 minutes, stirring occasionally, until slightly tender.
4. Add the cherry tomatoes, garlic, olives, and lemon juice, and cook for 2 minutes more, until the tomatoes begin to soften.
5. Return the beef to the skillet and stir gently to combine. Cook for 2 to 3 minutes, until heated through.
6. Sprinkle with feta cheese and parsley, then serve warm.



2 SERVINGS



10 MIN

PREP



18 MIN

COOK



BAKED PESTO SALMON WITH CHERRY TOMATOES

INGREDIENTS

- 2 salmon fillets, about 5 to 6 ounces each
- 1 cup cherry tomatoes, halved
- 2 tablespoons basil pesto
- 1 tablespoon olive oil
- 1 tablespoon lemon juice
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper
- 1 tablespoon chopped fresh parsley
- 2 tablespoons crumbled feta cheese, optional

DIRECTIONS

1. Preheat the oven to 400°F (200°C). Lightly grease a small baking dish or line a baking sheet with parchment paper.
2. Place the salmon fillets in the prepared dish and arrange the cherry tomatoes around them. Drizzle the tomatoes with olive oil and lemon juice.
3. Spread 1 tablespoon of pesto over each salmon fillet, then season with salt and black pepper.
4. Bake for 15 to 18 minutes, until the salmon flakes easily with a fork and the tomatoes are softened.
5. Sprinkle with fresh parsley and feta cheese, if using, then serve warm.



3 SERVINGS



12 MIN

PREP



18 MIN

COOK



EGGPLANT AND GROUND TURKEY SAUTÉ

INGREDIENTS

- 1 tablespoon olive oil
- 1 pound ground turkey
- 1 medium eggplant, diced
- 1/2 small onion, diced
- 2 garlic cloves, minced
- 1 cup cherry tomatoes, halved
- 1/3 cup sliced Kalamata olives
- 2 tablespoons lemon juice
- 1/2 teaspoon dried oregano
- 1/2 teaspoon paprika
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper
- 2 tablespoons crumbled feta cheese
- 1 tablespoon chopped fresh parsley



DIRECTIONS

1. Heat the olive oil in a large skillet over medium heat. Add the ground turkey and cook for 5 to 6 minutes, breaking it up with a spoon, until lightly browned.
2. Add the diced eggplant and onion to the skillet and cook for 5 to 6 minutes, stirring occasionally, until the eggplant begins to soften.
3. Stir in the garlic, cherry tomatoes, olives, lemon juice, oregano, paprika, salt, and black pepper. Cook for 4 to 5 minutes more, until the tomatoes soften and the eggplant is tender.
4. Remove from the heat and sprinkle with feta cheese and parsley.
5. Serve warm.



2 SERVINGS



12 MIN

PREP



15 MIN

COOK



CREAMY GARLIC SHRIMP WITH ZUCCHINI RIBBONS

INGREDIENTS

- 1 pound large shrimp, peeled and deveined
- 2 medium zucchini
- 1 tablespoon olive oil
- 2 garlic cloves, minced
- 1/2 cup heavy cream
- 1/4 cup grated Parmesan cheese
- 1 tablespoon lemon juice
- 1/2 teaspoon dried oregano
- 1/4 teaspoon paprika
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper
- 2 tablespoons crumbled feta cheese
- 1 tablespoon chopped fresh parsley

DIRECTIONS

1. Use a vegetable peeler to shave the zucchini into long ribbons and set aside. Pat the shrimp dry and season with oregano, paprika, salt, and black pepper.
2. Heat the olive oil in a large skillet over medium heat. Add the shrimp and cook for 2 to 3 minutes per side, until pink and just cooked through. Transfer to a plate.
3. In the same skillet, add the garlic and cook for 30 seconds, until fragrant. Stir in the heavy cream, Parmesan cheese, and lemon juice, and cook for 2 to 3 minutes, stirring gently, until the sauce is smooth and slightly thickened.
4. Add the zucchini ribbons to the skillet and cook for 2 minutes, tossing gently until just tender.
5. Return the shrimp to the skillet and toss to coat in the sauce. Sprinkle with feta cheese and parsley, then serve warm.



4 SERVINGS



15 MIN

PREP



15 MIN

COOK



FETA CHICKEN BURGERS WITH CUCUMBER SALAD

INGREDIENTS

- 1 pound ground chicken
- 1/3 cup crumbled feta cheese
- 2 tablespoons chopped fresh parsley
- 1 garlic clove, minced
- 1/2 teaspoon dried oregano
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper
- 1 tablespoon olive oil

FOR THE CUCUMBER SALAD:

- 1 medium cucumber, thinly sliced
- 1/4 small red onion, thinly sliced
- 1 tablespoon lemon juice
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon chopped fresh dill
- 1/8 teaspoon salt
- 1/8 teaspoon black pepper



DIRECTIONS

1. In a medium bowl, combine the ground chicken, feta cheese, parsley, garlic, oregano, salt, and black pepper. Mix gently until just combined, then shape into 4 patties.
2. In another bowl, toss the cucumber, red onion, lemon juice, extra-virgin olive oil, dill, salt, and black pepper. Set aside.
3. Heat the olive oil in a large skillet over medium heat. Add the chicken patties and cook for 6 to 7 minutes per side, until golden and fully cooked through.
4. Serve the feta chicken burgers warm with the cucumber salad on the side.



4 SERVINGS



12 MIN

PREP



25 MIN

COOK



MEDITERRANEAN BAKED CHICKEN WITH OLIVES AND TOMATOES

INGREDIENTS

- 1 1/4 pounds boneless, skinless chicken breasts
- 1 tablespoon olive oil
- 2 garlic cloves, minced
- 1 1/2 cups cherry tomatoes, halved
- 1/2 cup Kalamata olives
- 2 tablespoons lemon juice
- 1 teaspoon dried oregano
- 1/2 teaspoon paprika
- 1/2 teaspoon salt
- 1/8 teaspoon black pepper
- 2 tablespoons crumbled feta cheese, optional
- 1 tablespoon chopped fresh parsley

DIRECTIONS

1. Preheat the oven to 400°F (200°C). Lightly grease a baking dish or line a small sheet pan with parchment paper.
2. Place the chicken breasts in the baking dish. Drizzle with olive oil and lemon juice, then sprinkle with garlic, oregano, paprika, salt, and black pepper.
3. Scatter the cherry tomatoes and Kalamata olives around and over the chicken.
4. Bake for 22 to 25 minutes, until the chicken is fully cooked and the tomatoes are softened.
5. Sprinkle with feta cheese, if using, and fresh parsley before serving.



2 SERVINGS



10 MIN

PREP



0 MIN

COOK



TZATZIKI WITH CUCUMBER STICKS



INGREDIENTS

- 1 cup plain Greek yogurt
- 1/2 medium cucumber, grated and squeezed dry
- 1 garlic clove, minced
- 1 tablespoon lemon juice
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon chopped fresh dill
- 1/8 teaspoon salt
- 1/8 teaspoon black pepper
- 1 large cucumber, cut into sticks



DIRECTIONS

1. In a medium bowl, combine the Greek yogurt, grated cucumber, garlic, lemon juice, olive oil, dill, salt, and black pepper.
2. Stir until smooth and well mixed, then chill for a few minutes if desired.
3. Arrange the cucumber sticks on a serving plate.
4. Serve the tzatziki alongside the cucumber sticks.



2 SERVINGS



10 MIN

PREP



9 MIN

COOK



DEVILED EGGS WITH DILL

INGREDIENTS

- 4 large eggs
- 2 tablespoons plain Greek yogurt
- 1 teaspoon Dijon mustard
- 1 teaspoon lemon juice
- 1 tablespoon chopped fresh dill
- 1/8 teaspoon salt
- 1/8 teaspoon black pepper
- 1/8 teaspoon paprika, optional

DIRECTIONS

1. Bring a small saucepan of water to a boil. Add the eggs and cook for 8 to 9 minutes, then transfer them to cold water, peel, and cut them in half lengthwise.
2. Carefully remove the yolks and place them in a small bowl. Mash the yolks with the Greek yogurt, Dijon mustard, lemon juice, dill, salt, and black pepper until smooth.
3. Spoon or pipe the yolk mixture evenly into the egg white halves.
4. Sprinkle with paprika, if using, and serve immediately or chill until ready to serve.



3 SERVINGS



10 MIN

PREP



0 MIN

COOK



GREEK YOGURT RANCH DIP AND VEGETABLES

INGREDIENTS

- 1 cup plain Greek yogurt
- 1 tablespoon olive oil
- 1 tablespoon lemon juice
- 1 tablespoon chopped fresh dill
- 1 tablespoon chopped fresh parsley
- 1 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1/4 teaspoon dried oregano
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper
- 1 cup cucumber sticks
- 1 cup celery sticks
- 1 cup bell pepper strips



DIRECTIONS

1. In a medium bowl, combine the Greek yogurt, olive oil, lemon juice, dill, parsley, onion powder, garlic powder, oregano, salt, and black pepper.
2. Stir until smooth and well blended.
3. Arrange the cucumber sticks, celery sticks, and bell pepper strips on a serving plate.
4. Serve the dip alongside the vegetables.



4 SERVINGS



10 MIN

PREP



15 MIN

COOK



ALMOND PARMESAN BITES



INGREDIENTS

- 1 cup almond flour
- 1/2 cup grated Parmesan cheese
- 1 large egg
- 1 tablespoon olive oil
- 1/2 teaspoon garlic powder
- 1/2 teaspoon dried oregano
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper
- 1 tablespoon chopped fresh parsley, optional



DIRECTIONS

1. Preheat the oven to 375°F (190°C), then line a baking sheet or a small baking pan with parchment paper.
2. In a medium bowl, combine the almond flour, Parmesan cheese, egg, olive oil, garlic powder, oregano, salt, black pepper, and parsley, if using. Mix until a soft dough forms.
3. Scoop small portions of the mixture and roll them into bite-sized balls. Place them on the prepared baking sheet and gently flatten them slightly.
4. Bake for 12 to 15 minutes, until golden and firm.
5. Let cool for a few minutes before serving.



2 SERVINGS



10 MIN

PREP



0 MIN

COOK



TURKEY ROLL-UPS WITH CREAM CHEESE



INGREDIENTS

- 8 slices deli turkey breast
- 4 ounces cream cheese, softened
- 1/4 cup finely diced cucumber
- 2 tablespoons finely diced red bell pepper
- 1 tablespoon chopped fresh dill
- 1 teaspoon lemon juice
- 1/8 teaspoon garlic powder
- 1/8 teaspoon black pepper



DIRECTIONS

1. In a small bowl, combine the cream cheese, cucumber, red bell pepper, dill, lemon juice, garlic powder, and black pepper until well mixed.
2. Lay the turkey slices flat on a clean surface.
3. Spread a thin layer of the cream cheese mixture evenly over each turkey slice.
4. Roll each slice tightly and place seam-side down on a plate.
5. Serve immediately, or chill for 10 to 15 minutes before serving for a firmer texture.



4 SERVINGS



10 MIN

PREP



0 MIN

COOK



MINI CAPRESE SKEWERS



INGREDIENTS

- 16 cherry tomatoes
- 16 mini mozzarella balls
- 16 fresh basil leaves
- 1 tablespoon extra-virgin olive oil
- 1 teaspoon balsamic glaze
- 1/8 teaspoon salt
- 1/8 teaspoon black pepper
- 16 small skewers or toothpicks



DIRECTIONS

1. Thread 1 cherry tomato, 1 basil leaf, and 1 mini mozzarella ball onto each skewer or toothpick.
2. Arrange the skewers on a serving plate.
3. Drizzle with olive oil and balsamic glaze.
4. Sprinkle with salt and black pepper, then serve immediately.



2 SERVINGS



10 MIN

PREP



0 MIN

COOK



OLIVE AND FETA SNACK CUP



INGREDIENTS

- 1/2 cup Kalamata olives
- 1/2 cup green olives
- 1/2 cup feta cheese, cut into small cubes
- 1 tablespoon extra-virgin olive oil
- 1 teaspoon lemon juice
- 1/2 teaspoon dried oregano
- 1 tablespoon chopped fresh parsley
- 1/8 teaspoon black pepper



DIRECTIONS

1. In a medium bowl, combine the Kalamata olives, green olives, and feta cheese cubes.
2. Drizzle with the olive oil and lemon juice.
3. Sprinkle with dried oregano, chopped parsley, and black pepper, then toss gently to coat.
4. Divide the mixture into two small serving cups and serve immediately.



2 SERVINGS



10 MIN

PREP



0 MIN

COOK



CUCUMBER HUMMUS BITES



INGREDIENTS

- 1 large cucumber
- 1/2 cup hummus
- 1/4 cup cherry tomatoes, finely diced
- 2 tablespoons crumbled feta cheese
- 1 tablespoon chopped fresh parsley
- 1 teaspoon extra-virgin olive oil
- 1/8 teaspoon paprika
- 1/8 teaspoon black pepper



DIRECTIONS

1. Slice the cucumber into thick rounds, about 1/2 inch thick, and arrange them on a serving plate.
2. Use a small spoon or melon baller to scoop a shallow well into the center of each cucumber slice.
3. Fill each cucumber slice with a small spoonful of hummus.
4. Top with diced cherry tomatoes, crumbled feta cheese, and chopped parsley.
5. Drizzle with olive oil, sprinkle with paprika and black pepper, and serve immediately.



2 SERVINGS



5 MIN

PREP



0 MIN

COOK



RICOTTA CINNAMON CUP



INGREDIENTS

- 1 cup ricotta cheese
- 1/2 teaspoon ground cinnamon
- 2 tablespoons chopped walnuts
- 2 tablespoons chopped almonds
- 1 teaspoon honey, optional
- 2 tablespoons fresh berries, optional



DIRECTIONS

1. Divide the ricotta cheese evenly between two small serving cups or bowls.
2. Sprinkle the cinnamon over the ricotta, then top with the chopped walnuts and almonds.
3. Drizzle with honey and add the fresh berries, if using.
4. Serve immediately.



4 SERVINGS



4 MIN

PREP



15 MIN

COOK



ROASTED SPICED NUTS



INGREDIENTS

- 1 cup raw almonds
- 1 cup raw walnuts
- 1 tablespoon olive oil
- 1/2 teaspoon smoked paprika
- 1/4 teaspoon ground cumin
- 1/4 teaspoon garlic powder
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper
- 1/8 teaspoon cayenne pepper, optional



DIRECTIONS

1. Preheat the oven to 350°F (175°C), then line a small baking sheet or pan with parchment paper.
2. In a medium bowl, combine the almonds, walnuts, olive oil, smoked paprika, cumin, garlic powder, salt, black pepper, and cayenne pepper, if using. Toss until evenly coated.
3. Spread the nuts in a single layer on the prepared baking sheet.
4. Roast for 12 to 15 minutes, stirring once halfway through, until fragrant and lightly toasted.
5. Let cool completely before serving.



4 SERVINGS



10 MIN

PREP



0 MIN

COOK



GREEK YOGURT CHEESECAKE CUPS



INGREDIENTS

- 1 1/2 cups plain Greek yogurt
- 4 ounces cream cheese, softened
- 2 tablespoons honey or sugar-free sweetener
- 1 teaspoon vanilla extract
- 1 tablespoon lemon juice
- 1/2 teaspoon lemon zest
- 1/4 cup chopped walnuts or almonds
- 1/2 cup fresh berries



DIRECTIONS

1. In a medium bowl, combine the Greek yogurt, cream cheese, honey or sugar-free sweetener, vanilla extract, lemon juice, and lemon zest.
2. Beat or whisk until the mixture is smooth and creamy.
3. Divide the cheesecake mixture evenly among 4 small cups or serving glasses.
4. Top each cup with chopped walnuts or almonds and fresh berries.
5. Chill for 10 to 15 minutes if desired, then serve.



4 SERVINGS



10 MIN

PREP



15 MIN

COOK



BERRY ALMOND CRUMBLE BOWLS



INGREDIENTS

- 2 cups mixed berries
- 1 tablespoon lemon juice
- 1 teaspoon vanilla extract
- 1/2 cup almond flour
- 1/4 cup sliced almonds
- 2 tablespoons chopped walnuts
- 2 tablespoons melted butter or coconut oil
- 1 tablespoon sugar-free sweetener or honey
- 1/2 teaspoon ground cinnamon



DIRECTIONS

1. Preheat the oven to 375°F (190°C) and lightly grease 4 small ramekins or a small baking dish.
2. In a medium bowl, toss the berries with the lemon juice and vanilla extract, then divide them evenly among the ramekins.
3. In another bowl, combine the almond flour, sliced almonds, walnuts, melted butter or coconut oil, sweetener, and cinnamon until crumbly.
4. Sprinkle the crumble mixture evenly over the berries.
5. Bake for 12 to 15 minutes, until the berries are bubbling and the topping is lightly golden.
6. Let cool for a few minutes before serving.



2 SERVINGS



10 MIN

PREP



0 MIN

COOK



LEMON RICOTTA CREAM



INGREDIENTS

- 1 cup ricotta cheese
- 1/4 cup plain Greek yogurt
- 2 tablespoons honey or sugar-free sweetener
- 1 tablespoon lemon juice
- 1 teaspoon lemon zest
- 1/2 teaspoon vanilla extract
- 2 tablespoons chopped pistachios or almonds
- 2 tablespoons fresh berries, optional



DIRECTIONS

1. In a medium bowl, combine the ricotta cheese, Greek yogurt, honey or sugar-free sweetener, lemon juice, lemon zest, and vanilla extract.
2. Whisk or beat until the mixture is smooth and creamy.
3. Divide the lemon ricotta cream evenly between two serving cups or bowls.
4. Top with chopped pistachios or almonds and fresh berries, if using.
5. Serve immediately, or chill for 10 to 15 minutes before serving for a firmer texture.



4 SERVINGS



10 MIN

PREP



5 MIN

COOK



DARK CHOCOLATE NUT CLUSTERS



INGREDIENTS

- 1 cup dark chocolate chips or chopped dark chocolate
- 1/2 cup walnuts, roughly chopped
- 1/2 cup almonds, roughly chopped
- 2 tablespoons pistachios, roughly chopped
- 1 tablespoon unsweetened shredded coconut, optional
- 1/4 teaspoon ground cinnamon
- 1/8 teaspoon sea salt



DIRECTIONS

1. Line a small plate or tray with parchment paper. Place the walnuts, almonds, pistachios, coconut (if using), cinnamon, and sea salt in a medium bowl.
2. Melt the dark chocolate in a heatproof bowl over barely simmering water or in the microwave in short intervals, stirring until smooth.
3. Pour the melted chocolate over the nut mixture and stir until everything is evenly coated.
4. Drop spoonfuls of the mixture onto the prepared parchment paper to form small clusters.
5. Let the clusters cool until firm, or chill for 15 to 20 minutes before serving.



2 SERVINGS



5 MIN

PREP



0 MIN

COOK



VANILLA CHIA PUDDING

INGREDIENTS

- 1 1/2 cups unsweetened almond milk
- 1/4 cup chia seeds
- 1/2 teaspoon vanilla extract
- 1 tablespoon honey or sugar-free sweetener
- 1/4 teaspoon ground cinnamon
- 2 tablespoons chopped almonds or walnuts
- 1/4 cup fresh berries, optional

DIRECTIONS

1. In a medium bowl or jar, whisk together the almond milk, chia seeds, vanilla extract, honey or sugar-free sweetener, and cinnamon until well combined.
2. Let the mixture sit for 5 minutes, then stir again to prevent the chia seeds from clumping.
3. Cover and refrigerate for at least 2 hours, or until thickened.
4. Divide the pudding between two serving bowls and top with chopped almonds or walnuts and fresh berries, if using.
5. Serve chilled.



2 SERVINGS



10 MIN

PREP



0 MIN

COOK



CINNAMON COCOA YOGURT MOUSSE



INGREDIENTS

- 1 1/2 cups plain Greek yogurt
- 2 tablespoons unsweetened cocoa powder
- 1 tablespoon honey or sugar-free sweetener
- 1/2 teaspoon vanilla extract
- 1/2 teaspoon ground cinnamon
- 2 tablespoons chopped walnuts or almonds
- 1 tablespoon dark chocolate shavings, optional



DIRECTIONS

1. In a medium bowl, combine the Greek yogurt, cocoa powder, honey or sugar-free sweetener, vanilla extract, and ground cinnamon.
2. Whisk until the mixture is smooth, creamy, and fully blended.
3. Divide the mousse evenly between two serving cups or bowls.
4. Top with chopped walnuts or almonds and dark chocolate shavings, if using.
5. Serve immediately, or chill for 10 to 15 minutes before serving for a firmer texture.



4 SERVINGS



15 MIN

PREP



0 MIN

COOK



NO-BAKE COCONUT ALMOND BITES



INGREDIENTS

- 1 cup almond flour
- 1/2 cup unsweetened shredded coconut
- 1/4 cup almond butter
- 2 tablespoons honey or sugar-free syrup
- 1 tablespoon coconut oil, melted
- 1/2 teaspoon vanilla extract
- 1/4 teaspoon ground cinnamon
- 2 tablespoons chopped almonds



DIRECTIONS

1. In a medium bowl, combine the almond flour, shredded coconut, almond butter, honey or sugar-free syrup, melted coconut oil, vanilla extract, and cinnamon.
2. Stir until the mixture is evenly blended and holds together when pressed.
3. Fold in the chopped almonds.
4. Roll the mixture into small bite-sized balls and place them on a plate or tray.
5. Chill for 15 to 20 minutes, if desired, to help them firm up, then serve.



2 SERVINGS



10 MIN

PREP



18 MIN

COOK



BAKED BERRY CRISP FOR TWO

INGREDIENTS

- 1 1/2 cups mixed berries
- 1 teaspoon lemon juice
- 1/2 teaspoon vanilla extract
- 1/4 cup almond flour
- 2 tablespoons sliced almonds
- 1 tablespoon chopped walnuts
- 1 tablespoon melted butter or coconut oil
- 1 tablespoon sugar-free sweetener or honey
- 1/4 teaspoon ground cinnamon



DIRECTIONS

1. Preheat the oven to 375°F (190°C) and lightly grease 2 small ramekins or a small baking dish.
2. In a small bowl, toss the mixed berries with the lemon juice and vanilla extract, then divide them evenly between the ramekins.
3. In another bowl, combine the almond flour, sliced almonds, chopped walnuts, melted butter or coconut oil, sweetener, and cinnamon until crumbly.
4. Sprinkle the crumble mixture evenly over the berries.
5. Bake for 16 to 18 minutes, until the berries are bubbling and the topping is lightly golden.
6. Let cool for a few minutes before serving.



2SERVINGS



10 MIN

PREP



0 MIN

COOK



STRAWBERRY MASCARPONE CUPS

INGREDIENTS

- 1 cup mascarpone cheese
- 1/4 cup plain Greek yogurt
- 1 tablespoon honey or sugar-free sweetener
- 1/2 teaspoon vanilla extract
- 1 cup strawberries, hulled and sliced
- 2 tablespoons chopped pistachios or almonds
- 1/2 teaspoon lemon zest, optional

DIRECTIONS

1. In a medium bowl, combine the mascarpone cheese, Greek yogurt, honey or sugar-free sweetener, and vanilla extract.
2. Whisk or stir until the mixture is smooth and creamy.
3. Divide half of the mascarpone mixture between two serving cups, then add a layer of sliced strawberries.
4. Top with the remaining mascarpone mixture, then finish with the remaining strawberries.
5. Sprinkle with chopped pistachios or almonds and lemon zest, if using, then serve immediately or chill before serving.



4 SERVINGS



10 MIN

PREP



0 MIN

COOK



FROZEN YOGURT BARK WITH NUTS



INGREDIENTS

- 2 cups plain Greek yogurt
- 1 tablespoon honey or sugar-free sweetener
- 1/2 teaspoon vanilla extract
- 1/4 cup chopped walnuts
- 1/4 cup chopped almonds
- 2 tablespoons chopped pistachios
- 1/4 cup fresh berries, sliced
- 1 tablespoon unsweetened shredded coconut, optional



DIRECTIONS

1. Line a small tray or plate with parchment paper.
2. In a medium bowl, stir together the Greek yogurt, honey or sugar-free sweetener, and vanilla extract until smooth.
3. Spread the yogurt mixture into an even layer about 1/2 inch thick on the prepared tray.
4. Sprinkle the walnuts, almonds, pistachios, berries, and, if using, shredded coconut evenly over the top.
5. Freeze for 3 to 4 hours, or until firm. Break into pieces and serve.



CHAPTER 7

Living the Mediterranean Lifestyle in Real Life

Beyond the Plan

A healthy way of eating becomes truly valuable only when it can travel with you into everyday life. It has to work on workdays, during family dinners, on busy weekends, in restaurants, at holidays, and in those moments when the day does not go as planned. This is where many people lose confidence. They may do well when life is structured, food is prepared at home, and motivation is high. But the moment dinner is out with friends, a celebration appears on the calendar, or the week becomes unusually stressful, they begin to feel as though they are stepping away from progress.

The truth is much kinder than that. Real progress is not built by avoiding real life. It is built by learning how to move through real life with a little more steadiness, a little more intention, and a lot less guilt.

The Mediterranean lifestyle is especially helpful here because it was never meant to be rigid. It is rooted in balance, pleasure, and repeatable habits. It makes room for enjoyment while still giving you a structure to return to. That flexibility is not a weakness in the plan. It is one of its greatest strengths.

Eating Out Without Stress

Restaurant meals do not have to feel like a test you might fail. They are simply another setting in which you can make a few supportive choices.

The easiest way to approach eating out is to keep things simple. Look for a main dish built around protein. Fish, grilled chicken, shrimp, steak, eggs, or another satisfying option can provide a strong foundation for the meal. Then add vegetables where you can. A salad, grilled vegetables, steamed greens, or a side of roasted vegetables can bring balance to the plate. If the meal comes with bread, fries, pasta, or rice, there is no need for drama. You can choose a smaller portion, share it, leave some of it, or enjoy it and move on. The goal is not to create a perfect restaurant order. The goal is to avoid turning the meal into an all-or-nothing event.

It also helps to slow down. Restaurant meals often invite mindless eating because the atmosphere is social, the portions are larger, and food keeps appearing in front of you. Pausing halfway through the meal, noticing your hunger level, and deciding whether you still need more can make a tremendous difference. This is not about being strict. It is about giving yourself the chance to enjoy the meal rather than rushing past fullness.

Another helpful shift is to stop thinking of restaurant meals as “cheat meals.” That kind of label often encourages overeating before the first bite. A meal out is still just a meal. It may be richer or larger than what you would make at home, but it does not need to become a reason to disconnect from yourself. You are still allowed to choose what feels good, stop when you feel satisfied, and leave the restaurant feeling comfortable, not overly full.

Enjoying Holidays and Social Events

Holidays, celebrations, and social gatherings are part of a full life. They are not obstacles to living well. They are moments to enjoy with a little more awareness and a little less fear.

One of the most useful things to remember during these occasions is that one meal does not define your overall pattern. A holiday meal is not the problem. Repeatedly deciding that every special event gives you permission to abandon yourself for several days in a row is where things become harder. The answer is not to avoid celebrations. The answer is to enter them with a calm plan.

That plan can be very simple. Eat normally during the day instead of saving all your hunger for the event. Arriving overly hungry often makes it harder to make choices that feel good later. Survey the options before filling your plate. Choose the foods you genuinely want, especially the ones

that feel special or meaningful, rather than eating everything simply because it is there. Build some structure into the plate if possible by including protein and vegetables alongside richer items. Most importantly, enjoy what you choose instead of eating with a guilty, distracted mindset.

There is also no need to treat a holiday dessert as a moral crisis. A piece of pie, a slice of cake, or a family favorite can fit into a balanced life. What matters is the overall rhythm of your choices, not the idea of never indulging again. Food becomes much easier to manage when it is no longer loaded with so much emotional tension.

Social events follow the same principle. A dinner party, brunch, birthday, or weekend gathering does not require perfection. It requires presence. You can enjoy the company, eat the food you truly want, and still stay connected to your goals. Often, the most helpful mindset is this: enjoy the occasion, but do not let one occasion become a week-long detour.

How to Recover After Overeating

At some point, almost everyone overeats. Sometimes it happens at a celebration. Sometimes it happens after a stressful day. Sometimes it happens for no dramatic reason at all. The most important thing is not that it happened. The most important thing is what happens next.

Many people respond to overeating by swinging to the opposite extreme. They skip the next meal, promise to “be good tomorrow,” or decide they need to work it off. This reaction often creates even more instability, keeping the cycle of extremes alive. Overeating followed by punishment is not balanced. It is just another form of chaos.

The gentler and far more effective response is to return to normal as quickly as possible. Drink water. Take a walk if it feels good. Let the discomfort pass. Then, at the next meal, choose something simple and balanced. Protein, vegetables, healthy fat, and enough structure to help you feel steady again. No apology is needed. No dramatic reset is required. Just return.

This ability to recover calmly is one of the most important skills in lasting weight loss. Anyone can stay “on track” when life is easy and the week is organized. But long-term success belongs to the person who knows how to come back after an imperfect moment without turning it into a personal failure.

That return builds trust. And trust changes everything.

Staying Consistent During Busy Seasons

There will be seasons when healthy habits feel easier, and seasons when they require more intention. Busy work periods, travel, family stress, caregiving, holidays, and emotional fatigue can all make healthy eating feel less convenient. This does not mean you are losing progress. It means the plan needs to become simpler, not stricter.

During busy seasons, it helps to lower the standard from “ideal” to “supportive.” Maybe dinner is not a beautiful homemade recipe. Maybe it is eggs with vegetables, rotisserie chicken with salad, Greek yogurt with nuts, or a quick skillet meal made from what is already in the house. That still counts. In fact, those simple meals often matter more than the elaborate ones because they keep you connected to your habits when life is asking a lot of you.

Repetition becomes especially valuable in these seasons. A few easy breakfasts. A short list of fast lunches. Several fallback dinners. A reliable grocery routine. Healthy eating becomes far more sustainable when you reduce the number of decisions you need to make.

It also helps to stop expecting the same version of yourself every week. Some weeks will be fuller than others. Some weeks you will cook more. Other weeks, you will rely heavily on convenience foods that still support your goals. Flexibility is not inconsistency. It is an adaptation. And adaptation is what allows healthy habits to survive real life.

Making Healthy Choices Without Feeling Deprived

One reason so many plans fail is that they make people feel deprived for too long. At first, the restrictions may feel motivating. Eventually, they begin to feel emotionally expensive. When meals feel bland, repetitive, or joyless, the desire to “break free” grows stronger.

That is why this lifestyle works best when it stays rooted in satisfaction. Flavor matters. Pleasure matters. Feeling fed matters. A plate of salmon with lemon and olive oil, a crisp salad with feta and herbs, a bowl of Greek yogurt with berries, or a skillet of chicken and vegetables with garlic and spices does not feel like punishment. It feels like food that respects both your goals and your appetite.

Deprivation also decreases when you stop using extremes as your reference point. If the only version of “healthy eating” you know is rigid, low-fat, low-flavor, and overly controlled, then of course any balanced plan may still feel restrictive by comparison. But when healthy eating is built on abundance—fresh ingredients, satisfying protein, healthy fats, good seasoning, simple pleasure—it becomes much easier to stay with it.

The goal is not to eat as little as possible. The goal is to eat in a way that leaves you feeling cared for.

Why Flexibility Works Better Than Rigid Rules

Rigid rules often create the illusion of control but rarely bring lasting peace. They can make you feel safe for a while because everything is clearly labeled: allowed, forbidden, good, bad. But real life does not move neatly around rules. There will always be restaurants, holidays, unexpected invitations, stressful evenings, and days when the refrigerator looks emptier than you expected.

A rigid mindset struggles in those moments because it depends on perfect conditions. A flexible mindset does far better because it depends on returning, not controlling.

Flexibility means knowing how to make the best available choice instead of giving up when the ideal choice is not possible. It means understanding that one rich meal does not erase your progress. It means trusting that healthy eating can bend without breaking. It means creating a pattern you can live with long enough for results to become real.

Long-term success is not built by following rules so strict that they collapse under the weight of ordinary life. It is built by creating habits sturdy enough to survive ordinary life.

A More Sustainable Kind of Success

By now, one truth is becoming clear: the Mediterranean lifestyle is not just a set of meals. It is a more grounded way of caring for yourself. It asks for consistency, but not perfection. It encourages better choices, but not harshness. It allows you to enjoy food while still supporting your health.

That is what makes it sustainable.

The most powerful changes often come quietly. You begin to feel calmer in restaurants. Holidays no longer scare you. A single indulgent meal no longer turns into a week of self-criticism. Your routine becomes more stable. Your choices begin to feel more natural. The lifestyle starts to feel like yours.

That is when healthy eating stops feeling like a temporary effort and becomes part of who you are becoming.

MEDITERRANEAN DIET FOOD

Mg Magnesium

Supports Cognitive Function



Omega-3

Healthy Fats for the Brain



E Vitamin E

Powerful Antioxidant



Antioxidants

Fights Free Radicals



Antioxidants

Fights Free Radicals





CHAPTER 8

Your Next Chapter—Strong, Healthy, and Consistent

Weight Loss Is Only Part of the Story

When people begin a health journey, it is natural to focus on weight. The desire to feel lighter, healthier, more comfortable, and more confident is real and valid. But somewhere along the way, many discover that the deeper transformation reaches further than the number on the scale.

Weight loss can be part of the change, but it is not the whole change.

There is also a quiet shift in feeling steadier around food. There is the relief of not having to think about snacks all day. There is the pride of opening the refrigerator and knowing how to build a meal. There is the energy that comes from eating in a way that supports your body rather than drains it. There is the emotional freedom that begins when you stop swinging between perfection and guilt.

These changes may not always feel dramatic in the moment, but they are deeply important. They change the texture of everyday life. They make mornings easier, evenings calmer, and food decisions less loaded. In many ways, this is where the real transformation begins.

Confidence Is Built Through Kept Promises

Confidence rarely appears all at once. It is not usually created by a big moment of discipline or a single perfect week. More often, it is built quietly through small promises kept again and again.

You tell yourself you will make breakfast instead of skipping it, and you do. You say you will cook dinner instead of ordering takeout for the third time that week, and you do. You decide that one difficult meal will not turn into a difficult weekend, and you follow through. These moments may seem small, but they matter. They are evidence that you can rely on yourself.

That kind of self-trust is powerful.

For many people, the hardest part of changing the way they eat is not learning what to do, but rather learning what not to do. It is rebuilding trust after so many starts and stops. After enough years of promising to begin again “on Monday,” it is easy to wonder whether lasting change is really possible.

But trust is rebuilt in exactly the same way it was lost: through repeated experience. Each time you return to your habits, you show yourself that you are still here. Each time you make a supportive choice, you strengthen the belief that you can keep going.

Confidence does not come from being perfect. It comes from being dependent on yourself.

The Goal Is Not to Diet Forever

A diet usually feels temporary. It carries the energy of a phase, a plan, or a set of rules that will eventually come to an end. That is part of why so many diets fail. People tolerate them rather than inhabit them. They hold their breath, push through, and wait for the moment when they can stop. But lasting health does not come from holding your breath. It comes from building a lifestyle.

A lifestyle is different. It is not built around urgency. It is built around rhythm. It does not ask you to eat in a way that feels unnatural forever. It asks you to shape your days around habits that can support you for years. That is why the meals in this book are simple. That is why the method is flexible. That is why the goal has always been progress over perfection. A lifestyle has to fit ordinary life, not just your most disciplined week.

This also means there is no finish line where you suddenly stop caring for yourself because the goal has been reached. Instead, the process becomes more familiar, more personal, and more sustainable. You learn which breakfasts help you feel best. You discover which dinners are easiest to repeat. You

notice which habits protect your energy and which ones leave you feeling off balance. Over time, your routine becomes less about effort and more about identity.

You are no longer “being good.” You are simply living in a way that supports you.

Simple Meals Can Support a Fuller Life

There is something deeply reassuring about simple food. Not because it is less important, but because it makes room for everything else that matters.

A balanced breakfast can steady the morning. A quick lunch can help you avoid the energy crash that once made the afternoon harder. A straightforward dinner can bring peace to the evening instead of more stress. These meals may not look dramatic from the outside, but they create a kind of support that reaches far beyond the plate.

Simple meals make it easier to show up well in the rest of your life. They free up energy. They reduce decision fatigue. They soften the mental noise around food. They give your body something dependable. And in doing so, they help create more space for work, family, rest, relationships, and the ordinary joys that often get buried under stress.

This is one of the quiet gifts of a healthy routine: it gives you more of yourself back.

Progress May Be Slow, But It Is Still Progress

One of the hardest truths to accept is that meaningful progress is often slower than people would like. There is a strong temptation to believe that if change is not dramatic, then it is not real. But that is rarely true.

Slow progress is still progress.

A calmer week is progressing. Choosing breakfast more often is progress. Fewer episodes of overeating are progress. Better energy in the afternoon is progress. Cooking at home three times this week, when last month it was once, is progress. Progress is not only what shows up in obvious before-and-after comparisons. It is also what shows up in the daily pattern of your life.

The danger of expecting quick results is that it can make you overlook the bigger changes already underway. When you ignore those changes, it becomes easier to feel discouraged and give up too

soon. But when you learn to notice them, you begin to understand that the process is working in more ways than one.

The body often responds to consistency long before the mind feels fully convinced. That is why patience matters. Not passive patience, but active patience—the kind that keeps showing up, keeps repeating the habits, and keeps trusting that small actions are adding up.

They are.

Keep What Works and Make It Your Own

No book, no plan, and no recipe list should become another rigid set of expectations hanging over your life. The most useful thing you can do from here is to notice what truly works for you and keep it close.

Keep the breakfasts that make mornings easier. Keep the dinners that feel simple enough for weeknights. Keep the lunch combinations that help you stay steady through the afternoon. Keep the grocery habits that save you when the week gets busy. Keep the mindset that keeps one imperfect meal from becoming just one meal.

You do not need to use every recipe. You do not need to do everything exactly as written. What matters most is that you carry forward the parts that make healthy eating feel natural, nourishing, and repeatable. This is how a plan becomes a lifestyle: not by following it perfectly, but by letting it become personal.

Over time, your routine will grow with you. Some seasons will call for more structure. Others will ask for more flexibility. Some weeks, you will cook often. Others will lean heavily on simple staples and backup meals. None of this means you are drifting away from the lifestyle. It simply means you are living it in a real and adaptable way.

Trust Yourself Again

Perhaps the most important thing to take away from this book is not a meal plan or a grocery list. It is the possibility of trusting yourself again.

You can trust yourself to come back after a difficult day. You can trust yourself to eat well without becoming extreme. You can trust yourself to enjoy food and still move toward weight loss. You can trust yourself to build habits that feel kind as well as effective.

That trust may not appear overnight, but it grows every time you act in your own support. Every meal that steadies you. Every choice that reflects care rather than punishment. Every return after a setback. These are not small things. They are the foundation of a more peaceful relationship with food and with yourself.

And that relationship matters far beyond appearance. It shapes how you move through your days. It affects your energy, confidence, mood, and how you experience your own life.

The Beginning of a More Balanced Life

So let this be the final reminder: this is not the end of a diet. It is the beginning of a more balanced life.

A life in which food does not need to be feared. A life in which healthy choices can be satisfying. A life in which progress is built through steadiness, not pressure. A life in which you can care for yourself without extremes. A life in which weight loss is possible, but not at the cost of your peace.

You do not need to become a different person to live this way. You only need to keep returning to the habits that help you feel strong, nourished, and grounded. A simple breakfast. A balanced lunch. A quick dinner. A calm recovery after an off day. A little preparation. A little flexibility. A little more trust.

That is enough to begin.

And it is enough to continue.

So step into this next chapter with patience. Step into it with self-respect. Step into it with the understanding that lasting change is often quiet, but no less powerful for being quiet. Let your progress be steady. Let your food be satisfying. Let your habits become a form of support rather than

a source of stress.

You can trust yourself.

Y

ou can eat well without extremes.

You can enjoy food and still lose weight.

And you can build a way of living that feels healthier, calmer, and more fully your own.

That is not the end of the story.

It is where a better one begins.

28-DAY MEAL PLAN

	BREAKFAST	LUNCH	DINNER	SNACK/DESSERT
1	Spinach and Feta Omelet <i>p 30</i>	Tuna Stuffed Avocados <i>p 55</i>	Mediterranean Beef and Vegetable Skillet <i>p 67</i>	Vanilla Chia Pudding <i>p 87</i>
2	Greek Yogurt with Walnuts and Berries <i>p 31</i>	Greek Chicken Salad <i>p 44</i>	Seared Cod with Spinach and Garlic <i>p 65</i>	Olive and Feta Snack Cup <i>p 79</i>
3	Tomato, Cucumber, Feta, and Olive Breakfast Plate <i>p 32</i>	Zucchini Noodle Chicken Bowl <i>p 48</i>	Garlic Lemon Salmon with Asparagus <i>p 59</i>	Dark Chocolate Nut Clusters <i>p 86</i>
4	Mediterranean Scrambled Eggs <i>p 33</i>	Turkey Lettuce Wraps with Tzatziki <i>p 46</i>	Eggplant and Ground Turkey Sauté <i>p 69</i>	Mini Caprese Skewers <i>p 78</i>
5	Avocado and Egg Bowl <i>p 34</i>	Mediterranean Shrimp Salad <i>p 45</i>	Lemon Herb Chicken with Green Beans <i>p 66</i>	Greek Yogurt Cheesecake Cups <i>p 83</i>
6	Zucchini and Herb Egg Skillet <i>p 35</i>	Mediterranean Tuna Salad Bowl <i>p 53</i>	Feta Chicken Burgers with Cucumber Salad <i>p 71</i>	Roasted Spiced Nuts <i>p 82</i>
7	Smoked Salmon and Cucumber Plate <i>p 36</i>	Stuffed Bell Peppers with Turkey and Feta <i>p 54</i>	Sheet Pan Chicken with Broccoli and Feta <i>p 63</i>	Lemon Ricotta Cream <i>p 85</i>
8	Egg Muffins with Spinach and Cheese <i>p 37</i>	Halloumi and Vegetable Skillet <i>p 56</i>	Shrimp in Tomato Olive Sauce <i>p 62</i>	Turkey Roll-Ups with Cream Cheese <i>p 77</i>
9	Shakshuka <i>p 38</i>	Chicken Cucumber Dill Salad <i>p 57</i>	Baked Pesto Salmon with Cherry Tomatoes <i>p 68</i>	No-Bake Coconut Almond Bites <i>p 89</i>
10	Cottage Cheese Bowl with Almonds and Seeds <i>p 39</i>	Cauliflower Rice Mediterranean Bowl <i>p 50</i>	Mediterranean Chicken Skillet <i>p 60</i>	Tzatziki with Cucumber Sticks <i>p 73</i>
11	Mushroom and Spinach Frittata <i>p 40</i>	Egg Salad Lettuce Cups <i>p 51</i>	Cauliflower Rice Stuffed Peppers <i>p 64</i>	Strawberry Mascarpone Cups <i>p 91</i>
12	Mediterranean Breakfast Salad with Eggs <i>p 41</i>	Salmon and Cucumber Plate <i>p 49</i>	Turkey Meatballs with Zucchini Noodles <i>p 61</i>	Almond Parmesan Bites <i>p 76</i>
13	Turkey and Cheese Lettuce Wraps <i>p 42</i>	Chicken and Roasted Pepper Salad <i>p 52</i>	Mediterranean Baked Chicken with Olives and Tomatoes <i>p 72</i>	Berry Almond Crumble Bowls <i>p 84</i>
14	Ricotta with Cinnamon and Chopped Nuts <i>p 43</i>	Mediterranean Cobb Salad <i>p 58</i>	Creamy Garlic Shrimp with Zucchini Ribbons <i>p 70</i>	Deviled Eggs with Dill <i>p 74</i>

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16	Shakshuka <i>p 38</i>	Tuna Stuffed Avocados <i>p 55</i>	Lemon Herb Chicken with Green Beans <i>p 66</i>	Cucumber Hummus Bites <i>p 80</i>
17	Avocado and Egg Bowl <i>p 34</i>	Chicken and Roasted Pepper Salad <i>p 52</i>	Shrimp in Tomato Olive Sauce <i>p 62</i>	Baked Berry Crisp for Two <i>p 90</i>
18	Smoked Salmon and Cucumber Plate <i>p 36</i>	Greek Chicken Salad <i>p 44</i>	Eggplant and Ground Turkey Sauté <i>p 69</i>	Ricotta Cinnamon Cup <i>p 81</i>
19	Cottage Cheese Bowl with Almonds and Seeds <i>p 39</i>	Mediterranean Shrimp Salad <i>p 45</i>	Mediterranean Chicken Skillet <i>p 60</i>	Greek Yogurt Ranch Dip and Vegetables <i>p 75</i>
20	Spinach and Feta Omelet <i>p 30</i>	Cauliflower Rice Mediterranean Bowl <i>p 50</i>	Seared Cod with Spinach and Garlic <i>p 65</i>	Cinnamon Cocoa Yogurt Mousse <i>p 88</i>
21	Mediterranean Scrambled Eggs <i>p 33</i>	Egg Salad Lettuce Cups <i>p 51</i>	Sheet Pan Chicken with Broccoli and Feta <i>p 63</i>	Olive and Feta Snack Cup <i>p 79</i>
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25	Zucchini and Herb Egg Skillet <i>p 35</i>	Mediterranean Tuna Salad <i>p 47</i>	Feta Chicken Burgers with Cucumber Salad <i>p 71</i>	Roasted Spiced Nuts <i>p 82</i>
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27	Mediterranean Breakfast Salad with Eggs <i>p 41</i>	Mediterranean Cobb Salad <i>p 58</i>	Cauliflower Rice Stuffed Peppers <i>p 64</i>	Deviled Eggs with Dill <i>p 74</i>
28	Mushroom and Spinach Frittata <i>p 40</i>	Zucchini Noodle Chicken Bowl <i>p 48</i>	Mediterranean Beef and Vegetable Skillet <i>p 67</i>	Strawberry Mascarpone Cups <i>p 91</i>

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