

CORTISOL DETOX DIET *Cookbook*

**7 Days to Reset, 21 Days to Transform with Easy
Recipes, Detox Drinks, Full 28-Day Meal Plan,
Shopping Lists & Color Photos to Balance
Hormones and Lose Weight**

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Introduction

THE STRESS HORMONE SABOTAGING YOUR HEALTH

Dear reader, have you ever followed all the wellness advice—eating clean, exercising regularly, cutting sugar—yet still felt exhausted, anxious, and stuck with stubborn belly fat? If so, you're not imagining things. And more importantly, you're not alone.

I know how it feels to do everything "right" and still feel like your body is fighting against you. I spent years chasing solutions, thinking I just needed more willpower, better sleep, or stricter discipline. But the honest answer didn't come from doing more. It stemmed from a more profound understanding — especially of cortisol.

THE CORTISOL TRAP

Cortisol is a hormone produced by the adrenal glands in response to stress. It's designed to help you cope with short-term threats. But in today's world, where stress is constant and recovery is rare, cortisol can get stuck in high gear — quietly disrupting your:

Energy levels, leaving you wired and tired
Mood stability, triggering anxiety or irritability
Sleep quality, causing insomnia or restless nights
Weight, especially around the belly
Digestion, leading to bloating or cravings
Hormonal balance affects everything from cycles to immunity

It's not about weakness. It's not your fault. It's your body trying to protect you the only way it knows how.

This book is your gentle guide to finally understanding what's happening inside — and how to begin supporting your body, not battling it.

DISCOVER THE ROOT. HEAL THE REAL.

This book is not another restrictive diet or quick-fix program. It's a compassionate, science-backed guide to help you understand how cortisol affects your body—and how to naturally restore balance through food, daily habits, and self-care. Inside, you'll find:

- 1 **A clear explanation of cortisol and its impact on your health**
- 2 **Common signs of cortisol imbalance**
- 3 **A 28-day plan that includes 7 days of gentle reset and 21 days of transformational guidance**
- 4 **Healing recipes made with whole foods and a bonus section featuring detoxifying drinks**
- 5 **Lifestyle tools that help calm your nervous system and promote real recovery**

You'll learn how to eat, live, and care for yourself in a way that helps your body feel safe again — so it can finally stop holding onto fat, fatigue, and stress.

BEGIN YOUR HEALING

If you're dealing with burnout, low energy, poor sleep, anxiety, or unexplained weight gain—know this: your body is not broken. It's doing its best to keep you safe in a stressful world.

This book is your invitation to work with your body, not against it. To shift from survival mode to thriving.

Thank you for picking up this book and choosing to take your health into your own hands. I'm honored to guide you on this journey. Let's take the first step — together.

Warmly, Victoria Bennet

Chapter 1

UNDERSTANDING CORTISOL

WHAT IS CORTISOL AND HOW IT WORKS

FROM ALLY TO OVERLOAD

Today, we are constantly exposed to low-grade stressors – such as emails, traffic, processed foods, and financial worries – that can lead to emotional burnout.

The result? Cortisol remains elevated for too long, transitioning from a beneficial to a detrimental state.

MORE THAN JUST A STRESS HORMONE

Cortisol is one of the most misunderstood yet powerful hormones in the human body. Often labeled simply as the “stress hormone,” cortisol does much more than react to emotional tension – it is essential for survival. Produced by your adrenal glands, cortisol helps:

Helps

Regulate your metabolism

Manage inflammation

Control blood pressure

Support memory formation

Maintain steady energy throughout the day

Think of cortisol as your body’s internal alarm system. When faced with a threat – your brain signals the adrenals to release cortisol. This surge mobilizes energy, sharpens focus, and helps you respond quickly.

It’s part of our ancient “fight or flight” mechanism.

THE SYMPTOMS OF CHRONICALLY HIGH CORTISOL

You may not feel like you’re “stressed,” but your body knows otherwise. Chronic elevation of cortisol can lead to a cascade of symptoms that gradually erode your well-being. Cortisol has a profound influence on nearly every system in your body:

Sleep

High cortisol levels at night can interfere with your body’s natural sleep-wake rhythm. Instead of winding down, your brain stays alert. This leads to insomnia or frequent waking – leaving you drained the next day.

Mood & Mental Health

Chronic cortisol elevation affects neurotransmitters like serotonin and dopamine, leading to anxiety, low motivation, and even depression. You may feel “on edge” for no apparent reason.

Immune Function

Cortisol suppresses immune activity over time. This weakens your defense against infections and slows healing—making you more vulnerable to everything from colds to inflammation.

Weight and Metabolism

The most frustrating effect of high cortisol is unexplained weight gain. Cortisol increases appetite, promotes fat storage (especially around the abdomen), and disrupts insulin sensitivity. Even with a clean diet and regular exercise, weight loss can become a struggle if cortisol levels remain out of balance.

With targeted nutrition, lifestyle shifts, and daily habits that support adrenal recovery, you can bring cortisol back into balance—naturally and sustainably. And that’s precisely what this book will help you do.



PSYCHOSOMATICS AND CORTISOL

YOUR BODY AS A MIRROR OF STRESS

Cortisol imbalances are not only a physiological issue – **they're also deeply emotional.** Chronic stress often stems not just from what's happening around us but from what's happening within us. Our bodies respond to unprocessed emotions, internalized fears, and patterns of over-control with the same stress response they would to external danger.

Over time, this unresolved inner tension manifests physically. This is the mind-body connection in action—your body speaking the language of stress.



SUBCONSCIOUS DRIVERS

Specific mental patterns can elevate cortisol levels, even when life appears “normal” on the surface.

● Control and Hypervigilance

When we feel the need to control every outcome, our nervous system stays on high alert. This state of hypervigilance is a direct signal to produce more cortisol.

● Anxiety and Catastrophic Thinking

The mind's tendency to anticipate the worst can keep the stress response activated 24/7. Even imagined threats create real hormonal consequences.

● Perfectionism and People-Pleasing

Living under constant pressure to meet unrealistic standards – whether your own or others' – keeps your system in a state of continuous performance.

EMOTIONAL HEALING AS HORMONAL HEALING

Working with your emotional world is not a luxury – it's essential for cortisol recovery. When we begin to feel, express, and release emotions rather than suppress them, the body finally gets the message: it's safe. Here are practices that gently support this process:

1 Somatic Awareness

Pay attention to bodily sensations. Tension in the jaw, chest tightness, or stomach knots can be clues to hidden stress. Naming and breathing into these sensations is the first step to release.

2 Journaling and Emotional Inquiry

Explore the questions: What am I afraid will happen if I let go? Where am I holding stress I've never allowed myself to feel?

3 Mindfulness and Grounding

Breathwork, nature walks, and even five minutes of stillness help down-regulate the nervous system and signal safety to the body.

4 Therapeutic Movement

Gentle practices like yoga, stretching, or intuitive dance allow stuck emotions to move through the body in a way.

A COMPASSIONATE REMINDER

You are not “too emotional.” You are not “too sensitive.” Your body is intelligent, and it's doing its best to protect you. By learning to work with your emotions – not against them – you give your nervous system permission to calm and your cortisol a chance to reset.

This book provides all the tools you need to support your healing journey:

- **A comprehensive 28-day meal plan:**
 - 7 days to reset
 - 21 days of transformational guidance detailing exactly what to do at each stage
- **Bonus section featuring detoxifying drinks to nourish both your body and mind**

With these resources, you'll have a clear, supportive path to balance your cortisol, calm your nervous system, and restore your vitality from the inside out.

This is where real healing begins—from the inside out.

PRINCIPLES OF ANTI-CORTISOL NUTRITION

WHY FOOD IS A POWERFUL TOOL FOR RECOVERY

When it comes to healing from chronic stress and high cortisol, food isn't just fuel – it's medicine. What you eat every day sends signals to your body that either calm your system or keep it in overdrive.

That's why adopting an anti-cortisol approach to nutrition is one of the most powerful, natural ways to support your hormones, reduce inflammation, and regain balance.

WHAT TO ELIMINATE OR GREATLY REDUCE

These common dietary culprits are known to spike cortisol, inflame your system, and drain your energy:

Refined Sugar and Sweets

Blood sugar spikes followed by crashes create internal stress, triggering the release of cortisol. Over time, this can lead to weight gain, particularly around the abdomen, as well as mood swings and fatigue.

Caffeine (mainly coffee and energy drinks)

While coffee may feel essential, caffeine can overstimulate the adrenals, causing anxiety, jitters, and poor sleep.

Alcohol

Alcohol interferes with hormone regulation, depletes key nutrients (like B vitamins and magnesium), and negatively impacts sleep quality—even if it initially feels relaxing.

Processed and Packaged Foods

These often contain artificial additives, preservatives, refined oils, and hidden sugars. They offer little nutritional value and place additional stress on your body's detox systems.

FOCUS ON WHOLE, NUTRIENT-DENSE FOODS

The foundation of anti-cortisol nutrition is simple: eat foods that are as close to their natural state as possible.

Lean Proteins

Eggs, poultry, fish, and legumes help balance blood sugar and support mood-regulating neurotransmitters.

Healthy Fats

Avocados, olive oil, nuts, seeds, and fatty fish support hormone production and lower inflammation.



Fiber-Rich Carbs

Veggies, berries, oats, sweet potatoes, and quinoa stabilize blood sugar and curb cortisol spikes.

Fermented foods

Fermented foods, such as sauerkraut, kefir, kimchi, and yogurt, boost gut health and help regulate mood and cortisol levels.

THE POWER OF ANTI-STRESS NUTRIENTS

Specific nutrients play a key role in calming the nervous system and supporting adrenal function. These are your stress-fighting allies:

- **Magnesium** – “Nature’s relaxant” that lowers cortisol, improves sleep, and calms the nervous system. It is found in leafy greens, seeds, avocados, and dark chocolate.
- **Omega-3s** – Anti-inflammatory fats that reduce cortisol and protect the brain. Found in wild fish, walnuts, flaxseeds, and chia.
- **B Vitamins** – Especially B5, B6, and B12, for energy and nervous system health. Found in eggs, greens, legumes, and whole grains.
- **Vitamin C** – Supports adrenal health and immunity. It is found in citrus, bell peppers, strawberries, kiwi, and broccoli.

Anti-cortisol nutrition isn't about strict diets – it's about consistent nourishment and tuning into your body. Healing begins with each bite.

LIFESTYLE STRATEGIES FOR HIGH CORTISOL

When cortisol levels remain elevated, your body doesn't just feel tired – it feels constantly on edge. Healing isn't about pushing harder but about creating a life that tells your body it's safe to relax. **Your lifestyle – how you sleep, move, breathe, and connect – can either fuel stress or gently guide your system back into balance.**

This chapter is about building a supportive rhythm into your days. You don't need perfection; you need consistency and compassion.

PRIORITIZE RESTORATIVE SLEEP

Sleep is the #1 regulator of cortisol. Without it, your stress response can't reset. To promote healthy sleep:

- Prioritize*
- Stick to a consistent sleep schedule
 - Avoid screens and stimulation an hour before bed
 - Create a wind-down routine that includes herbal tea, a warm bath, calming music, or journaling to help you unwind and relax.
 - Sleep in a cool, dark, quiet room.

DESIGN MORNING AND EVENING RITUALS

Cortisol naturally peaks in the morning and drops at night. Aligning your routine with this rhythm supports hormonal balance.

Morning rituals

Can include exposing yourself to natural sunlight as soon as you wake up, gently moving your body, and avoiding rushed mornings.

Evening rituals

In the evening, begin to wind down about an hour before bed. Lower the lights, turn off stimulating devices, and engage in a relaxing activity.

Reflect briefly on your day—without judgment—and allow yourself to release it.

MOVE YOUR BODY — BUT DON'T OVERTRAIN

Exercise is essential, but when cortisol levels are high, the type and intensity of movement matter. Intensive training can overtax your system and leave you feeling more fatigued. Instead, opt for low-impact, calming forms of movement.

Take daily walks, especially in nature. Try gentle yoga, light strength training, or even just stretching throughout the day.

Breath-led practices, such as Tai Chi or Qigong, are effective for calming the nervous system.

BREATHE, PAUSE, BE

One of the most underrated tools for lowering cortisol is the power of presence.

- Deep diaphragmatic breathing (inhale for 4 seconds, exhale for 6 seconds) instantly calms your system.
- Moments of silence throughout the day allow your brain and body to reset and recharge.
- Scheduled stillness—even just 5 minutes—tells your body it's safe to relax.

AVOID OVERSTIMULATION & INFO OVERLOAD

Digital noise and multitasking overload your nervous system. Constant notifications and news scrolling keep you on edge.

Set boundaries – mute alerts during meals, avoid your phone first thing, and schedule screen-free breaks. Even 30 minutes offline helps your body reset.

CONNECT AND CO-REGULATE

We're wired for connection. Emotional safety with others helps calm the nervous system – this is co-regulation. **Simple moments – such as sharing a meal, a hug, or a kind word –** can significantly lower cortisol levels. Even caring for a pet makes a difference.

Healing happens together.





10 COMMON CORTISOL-SPIKING MISTAKES

Choices

Often, we make daily choices without realizing it, which keeps cortisol levels elevated.

Here are ten common – and surprisingly overlooked – mistakes that may be pushing your body into a constant stress response:

1 SKIPPING MEALS OR FASTING EXCESSIVELY

Going too long without eating may seem like a good idea for weight loss, but it sends a dangerous signal to your body. Without steady fuel, blood sugar drops, and cortisol rises to compensate – especially if you're already stressed.

2 OVERCONSUMING CAFFEINE

That second or third cup of coffee might feel like a lifesaver, but it overstimulates your adrenal glands. Caffeine triggers cortisol production and can disrupt your natural energy rhythms, especially when consumed on an empty stomach or late in the day.

3 TOO MUCH HIGH-INTENSITY EXERCISE

While movement is vital, overtraining with HIIT, long cardio sessions, or daily workouts without rest breaks can elevate cortisol levels instead of lowering them. Recovery days are not a weakness – they're essential.

4 CHRONIC SLEEP DEPRIVATION

Even one night of poor sleep can spike cortisol the next day. Over time, lack of quality sleep leads to hormonal chaos, increased cravings, and a heightened stress response – all while draining your energy reserves.

5 PERFECTIONISM AND OVERCONTROL

Even one night of poor sleep can spike cortisol the next day. Over time, lack of quality sleep leads to hormonal chaos, increased cravings, and a heightened stress response – all while draining your energy reserves.

6 IGNORING EMOTIONAL STRESS

Unprocessed emotions – grief, resentment, anger, or anxiety – don't just vanish. They lodge in the body and show up as fatigue, tension, and restlessness. Suppressing emotions is a hidden trap for cortisol.

7 LIVING IN CONSTANT DIGITAL STIMULATION

Endless scrolling, multitasking, and nonstop notifications overstimulate the brain and prevent proper rest. Your body interprets digital overload as an ongoing demand, keeping cortisol from dropping.

8 NUTRIENT DEFICIENCIES

Low levels of magnesium, B vitamins, omega-3 fatty acids, and protein weaken your body's ability to buffer stress. Without these nutrients, your adrenal system works overtime to produce cortisol, often with little support.

9 SOCIAL ISOLATION

Lack of meaningful connection increases perceived stress. Human touch, laughter, and feeling understood help regulate your nervous system. Without it, your body remains in a state of defense – and cortisol stays elevated.

10 IGNORING THE BODY'S SIGNALS

Pushing through exhaustion, skipping rest, overriding hunger, or numbing discomfort are ways we disconnect from our bodies. However, these actions teach your system that its needs don't matter – reinforcing stress physiology and spiking cortisol levels in the long term.

Healing cortisol imbalance starts with awareness.

It's not just about reducing stress but also about identifying hidden triggers and adjusting daily patterns to support your nervous system.

Choose differently – your body will respond.



THE METABOLIC IMPACT OF CORTISOL

Cortisol plays a central role in how your body manages energy. During stress, it boosts glucose production to fuel a "fight or flight" response. But when cortisol stays elevated for too long, it can:

Effect

- Break down muscle tissue for energy
- Increase fat storage, especially around the abdomen
- Suppress immune function, making the body more vulnerable
- Raise blood pressure and heart rate, burdening the cardiovascular system

Here's how cortisol influences major bodily systems:

- Metabolism** – Enhances glucose production, decreases insulin sensitivity
- Fat Storage** – Promotes accumulation of deep abdominal (visceral) fat
- Muscle Mass** – Increases protein breakdown, slows recovery and muscle growth
- Immune Health** – Diminishes immune response, leading to increased illness risk
- Heart Health** – Elevates cardiovascular strain, increasing risk of hypertension and disease

UNDERSTANDING CORTISOL RHYTHM

Cortisol follows a natural daily rhythm—peaking in the morning to boost energy and alertness, then gradually declining to support restful sleep at night.

This cycle supports metabolism, mood, and immunity. However, chronic stress, poor sleep, and irregular eating can disrupt it, leading to fatigue in the morning and restlessness at night.

THE HORMONAL DOMINO EFFECT OF STRESS

Elevated cortisol throws off more than just stress levels—it disrupts the balance of several key hormones:

- Insulin** – Cortisol makes cells more resistant to insulin, raising blood sugar and fat storage
- Thyroid Hormones** – Stress interferes with the conversion of T4 to active T3, slowing metabolism
- Sex Hormones (Estrogen/Testosterone)** – Chronic stress reduces libido and can affect fertility
- Leptin & Ghrelin** – These hunger hormones get disrupted, increasing cravings and emotional eating
- DHEA** – A vital hormone for energy, mood, and muscle, which declines under prolonged stress

THE BIG PICTURE: A HOLISTIC APPROACH TO CORTISOL BALANCE

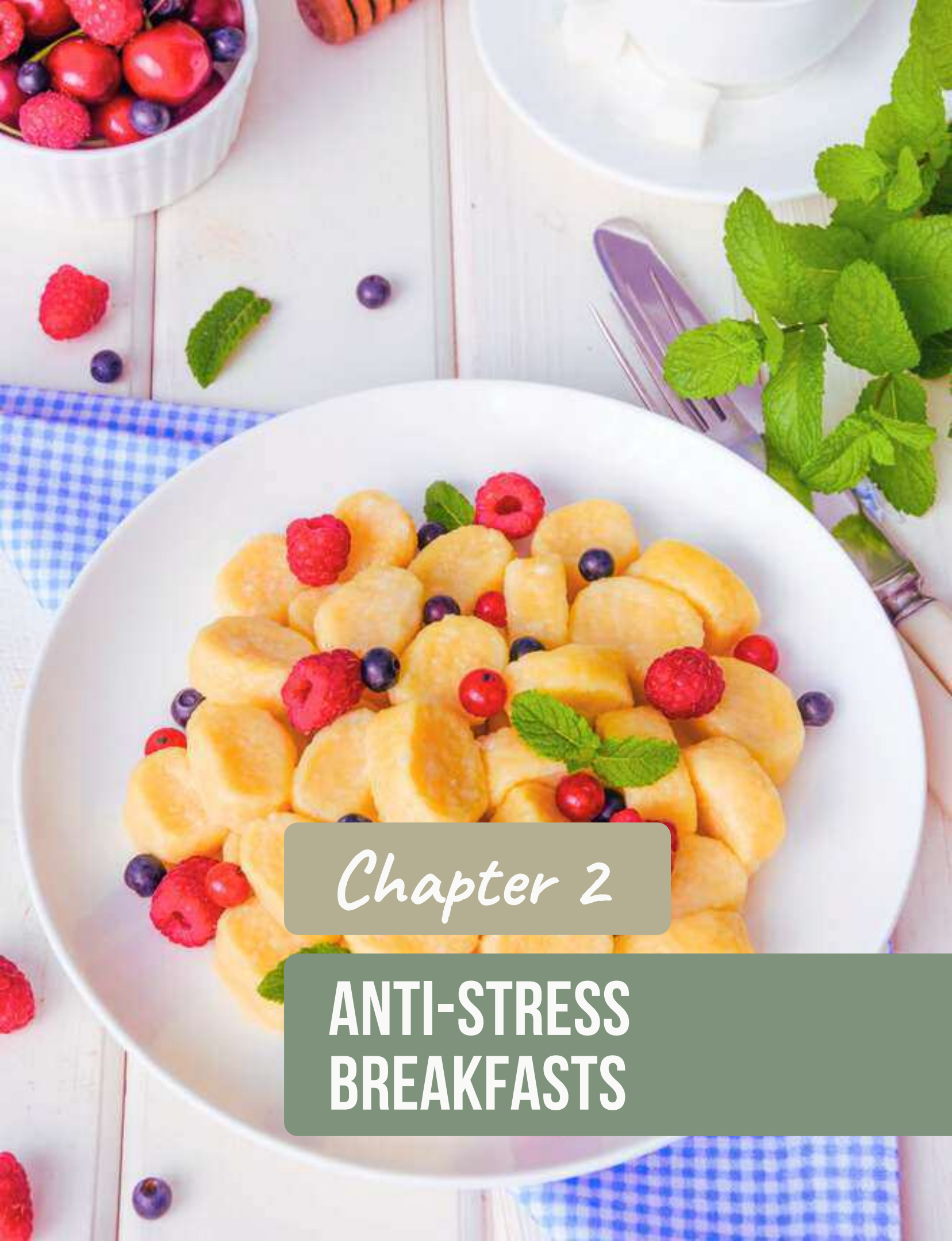
Balancing cortisol isn't just about managing stress—it's about supporting your entire hormonal system. Through smart nutrition, restorative movement, quality sleep, and daily habits that promote calm and consistency, you can help realign your body's rhythm and reclaim lasting energy, clarity, and resilience.

YOUR HEALING JOURNEY BEGINS

Next, we'll explore the recipe chapter with nourishing meals to support your journey.

Afterward, **you'll find** a comprehensive 28-day meal plan starting with a gentle 7-day reset to ease your transition, followed by a detailed 21-day transformational guide for lasting results. A bonus section on detoxifying drinks is also included to further support your body and mind.

Wishing you the best as you begin this path to health and vitality!

A top-down view of a white ceramic bowl filled with small, round, golden-brown fruit dumplings. The dumplings are garnished with fresh raspberries, blueberries, and small sprigs of green mint. The bowl sits on a light-colored wooden surface. In the background, there is a small white bowl of mixed berries, a white cup with butter, a purple knife, and a bunch of fresh mint leaves. A blue and white checkered cloth is partially visible on the left.

Chapter 2

ANTI-STRESS BREAKFASTS



SPINACH PANCAKES WITH CREAM CHEESE

Ingredients:

- 2 cups (60 g) fresh spinach leaves
- 2 large eggs
- ¼ cup (60 ml) almond milk
- ¼ cup (25 g) almond flour
- ¼ cup (25 g) oat flour
- ½ teaspoon (2 g) baking powder
- Salt and pepper to taste
- ½ cup (125 g) ricotta cheese
- ¼ cup (40 g) sun-dried tomatoes, chopped
- 2 tablespoons (20 g) sunflower seeds



Calories: 480 | Fats: 22 g |
Protein: 45 g | Carbs: 18 g |
Sugar: 6 g | Fiber: 5 g

Instructions:

- 1 Finely chop the spinach leaves in a blender until smooth. In a deep bowl, beat the eggs, add almond milk and prepared spinach, and mix until smooth. Then, gradually add the almond and oat flour, followed by baking powder, a little salt, and pepper to taste, and mix thoroughly until smooth. Let the batter rest for a few minutes to allow the ingredients to combine thoroughly.
- 2 Put a non-stick frying pan over medium heat and let it warm up. Lightly grease the pan with a drop of olive oil to prevent sticking. Pour a small amount of batter, spreading it evenly over the surface of the pan. Fry for 1-2 minutes on each side until the pancakes are golden and have an appetizing texture.
- 3 Meanwhile, in a separate bowl, combine the ricotta, chopped sun-dried tomatoes, and sunflower seeds, mixing thoroughly to create a rich filling. When the pancakes are ready, spread the filling evenly over their surface and carefully roll them up. Serve warm for the best taste experience.



LENTIL PATTIES WITH GREENS

Ingredients:

- 1/2 cup (100 g) raw lentils
- 1.25 cups (300 ml) water
- 1 small onion, finely chopped
- 1 clove garlic, minced
- 1 small carrot, grated
- 2 tablespoons oat flour
- 1.5 tablespoons chopped dill
- 1/2 teaspoon turmeric
- 1 tablespoon butter
- 1.5 tablespoons vegetable oil
- 2 tablespoons grated hard cheese
- Salt and spices to taste

Instructions:

- 1 Rinse the lentils under cold water, then simmer them in the water over low heat for 15–20 minutes, until they are soft. Season with salt, drain excess liquid, and let cool.
- 2 Mash the lentils slightly, keeping some texture. Add the onion, garlic, carrot, oat flour, dill, turmeric, salt, and spices. Add grated cheese and butter for a richer texture. Shape into patties, about 5 cm in diameter.
- 3 Heat vegetable oil in a frying pan over medium heat.
- 4 Cook the patties for 4–5 minutes on each side, until they are golden brown on both sides.
- 5 Let it rest on a paper towel to absorb excess oil.

Calories: 330 | Fats: 14 g | Protein: 14g |
Carbs: 32 g | Sugar: 10 g | Fiber: 6 g

PEARL BARLEY PORRIDGE WITH EGG

EASY



15 MIN



35 MIN



- 1/2 cup (100 g) pearl barley
- 2 cups (480 ml) water
- 2 large eggs
- 1 cup (30 g) corn salad leaves
- 1 tablespoon (10 g) flaxseed oil
- 1 teaspoon (5 g) sesame seeds
- 1/4 avocado (60 g), mashed
- 1 teaspoon (5 g) lemon juice
- 1 teaspoon (5 g) flaxseed oil
- 1 clove garlic, minced
- 1 tablespoon (10 g) chopped parsley or basil
- 1 teaspoon (5 g) sesame seeds
- Salt and black pepper to taste

Ingredients:

Instructions:

- 1 Rinse the pearl barley and simmer in 480 ml of water for 35 minutes until tender. Boil the eggs for 6 minutes, then plunge into ice water. Peel and halve.
- 2 Mash the avocado and mix with lemon juice, flaxseed oil, garlic, parsley, sesame seeds, salt, and pepper until smooth and creamy.
- 3 Transfer the barley to serving bowls, add the corn salad leaves, drizzle with flaxseed oil, and sprinkle with sesame seeds. Top with the eggs. Serve with the avocado dressing.

Calories: 320 | Fats: 14 g | Protein: 12 g |
Carbs: 38 g | Sugar: 2 g | Fiber: 6 g



BREAKFASTS

15

LAZY DUMPLINGS

Ingredients:

- 7 oz (200 g) cottage cheese
- 1.75 oz (50 g) flour (wheat, rice, or oat)
- 1/4 teaspoon (4 g) salt
- 1/2 tablespoon (8 g) sugar (optional)
- 1 large egg
- 1/4 teaspoon (4 g) baking powder
- Butter, for serving
- 1/4 cup (40 g) berry mix (raspberries, blueberries, cranberries)

Instructions:

- 1 In a bowl, combine cottage cheese, egg, flour, sugar (if using), salt, and baking powder. Mix well until a soft dough forms.
- 2 Lightly flour a work surface and roll the dough into a rope about 2 cm (3/4 inch) thick. Cut into bite-sized pieces.
- 3 Bring a pot of salted water to a boil. Drop the dumplings in and cook until they float to the surface, about 2–3 minutes.
- 4 Remove the dumplings with a slotted spoon and serve them warm. For an extra flavor boost, sprinkle with cinnamon, drizzle with honey, and top with a mixture of berries, such as raspberries, blueberries, and cranberries.

Calories: 330 | Fats: 8 g | Protein: 15 g | Carbs: 45 g | Sugar: 3 g | Fiber: 1 g



PUMPKIN WAFFLES

Ingredients:

- 1 cup (240 g) pumpkin purée
- 2 large eggs
- 1/2 cup (120 ml) almond milk
- 1 1/4 cups (150 g) oat or whole wheat flour
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon salt
- 1 teaspoon baking powder
- 1/4 teaspoon ground nutmeg
- 2 tablespoons (30 ml) olive oil or melted coconut oil
- 1 teaspoon vanilla extract

Instructions:

- 1 Preheat your waffle iron and lightly grease if necessary.
- 2 In a bowl, mix pumpkin purée, eggs, almond milk, oil, and vanilla extract (if using) until smooth.
- 3 In a separate bowl, combine flour, baking powder, cinnamon, nutmeg, and salt.
- 4 Gradually add the dry ingredients to the wet mixture, stirring until fully incorporated.
- 5 Pour the batter into the waffle iron, spreading evenly. Close the waffle iron and cook for 4–5 minutes until golden and crisp.
- 6 Serve warm with yogurt, honey, or fresh fruit.

Calories: 310 | Fats: 10 g | Protein: 9 g | Carbs: 42 g | Sugar: 6 g | Fiber: 6 g

OVERNIGHT OATS WITH FRUIT

Ingredients:

- 2/3 cup (65 g) of oat flakes
- 1 cup (240 ml) of milk or yogurt
- 1/2 apple (60 g), finely chopped
- 1/3 cup (65 g) of blueberries or dried cranberries
- 1 1/2 tablespoons (22 g) of chia seeds
- 2 teaspoons (10 g) of honey or maple syrup
- 2 tablespoons (20 g) of chopped nuts (almonds, walnuts, or hazelnuts)
- 1/2 teaspoon (2 g) of ground cinnamon
- 2 tablespoons (20 g) of pumpkin seeds



Instructions:

- 1 Take a medium bowl and pour the oats into it.
- 2 Add milk or yogurt, then mix thoroughly. For a creamier texture, use Greek yogurt or a mixture of milk and yogurt.
- 3 Add chia seeds to the oatmeal mixture. Stir well to distribute the ingredients evenly. Pour in honey or maple syrup, then add ground cinnamon. Mix thoroughly to ensure the sweetness and spices are evenly distributed throughout the mixture. Cover the bowl with a lid or plastic wrap.
- 4 Place it in the refrigerator and leave it for 4-8 hours or overnight. Remove the bowl from the fridge, stir the mixture well, and check the consistency. If it's too thick, add a little milk and mix again.
- 5 Add diced apples, blueberries, and chopped nuts, stirring gently to distribute them evenly. Let it sit for a few minutes to allow the flavors to meld. Divide the oatmeal into bowls or jars.
- 6 For decoration, top with pumpkin seeds.

Calories: 300 | Fats: 12 g | Protein: 9 g |
Carbs: 40 g | Sugar: 12 g | Fiber: 7 g





EGGS WITH ASPARAGUS AND SALMON

Ingredients:

- 4 large eggs
- 1 tablespoon (15 ml) milk or cream
- 1/2 teaspoon (2.5 ml) olive oil
- 8 asparagus spears, trimmed
- 4 ounces (115 g) smoked salmon, sliced
- 6 cherry tomatoes, halved
- Fresh basil leaves (for garnish)
- Salt and freshly ground black pepper, to taste

Instructions:

- 1 In a bowl, whisk together the eggs, milk or cream, salt, and black pepper until smooth and slightly frothy.
- 2 Heat olive oil in a skillet over medium heat. Add trimmed asparagus spears and sauté for 3–4 minutes, until tender-crisp. Remove and set aside.
- 3 Reduce the heat to low and pour the egg mixture into the skillet. Stir gently with a spatula, cooking for about 3–5 minutes until the eggs are softly set but still moist.
- 4 Arrange the cooked asparagus on plates, place scrambled eggs on top, and layer with smoked salmon slices.
- 5 Garnish with halved cherry tomatoes and fresh basil leaves. Serve immediately.

Calories: 220 | Fats: 15 g | Protein: 12 g |
Carbs: 8 g | Sugar: 4 g | Fiber: 2 g

MILLET PORRIDGE WITH DRIED FRUITS

MEDIUM



5 MIN



20 MIN



- 1/2 cup (90 g) millet
- 1 cup (240 ml) water
- 1 cup (240 ml) low-fat milk
- 2 tablespoons (30 g) raisins (pre-soaked)
- 4 dried apricots (40 g), chopped
- 6 dried cherries (30 g)
- 1 teaspoon (5 g) honey or sweetener (optional)
- 1/2 teaspoon (2.5 g) butter

Ingredients:

Instructions:

- 1 Rinse the millet under cold water. In a saucepan, bring water to a boil and add millet. Cook over low heat for 10 minutes, stirring occasionally.
- 2 Pour in the milk and stir. Continue cooking for an additional 10 minutes, keeping a close eye on the consistency to ensure it remains just right. If the porridge thickens too much, add a splash of milk to thin it out. Chop the dried apricots and, if needed, halve the dried cherries.
- 3 Add raisins, apricots, and cherries to the porridge, mixing well. Let it cook for another 2 minutes. Stir in honey and butter until fully incorporated. Remove from heat, let sit briefly, then serve warm.

Calories: 280 | Fats: 6 g | Protein: 8 g |
Carbs: 50 g | Sugar: 20 g | Fiber: 5 g



AVOCADO TOAST ON WHOLE GRAIN BREAD WITH EGG

Ingredients:

- 4 large eggs
- 1/2 cup (60 g) whole grain flour
- 1/4 cup (30 g) almond flour
- 1/4 cup (30 g) hazelnut flour
- 1/4 cup (30 g) cashew flour
- 1 tablespoon (15 g) coconut oil
- 1 teaspoon (5 g) baking powder
- 1 teaspoon (5 g) apple cider vinegar
- 1/4 teaspoon (1 g) salt
- 1/2 cup (120 ml) water
- 1 teaspoon (2.5 g) flax seeds (for topping)
- 1/2 avocado (60 g), mashed
- 2 tablespoons (30 g) cream cheese
- 1 teaspoon (5 g) sesame seeds
- 1 tablespoon (10 g) pumpkin seeds
- Optional: 1 teaspoon (2.5 g) sweetener



Instructions:

- 1 Preheat the oven to 350°F (180°C). In a bowl, whisk together whole grain, almond, hazelnut, and cashew flour. Add eggs, coconut oil, baking powder, salt, apple cider vinegar, and water, stirring until the mixture is smooth and well combined. Pour batter into a greased loaf pan and sprinkle flax seeds on top.
- 2 Place the pan in the oven and bake for 25–30 minutes, or until the bread is firm and golden brown on top. Let cool before slicing.
- 3 Toast slices of the prepared bread until crispy. Spread cream cheese, then top with mashed avocado.
- 4 Cook the 2 eggs to your preference—soft-boiled, poached, or fried—and place them on the toast.
- 5 Sprinkle with sesame seeds and pumpkin seeds. Serve warm and enjoy!

Calories: 350 | Fats: 22 g | Protein: 16 g |
Carbs: 28 g | Sugar: 2 g | Fiber: 5 g



CHICKEN FILLET WITH EGGS

Ingredients:

- 2 boneless, skinless chicken fillets (200 g total)
- 2 large eggs
- 5-6 small tomatoes, each cut into quarters
- 1/2 avocado sliced into half-moons
- 1 tablespoon vegetable oil
- Salt and pepper to taste
- Fresh herbs (optional)

Instructions:

- 1 Heat the vegetable oil in a pan over medium heat. Sear the whole chicken fillet on both sides until golden brown, about 5-7 minutes per side.
- 2 While the chicken is cooking, halve the cherry tomatoes and slice the avocado.
- 3 Once the fillet is ready, transfer it to a plate and slice it into strips. In the same pan, crack the eggs carefully to keep the yolks intact.
- 4 Cook the eggs sunny-side up for 2-3 minutes, until the whites are set but the yolks remain runny.
- 5 Arrange the eggs, sliced chicken, avocado, and cherry tomatoes on a plate. Sprinkle with fresh herbs, season with salt and pepper, and serve warm.

Calories: 295 | Fats: 25 g | Protein: 27 g | Carbs: 8 g | Sugar: 1.5 g | Fiber: 3 g



EASY



15 MIN



15 MIN



BANANA OAT PANCAKES

Ingredients:

- 2 ripe bananas
- 3/4 cup (180 ml) oat milk
- 3/4 cup (75 g) oat flour
- 1/2 teaspoon (2 g) cinnamon
- 1 1/2 tablespoons (22 ml) honey
- 1 1/2 tablespoons (22 g) coconut oil for frying
- 3 large eggs
- 1/4 cup (30 g) chopped walnuts
- 3/4 teaspoon (3 g) baking powder
- 2 tablespoons (30 ml) maple syrup
- 2 teaspoons (10 ml) vanilla extract

Instructions:

- 1 Blend the 1 1/2 bananas until smooth. In a bowl, whisk together eggs, oat milk, and blended bananas. Add oat flour, baking powder, cinnamon, vanilla extract, and honey. Mix until smooth. If the batter feels too thick, add a splash of oat milk to adjust its consistency.
- 2 Heat a non-stick frying pan over medium heat with coconut oil. Pour a small amount of batter into the pan and cook for 1-2 minutes per side until golden brown. Flip carefully to keep the pancakes fluffy.
- 3 Serve with maple syrup, banana slices, and chopped walnuts.

Calories: 300 | Fats: 14 g | Protein: 13 g | Carbs: 40 g | Sugar: 18 g | Fiber: 5 g



EGG CASSEROLE WITH BROCCOLI

Ingredients:

- 3 large eggs
- ⅓ cup (80 ml) milk
- ½ cup (75 g) chopped broccoli florets
- ⅓ cup (40 g) shredded mozzarella cheese
- ½ avocado, diced
- ⅛ teaspoon (0.6 g) salt
- ⅛ teaspoon (0.6 g) black pepper
- ¼ teaspoon (1.25 g) garlic powder
- ¼ teaspoon (1.25 g) onion powder
- 1 teaspoon (5 g) olive oil



Calories: 300 | Fats: 20 g |
Protein: 18 g | Carbs: 7 g |
Sugar: 2 g | Fiber: 2 g

Instructions:

- 1 Preheat the oven to 375°F (190°C) and lightly grease a small baking dish with olive oil.
- 2 In a mixing bowl, whisk together eggs, milk, salt, black pepper, garlic powder, and onion powder until smooth.
- 3 Gently fold in chopped broccoli, diced avocado, and shredded mozzarella cheese, ensuring even distribution.
- 4 Pour the mixture into the greased baking dish, spreading it evenly.
- 5 Bake in the preheated oven for 25–30 minutes, or until the eggs are fully set and the top is lightly golden. To check for doneness, insert a knife or toothpick in the center—if it comes out clean, the frittata is ready.
- 6 Remove the frittata from the oven and let it rest for 5 minutes. Serve warm, garnished with additional cheese or fresh herbs if desired.





SPINACH ROLL WITH SALMON

Ingredients:

- 1/2 cup (50 g) rolled oats
- 1 cup (240 ml) milk or yogurt
- 1/2 apple (60 g), grated
- 1/4 cup (50 g) blueberries or other fruit
- 1 teaspoon (5 g) honey or maple syrup
- 1 tablespoon (15 g) chia seeds
- 1 tablespoon (10 g) chopped nuts (almonds, walnuts, or hazelnuts)
- 1/2 teaspoon (2 g) ground cinnamon

Instructions:

- 1 In a bowl, mix oats, milk or yogurt, grated apple, chia seeds, honey, and cinnamon until well combined. Let the mixture sit for a few minutes to allow the flavors to meld together.
- 2 Cover and refrigerate for 4–8 hours or overnight, allowing the oats to absorb the liquid and soften, which results in a creamy texture.
- 3 Stir the mixture, ensuring all ingredients are evenly distributed. Then, fold in the blueberries and chopped nuts for added flavor and texture. Serve chilled in bowls or jars. Garnish with extra fruit or nuts if desired.

Calories: 250 | Fats: 9 g | Protein: 8 g |
Carbs: 35 g | Sugar: 10 g | Fiber: 6 g

AMARANTH AND QUINOA PORRIDGE

EASY



10 MIN



20 MIN



- 1/4 cup (50 g) amaranth
- 1/4 cup (50 g) quinoa
- 1 1/2 cups (360 ml) water
- 1/4 cup (50 g) dried figs, chopped
- 2 tablespoons (30 g) raisins
- 1 tablespoon (15 g) honey
- 2 tablespoons (30 g) almonds, sliced
- 1 teaspoon (5 g) butter or coconut oil

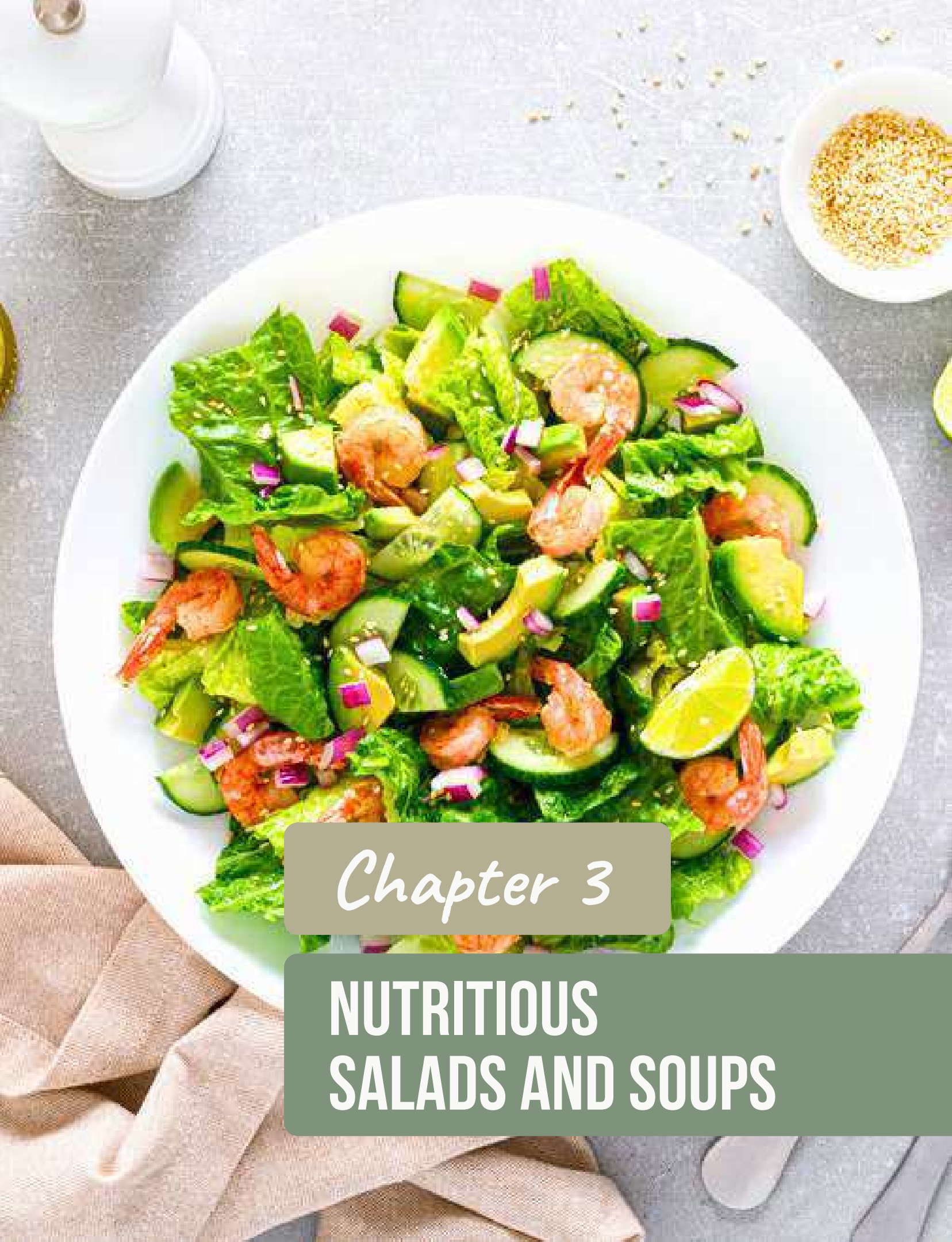
Ingredients:

Instructions:

- 1 Rinse the amaranth and quinoa under cold water. Bring 360ml of water to the boil in a saucepan, add the grains, reduce the heat, and simmer for 15–20 minutes, until the liquid has been absorbed.
- 2 Melt the butter or coconut oil in a frying pan over a medium heat. Add the sliced almonds and toast for 2–3 minutes, stirring occasionally, until lightly golden. Drizzle the honey over the almonds and cook for an additional 1 minute, until caramelized. Remove from the heat.
- 3 Assemble the dish. Divide the porridge among serving bowls. Top with quartered figs, raisins, and caramelised almonds. Serve warm.

Calories: 300 | Fats: 10 g | Protein: 8 g |
Carbs: 45 g | Sugar: 2 g | Fiber: 6 g





Chapter 3

NUTRITIOUS SALADS AND SOUPS



SALAD WITH BAKED BEETROOT AND GOAT CHEESE

Ingredients:

- 2 medium beets (200 g), baked and sliced
- 2 oz (60 g) goat cheese, crumbled
- 2 cups (60 g) fresh spinach leaves
- 2 green onions (20 g), chopped
- 1 tablespoon (15 ml) olive oil
- 1 teaspoon (5 ml) apple cider vinegar
- A pinch of sea salt and black pepper
- 2 tablespoons (20 g) walnuts, roughly chopped



Calories: 270 | Fats: 19 g |
Protein: 8 g | Carbs: 15 g |
Sugar: 9 g | Fiber: 4 g

Instructions:

- 1 Preheat your oven to 375°F (190°C). Wash the beets thoroughly, wrap each one in foil, and place them on a baking sheet. Bake for 30–35 minutes or until tender. Let it cool slightly, then peel by gently rubbing with a paper towel or your hands. Slice into rounds or half-moons. If desired, season the beet slices lightly with a pinch of salt to enhance their natural sweetness.
- 2 While the beets are baking, rinse spinach leaves and pat dry. Trim and finely chop the green onions. Toast the walnuts in a dry skillet over medium heat for 2–3 minutes, stirring frequently, until fragrant. Set aside to cool. To deepen their nutty flavor, you can let them rest for an extra minute before adding them to the salad.
- 3 In a large bowl, combine the sliced beets, spinach, and green onions. Add the toasted walnuts and gently toss to combine. Crumble the goat cheese evenly over the salad. In a small bowl, whisk together the olive oil, apple cider vinegar, salt, and pepper until the mixture is well blended.
- 4 Drizzle the dressing over the salad and gently toss to coat all the ingredients. Serve immediately or refrigerate for 10 minutes before serving to allow flavors to meld.



SALAD WITH ROAST BEEF AND TOMATOES

Ingredients:

- 200 g beef (sirloin or ribeye)
- 120 g cherry tomatoes, halved
- ½ small red onion (40 g), thinly sliced
- 2 cups (60 g) lettuce leaves (mixed greens)
- 1½ tablespoons (23 ml) olive oil, divided
- 1 tablespoon (15 ml) Dijon mustard
- 1 teaspoon (5 ml) apple cider vinegar
- 1 teaspoon (5 g) honey
- Salt and black pepper to taste

Instructions:

- 1 Preheat a skillet over medium heat. Rub the beef with ½ tablespoon of olive oil, salt, and black pepper. Sear for 2–3 minutes per side until browned, then roast in the oven at 200°C (400°F) for 10 minutes. Let the meat rest, then slice thinly.
- 2 In a small bowl, mix olive oil, mustard, apple cider vinegar, and honey until smooth. Season with salt and black pepper.
- 4 In a large salad bowl, combine lettuce leaves, cherry tomatoes, sliced onion, and roast beef.
- 5 Drizzle the mustard sauce over the salad before serving.

Calories: 230 | Fats: 14 g | Protein: 18 g |
Carbs: 10 g | Sugar: 5 g | Fiber: 2 g

BEET PURÉE SOUP



- 2 cups (250 g) beets, peeled and diced
- 1 tablespoon (15 ml) olive oil
- ½ medium onion (75 g), chopped
- 1 cup (250 ml) vegetable broth
- ½ cup (125 ml) almond milk
- Salt, pepper, and spices to taste

Ingredients:

Instructions:

- 1 Heat 1 tablespoon olive oil in a pot over medium heat. Add the chopped onion and sauté until translucent. Add diced beets to the pot and cook for 5 minutes, stirring occasionally.
- 2 Pour in the vegetable broth and bring to a boil. Reduce heat and simmer for 20 minutes, or until the beets are tender.
- 3 Remove from heat and let cool slightly. Blend the mixture using an immersion blender until smooth.
- 4 Stir in almond milk, salt, pepper, and spices (such as paprika, cumin, or nutmeg). Heat gently until warmed through.
- 4 Serve hot, garnished with fresh herbs or a dollop of yogurt if desired.

Calories: 155 | Fats: 8 g | Protein: 3 g |
Carbs: 18 g | Sugar: 11 g | Fiber: 4 g



LENTIL SOUP

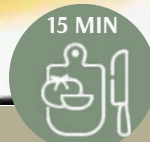
Ingredients:

- 1 cup (200 g) red lentils
- 1 medium onion (1 oz / 150 g), chopped
- 1 cup (150 g) carrots, diced
- 2 garlic cloves, minced
- 1 cup (200 g) pumpkin, diced
- 1 cup (200 g) potatoes, diced
- 4 cups (1 L) vegetable broth
- 2 tablespoons (30 ml) flaxseed oil
- 1 stalk (100 g) celery, chopped
- Salt, pepper, turmeric, and paprika to taste

Instructions:

- 1 Rinse the lentils thoroughly and set aside.
- 2 Heat flaxseed oil in a large pot over medium heat. Add chopped onion, garlic, celery, and carrots, and sauté until softened.
- 3 Add diced potatoes and pumpkin, cook for 5 minutes, stirring occasionally. Pour in vegetable broth or water and bring to a boil. Add the rinsed lentils, reduce the heat, and simmer for 25 minutes until the lentils, potatoes, and pumpkin are tender.
- 4 Season with salt, pepper, turmeric, and paprika. Stir well and let the flavors meld. Serve hot, garnished with fresh herbs if desired.

Calories: 220 | Fats: 6 g | Protein: 8 g | Carbs: 30 g | Sugar: 6 g | Fiber: 7 g



MEDITERRANEAN CHICKEN SALAD

Ingredients:

- 2 cups (300 g) chicken breast
- 1 avocado (1 oz / 200 g), sliced
- 2 cups (100 g) mixed salad greens
- 1 cup (150 g) Kalamata olives
- 1 cup (150 g) tomatoes, diced
- 1 cup (150 g) cucumber, sliced
- 1/2 cup (100 g) crumbled feta cheese
- Salt, pepper, and olive oil for grilling

Instructions:

- 1 Preheat the grill. Season the chicken with salt and pepper, and brush it lightly with olive oil. Place the chicken on the grill and cook for 6-7 minutes on each side, turning once. Remove from the grill, let rest for 5 minutes, then cut into small pieces.
- 2 Combine the sliced grilled chicken, sliced avocado, mixed salad, olives, cucumbers, and tomatoes in a large bowl. Gently toss to combine.
- 3 Sprinkle crumbled feta cheese on top. Make the dressing by mixing lemon juice and olive oil. Pour the dressing over the salad. Serve immediately.

Calories: 270 | Fats: 16 g | Protein: 22 g | Carbs: 10 g | Sugar: 3 g | Fiber: 4 g



CHICKEN SALAD WITH APPLE AND NUTS

Ingredients:

- 1 grilled chicken breast (200 g)
- 2 cups (60 g) arugula
- 1 small apple (100 g), thinly sliced
- 1 stalk celery (50 g), chopped
- 1/4 cup (30 g) walnuts, chopped
- 1 tablespoon (15 ml) olive oil
- 1 teaspoon (5 ml) lemon juice
- 1/4 teaspoon (1.25 g) salt
- 1/4 teaspoon (1.25 g) black pepper



Calories: 300 | Fats: 14 g |
Protein: 25 g | Carbs: 20 g |
Sugar: 10 g | Fiber: 4 g

Instructions:

- 1 Preheat grill to 375°F (190°C) and lightly brush with oil to prevent sticking. Season chicken breasts with salt and pepper. Place chicken breasts on the grill and cook for 6 to 8 minutes on each side until golden brown.
- 2 Once cooked through, transfer the chicken to a cutting board and let it rest for 5 minutes to retain its juices, then slice it thinly. In a large bowl, combine fresh arugula, thinly sliced apple, celery, and coarsely chopped walnuts. Gently toss to combine.
- 3 Add sliced grilled chicken to the salad mixture.
- 4 In a small bowl, combine olive oil, lemon juice, salt, and black pepper, adjusting seasonings to taste. Whisk until smooth, creating a well-emulsified dressing. Drizzle the dressing evenly over the salad and toss gently. Serve immediately.



ZUCCHINI AND SPINACH PUREE SOUP

Ingredients:

- 2 cups (300 g) zucchini, diced
- 2 cups (150 g) spinach, fresh or frozen
- 2 tablespoons (30 ml) flaxseed oil
- 1 medium onion (1 oz / 150 g), chopped
- 2 garlic cloves, minced
- 4 cups (1 L) vegetable broth
- Salt and spices to taste (e.g., nutmeg)
- 1 tablespoon (15 g) yogurt for garnish

Instructions:

- 1 Heat the flaxseed oil in a saucepan. Add the onion and garlic, and cook until they become translucent. Stir occasionally to prevent sticking and ensure even cooking. Add the zucchini and cook for 5 minutes until slightly tender.
- 2 Pour in the vegetable broth and bring to a boil. Reduce the heat, cover, and simmer for 15 minutes, or until the zucchini is tender. Add the spinach and cook for an additional 2 minutes, until wilted. For a deeper flavor, you can add a squeeze of lemon juice at this stage.
- 3 Remove from heat, let cool slightly, and blend the soup with a stick blender until smooth. Season with salt and spices to taste, such as a pinch of nutmeg. Serve hot, garnished with a dollop of yogurt.

Calories: 100 | Fats: 5 g | Protein: 3 g | Carbs: 10 g | Sugar: 3 g | Fiber: 3 g



SHRIMP SALAD WITH LIME DRESSING

Ingredients:

- 200 g shrimp, peeled and deveined
- 2 cups (60 g) mixed greens (romaine, arugula, spinach)
- ½ avocado (70 g), sliced
- 1 small cucumber (100 g), sliced
- ½ teaspoon (2 g) honey
- 1 tablespoon (15 ml) lime juice
- 1½ tablespoons (23 ml) olive oil, divided
- ½ teaspoon (2 g) Dijon mustard
- Salt and black pepper to taste

Instructions:

- 1 Heat ½ tablespoon of olive oil in a pan over medium heat. Season the shrimp with salt and black pepper, then sauté for 2–3 minutes per side, until they are pink and cooked through. For extra depth of flavor, you can add a pinch of paprika or garlic powder while cooking.
- 2 In a small bowl, mix lime juice, remaining olive oil, honey, and mustard until smooth. Season with salt and black pepper. Let the dressing sit for a minute to allow the flavors to meld together.
- 3 In a large salad bowl, combine greens, cucumber, avocado, and shrimp.
- 4 Drizzle the lime dressing over the salad before serving. If desired, garnish with toasted sesame seeds or fresh cilantro for an extra burst of flavor.

Calories: 210 | Fats: 12 g | Protein: 16 g | Carbs: 9 g | Sugar: 3 g | Fiber: 3 g

SALAD WITH ORANGE, CHICKEN LIVER, AND WALNUTS

Ingredients:

- 150 g chicken liver
- 2 cups (60 g) lettuce leaves
- 1 medium orange (150 g), peeled and segmented
- 2 tablespoons (14 g) walnuts, chopped
- 1 tablespoon (15 ml) olive oil
- 1 teaspoon (5 ml) balsamic vinegar
- ½ teaspoon (2 g) honey
- Salt and black pepper to taste



Instructions:

- 1 Peel the orange and separate into segments, removing the membranes for a more delicate taste. If desired, chill the orange slices beforehand to enhance their refreshing flavor.
- 2 Lightly toast the walnuts in a dry frying pan to enhance their flavor and aroma.
- 3 Heat the frying pan over medium heat and add olive oil.
- 4 While the oil is heating, rinse the chicken livers thoroughly under cold water and pat dry with paper towels.
- 5 Season the livers with salt and pepper on both sides.
- 6 Place the livers in a preheated frying pan and fry for 2-3 minutes on each side, until a golden crust forms. For extra richness, you can add a small knob of butter toward the end of cooking. Transfer the livers to a plate and let them cool slightly, then cut them into small pieces.
- 7 In a deep bowl, combine the lettuce leaves, orange slices, chopped liver, and walnuts.
- 8 In a separate small container, mix the balsamic vinegar and honey, stir thoroughly until the honey is completely dissolved.
- 9 Drizzle the dressing over the salad and toss gently. Serve the salad immediately.

Calories: 220 | Fats: 12 g | Protein: 16 g |
Carbs: 10 g | Sugar: 6 g | Fiber: 2 g



CREAMY PUMPKIN SOUP WITH COCONUT MILK

Ingredients:

- 1 1/2 cups (300 g) roasted pumpkin, cubed
- 1 cup (240 ml) coconut milk
- 1 cup (240 ml) vegetable broth
- 1/2 onion (50 g), chopped
- 2 cloves garlic, minced
- 1/2 teaspoon (2.5 g) ground ginger
- 1/2 teaspoon (2.5 g) ground cinnamon
- 1/4 teaspoon (1.25 g) nutmeg
- 1/4 teaspoon (1.25 g) salt
- 1 tablespoon (15 ml) olive oil
- 1 teaspoon (5 ml) lemon juice
- 1 teaspoon (5 g) pumpkin seeds for garnish



Calories: 280 | Fats: 18 g |
Protein: 4 g | Carbs: 28 g |
Sugar: 8 g | Fiber: 6 g

Instructions:

- 1 Preheat the oven to 375°F (190°C). Cut squash into large chunks, season with salt and pepper, and drizzle with olive oil. Wrap in foil and bake for 20 minutes, until soft and.
- 2 Heat olive oil in a saucepan over medium heat. Add the chopped onion and sauté for 5 minutes, until it is soft and translucent. Add minced garlic, ground ginger, cinnamon, nutmeg, and salt, stirring thoroughly to distribute the flavors. Cook for 1 minute.
- 3 Add the vegetable broth and stir in the roasted squash cubes gently to combine. Simmer for 10 minutes. Stir occasionally to prevent sticking. Remove from heat and use an immersion blender to puree the soup until smooth and creamy. Adjust consistency by adding more broth if necessary.
- 4 Add the coconut milk and lemon juice, stirring well to achieve a velvety texture. Return to low heat for 5 minutes, making sure the soup is heated through without boiling. Serve warm, garnished with pumpkin seeds.





SOUP WITH SALMON

Ingredients:

- 1 cup (200 g) salmon fillet, diced
- 1 cup (200 g) potatoes, diced
- 1 medium onion (1 oz / 150 g), chopped
- 1 cup (150 g) carrots, sliced
- 4 cups (1 L) vegetable broth
- 2 tablespoons (30 ml) flaxseed oil
- Salt and pepper to taste
- Fresh dill for garnish

Instructions:

- 1 Heat flaxseed oil in a large pot over medium heat. Sauté the onion and carrots until softened.
- 2 Add diced potatoes and cook for 3 minutes, stirring occasionally.
- 3 Add the vegetable broth, bring to a boil, and then reduce the heat to a simmer. Cook for 15 minutes, or until potatoes are tender. For a richer taste, consider adding a bay leaf or a sprig of thyme while the dish is simmering.
- 4 Add diced salmon and season with salt and pepper. Cook for an additional 5 minutes, or until the salmon is fully cooked.
- 5 Remove from heat, garnish with fresh dill, and serve hot.

Calories: 250 | Fats: 10 g | Protein: 15 g |
Carbs: 20 g | Sugar: 4 g | Fiber: 3 g

SALAD WITH BEEF TONGUE

MEDIUM



15 MIN



25 MIN



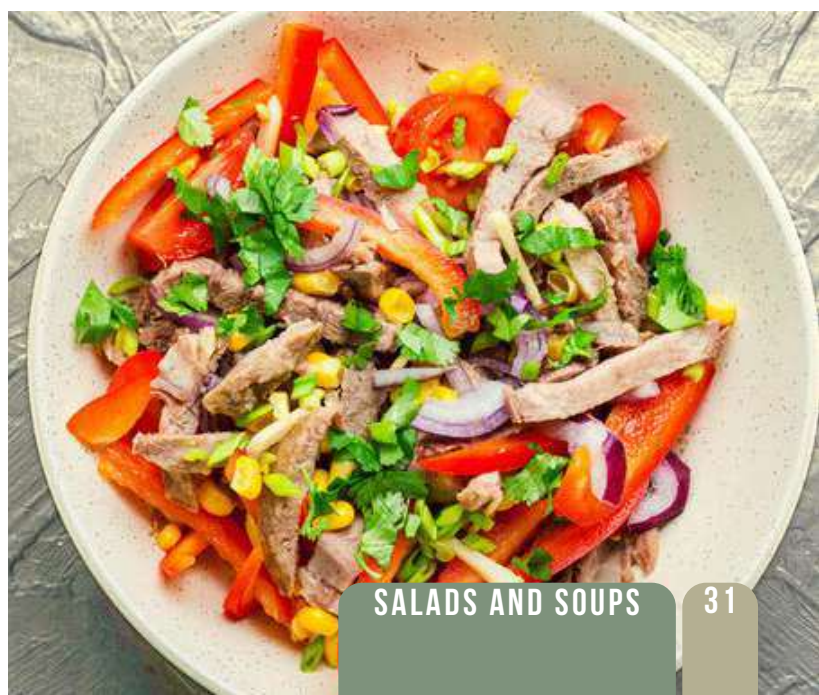
- 200 g beef tongue
- ½ red bell pepper (80 g), sliced into thin strips
- ½ cup (80 g) canned or cooked corn
- ½ small red onion (40 g), thinly sliced
- 2 cups (60 g) lettuce leaves
- 1½ tablespoons (23 ml) olive oil
- 1 teaspoon (5 ml) lemon juice
- 1 teaspoon (5 g) Dijon mustard
- Salt and black pepper to taste

Ingredients:

Instructions:

- 1 Bring a pot of water to a boil. Add the beef tongue, salt, and bay leaf, then simmer for 40 minutes, or until tender. For a richer flavor, you can add a few peppercorns or a sprig of thyme to the broth while simmering. Remove the tongue, let it cool, and slice thinly.
- 2 In a large salad bowl, combine lettuce, bell pepper, corn, red onion, and sliced beef tongue. For extra crunch and color, consider adding thinly sliced radishes or cucumber.
- 3 In a small bowl, mix olive oil, lemon juice, mustard, salt, and black pepper until smooth.
- 4 Drizzle the dressing over the salad before serving.

Calories: 230 | Fats: 14 g | Protein: 18 g |
Carbs: 9 g | Sugar: 3 g | Fiber: 2 g



TUNA AND ARUGULA SALAD

Ingredients:

- 1 cup (200 g) tuna, drained and flaked
- 2 cups (100 g) arugula
- 1 cup (150 g) Kalamata olives
- 1 cup (150 g) green beans
- 4 large eggs (1 oz / 50 g each)
- 1 cup (150 g) cherry tomatoes, halved
- 2 tablespoons (30 ml) lemon juice
- 2 tablespoons (30 ml) olive oil
- Salt and pepper to taste

Instructions:

- 1 Steam green beans for 5–7 minutes until tender-crisp, and boil eggs for 8–10 minutes until hard-boiled. Let both cool before assembling the salad. For added depth, you can season the eggs with a pinch of salt before cutting them in half.
- 2 In a large mixing bowl, combine arugula, tuna, olives, steamed green beans, cherry tomatoes, and halved eggs. If desired, sprinkle some capers or thinly sliced red onion for an extra burst of flavor.
- 3 Prepare a dressing by whisking lemon juice, olive oil, salt, and pepper.
- 4 Drizzle over the salad, toss gently, and serve immediately.

Calories: 250 | Fats: 15 g | Protein: 20 g | Carbs: 8 g | Sugar: 3 g | Fiber: 4 g



SALAD WITH CHICKPEAS, BROCCOLI, SPINACH

Ingredients:

- ½ cup (80 g) broccoli florets
- 2 cups (60 g) spinach leaves
- ½ red bell pepper (80 g), sliced
- 1 tablespoon (15 ml) olive oil
- ½ small zucchini (80 g), sliced
- ½ green bell pepper (80 g), sliced
- 10 black olives, chopped
- 100 g dried chickpeas
- 1 teaspoon (5 ml) lemon juice
- 1 teaspoon (5 g) sesame seeds
- Salt and black pepper to taste
- ½ teaspoon (2 g) Dijon mustard

Instructions:

- 1 Soak the chickpeas in water for 8–12 hours, then boil for 60–90 minutes, adding salt 10 minutes before the end of the cooking time. Drain and let cool.
- 2 Blanch broccoli by boiling for 2 minutes, then transfer to ice water and drain.
- 3 Brush zucchini with olive oil, season, and grill for 2–3 minutes per side.
- 4 Mix spinach, chickpeas, broccoli, bell peppers, zucchini, and olives.
- 5 Whisk together olive oil, lemon juice, mustard, salt, and pepper, then drizzle over the salad. Sprinkle sesame seeds before serving.

Calories: 240 | Fats: 11 g | Protein: 12 g | Carbs: 19 g | Sugar: 5 g | Fiber: 4 g



SPINACH SALAD WITH SALMON

Ingredients:

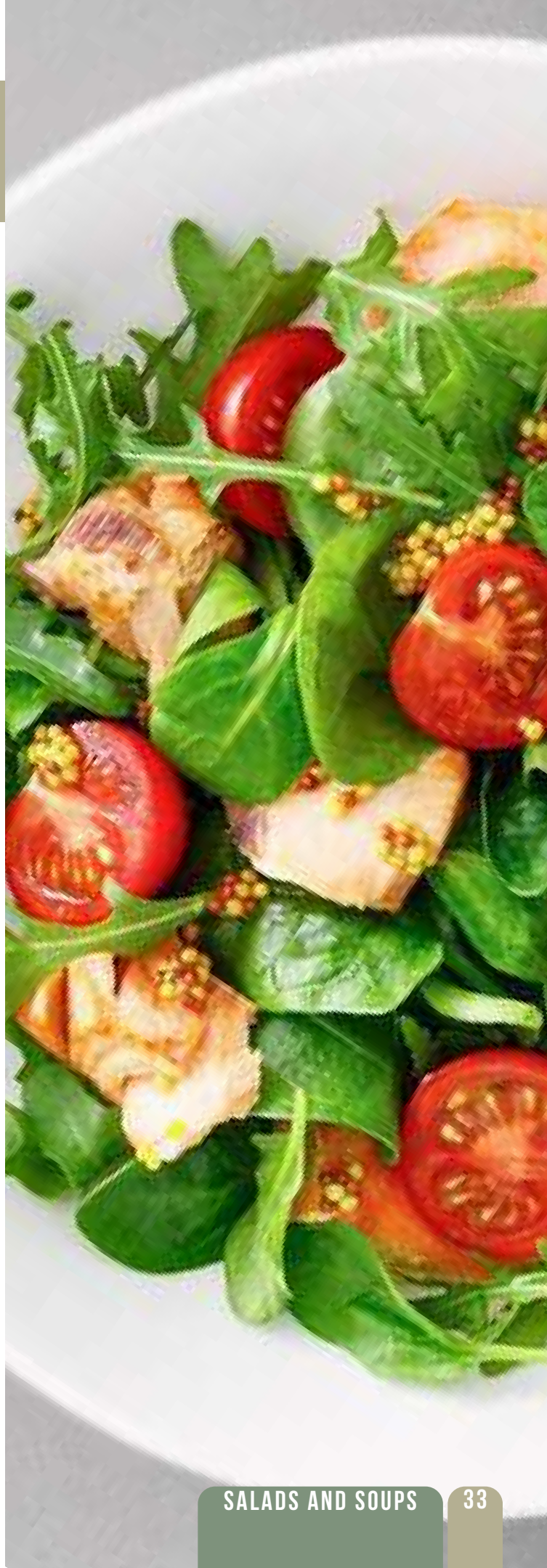
- 1 salmon fillet (200 g)
- 1 cup (30 g) spinach
- 1 cup (30 g) arugula
- 1/2 cup (100 g) cherry tomatoes, halved
- 1 tablespoons (15 g) mustard
- 2 tablespoons (30 ml) olive oil
- 2 teaspoons (10 ml) lemon juice
- 1/4 teaspoon (1.25 g) salt
- 1 teaspoon (3.75 g) black pepper
- 1/2 teaspoon (2.5 g) Dijon mustard
- 1/2 teaspoon (2.5 g) honey (optional)
- 1/4 teaspoon (1.25 g) garlic powder



Instructions:

- 1 In a small bowl, whisk together half the olive oil, lemon juice, Dijon mustard, honey (if using), garlic powder, and black pepper. Coat the salmon fillets evenly with the marinade. Cover and refrigerate for 15 minutes. Letting the salmon rest in the marinade enhances its flavor and keeps it tender.
- 2 Preheat grill to 375°F (190°C). Remove salmon from the marinade and place on the grill. Cook for 6 to 7 minutes on each side, or until the meat is cooked through. Let cool slightly, then cut into pieces. For an extra smoky touch, use a grill pan or add a sprig of fresh thyme to the grill while cooking.
- 3 In a large bowl, combine the spinach, arugula, and cherry tomatoes. In another bowl, combine the remaining mustard, lemon juice, and olive oil. Add the grilled salmon to the salad and drizzle with the mustard dressing.
- 4 Toss gently and serve immediately. For a finishing touch, garnish with toasted almonds or pumpkin seeds to add crunch and enhance the flavors.

Calories: 330 | Fats: 18 g | Protein: 30 g |
Carbs: 11 g | Sugar: 5 g | Fiber: 3 g



SOUR CABBAGE

Ingredients:

- 1 medium head of cabbage (1 oz / 1 kg), shredded
- 2 medium carrots (1 oz / 200 g), grated
- 2 teaspoons (10 g) salt
- 1 teaspoon (5 g) black pepper

Instructions:

- 1 In a large mixing bowl, combine shredded cabbage, grated carrots, and salt. Massage the mixture firmly for 5–10 minutes until the cabbage releases its juices and softens.
- 2 Add black pepper and any optional spices, then pack the mixture tightly into a clean jar or container, ensuring the liquid completely covers the vegetables.
- 3 Leave to ferment at room temperature for 5–7 days, tasting daily to adjust the fermentation time to your preferred level of sourness.
- 4 Transfer to the refrigerator to halt fermentation, and enjoy your sour cabbage as a side dish or ingredient in other recipes.

Calories: 170 | Fats: 8 g | Protein: 4 g | Carbs: 18 g | Sugar: 7 g | Fiber: 2 g



EASY



10 MIN



30 MIN



GAZPACHO SOUP WITH TOMATOES

Ingredients:

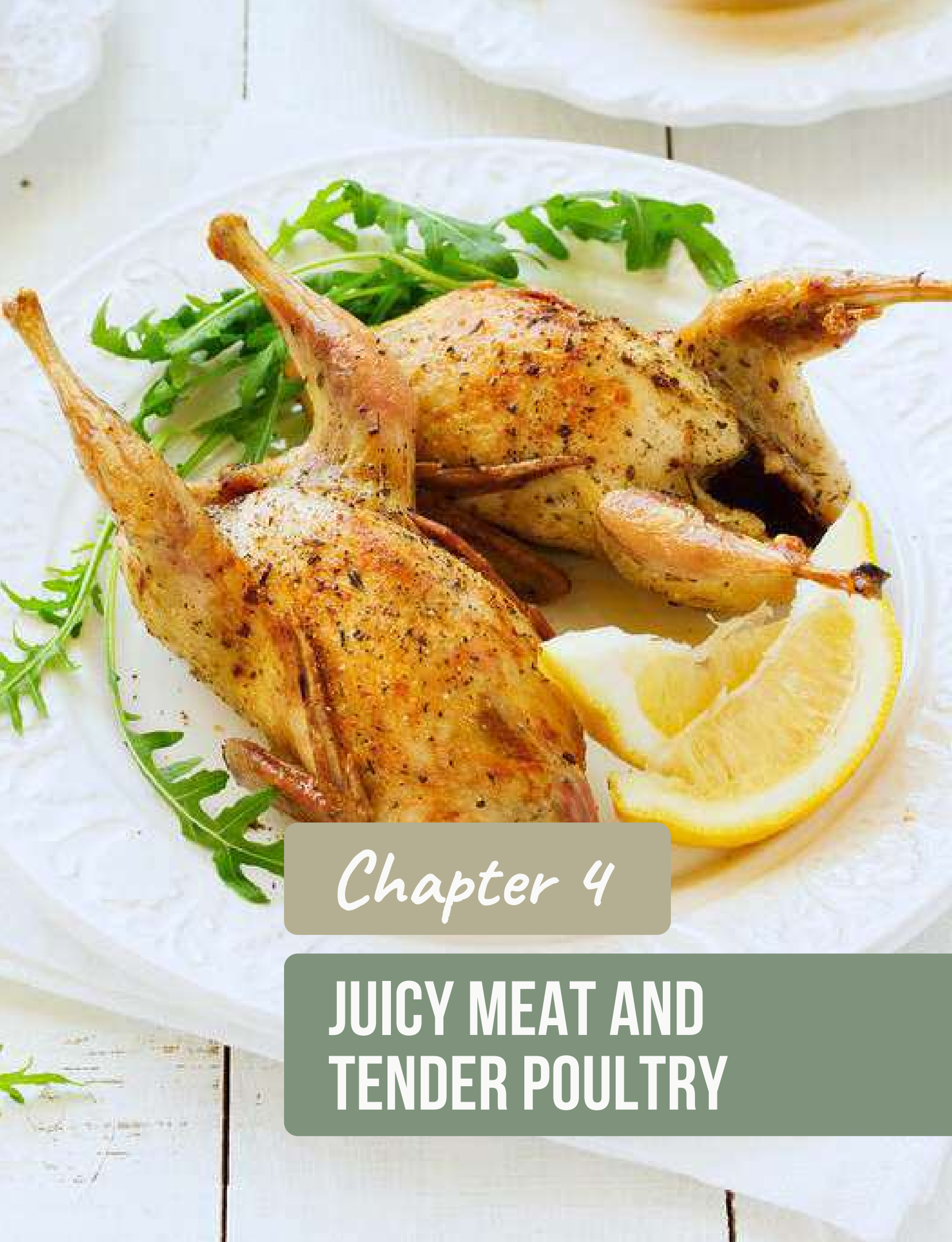
- 5 medium fresh tomatoes (500 g), chopped
- 1 cucumber (200 g), peeled and diced
- 1 red bell pepper (150 g), chopped
- 2 garlic cloves, minced
- 1 small red onion (100 g), chopped
- 2 tablespoons (30 ml) olive oil
- 2 tablespoons (30 ml) lemon juice or apple cider vinegar
- Salt and black pepper to taste

Instructions:

- 1 In a blender, combine the chopped tomatoes, cucumber, red bell pepper, red onion, and minced garlic. Blend until the mixture becomes smooth and free of chunks.
- 2 Add the olive oil, lemon juice or vinegar, salt, and freshly ground black pepper to the blended vegetables. Blend again until well mixed. Transfer the mixture to a bowl or container, cover it, and refrigerate. Let it chill for at least 2 hours.
- 3 Garnish with finely diced vegetables or a drizzle of olive oil for an extra touch. Serve cold.

Calories: 120 | Fats: 7 g | Protein: 2 g | Carbs: 13 g | Sugar: 8 g | Fiber: 3 g





Chapter 4

JUICY MEAT AND TENDER POULTRY

BEEF STEAKS WITH ROASTED VEGETABLES

Ingredients:

- 2 beef steaks (1 lb / 500 g), about 1-inch thick
- 2 cups (300 g) sweet potatoes, peeled and cubed
- 1 cup (200 g) tomatoes
- 2 tablespoons (30 ml) olive oil
- 1 teaspoon (5 g) smoked paprika
- 1 teaspoon (5 g) dried rosemary
- Salt and black pepper to taste



Calories: 450 | Fats: 20 g |
Protein: 35 g | Carbs: 18 g |
Sugar: 6 g | Fiber: 4 g

Instructions:

- 1 Preheat the oven to 400°F (200°C). In a mixing bowl, toss the cubed sweet potatoes and halved cherry tomatoes with 1 tablespoon of olive oil, smoked paprika, salt, and freshly ground black pepper. Spread them evenly on a baking sheet.
- 2 Roast in the preheated oven for 20–25 minutes, stirring halfway through, until the vegetables are tender and caramelized.
- 3 Meanwhile, season both sides of the beef steaks with dried rosemary, salt, and pepper. Heat the remaining tablespoon of olive oil in a skillet over medium-high heat.
- 4 Add the steaks to the hot skillet and sear for 2–3 minutes on each side, creating a nicely browned crust.
- 5 Adjust cooking time based on your desired level of doneness, checking for an internal temperature of 135°F (57°C) for medium-rare.
- 6 Transfer the roasted vegetables to the skillet to warm them briefly or serve them directly alongside the steak.
- 7 Plate the beef steaks with roasted sweet potatoes and tomatoes. Optionally garnish with fresh herbs and serve hot





CHICKEN LIVER WITH PEPPER

EASY



10 MIN



10 MIN



- Chicken liver (1 oz / 600 g), trimmed
- 1 red bell pepper (150 g), sliced
- 200 g green beans, ends trimmed
- 1 garlic clove, minced
- 2 tablespoons (30 ml) vegetable oil
- Salt and black pepper to taste
- 1 teaspoon (5 g) paprika

Ingredients:

Instructions:

- 1 Heat 1 tablespoon vegetable oil in a frying pan over medium heat. Add green beans and fry for 5-7 minutes until crisp-tender. Remove and set aside.
- 2 In the same pan, heat the remaining oil. Add chicken livers, season with salt, pepper, and paprika (if using). Cook for 4-5 minutes on each side, until golden brown and cooked through. Remove and set aside.
- 3 Add red pepper and garlic to the pan, fry for 3-4 minutes, until softened. Return green beans and chicken livers to the pan, stirring to combine. Cook for another 2 minutes. Serve hot on its own or with a side dish.

Calories: 220 | Fats: 10 g | Protein: 24 g |
Carbs: 6 g | Sugar: 2 g | Fiber: 2 g

STEWED RABBIT WITH MUSHROOMS

Ingredients:

- 1 oz (1 kg) rabbit, portioned
- 100 g bacon, diced
- 1 cup (200 g) porcini mushrooms, sliced
- 2 medium onions (200 g), chopped
- 1 cup (250 ml) dry white wine
- 2 tablespoons (30 ml) olive oil
- 1 garlic clove, minced
- 2 bay leaves
- 1 teaspoon (5 g) thyme
- Salt and black pepper to taste

Instructions:

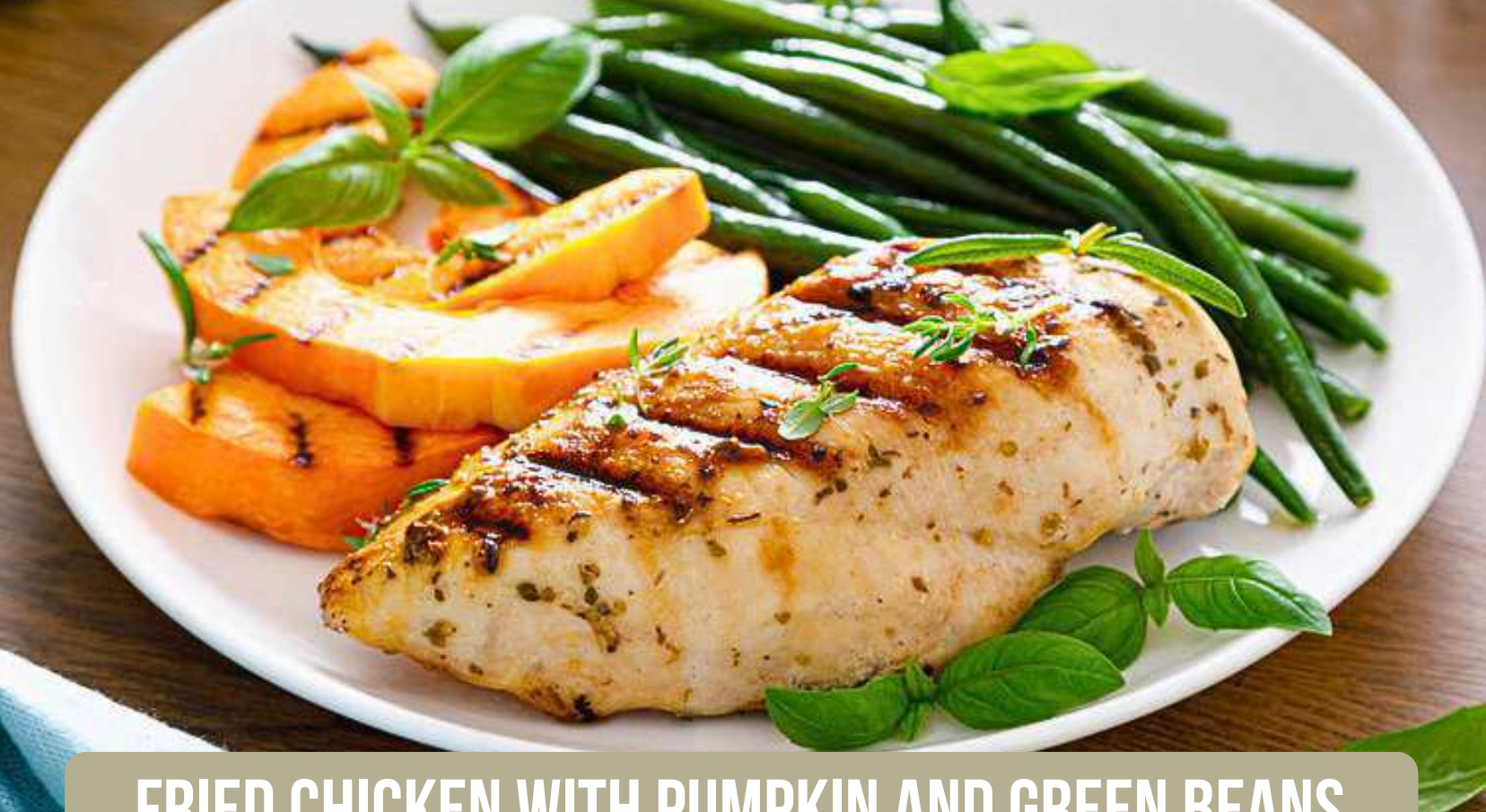
- 1 Heat the olive oil in a large frying pan over medium heat. Season the rabbit pieces with salt and pepper, then fry until golden brown. Remove and set aside.
- 2 In the same pan, fry the diced bacon until crisp. Add the chopped onion and crushed garlic, frying until softened. Add the porcini mushrooms and cook for 3-5 minutes, stirring occasionally.
- 3 Return the rabbit to the pan and add the white wine, bay leaf, and thyme. Bring to the boil, and simmer for 1-1.5 hours, until tender. Remove the bay leaf, serve hot.

Calories: 350 | Fats: 16 g | Protein: 40 g |
Carbs: 6 g | Sugar: 3 g | Fiber: 1 g



MEAT AND POULTRY

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FRIED CHICKEN WITH PUMPKIN AND GREEN BEANS

Ingredients:

- 2 cups (500 g) chicken breast fillets
- 1.5 cups (300 g) butternut squash, peeled and cubed
- 1 cup (200 g) green beans, trimmed
- 2 tablespoons (30 ml) olive oil
- Salt and black pepper to taste
- 1 teaspoon (5 g) smoked paprika



Calories: 420 | Fats: 18 g |
Protein: 50 g | Carbs: 15 g |
Sugar: 6 g | Fiber: 4 g

Instructions:

- 1 Preheat a grill or grill pan to medium-high.
- 2 Season the chicken breasts evenly with salt, pepper, and, if desired, a pinch of paprika for extra flavor. Let the seasoning sit for a few minutes to allow the flavors to develop and deepen.
- 3 In a large bowl, toss the cubed squash with 1 tablespoon olive oil, a pinch of salt, and freshly ground black pepper. Spread the seasoned squash in a single layer on a baking sheet. For an extra hint of sweetness, you can add a sprinkle of cinnamon or a drizzle of honey before roasting.
- 4 Roast in a preheated oven at 190°C (375°F) for 20 minutes, until the squash is tender and golden.
- 5 Meanwhile, bring a pot of salted water to a boil. Add the green beans and cook for 4-5 minutes, until tender but still slightly crisp. Drain and set the beans aside. To retain their bright color, briefly plunge them into ice water after cooking.
- 6 Place the seasoned chicken breasts on the preheated grill. Cook for 5 to 7 minutes per side, until grill marks appear and the internal temperature reaches 165°F (74°C), ensuring the meat is cooked through.
- 7 Serve the grilled chicken with the roasted squash and green beans. Drizzle with the remaining tablespoon of olive oil and serve hot.

ROASTED LAMB CHOPS

Ingredients:

- Lamb chops (1 oz / 600 g)
- 1 bunch (200 g) asparagus
- 2 medium carrots (200 g), peeled and sliced
- 2 tablespoons (30 ml) olive oil
- 2 garlic cloves, minced
- 1 teaspoon (5 g) rosemary, chopped
- 1 teaspoon (5 g) thyme, chopped
- Salt and black pepper to taste

Instructions:

- 1 Preheat oven to 400°F (200°C). Season lamb chops with salt, pepper, rosemary, thyme, and crushed garlic. Marinate for 10 minutes.
- 2 Toss asparagus and carrots with olive oil, salt, and pepper.
- 3 Heat a skillet over medium-high heat and sear the lamb chops for 1–2 minutes on each side, until browned.
- 4 Transfer the lamb chops to the baking sheet with the vegetables.
- 5 Bake in the oven for 15 to 20 minutes, or until the internal temperature reaches 145°F (63°C), for medium doneness.
- 6 Remove from oven, let rest for 5 minutes, and serve hot with roasted asparagus and carrots.

Calories: 450 | Fats: 25 g | Protein: 40 g | Carbs: 12 g | Sugar: 3 g | Fiber: 4 g



DUCK FILLET WITH VEGETABLE

Ingredients:

- Duck breast fillets (1 oz / 600 g), scored on the skin
- Tomatoes (300 g), diced
- Sweet potatoes (200 g), peeled and cubed
- Zucchini (200 g), sliced
- 2 tablespoons (30 ml) olive oil
- Salt and pepper to taste
- Optional: Thyme or rosemary for flavor

Instructions:

- 1 Season duck breast fillets with salt and pepper. Heat a skillet over medium heat and sear the duck skin-side down for 5–7 minutes until crispy.
- 2 Flip and cook for an additional 3–4 minutes, or until the meat is done. Let rest for 5 minutes before slicing.
- 3 In the same skillet, sauté tomatoes, sweet potatoes, and zucchini with olive oil for 10–12 minutes. Add thyme or rosemary, and season with salt and pepper to taste. Cook until vegetables are tender.
- 4 To serve, arrange the vegetable ragout as a base on each plate and place sliced duck fillet on top. Garnish with herbs if desired.

Calories: 480 | Fats: 28 g | Protein: 40g | Carbs: 15 g | Sugar: 7 g | Fiber: 5 g





TURKEY MEATBALLS IN TOMATO SAUCE

Ingredients:

- 1 lb (500 g) ground turkey
- 1 egg (50 g), beaten
- 2 tablespoons (30 g) Parmesan cheese
- 1 teaspoon (5 g) garlic powder
- 1 teaspoon (5 g) dried oregano
- Salt and black pepper to taste
- 2 cups (500 ml) tomato sauce
- 1/2 cup (100 g) dried chickpeas
- 1/4 cup (60 ml) vegetable oil for frying
- Fresh parsley for garnish (optional)



Calories: 480 | Fats: 22 g |
Protein: 45 g | Carbs: 18 g |
Sugar: 6 g | Fiber: 5 g

Instructions:

- 1 Soak the dried chickpeas in water overnight. Drain, rinse, and place them in a pot with fresh water. Bring to a boil, then reduce the heat to a simmer and cook for about 20–25 minutes, until the chickpeas are tender but still slightly firm (half-cooked). Drain and set aside.
- 2 In a large bowl, combine ground turkey, egg, Parmesan cheese, garlic powder, oregano, salt, and pepper. Mix well until thoroughly combined. Form the mixture into small meatballs, approximately 1–1.5 inches in diameter.
- 3 Heat vegetable oil in a skillet over medium heat. Fry the meatballs for 3–5 minutes, turning them occasionally, until they are golden brown on all sides. Remove and set aside.
- 4 In the same skillet, pour in tomato sauce. Add the half-cooked chickpeas and heat gently. Return the meatballs to the skillet, cover, and simmer for 20–25 minutes, stirring occasionally, until the meatballs are fully cooked and tender, and the chickpeas absorb the flavors.
- 5 Serve the turkey meatballs with tomato sauce and chickpeas, garnished with fresh parsley if desired. Pair with pasta, rice, or crusty bread for a hearty meal.



EASY TERIYAKI CHICKEN

Ingredients:

- Chicken breasts (1 oz / 600 g), cut pieces
- 1/4 cup (60 ml) soy sauce
- 3 tablespoons (45 ml) honey
- 2 tablespoons (30 ml) vinegar
- 2 garlic cloves, minced
- 1 teaspoon (5 g) grated ginger
- 1 teaspoon (5 g) cornstarch (optional for thickening)
- 2 tablespoons (30 ml) water
- 2 tablespoons (30 ml) vegetable oil
- Sesame seeds and chopped green onions

Instructions:

- 1 In a small bowl, whisk together soy sauce, honey, mirin, garlic, and ginger. If using, dissolve the cornstarch in water and mix it into the sauce.
- 2 Heat vegetable oil in a skillet over medium heat. Add chicken and cook for 5–7 minutes until golden and fully cooked.
- 3 Pour the sauce into the skillet with the chicken. Simmer for 3–5 minutes, stirring occasionally, until the sauce thickens and coats the chicken. Garnish with sesame seeds and green onions, if desired, and serve hot.

Calories: 380 | Fats: 14 g | Protein: 45 g |
Carbs: 18 g | Sugar: 12 g | Fiber: 1 g

GRILLED TURKEY WITH ZUCCHINI

MEDIUM



10 MIN



15 MIN



- Turkey breast fillets (600 g), sliced
- Zucchini (200 g), sliced lengthwise
- 2 tablespoons (30 ml) olive oil
- 1 teaspoon (5 g) garlic powder
- 1 teaspoon (5 g) paprika
- Salt and black pepper to taste
- Optional: Lemon wedges for garnish

Ingredients:

Instructions:

- 1 In a bowl, coat turkey fillets and zucchini slices with olive oil, garlic powder, paprika, salt, and pepper. Let it marinate for 10 minutes. Allowing the flavors to infuse into the turkey makes it more tender and aromatic.
- 2 Preheat the grill or grill pan to medium heat and cook turkey fillets for 5–7 minutes on each side until golden and fully cooked, ensuring they are seared evenly. To retain juiciness, avoid pressing down on the fillets while cooking. Grill zucchini slices for 2–3 minutes on each side until tender.
- 3 Serve the turkey fillets and zucchini hot, optionally garnished with lemon wedges for added flavor and a fresh touch. For an extra burst of freshness, sprinkle some chopped parsley.

Calories: 350 | Fats: 14 g | Protein: 45 g |
Carbs: 5 g | Sugar: 2 g | Fiber: 2 g



ROASTED QUAIL WITH LEMON

Ingredients:

- 4 quails (1 oz / 600 g), cleaned and prepared
- 1 lemon (sliced, plus 2 tablespoons (30 ml) lemon juice)
- 2 tablespoons (30 ml) olive oil
- 2 garlic cloves, minced
- 1 teaspoon (5 g) dried thyme or rosemary
- Salt and black pepper to taste
- Fresh parsley for garnish (optional)



Calories: 450 | Fats: 24 g |
Protein: 40 g | Carbs: 6 g |
Sugar: 2 g | Fiber: 2 g

Instructions:

- 1 Preheat your oven to 375°F (190°C). Rinse the quails under cold running water and pat them dry with paper towels to remove any excess moisture.
- 2 Rub each quail generously with olive oil, ensuring the skin is well coated. Season the quails on both sides with salt, pepper, and dried thyme, massaging the seasoning into the skin for deeper flavor.
- 3 Slice one lemon into thin rounds and insert a few slices into the cavity of each quail for added aroma and moisture.
- 4 In a small bowl, combine the juice of the remaining lemon with minced garlic and a tablespoon of olive oil. Brush this mixture over the quails for a bright, tangy layer of flavor.
- 5 Roast in the oven for 25–30 minutes, basting with juices halfway through, until the quails are golden and cooked through (internal temperature of 165°F / 74°C).
- 6 Serve hot, garnished with fresh parsley if desired.



FETA STUFFED BREASTS

Ingredients:

- Chicken breast fillets (1 oz / 600 g), butterflied
- Feta cheese (100 g), crumbled
- 1/4 cup (50 g) spinach leaves
- 1 garlic clove, minced
- 2 tablespoons (30 ml) pumpkin seed oil
- 1 teaspoon (5 g) dried oregano
- Salt and black pepper to taste
- Lemon for garnish (optional)

Instructions:

- 1 Preheat the oven to 375°F (190°C). Make a horizontal cut in each chicken breast to create a pocket, being cautious not to cut through completely.
- 2 Season the chicken with salt, pepper, and oregano.
- 3 Mix feta cheese, spinach, and minced garlic in a small bowl. Stuff each pocket with the mixture and secure with toothpicks. Brush the stuffed chicken breasts generously with pumpkin seed oil.
- 4 Arrange the chicken breasts on a baking sheet lined with parchment paper and bake for 25 minutes, or until cooked through. Serve hot, optionally garnished with lemon.

Calories: 420 | Fats: 22 g | Protein: 45 g | Carbs: 5 g | Sugar: 2 g | Fiber: 2 g



CHICKEN CUTLETS WITH TOMATO

Ingredients:

- Ground chicken (1 oz / 600 g)
- Fresh tomatoes (150 g), finely chopped
- 1/4 cup (50 g) parsley, chopped
- 1/4 cup (50 g) cilantro, chopped
- 1 garlic clove, minced
- 1 egg (50 g), beaten
- Salt and black pepper to taste
- 2 tablespoons (30 ml) vegetable oil for frying

Instructions:

- 1 In a large bowl, combine the ground chicken, finely chopped tomatoes, parsley, cilantro, garlic, and egg. Season the mixture with salt and pepper and stir until thoroughly combined. Let the mixture rest in the fridge for 10 minutes for a better texture.
- 2 With damp hands, form the mixture into small, even-sized cutlets.
- 3 Heat the vegetable oil in a frying pan over medium heat. Cook the patties for 5 to 7 minutes on each side until they are golden brown and cooked through.
- 4 Serve the chicken cutlets hot, accompanied by a side dish of your choice, such as a fresh green salad or roasted vegetables.

Calories: 350 | Fats: 18 g | Protein: 40 g | Carbs: 6 g | Sugar: 0 g | Fiber: 2 g





BEEF WITH BELL PEPPERS

Ingredients:

- Beef strips (1 oz / 600 g)
- Broccoli florets (200 g)
- 2 tablespoons (30 ml) soy sauce
- 1 red bell pepper (150 g), sliced
- 1 yellow bell pepper (150 g), sliced
- 1 tablespoon (15 ml) sesame oil
- 1 teaspoon (5 g) ginger, grated
- 2 garlic cloves, minced
- Salt and black pepper to taste
- 1 tablespoon (15 g) sesame seeds

Instructions:

- 1 Heat the sesame oil in a large skillet over medium heat. Add the beef strips, season with salt and pepper, and cook for 5-7 minutes, stirring occasionally. Remove the beef from the pan and set aside.
- 2 In the same pan, sauté the broccoli and bell pepper for 5-7 minutes, until tender yet crisp. Add the ginger and garlic, and cook for another minute.
- 3 Return the beef to the pan, pour in the soy sauce, and stir to combine.
- 4 Sprinkle with sesame seeds and cook for an additional 2 minutes. Serve hot as is or over steamed rice or noodles.

Calories: 450 | Fats: 22 g | Protein: 45 g |
Carbs: 12 g | Sugar: 0 g | Fiber: 4 g

APRICOT CHICKEN ROULADE

EASY



15 MIN



30 MIN



- Chicken breast fillets (1 oz/600 g)
- Whole dried apricots (100 g)
- 1 tablespoon (15 g) honey
- 1 teaspoon (5 g) mustard
- Salt and black pepper to taste
- 2 tablespoons (30 ml) pumpkin seed oil or vegetable oil
- Fresh thyme or rosemary for garnish (optional)

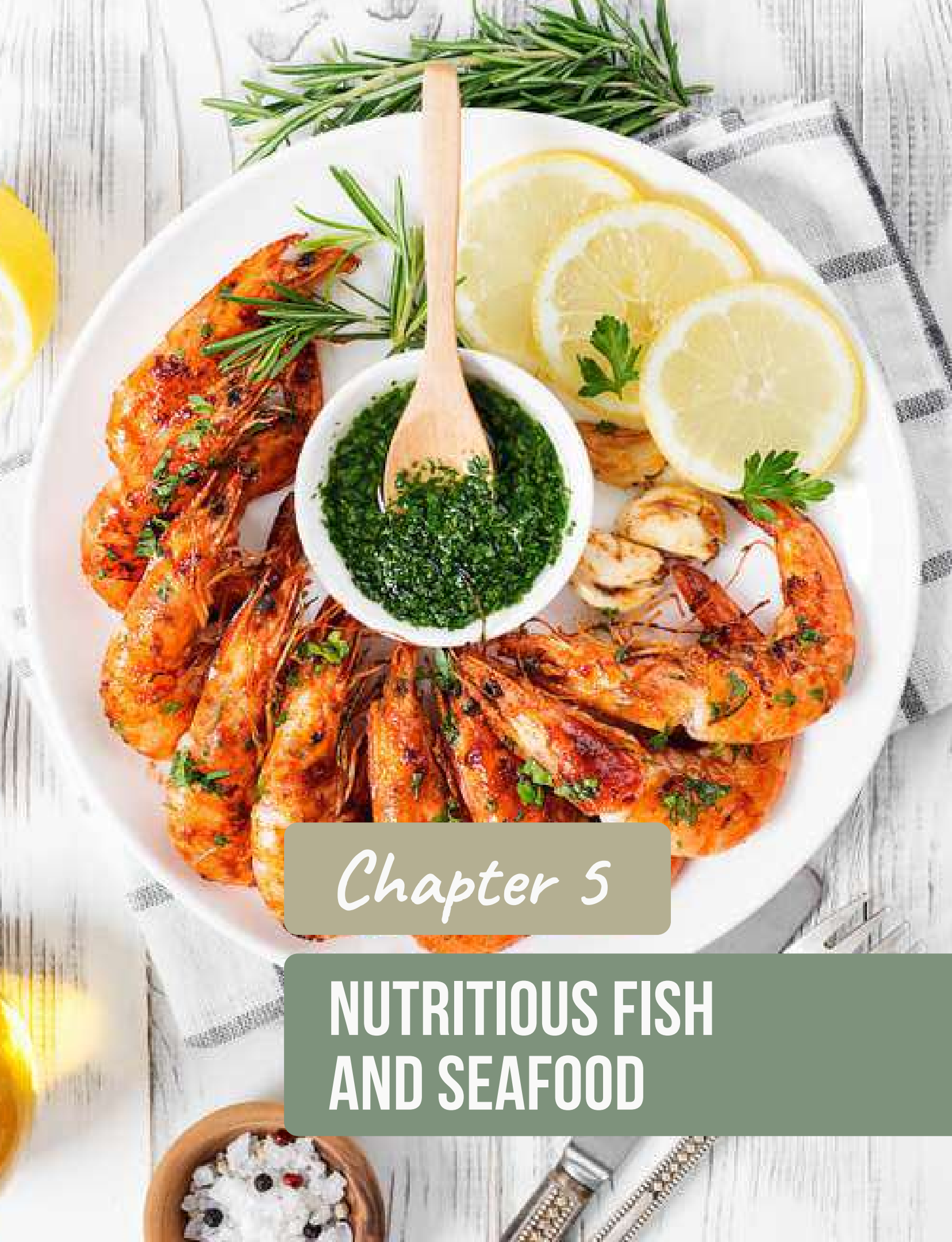
Ingredients:

Instructions:

- 1 Preheat oven to 375°F (190°C). Carefully butterfly each chicken breast to create a flat surface, then season with salt and pepper.
- 2 Spread honey mixed with mustard over the chicken breasts. Place a whole dried apricot on each breast and roll it tightly into a roulade. Secure the rolls with toothpicks or kitchen twine.
- 3 Brush the roulades with pumpkin seed oil and place them on a baking sheet lined with parchment paper.
- 4 Bake for 25–30 minutes until fully cooked and golden. Remove the twine, slice the rolls, and serve them hot. Optionally garnish with fresh thyme or rosemary.

Calories: 400 | Fats: 18 g | Protein: 45 g |
Carbs: 12 g | Sugar: 8 g | Fiber: 3 g





Chapter 5

NUTRITIOUS FISH AND SEAFOOD



GRILLED SALMON WITH VEGETABLES

Ingredients:

- 2 salmon steaks (6 oz / 170 g each)
- 1 tablespoon (15 ml) olive oil
- 1/2 teaspoon (2.5 g) sea salt
- 1/4 teaspoon (1 g) ground black pepper
- 1 cup (150 g) cherry tomatoes, halved
- 1 ripe avocado, (200 g), sliced
- 1/2 cucumber, (100 g), sliced
- 1/4 small red onion, (20 g), thinly sliced
- 1/4 cup (40 g) pitted green olives
- 1 cup (30 g) fresh sorrel leaves



Instructions:

- 1 Pat the salmon steaks dry with paper towels to remove excess moisture, ensuring a crispier finish when cooked. Then, rub the salmon generously with olive oil, salt, and pepper on both sides to lock in flavor and juiciness.
- 2 Heat a grill or grill pan over medium heat until hot. Place the salmon on the grill and cook for 4-6 minutes on each side, until opaque and slightly crispy around the edges.
- 3 While the salmon grills, halve the cherry tomatoes, slice the avocado and cucumber, and thinly slice the red onion.
- 4 In a small bowl, whisk together a simple dressing of olive oil, lemon juice, a pinch of salt, and freshly ground black pepper to drizzle over the vegetables before serving.
- 5 Divide the vegetables evenly between two serving plates. Place one grilled salmon steak next to the vegetables and sorrel. Serve immediately while the salmon is warm.

Calories: 360 | Fats: 24 g | Protein: 30 g |
Carbs: 7 g | Sugar: 3 g | Fiber: 3 g

MUSSELS IN WHITE WINE BROTH

Ingredients:

- 1.5 lbs (700 g) shelled mussels
- 1 cup (240 ml) dry white wine
- 2 tablespoons (30 g) unsalted butter
- 2 cloves garlic, minced
- 1/4 teaspoon (1.25 g) black pepper
- 1 shallot, finely chopped
- 1/4 teaspoon (1.25 g) salt
- 2 tablespoons (8 g) chopped fresh parsley
- 1 tablespoon (15 ml) lemon juice

Instructions:

- 1 In a large pan, melt butter over medium heat. Add the shallots and garlic, and sauté for 2 minutes until fragrant. Stir occasionally to prevent burning and release their aroma evenly.
- 2 Stir in salt and black pepper. Pour in white wine and bring to a simmer. For an extra depth of flavor, consider adding a pinch of red pepper flakes or a sprig of thyme. Add shelled mussels and cook for 5 minutes, stirring occasionally, until heated through and infused with flavor.
- 3 Stir in lemon juice and mix well. Remove from heat and garnish with fresh parsley.

Calories: 300 | Fats: 14 g | Protein: 28 g | Carbs: 8 g | Sugar: 2 g | Fiber: 1 g



Ingredients:

- 2 tuna steaks (150 g each)
- 1/4 cup (30 g) sesame seeds
- 1 tablespoon (15 ml) olive oil
- 2 cups (50 g) mixed salad leaves
- 1 ripe avocado (200 g), sliced
- 1 large tomato (100 g), chopped
- Juice of 1/2 lemon (15 ml)
- Salt and pepper to taste

Instructions:

- 1 Pat tuna steaks dry with a paper towel – season generously with salt and pepper on both sides. Spread sesame seeds on a plate and press the tuna steaks into them, coating both sides evenly and firmly for a good crust.
- 2 Heat olive oil in a non-stick skillet over medium-high heat. Sear the tuna steaks for 2 minutes per side for medium-rare or longer if preferred.
- 3 Arrange fresh salad leaves on plates and top with creamy avocado slices and juicy chopped tomato. Drizzle with fresh lemon juice for brightness. Slice the tuna carefully and serve over the colorful vegetable bed.

Calories: 310 | Fats: 20 g | Protein: 28 g | Carbs: 6 g | Sugar: 2 g | Fiber: 4 g

GRILLED FILLETS WITH FRESH SALAD

Ingredients:

- 2 pollock fillets (150 g each)
- 1/2 small bunch fresh parsley, chopped
- 100 g cherry tomatoes, halved
- 1/2 large bell pepper (50 g), diced
- 1 tablespoon (15 ml) olive oil
- Salt and black pepper, to taste



Calories: 310 | Fats: 17 g |
Protein: 30 g | Carbs: 4 g |
Sugar: 2 g | Fiber: 2 g

Instructions:

- 1 Preheat the grill to medium-high. Rinse and thoroughly pat the pollock fillets dry using paper towels. Season both sides with salt and pepper, pressing lightly so the seasoning adheres.
- 2 Allow the fillets to rest for 5 minutes, allowing the seasoning to be absorbed evenly. Meanwhile, brush both sides lightly with olive oil to prevent sticking and improve browning.
- 3 Place the fillets on the hot grill and cook for 3–4 minutes per side, turning once. Do not flip the fish too early—let a crust form so the fillet lifts easily from the pan.
- 4 While the fish is grilling, recheck the grill grates and oil if needed. The goal is to keep the delicate fillet whole during removal.
- 5 In a large bowl, combine halved cherry tomatoes, diced bell pepper, and chopped parsley. Season with a small pinch of salt and drizzle with half of the olive oil.
- 6 Gently toss the vegetables to coat them evenly and set aside to marinate briefly while the fish finishes cooking.
- 7 To serve, arrange a generous layer of the fresh salad on each plate. Carefully place the grilled pollock fillet on top, using a wide spatula. Garnish with extra parsley if desired.





SALMON CUTLETS WITH GREENS

Ingredients:

- 200 g (7 oz) ground salmon
- 1/2 tablespoon (7 ml) olive oil
- 1/6 cup (4 g) finely chopped mixed greens (parsley, dill, or spinach)
- 1 small egg
- 1/4 cup (25 g) breadcrumbs
- Salt and black pepper, to taste
- Lemon slice, optional

Instructions:

- 1 Combine the ground salmon, egg, and chopped herbs in a medium bowl, then season with salt and black pepper.
- 2 Form the mixture into 4 small cutlets using wet hands to prevent sticking.
- 3 Roll the cutlets in breadcrumbs to coat them evenly. Heat olive oil in a nonstick skillet over medium heat.
- 4 Fry the cutlets on each side for 3–4 minutes until golden brown.
- 5 Serve warm, accompanied by fresh herbs and a squeeze of lemon, if desired.

Calories: 290 | Fats: 17 g | Protein: 22 g |
Carbs: 6 g | Sugar: 1 g | Fiber: 1 g

FRIED COD WITH ASPARAGUS



- 2 cod fillets (150 g each)
- 1 1/2 tablespoons (22 ml) olive oil
- 150 g asparagus, trimmed
- Salt and black pepper, to taste
- Fresh parsley, for garnish

Ingredients:

Instructions:

- 1 Pat the cod fillets dry with paper towels. Season both sides with salt and black pepper. To enhance the flavor, consider adding a pinch of lemon zest or a sprinkle of smoked paprika.
- 2 Heat olive oil in a nonstick frying pan over medium heat. Add the cod fillets and cook on each side for 3–4 minutes until golden and cooked through. Avoid moving the fillets too much while cooking to maintain a crisp sear.
- 3 Meanwhile, bring a pot of salted water to a boil. Blanch the asparagus for 2–3 minutes, until it is bright green and tender-crisp. Transfer to ice water to preserve the color. For extra aroma, you can add a few drops of lemon juice before serving.
- 4 Arrange the asparagus on serving plates. Place the cod fillets on top and garnish with chopped parsley. Serve warm.

Calories: 340 | Fats: 17 g | Protein: 30 g |
Carbs: 5 g | Sugar: 1 g | Fiber: 2 g



SHRIMP WITH SPICY OIL

Ingredients:

- 1/2 lb (225 g) shrimp, peeled
- 1 1/2 tablespoons (22 ml) flaxseed oil
- 1/2 tablespoon (1 g) fresh parsley, chopped
- 1/4 teaspoon (0.5 g) dried rosemary
- 2 garlic cloves (20 g), minced
- Juice of 1/4 lemon (7–8 ml)
- Salt to taste

Instructions:

- 1 Combine the shrimp, half of the minced garlic, rosemary, and a pinch of salt in a bowl. Let the mixture sit for a few minutes to allow the flavors to infuse into the shrimp.
- 2 Heat 1 tablespoon of flaxseed oil in a skillet over medium heat. Add the shrimp and 1 sliced garlic clove. Cook 2–3 minutes per side, until the meat is pink and cooked through. To enhance the texture, avoid overcrowding the skillet so the shrimp can sear properly.
- 3 Remove from heat and drizzle with the remaining 1/2 tablespoon flaxseed oil and lemon juice.
- 4 Sprinkle with chopped parsley and serve warm.

Calories: 280 | Fats: 18 g | Protein: 20 g | Carbs: 1 g | Sugar: 0 g | Fiber: 1 g



EASY



10 MIN



20 MIN



SEA BASS WITH SPINACH AND LEMON

Ingredients:

- 2 sea bass fillets (120 g each)
- 6 cups (180 g) fresh spinach
- 1/2 cup (120 g) plain unsweetened yogurt
- 2 tablespoons (30 ml) flaxseed oil
- Juice of 1 lemon (45 ml)
- Salt to taste

Instructions:

- 1 Preheat a grill to medium-high heat. Rub the sea bass fillets with half the flaxseed oil, a pinch of salt, and half the lemon juice.
- 2 Place the fillets on the grill and cook for 4–5 minutes per side, or until the fish flakes easily with a fork.
- 3 Meanwhile, heat the remaining flaxseed oil in a frying pan over medium heat. Add the spinach and cook for 2–3 minutes, stirring occasionally, until just wilted.
- 4 To serve, spoon the warm spinach onto plates. Mix yogurt with the remaining lemon juice and drizzle over the spinach. Add grilled sea bass alongside and serve immediately.

Calories: 382 | Fats: 24 g | Protein: 33 g | Carbs: 6 g | Sugar: 2 g | Fiber: 3 g





GRILLED MACKEREL WITH VEGETABLES

Ingredients:

- 2 whole mackerels (450 g each), cleaned
- 1 medium red onion (100 g), sliced into rings
- 1 lemon, sliced
- 1 small bunch of fresh parsley, chopped
- 200 g cherry tomatoes, halved
- Salt and black pepper, to taste
- 2 tablespoons (30 ml) olive oil



Calories: 380 | Fats: 25 g |
Protein: 32 g | Carbs: 8 g |
Sugar: 4 g | Fiber: 2 g

Instructions:

- 1 Preheat the grill to medium-high heat to ensure even cooking. While the grill is heating, rinse the mackerel thoroughly under cold running water and pat dry with paper towels until the surface is no longer wet.
- 2 Season the fish inside and out with olive oil, salt, and freshly ground black pepper—stuff each cavity of the mackerel with fresh lemon slices and half of the chopped parsley. Let the fish rest for a few minutes to allow the seasoning to absorb and enhance its natural flavors.
- 3 Carefully place the mackerel on the hot grill. Cook for 6-8 minutes on each side, turning once, until the flesh is opaque and flakes easily with a fork. The skin should develop a crisp, golden-brown crust that adds both texture and rich, smoky flavor. Avoid overcooking to preserve juiciness and texture. While the fish is grilling, pour boiling water over the tomatoes, then peel them for a smoother texture.
- 4 To serve, place the grilled mackerel on a plate, along with sliced onion and whole cherry tomatoes. Garnish with chopped parsley, lemon wedges, and a sprinkle of lemon juice to enhance the flavor.

TILAPIA WITH CAPERS

Ingredients:

- 2 tilapia fillets (150 g each)
- 1 tablespoon capers, drained
- 2 medium potatoes (110 g each), peeled and chopped
- 150 g broccoli florets
- 1 tablespoon (15 ml) olive oil
- Salt and pepper to taste

Instructions:

- 1 Bring a pot of water to a boil. Add the potatoes and cook until tender, about 10–12 minutes. Add the broccoli to the same pot in the last 3 minutes of cooking.
- 2 Drain the vegetables. In a heated skillet, pan-fry the boiled potato pieces on each side for 4–5 minutes until golden.
- 3 While the vegetables are cooking, season the tilapia fillets with salt and pepper. Heat olive oil in a skillet over medium heat.
- 4 Cook the fillets for 3–4 minutes per side, turning them once. In the final minute, add the capers to the pan to warm and release flavor.
- 5 Serve the tilapia topped with warm capers, alongside the golden potatoes and tender broccoli. Add fresh herbs if desired.

Calories: 340 | Fats: 14 g | Protein: 28 g | Carbs: 22 g | Sugar: 2 g | Fiber: 4 g



EASY



10 MIN



20 MIN



DARADO FRIED IN SPICES

Ingredients:

- 2 whole dorado (200g each), cleaned
- 2 tablespoons mixed spices (30 g) paprika, cumin, black pepper
- 2 sprigs fresh rosemary
- 1 lemon, sliced
- Salt to taste
- 2 tablespoons (30 ml) olive oil

Instructions:

- 1 Preheat the grill to medium and brush with olive oil.
- 2 Pat the dorado with paper towels to remove excess moisture and fish slime. Season each fish, both inside and out, with salt and spices. Let the fish sit for a few minutes to allow the seasoning to enhance its natural flavor.
- 3 Insert a rosemary sprig and a lemon slice into each fish's cavity. Place the fish on the grill and cook for 6 to 8 minutes on each side until the skin is crisp and the flesh is opaque. For an extra smoky aroma, consider grilling the fish on a cedar plank or adding a few sprigs of thyme to the coals.
- 4 Serve the dorado hot, garnished with additional lemon slices. For a vibrant finishing touch, drizzle with a bit of extra virgin olive oil and sprinkle with freshly chopped parsley.

Calories: 280 | Fats: 14 g | Protein: 32 g | Carbs: 2 g | Sugar: 0 g | Fiber: 0 g



A top-down view of a large, shallow, light-colored ceramic bowl filled with a quinoa salad. The salad consists of cooked quinoa (a mix of red, white, and black), fresh spinach leaves, and sliced almonds. In the background, there is a smaller bowl of fresh spinach and a small dish of almonds. A green cloth is partially visible on the right side of the frame.

Chapter 6

ANTI-INFLAMMATORY VEGGIES

BULGUR WITH CARROT, GREEN PEAS, AND CORN

Ingredients:

- ½ cup (90 g) bulgur
- 1 cup (240 ml) water or vegetable broth
- 1 tbsp (15 ml) olive oil
- ½ medium carrot (50 g), diced
- ½ cup (75 g) green peas (fresh or frozen)
- ½ cup (75 g) corn kernels (fresh or frozen)
- ½ medium onion (60 g), finely chopped
- 1 clove garlic, minced
- Salt and pepper to taste
- Fresh parsley for garnish (optional)



Instructions:

- 1 Bring water or vegetable broth to a boil in a saucepan. Add bulgur, reduce heat, cover, and simmer for 12–15 minutes, until the liquid is absorbed. Fluff the bulgur with a fork and set aside. Let it sit for a couple of minutes to allow the grains to settle and achieve a light, fluffy texture.
- 2 Heat olive oil in a skillet over medium heat. Add chopped onion and minced garlic. Sauté for 3–4 minutes until fragrant. Stir occasionally to ensure even cooking and prevent burning.
- 3 Add diced carrot and cook for another 5 minutes until slightly softened. To enhance the sweetness, consider adding a tiny splash of balsamic vinegar while cooking.
- 4 Stir in green peas and corn kernels. Cook for 2–3 minutes until heated through. Season with salt and black pepper to taste.
- 5 Add the cooked bulgur to the skillet. Mix everything together and cook for an additional 2–3 minutes to allow the flavors to blend. For added depth, you can sprinkle a pinch of cumin or smoked paprika before stirring.
- 6 Transfer to a serving dish and garnish with fresh parsley if desired. Serve warm.

Calories: 210 | Fats: 3 g | Protein: 5 g |
Carbs: 30 g | Sugar: 3 g | Fiber: 4 g



BUTTON MUSHROOMS STUFFED

Ingredients:

- 4 large button mushrooms (about 250 g), stems removed
- Sunflower microgreens for garnish (optional)
- 1 tablespoon (15 ml) olive oil
- 225 g ground meat (turkey)
- ½ small onion, finely chopped
- ¼ teaspoon (1.25 g) smoked paprika (optional)
- ½ cup (50 g) shredded cheddar cheese
- Salt and pepper to taste
- 1 clove garlic, minced

Instructions:

- 1 Clean the mushrooms, remove stems, and scrape out gills for more room. Brush with olive oil.
- 2 Cook the mince with onion, garlic, paprika, salt, and pepper until smooth. Preheat the grill to medium.
- 3 Stuff mushroom caps with the mixture. Top each stuffed mushroom with grated cheddar cheese. Place the mushrooms on the grill and cook for 10-12 minutes, or until they are soft and the cheese has melted.
- 4 Remove the mushrooms from the grill and garnish with sunflower microgreens, if desired. Serve warm.

Calories: 215 | Fats: 14 g | Protein: 18 g |
Carbs: 4 g | Sugar: 1 g | Fiber: 1 g

ROASTED SWEET POTATOES

Ingredients:

- 1 large sweet potato (300 g)
- 2 tablespoons (30 ml) olive oil
- 1 teaspoon (2 g) fresh rosemary
- ¼ teaspoon (1.25 g) salt
- ¼ teaspoon (1.25 g) black pepper

Instructions:

- 1 Preheat oven to 400°F (200°C). Meanwhile, prepare the sweet potatoes by carefully peeling them and cutting them into uniform wedges or cubes. Finely chop the fresh rosemary. In a large bowl, combine the sweet potato pieces, olive oil, chopped rosemary, salt, and black pepper, tossing thoroughly to coat each piece evenly.
- 2 Line a baking sheet with parchment paper to prevent the food from sticking to it. Spread the seasoned sweet potatoes in an even layer, making sure not to overcrowd them so they bake rather than steam.
- 3 Place the baking sheet in the preheated oven and bake for 25-30 minutes, turning the pieces halfway through. Once fully roasted, remove the sweet potatoes from the oven and let them rest for a minute. Serve warm.

Calories: 195 | Fats: 9 g | Protein: 2 g |
Carbs: 30 g | Sugar: 6 g | Fiber: 4 g



CAULIFLOWER RICE WITH HERBS

Ingredients:

- 1 medium head of cauliflower
- 1 tablespoon (15 ml) olive oil
- 2 tablespoons chopped fresh parsley
- 2 tablespoons chopped fresh cilantro (optional)
- 1 garlic clove, minced
- 2 tablespoons chopped fresh dill or chives
- Salt and black pepper to taste
- 1 teaspoon lemon zest (optional)
- 2 tablespoons (20 g) crushed almonds or walnuts

Instructions:

- 1 Cut the cauliflower into florets. Using a food processor, pulse until the texture resembles rice.
- 2 Heat olive oil in a skillet over medium heat. Add minced garlic and sauté for 1 minute until fragrant. Stir in the cauliflower rice and cook for 3–5 minutes, stirring occasionally, until the rice is tender and cooked through.
- 3 Finely chop parsley, cilantro (if using), and dill or chives. Remove from heat and mix in the chopped herbs, salt, black pepper, lemon zest (if using), and crushed almonds or walnuts. Serve warm as a side or base for other dishes.

Calories: 120 | Fats: 8 g | Protein: 4 g | Carbs: 10 g | Sugar: 3 g | Fiber: 3 g



ZUCCHINI STIR-FRIED

Ingredients:

- 1.5 medium zucchini (about 430 g), cut into strips 5–6 cm long and 1–1.3 cm wide
- 1.5 cloves garlic, minced
- 1.5 tablespoon (22 ml) olive oil
- $\frac{3}{8}$ teaspoon (1.9 g) chili flakes
- $\frac{3}{4}$ tablespoon (11 ml) soy sauce or tamari (optional)
- $\frac{3}{4}$ tablespoon (11 g) sesame seeds (optional)
- Salt and pepper to taste

Instructions:

- 1 Wash the zucchini, then cut it into strips that are 5–6 cm long and 1–1.3 cm wide. Try to keep the strips uniform in size for even cooking.
- 2 Heat olive oil in a large skillet over medium heat. Add minced garlic and sauté for about a minute until fragrant.
- 3 Add zucchini strips and stir-fry for 5–7 minutes until tender but slightly crisp. Stir in soy sauce or tamari, if using, and mix until well combined. Sprinkle chili flakes, salt, and pepper to taste. Toss evenly.
- 4 If you prefer a richer flavor, add a splash of lemon juice or a pinch of smoked paprika at this stage. Optionally, garnish with sesame seeds before serving.

Calories: 135 | Fats: 10 g | Protein: 3 g | Carbs: 9 g | Sugar: 3 g | Fiber: 2 g

STEAMED ASPARAGUS WITH LEMON AND OLIVE OIL

Ingredients:

- 12 spears of asparagus (250 g)
- 1.5 tablespoons (22.5 ml) olive oil
- 1 teaspoon (5 ml) fresh lemon juice
- ¼ teaspoon (1 g) lemon zest
- Pinch of salt (to taste)
- Pinch of black pepper (to taste)



Calories: 120 | Fats: 9 g |
Protein: 2 g | Carbs: 4 g |
Sugar: 1 g | Fiber: 2 g

Instructions:

- 1 Trim the tough ends of the asparagus spears with a sharp knife, ensuring a clean cut for better texture. Rinse the asparagus under cold water to remove any dirt or debris before cooking. For extra freshness, briefly soak the asparagus in ice water before steaming.
- 2 Prepare a steamer basket by placing it over a pot of boiling water. Carefully arrange the trimmed asparagus inside and cover with a lid.
- 3 Allow the asparagus to steam for 6–8 minutes, monitoring its doneness to ensure it remains tender yet retains a delightful crunch. Steaming preserves its bright color and enhances its natural sweetness. For a more intense flavor, consider adding a slice of lemon or a clove of garlic to the steaming water.
- 4 Once fully cooked, transfer the asparagus to a serving dish and allow it to cool slightly.
- 5 Drizzle a generous amount of olive oil over the warm asparagus, followed by freshly squeezed lemon juice, ensuring every spear is evenly coated for a refreshing citrus flavor. Finish with a sprinkle of flaky sea salt or a dash of cracked black pepper for added depth.





QUINOA SALAD WITH PISTACHIOS

EASY



10 MIN



20 MIN



- $\frac{3}{4}$ cup (130 g) quinoa
- $\frac{1}{4}$ cup (30 g) shelled pistachios
- 1.5 tablespoons (22 ml) olive oil
- $\frac{1}{2}$ tablespoon (7 ml) lemon juice
- $\frac{1}{4}$ teaspoon (0.75 g) garlic powder
- Salt and black pepper to taste
- 1.5 cups (360 ml) vegetable broth
- $\frac{1}{3}$ cup (10 g) corn greens (field salad/mâche)
- $\frac{1}{2}$ tablespoon (1.5 g) fresh parsley (for garnish)

Ingredients:

Instructions:

- 1 Rinse quinoa thoroughly under cold water to remove any bitterness. Heat vegetable broth in a saucepan until it simmers. Add the quinoa, reduce the heat to low, and let it cook, covered, for 15 minutes, or until the liquid is absorbed. Fluff with a fork and allow to cool slightly.
- 2 Chop pistachios and parsley (if using). Prepare the dressing by whisking together olive oil, lemon juice, garlic powder, salt, and pepper in a small bowl.
- 3 Drizzle the dressing over the quinoa and stir gently to coat. In a large bowl, mix quinoa, pistachios, and corn greens. Serve warm.

Calories: 220 | Fats: 12 g | Protein: 7 g |
Carbs: 26 g | Sugar: 3 g | Fiber: 5 g

SPINACH ROLL WITH SALMON

Ingredients:

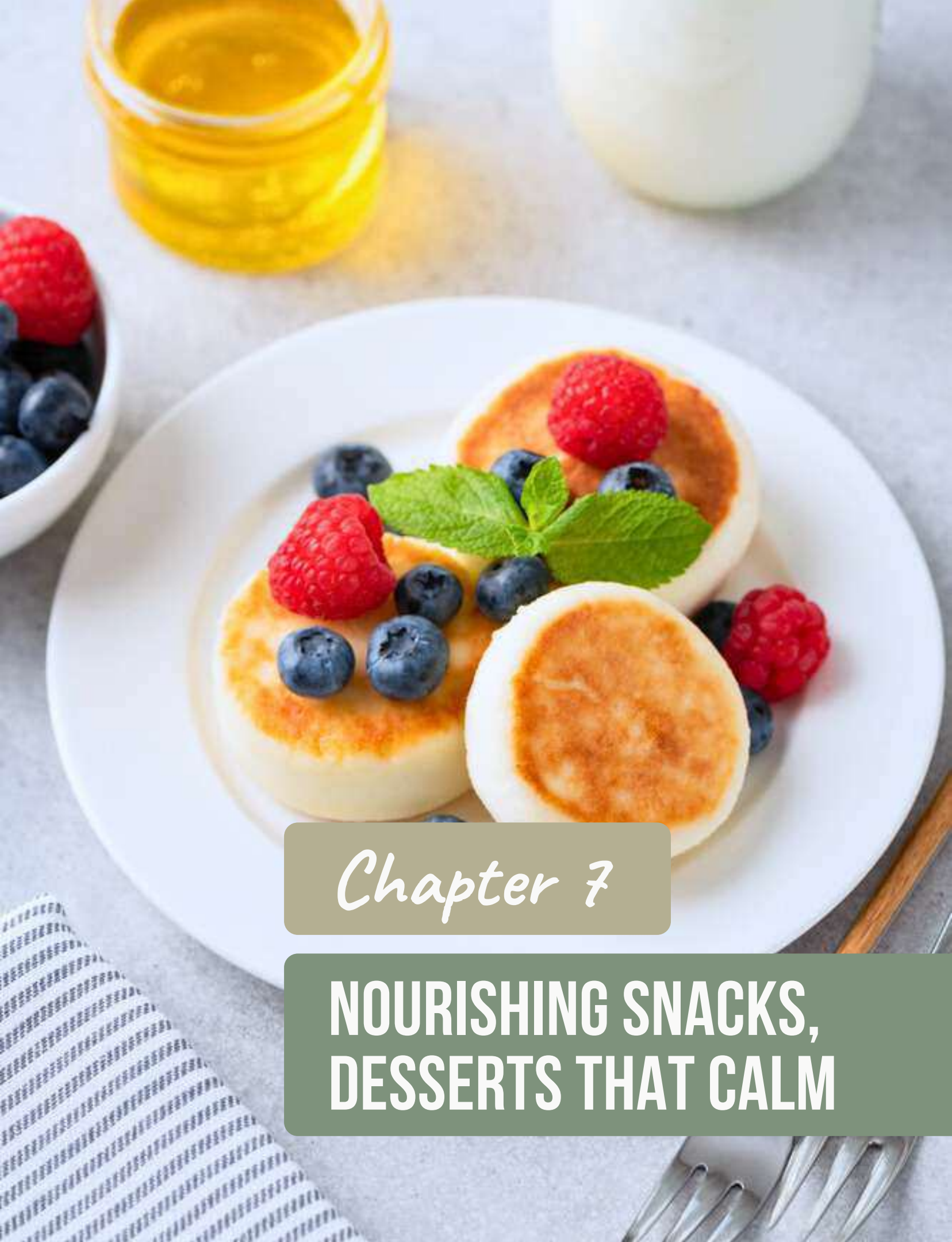
- $\frac{1}{2}$ cup (100 g) buckwheat groats
- 1 cup (240 ml) water
- 1 tablespoon (15 ml) olive oil
- $\frac{1}{2}$ onion (50 g)
- 1 cup (100 g) mushrooms
- Salt and black pepper to taste
- 1 tablespoon (3 g) fresh parsley

Instructions:

- 1 Rinse buckwheat under cold water. In a saucepan, bring water to a boil, add buckwheat, and reduce heat to low. Cover and simmer 15–20 minutes, until tender.
- 2 Finely chop onion, mushrooms, and parsley. Heat olive oil in a pan over medium heat. Add the onions and sauté for 3–4 minutes, until they are soft. Stir in the mushrooms, season with salt and black pepper, and cook for 5–7 minutes, until tender.
- 3 Add cooked buckwheat to the pan, mix well, and heat for 2 minutes.
- 4 Serve warm, garnished with chopped parsley.

Calories: 190 | Fats: 6 g | Protein: 6 g |
Carbs: 30 g | Sugar: 2 g | Fiber: 4 g





Chapter 7

NOURISHING SNACKS, DESSERTS THAT CALM



BAKED APPLES WITH COTTAGE CHEESE AND WALNUTS

Ingredients:

- 2 medium-sized apples (300 g)
- ½ cup (100 g) cottage cheese
- 1 tablespoon (15 g) raisins
- 1 tablespoon (8 g) chopped walnuts
- ½ tablespoon (8 g) natural honey (optional)
- ½ teaspoon (2 g) ground cinnamon



Calories: 190 | Fats: 6 g |
Protein: 7 g | Carbs: 28 g |
Sugar: 14 g | Fiber: 4 g

Instructions:

- 1 Preheat oven to 350°F (180°C). Meanwhile, prepare a baking dish by lining it with parchment paper.
- 2 Rinse the apples under running water. Pat them dry with paper towels. Using a sharp knife, carefully cut off the tops of the apples – they will serve as a lid later, so set them aside. Then, using a small spoon, scoop out the core along with some of the flesh, creating a cavity inside each apple. Make sure not to cut through the sides or bottom of the apple.
- 3 In a medium bowl, combine the cottage cheese with the raisins, chopped walnuts, and ground cinnamon. If you prefer a slightly sweet flavor, add a tablespoon of raw honey to the mixture. Mix all the ingredients thoroughly until the raisins and walnuts are evenly distributed throughout the cream cheese mixture. Take each empty apple and spoon the filling into the cavity, pressing it down gently without overfilling. Once all the apples are filled, place the tops back on each one to form a lid. Arrange the filled apples in the prepared baking dish. Place the dish in the preheated oven and let the apples bake for about 20-25 minutes.
- 4 Carefully remove the baking dish and let the apples cool to room temperature. Transfer the apples to serving plates and drizzle with honey or sprinkle with additional cinnamon, if desired.

EGG BURGER

Ingredients:

- 2 large eggs (120 g), raw
- 1 slice of bacon (25 g)
- 2 avocado slices (40 g)
- 2 slices of cheese (40 g)
- 2 small lettuce leaves (10 g)
- Salt and black pepper to taste

Instructions:

- 1 Boil eggs for 10 minutes, then cool them in ice water and peel. Let them rest briefly to ensure easy peeling and a smooth surface. Slice the boiled eggs lengthwise to create top and bottom halves resembling "buns."
- 2 Cook the bacon in a skillet over medium heat until it is crispy. Cut in half. To enhance flavor, drain excess fat on a paper towel and allow it to crisp up further before assembling.
- 3 On the flat side of the bottom half of each egg, layer 1 lettuce leaf, $\frac{1}{2}$ slice of bacon, 1 slice of cheese, and 1 avocado slice. Sprinkle it with salt and black pepper. For added texture, consider using a combination of cheeses or adding a few sesame seeds. Place the top half of the egg over the fillings and secure with a toothpick. Serve immediately!

Calories: 261 | Fats: 20 g | Protein: 16 g | Carbs: 2 g | Sugar: 0.5 g | Fiber: 1 g



HUMMUS WITH CHICKPEAS

Ingredients:

- $\frac{1}{2}$ cup (100 g) dried chickpeas
- 1.5 tablespoons (22 ml) olive oil
- 1 tablespoon (15 ml) lemon juice
- 1 garlic clove
- $\frac{1}{2}$ cup (75 g) cucumber sticks
- $\frac{1}{2}$ cup (75 g) carrot sticks
- Salt to taste
- $\frac{1}{2}$ teaspoon (2 g) ground cumin
- 2 tablespoons (30 ml) water (adjust as needed)
- 1.5 tablespoons (22 g) sesame seeds

Instructions:

- 1 Rinse dried chickpeas under cold water. Soak overnight in a large bowl of water. Drain the soaked chickpeas and place them in a pot with fresh water. Bring to a boil, then reduce the heat and simmer for 25–30 minutes, or until the vegetables are tender. Drain and let cool slightly.
- 2 Combine cooked chickpeas, sesame seeds, olive oil, lemon juice, garlic, cumin, and a pinch of salt in a food processor. Blend until smooth, gradually adding 2 tablespoons (30 ml) of water to reach the desired consistency. Taste and adjust seasoning if needed.
- 3 Transfer hummus to a bowl, drizzle with olive oil if desired, and serve with cucumber and carrot sticks.

Calories: 210 | Fats: 12 g | Protein: 6 g | Carbs: 20 g | Sugar: 4 g | Fiber: 5 g



ROASTED SWEET POTATO WITH CHEESE

Ingredients:

- 1 small sweet potato (150 g), sliced into 1.5–2 cm rounds
- 3/4 tablespoon (11 ml) olive oil
- 3 tablespoons (18 g) shredded cheese (mozzarella or gouda)
- 1 tablespoon (7 g) dried cranberries
- 1 tablespoon (7 g) chopped walnuts or pecans
- Salt and black pepper to taste

Instructions:

- 1 Preheat the oven to 400°F (200°C).
- 2 Brush both sides of the sweet potato slices with olive oil and season lightly with salt and black pepper. Place on a parchment-lined baking sheet. Roast the sweet potato rounds in the oven for 25 minutes, flipping them halfway through.
- 3 Remove the baking sheet from the oven and sprinkle the cheese evenly over the sweet potato slices. Return to the oven for 3–5 minutes until the cheese is melted and bubbly.
- 4 Remove the slices from the oven and top each round with dried cranberries and chopped nuts. Serve warm as a snack, appetizer, or side dish.

Calories: 170 | Fats: 8 g | Protein: 4 g | Carbs: 18 g | Sugar: 7 g | Fiber: 2 g



SPICED CRISPY CHICKPEAS

Ingredients:

- 1 cup (200 g) dried chickpeas
- 2 tablespoons (30 ml) olive oil
- 1 teaspoon (5 g) paprika
- 1 teaspoon (5 g) ground cumin
- 1/2 teaspoon (2 g) chili powder
- 1/2 teaspoon (2 g) black pepper
- 1/2 teaspoon (2 g) salt (adjust to taste)
- 1/2 teaspoon (2 g) garlic powder

Instructions:

- 1 Soak 1 cup (200 g) of dried chickpeas overnight in plenty of water. Drain the soaked chickpeas, rinse thoroughly, and pat dry with a towel. Preheat the oven to 400°F (200°C) and line a baking sheet with parchment paper. Letting them dry completely ensures a crispier result.
- 2 In a bowl, mix the chickpeas with olive oil, paprika, cumin, chili powder, garlic powder, and salt. Toss until the chickpeas are evenly coated. For an extra smoky touch, consider adding a pinch of smoked paprika.
- 3 Spread the chickpeas in a single layer on the prepared baking sheet. Roast for 25–30 minutes, stirring every 10 minutes, until golden and crispy on the outside. Remove from the oven, let cool slightly, and enjoy.

Calories: 170 | Fats: 7 g | Protein: 5 g | Carbs: 20 g | Sugar: 1 g | Fiber: 6 g



CHIA PUDDING WITH PUMPKIN

Ingredients:

- 1/4 cup (60 ml) chia seeds
- 1 cup (240 ml) almond milk or milk of choice
- 1 tablespoon (15 ml) maple syrup or honey
- 1/4 cup (60 g) pumpkin puree (plus extra for topping)
- 1/2 teaspoon (2 g) ground cinnamon
- 2 walnut halves for garnish

Instructions:

- 1 Combine chia seeds, almond milk, maple syrup, pumpkin puree, and ground cinnamon in a bowl. Mix well to ensure the chia seeds are evenly distributed.
- 2 Cover and refrigerate for at least 4 hours or overnight, until the mixture has thickened to a pudding-like consistency.
- 3 Divide the chia pudding into two glasses or jars. Top each serving with a spoonful of pumpkin puree and garnish with a walnut half.
- 4 Serve chilled and enjoy as a light, healthy dessert or snack.

Calories: 190 | Fats: 10 g | Protein: 5 g |
Carbs: 18 g | Sugar: 8 g | Fiber: 6 g

CHOCOLATE ICE CREAM

EASY



5 MIN



4 HOURS



- 2 frozen bananas (400 g), peeled and sliced
- 2 tablespoons (30 g) cocoa powder
- 2 tablespoons (30 ml) almond milk
- 1 teaspoon (5 ml) vanilla extract (optional)
- Optional toppings: chopped nuts

Instructions:

- 1 Place the sliced frozen bananas in a blender or food processor. Add the cocoa powder, almond milk, and vanilla extract (if using).
- 2 Blend the mixture until smooth and creamy, scraping down the sides as needed. Adjust the consistency by adding a little more almond milk if necessary.
- 3 Transfer the mixture to a container, smooth the top, and cover with a lid or plastic wrap. Freeze for at least 2–3 hours until firm.
- 4 Scoop the ice cream into small bowls using an ice cream scoop, forming round scoops. Garnish with chopped walnuts.
- 5 Serve immediately and enjoy.

Calories: 210 | Fats: 3 g | Protein: 2 g |
Carbs: 50 g | Sugar: 25 g | Fiber: 6 g

Ingredients:



CHEESECAKES WITH BERRIES

Ingredients:

- 1 large egg
- ½ tablespoon (8 g) sugar
- ½ cup (125 g) cottage cheese
- ⅛ teaspoon (0.5 g) salt
- 10 g fresh raspberries
- 10 g fresh blueberries
- 3 tablespoons (22 g) whole wheat flour
- ½ tablespoon (7 ml) olive oil for frying
- ½ teaspoon (2.5 g) vanilla extract (optional)

Instructions:

- 1 In a bowl, mix cottage cheese, egg, sugar, salt, and vanilla extract (if using) until smooth. Gradually add flour, mixing until a soft dough forms. Avoid overmixing.
- 2 Shape small portions into round patties, about 2 cm thick and 5–6 cm in diameter. Lightly coat each patty with a thin layer of flour.
- 3 Heat ½ tablespoon olive oil in a skillet over medium heat. Fry pancakes in batches, cooking each side for 3–4 minutes until golden brown.
- 4 Garnish with fresh raspberries and blueberries. Serve warm.

Calories: 285 | Fat: 14 g | Protein: 20 g |
Carbs: 24 g | Sugar: 9 g | Fiber: 3 g



CREAM CHEESE BALLS WITH MINT

Ingredients:

- 8 ounces (225 g) cream cheese, softened
- 2 tablespoons (30 g) sour cream
- 2 tablespoons (8 g) fresh mint leaves, finely chopped
- ¼ teaspoon (1 g) garlic powder
- ¼ cup (25 g) finely chopped nuts (e.g., almonds, walnuts, or pistachios) for coating
- Salt and black pepper to taste

Instructions:

- 1 Heat 1 tablespoon vegetable oil in a frying pan over medium heat. Add green beans and fry for 5-7 minutes until crisp-tender. Remove and set aside.
- 2 In the same pan, heat the remaining oil. Add chicken livers, season with salt, pepper, and paprika (if using). Cook for 4-5 minutes on each side, until golden brown and cooked through. Remove and set aside.
- 3 Add red pepper and garlic to the pan, fry for 3-4 minutes, until softened. Return green beans and chicken livers to the pan, stirring to combine. Cook for another 2 minutes. Serve hot on its own or with a side dish.

Calories: 272 | Fats: 33 g | Protein: 9 g |
Carbs: 7 g | Sugar: 3 g | Fiber: 1 g

BAKED PEARS WITH BLUE CHEESE

Ingredients:

- 2 ripe pears (300 g)
- 30 g blue cheese (e.g., Gorgonzola or Roquefort), crumbled
- 1 tablespoon (15 g) chopped walnuts
- 1 tablespoon (15 ml) honey

Instructions:

- 1 Preheat the oven to 375°F (190°C). Line a baking tray with parchment paper.
- 2 Wash the pears and dry them. Cut them in half lengthwise and carefully remove the core with a spoon or knife.
- 3 Place the pear halves cut-side up on the prepared tray. Fill the cavity of each pear with crumbled blue cheese and top with chopped walnuts. Drizzle with honey if desired for extra sweetness.
- 4 Bake in the preheated oven for 12–15 minutes, or until the pears are tender and the cheese is melted.
- 5 Serve warm as a delightful appetizer or light dessert.

Calories: 200 | Fats: 9 g | Protein: 5 g | Carbs: 25 g | Sugar: 18 g | Fiber: 4 g



MEDIUM

10 MIN

15 MIN

ENERGY SEEDS BARS WITH HONEY

Ingredients:

- 1/2 cup (75 g) sunflower seeds
- 1/4 cup (40 g) pumpkin seeds
- 2 tablespoons (20 g) sesame seeds
- 1 tablespoon (10 g) chia seeds
- 1/2 cup (120 ml) honey
- 1/2 teaspoon (2 g) ground cinnamon (optional)
- A pinch of salt

Instructions:

- 1 In a large mixing bowl, combine the sunflower seeds, pumpkin seeds, sesame seeds, chia seeds, cinnamon (if using), and salt. Mix thoroughly.
- 2 Warm the natural honey slightly over low heat or in a warm water bath, just enough to make it runny without overheating. Pour the honey over the seed mixture and stir until all ingredients are evenly coated. Line a rectangular dish with parchment paper. Press the mixture firmly into the dish, creating an even layer.
- 3 Refrigerate for 2–3 hours or until the mixture is firm enough to cut. Remove the dish from the oven, cut the bars into 10 pieces, and store them in an airtight container in the fridge for up to a week.

Calories: 110 | Fats: 6 g | Protein: 3g | Carbs: 12 g | Sugar: 6 g | Fiber: 1 g



APPLE RINGS WITH NUT BUTTER

Ingredients:

- 2 fresh apples (400 g)
- 1 tablespoon (7 g) chopped almonds for garnish
- 10 fresh blueberries (15 g)
- ½ cup (100 g) nuts of choice (e.g., almonds, hazelnuts, cashews, peanuts)
- ½ tablespoon (7 ml) neutral oil

Instructions:

- 1 Place nuts on a baking sheet and bake at 350°F (175°C) for 8–10 minutes to intensify flavor. Let cool slightly, then transfer to a food processor and blend until creamy, scraping down the sides as needed. For a smoother texture, add ½ tablespoon of neutral oil.
- 2 Wash and core apples thoroughly. Slice the squash into ½-inch-thick rings and arrange them on a serving platter.
- 3 Spread a generous layer of nut butter evenly over each apple ring.
- 4 Decorate with chopped almonds and place a blueberry on each ring for garnish.
- 5 Serve immediately as a healthy snack or light dessert.

Calories: 180 | Fats: 9 g | Protein: 4 g |
Carbs: 22 g | Sugar: 16 g | Fiber: 4 g



DETOX GREEN SMOOTHIE BOWL

Ingredients:

- 2 frozen bananas (400 g), sliced
- 1 tablespoon (15 ml) honey (optional)
- 1/2 cup (120 ml) almond milk
- 1 cup (30 g) fresh spinach
- banana and kiwi slices; flax and pumpkin seeds; almond flakes (for decoration)

Instructions:

- 1 In a blender, combine the frozen bananas, fresh spinach, almond milk, and honey, if using. Blend until smooth and creamy.
- 2 Check the consistency of the smoothie. If it feels too thick, add almond milk in small amounts and continue blending until the desired texture is achieved.
- 3 Carefully pour the smoothie into two serving bowls, spreading it evenly between them. Top each bowl with banana slices, kiwi slices, flax seeds, pumpkin seeds, and almond flakes.
- 4 Serve immediately as a nutritious breakfast or snack.

Calories: 220 | Fats: 7 g | Protein: 4 g |
Carbs: 35 g | Sugar: 19 g | Fiber: 5 g



Bonus



Chapter 8

CALMING DRINKS

CUCUMBER SMOOTHIE



Ingredients:

- 1 medium cucumber, chopped
- 1 cup Greek yogurt
- 1/2 cup fresh mint leaves
- 1 tablespoon honey
- 1/2 cup water or coconut water
- 1/2 lemon, juiced

Instructions:

- 1 Add the cucumber, mint leaves, yogurt, water, honey, and lemon juice to a blender.
- 2 Blend until smooth and creamy. Taste and adjust the sweetness if needed. Serve chilled, garnished with fresh mint leaves.

Calories: 120; Fats: 3 g; Protein: 6 g; Carbs: 15 g; Sugar: 4 g; Fiber: 0 g



ORANGE CARROT SMOOTHIE



Ingredients:

- 1 large orange (200 g), segmented
- 1 teaspoon (5 g) honey
- 1 medium carrot (100 g), chopped
- 1/2 teaspoon (2 g) ginger, grated
- 250 ml coconut water
- 4–5 ice cubes

Instructions:

- 1 Place the orange, carrot, coconut water, honey (if using), ginger, and ice cubes in a blender.
- 2 Blend on high speed for 30–40 seconds until smooth.
- 3 Pour into glasses and serve chilled.

Calories: 90 | Fats: 0 g | Protein: 1 g | Carbs: 22 g | Sugar: 18 g | Fiber: 4 g



GOLDEN MILK



Ingredients:

- 500 ml almond milk
- 1 teaspoon (5 g) turmeric
- 1/2 teaspoon (2 g) cinnamon
- 1 teaspoon (5 g) honey
- 1/2 teaspoon (2 g) ginger
- 1 teaspoon (5 ml) coconut oil

Instructions:

- 1 In a saucepan, mix almond milk, turmeric, cinnamon, ginger.
- 2 Heat over medium heat for 3–5 minutes, stirring occasionally, without boiling. Add honey and coconut oil, stirring until the mixture is smooth.
- 3 Pour into cups and enjoy the warm, aromatic drink!

Calories: 110 | Fats: 5 g | Protein: 2 g | Carbs: 9 g | Sugar: 6 g | Fiber: 1 g





TONIC DRINK WITH TURMERIC AND GINGER

Ingredients:

- 500 ml of water
- 1 teaspoon (5 g) turmeric powder
- 1 teaspoon (5 g) fresh ginger, grated
- 2 tablespoons (30 ml) lemon juice
- 1 tablespoon (15 g) honey
- ¼ teaspoon (1 g) black pepper (enhances curcumin absorption)

Instructions:

- 1 Bring water to a gentle simmer over medium heat.
- 2 Add turmeric and ginger, stir, and simmer for 3–5 minutes.
- 3 Remove from heat and strain if desired.
- 4 Stir in lemon juice, honey, and black pepper.
- 5 Serve warm or chilled for a refreshing boost!

Benefits:

- Enhances Nutrient Absorption – Black pepper improves the absorption of curcumin, the active compound in turmeric, making its benefits more effective.
- Natural Detoxification – Lemon juice supports liver function and helps flush out toxins.

Calories: 35 | Fats: 0 g | Protein: 0 g |
Carbs: 9 g | Sugar: 8 g | Fiber: 0 g

GREEN TEA WITH GINGER, LEMON, AND MINT

EASY



5 MIN



4 HOURS



- 500 ml of water
- 1 teaspoon (2 g) green tea
- 1 teaspoon (5 g) fresh ginger, grated
- 2 lemon slices
- 4–5 fresh mint leaves
- 1 teaspoon (5 g) honey (optional)

Ingredients:

Instructions:

- 1 Heat water to 80°C/175°F (do not boil).
- 2 Add green tea and grated ginger, and steep for 3 minutes.
- 3 Add lemon and mint, then let the mixture steep for an additional 2 minutes.
- 4 Sweeten with honey if desired, and serve warm or chilled.

Benefits:

- Boosts Metabolism – Green tea is recognized for its support of weight loss and fat burning, making it a valuable addition to a healthy diet.
- Promotes Detoxification – The combination of green tea, ginger, and lemon helps flush out toxins and supports liver function.

Calories: 15 | Fats: 0 g | Protein: 0 g |
Carbs: 4 g | Sugar: 3 g | Fiber: 0 g



ROSEHIP TEA WITH SPICES

Ingredients:

- 2 tablespoons (20 g) dried rosehips
- 500 mL of water
- ½ teaspoon (2 g) cinnamon
- ½ teaspoon (2 g) fresh ginger, grated
- 2 cloves
- 1 star anise (optional)
- 1 teaspoon (5 g) honey or maple syrup (optional)

Instructions:

- 1 Bring water to a gentle boil, then reduce the heat.
- 2 Add dried rosehips, cinnamon, ginger, cloves, and star anise, then simmer for 10 minutes.
- 3 Strain the tea if desired, then stir in honey or maple syrup to taste.
- 4 Serve warm and enjoy the rich, fragrant infusion!

Benefits:

- Rich in Antioxidants – Rosehips contain high levels of polyphenols, carotenoids, and vitamins C and E, which help protect cells from damage.
- Aids Digestion – Ginger and cinnamon have digestive benefits, helping reduce bloating and improve gut health.

Calories: 20 | Fats: 0 g | Protein: 0 g |
Carbs: 5 g | Sugar: 4 g | Fiber: 0 g



CHAMOMILE TEA WITH LEMON AND MINT

Ingredients:

- 2 teaspoons (4 g) dried chamomile flowers
- 500 mL of water
- 2 lemon slices
- 4–5 fresh mint leaves
- 1 teaspoon (5 g) honey (optional)

Instructions:

- 1 Bring water to a boil, then remove from the heat.
- 2 Add chamomile, lemon, and mint, cover, and steep for 10 minutes.
- 3 Strain if desired, then add honey.
- 4 Serve warm and enjoy the soothing herbal tea!

Benefits:

- Antioxidant protection – Chamomile and lemon contain antioxidants that protect cells from damage and slow down the aging process.
- Boosts immunity – Lemon is rich in vitamin C, which helps the body fight infections.
- Aids digestion – Chamomile has a relaxing effect on the stomach, and lemon stimulates bile production, thereby improving digestion.

Calories: 15 | Fats: 0 g | Protein: 0 g |
Carbs: 4 g | Sugar: 3 g | Fiber: 0 g



APPLE SMOOTHIE

5 MIN

NONE

Ingredients:

- 1 large apple (200 g)
- 250 ml almond milk
- ½ teaspoon (2 g) vanilla extract
- 1 tablespoon (15 g) honey
- ½ teaspoon (2 g) ground cinnamon
- 4–5 ice cubes

Instructions:

- 1 Peel the apple, remove the core, and cut it into pieces.
- 2 Place the apple and all other ingredients in a blender.
- 3 Blend on high speed for 30–40 seconds until smooth. Pour into glasses and serve chilled.

Calories: 120 | Fats: 3 g | Protein: 2 g | Carbs: 24 g | Sugar: 18 g | Fiber: 3 g



LINDEN TEA WITH LEMON

5 MIN

10 MIN

Ingredients:

- 2 cups (480 ml) water
- 1/2 cup (75 g) fresh or dried gooseberries
- 1 teaspoon (5 ml) honey (optional)
- Pinch of salt (to taste)

Instructions:

- 1 Bring water to a gentle boil in a saucepan. Remove from heat and add dried lavender flowers. Cover and let steep for 10 minutes.
- 2 Strain the tea into cups, discarding the tea leaves and flowers.
- 3 Stir in honey and salt if desired. Serve warm.

Calories: 5; Fats: 0 g; Protein: 0 g; Carbs: 1 g; Sugar: 1 g; Fiber: 0 g

SUGAR-FREE MATCHA LATTE

5 MIN

5 MIN

Ingredients:

- 250 ml unsweetened almond milk
- 50 ml hot water (not boiling, around 80°C / 175°F)
- 1 teaspoon (2 g) matcha powder
- ½ teaspoon (2 g) vanilla extract

Instructions:

- 1 In a cup, whisk matcha powder with hot water until smooth and frothy.
- 2 Heat almond milk over medium heat for 2–3 minutes, but do not boil.
- 3 Froth the warm milk using a frother or whisk, then pour over the matcha mixture. Stir in vanilla extract, and enjoy warm!

Calories: 30 | Fats: 2 g | Protein: 1 g | Carbs: 2 g | Sugar: 0 g | Fiber: 1 g





Chapter 9

THE RECOVERY PROTOCOL

28-DAY MEAL PLAN FOR CORTISOL RESET

Cortisol recovery isn't just about eliminating stress—it's about restoring what your body has been missing: steady nourishment, hormonal balance, and a grounded daily rhythm. This **28-day journey** is thoughtfully divided into **two transformative phases**:

7 Days to Reset (Week 1)

A gentle reset to ease anxiety, balance blood sugar, reduce stimulants, and nourish the body—preparing you for more profound healing.

21 Days to Transformation (Weeks 2, 3, and 4)

A three-week plan to restore energy, balance hormones, and build resilience through grounding meals, adaptogens, gentle movement, and calming rituals.

Includes

This plan includes lifestyle tools—such as mindful mornings, balanced meals, and calming evening rituals—to support deep, lasting recovery that extends beyond just food.

7 DAYS TO RESET

This is your foundation week. The focus is on calming internal chaos by removing the most common stressors, including blood sugar spikes, stimulants, inflammatory foods, and environmental overstimulation.

- 1 **Avoid** sugar, caffeine, processed snacks, and alcohol altogether.

- 2 **Eat** simple, nourishing meals with non-starchy vegetables, leafy greens, healthy fats (such as olive oil and avocado), and moderate amounts of clean protein.
- 3 **Stay** well-hydrated with herbal teas, lemon water, and mineral-rich broths.
- 4 **Include** light physical activities, such as walking or gentle stretching, to support recovery.
- 5 **Limit** screen time before bed to enhance your sleep.

This phase shifts your body from “fight or flight” to a calm, balanced state by stabilizing blood sugar and reducing cortisol. Expect some fatigue; rest and honor your body's need to reset.

21 DAYS TO TRANSFORMATION

Week 2: Nourish Your Hormones & Rebuild Reserves (Days 8–14)

After the reset, your body is ready to start rebuilding. This week targets the **adrenal glands and thyroid**, which play a direct role in cortisol production and energy balance.

- 1 **Focus** your meals on protein-rich options, such as pasture-raised chicken, salmon, and, if tolerated, lentils. Complement with omega-3 fats from sources such as fish, flaxseeds, and walnuts.

- 2 **Eat regularly** – aim for three balanced meals a day, plus a small, nutrient-dense snack if needed. Avoid skipping meals to maintain steady cortisol levels.
- 3 **Choose grounding foods** like warm stews, roasted vegetables, and cooked grains to support digestion and calm the nervous system.
- 4 **Prioritize rest** – keep physical activity light with walking, yoga, or gentle stretching.
- 5 **Track your stats daily:** keep a journal to observe emotional and physical shifts, patterns, and triggers.
- 6 **Practice mindfulness** through meditation or breathwork to support emotional regulation and stress recovery.
- 7 **Maintain a healthy sleep rhythm** by going to bed on time and avoiding screens for at least an hour before sleep to support melatonin production and promote a whole night's rest.

Your internal systems are being refueled. This is not the week for pushing – this is when your hormones begin to feel safe again.

Week 3: Restore Strength and Activate Gentle Energy (Days 15–21)

Now that you've laid the groundwork, it's time to awaken your body's natural vitality. This is where balanced energy begins to return—not through overstimulation, but through support.

- 1 **Meals become more dynamic** by maintaining quality proteins, adding complex carbohydrates (such as sweet potatoes, quinoa, or buckwheat), and reintroducing a wider variety of vegetables and healthy fats.
- 2 **Reinforce structure** by sticking to regular mealtimes and consistent routines. Your body thrives on predictability.
- 3 Begin **soft activation** with early morning sun exposure, short walks after meals, and 5–10 minutes of light resistance or mobility work.
- 4 **Why it matters:** Cortisol is influenced by light, rhythm, and muscle activity. Gentle morning stimulation helps recalibrate your circadian clock and supports natural energy production without tipping into exhaustion.

This is the week where many people begin to feel a shift – **more clarity, better mood, and a sense of internal steadiness.**

Week 4: Anchor the Change & Build a Sustainable Rhythm (Days 22–28)

The final week is about consolidation – locking in the habits and changes you've built so they become part of your lifestyle.

- 1 **Keep meals supportive yet lighter** – think sautéed greens, brothy soups, lean proteins, and moderate complex carbs.
- 2 **Create mini rituals** that help you feel calm and connected, such as evening walks, a digital detox after 8 PM, journaling, practicing gratitude, or stretching.
- 3 **Reintroduce movement** that brings joy – dancing, nature hikes, swimming, or slow-flow yoga.
- 4 Stay connected to **internal cues:** how does your body feel after eating, moving, or resting?

DAILY RHYTHM FOR CORTISOL RECOVERY

The true power of recovery lies not just in food but in maintaining a daily rhythm:

- **Morning light** within 30 minutes of waking helps reset your internal clock – step outside, breathe deeply, and stretch.
- **Eat breakfast** within 1 hour of waking. Prioritize protein to stabilize blood sugar for the day.
- **Pause twice daily** for 10 minutes to rest, breathe, or reflect – this is essential for supporting your adrenals.
- **Keep dinner early and light**, ideally before 7 PM, to aid digestion and calm the body for sleep.
- **Unplug an hour before bed.** Replace screens with soothing rituals, such as savoring a cup of tea, reading a book, or taking a warm bath.
- **Sleep 7–9 hours** in complete darkness—this is when deep hormonal healing happens.

Consistency creates safety. When habits match your biology, true healing begins.



MEAL PLAN FOR WEEK 1

	BREAKFAST	LUNCH	DINNER	SNACK
SUNDAY	Cucumber Smoothie, p. 68	Zucchini and Spinach Soup, p. 28	Grilled Salmon, p. 46	Chocolate Ice Cream, p. 63
	Spinach Pancakes with Cream Cheese, p. 14	Salad with Chickpeas, Broccoli, and Spinach, p. 32	Chamomile Tea with Lemon and Mint, p. 70	Detox Green Smoothie Bowl, p. 66
Calories: 1745 / Fat: 75 g / Protein: 102 g / Carbs: 158 g / Sugar: 68 g / Fiber: 31 g				
MONDAY	Orange Carrot Smoothie, p. 68	Beet Soup Purée, p. 25	Tuna in Sesame, p. 47	Chia Pudding with Pumpkin, p. 63
	Lazy Dumplings, p. 16	Beef Steaks with Roasted Vegetables, p. 36	Rosehip Tea with Spices, p. 70	Apple Rings with Nut Butter, p. 66
Calories: 1765 / Fat: 78 g / Protein: 92 g / Carbs: 157 g / Sugar: 70 g / Fiber: 29 g				
TUESDAY	Golden Milk, p. 68	Lentil Soup, p. 26	Fried Cod with Asparagus, p. 49	Baked Pumpkin with Greens (p. 76)
	Spinach Roll with Salmon, p. 22	Feta-Stuffed Breasts, p. 43	Tonic Drink with Turmeric and Ginger, p. 69	Roasted Sweet Potatoes, p. 55
Calories: 1770 / Fat: 78 g / Protein: 101 g / Carbs: 172 g / Sugar: 65 g / Fiber: 24 g				
WEDNESDAY	Apple Smoothie, p. 71	Creamy Pumpkin Soup, p. 30	Tilapia with Capers, p. 52	Baked Pears with Cheese, p. 65
	Amaranth and Quinoa Porridge, p. 22	Mussels in White Wine Broth, p. 47	Green Tea with Ginger, Lemon, and Mint, p. 69	Baked Apples with Cottage Cheese and Walnuts, p. 60
Calories: 1745 / Fat: 74 g / Protein: 82 g / Carbs: 184 g / Sugar: 67 g / Fiber: 24 g				
THURSDAY	Cucumber Smoothie, p. 68	Roasted Quail with Lemon, p. 42	Sea Bass with Spinach, p. 50	Egg Burger, p. 61
	Lentil Patties with Greens, p. 15	Gazpacho Soup with Tomatoes, p. 34	Chamomile Tea with Lemon and Mint, p. 70	Sugar-Free Matcha Latte, p. 71
Calories: 1708 / Fat: 94 g / Protein: 112 g / Carbs: 80 g / Sugar: 29.5 g / Fiber: 16 g				
FRIDAY	Golden Milk, p. 68	Sour Cabbage, p. 34	Linden Tea with Lemon, p. 71	Cream Cheese Balls, p. 64
	Pearl Barley Porridge with Egg, p. 15	Stewed Rabbit with Mushrooms, p. 37	Turkey Meatballs in Tomato Sauce, p. 40	Energy Seed Bars with Honey, p. 65
Calories: 1817 / Fat: 104 g / Protein: 117 g / Carbs: 113 g / Sugar: 34 g / Fiber: 17 g				
SATURDAY	Orange Carrot Smoothie, p. 68	Soup with Salmon, p. 31	Rosehip Tea with Spices, p. 70	Cheesecakes with Berries, p. 64
	Avocado Toast on Whole Grain Bread with Egg, p. 19	Salad with Beef Tongue, p. 31	Grilled Turkey with Zucchini, p. 41	Hummus with Chickpeas, p. 61
Calories: 1785 / Fat: 86 g / Protein: 121 g / Carbs: 143 g / Sugar: 42 g / Fiber: 24 g				

SHOPPING LIST

for Week 1

Grains and Legumes

- Amaranth 50 g / 1.8 ounces
- Quinoa 230 g / 8.1 ounces
- Buckwheat groats 100 g / 3.5 ounces
- Pearl barley 100 g / 3.5 ounces
- Rolled oats 50 g / 1.7 ounces
- Whole grain flour 182 g / 6.4 ounces
- Oat flour 28 g / 1 ounce
- Almond flour 55 g / 1.9 ounces
- Hazelnut flour 30 g / 1.1 ounces
- Cashew flour 30 g / 1.1 ounces
- Red lentils 400 g / 14.1 ounces
- Dried chickpeas 300 g / 10.6 ounces

Vegetables

- Zucchini 580 g / 20.5 ounces
- Spinach leaves 430 g / 15.2 ounces
- Broccoli florets 680 g / 24 ounces
- Carrots 450 g / 15.9 ounces
- Pumpkin 560 g / 19.8 ounces
- Sweet potatoes 900 g / 31.7 ounces
- Cherry tomatoes 300 g / 10.6 ounces
- Tomatoes 700 g / 24.7 ounces
- Cucumber 600 g / 21.2 ounces
- Red bell pepper 230 g / 8.1 ounces
- Green bell pepper 80 g / 2.8 ounces
- Corn salad leaves 30 g / 1.1 ounces
- Onion 675 g / 23.8 ounces
- Red onion 100 g / 3.5 ounces
- Celery 200 g / 7 ounces
- Garlic cloves 11
- Cabbage 1 kg / 35.3 ounces
- Fresh sorrel leaves 30 g / 1.1 ounces

Fruits

- Apples 2000 g / 70.5 ounces
- Blueberries 165 g / 5.8 ounces
- Raspberries 60 g / 2.1 ounces
- Cranberries 40 g / 1.4 ounces
- Pears 900 g / 31.7 ounces
- Bananas 1200 g / 42.3 ounces
- Dried figs 50 g / 1.8 ounces
- Dried apricots 40 g / 1.4 ounces
- Dried cherries 30 g / 1.1 ounces
- Lemon juice 105 ml / 3.6 ounces
- Orange 400 g / 14.1 ounces
- Gooseberries 75 g / 2.6 ounces

Meat, Fish and Seafood

- Beef steaks 500 g / 17.6 ounces
- Rabbit portioned 1000 g / 35.3 ounces
- Turkey breast fillets 600 g / 21.2 ounces
- Chicken breast fillets 1200 g / 42.3 ounces
- Quails 1200 g / 42.3 ounces
- Lamb chops 600 g / 21.2 ounces
- Salmon steaks 340 g / 12 ounces
- Tuna steaks 300 g / 10.6 ounces

- Cod fillets 300 g / 10.6 ounces
- Sea bass fillets 360 g / 12.7 ounces
- Tilapia fillets 600 g / 21.2 ounces
- Dorado 400 g / 14.1 ounces
- Mussels 700 g / 24.7 ounces
- Ground turkey 500 g / 17.6 ounces
- Ground salmon 400 g / 14.1 ounces
- Bacon 125 g / 4.4 ounces

Dairy and Alternatives

- Whole milk 2 L / 67.6 ounces
- Almond milk 1600 ml / 54.1 ounces
- Coconut milk 240 ml / 8.5 ounces
- Greek yogurt 490 g / 17.3 ounces
- Cottage cheese 775 g / 27.4 ounces
- Ricotta cheese 125 g / 4.4 ounces
- Feta cheese crumbled 100 g / 3.5 ounces
- Blue cheese Gorgonzola 180 g / 6.3 ounces
- Shredded mozzarella cheese 60 g / 2.1 ounces
- Parmesan cheese 30 g / 1.1 ounces
- Cream cheese 255 g / 9 ounces
- Sour cream 60 g / 2.1 ounces

Seeds and Nuts

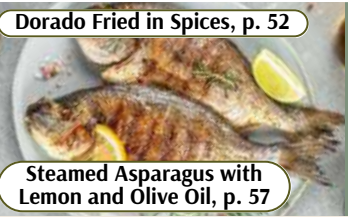
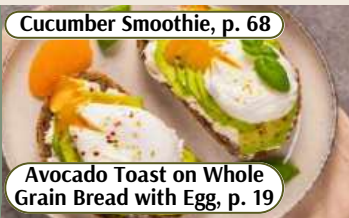
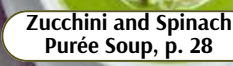
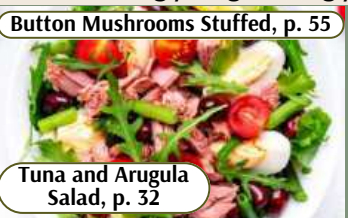
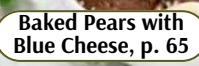
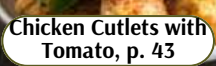
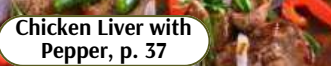
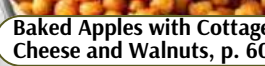
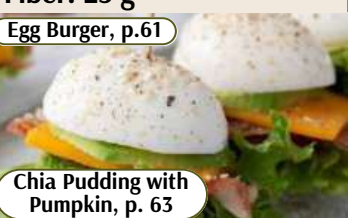
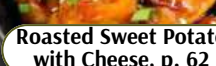
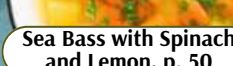
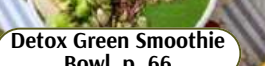
- Pumpkin seeds 50 g / 1.8 ounces
- Sunflower seeds 155 g / 5.5 ounces
- Sesame seeds 80 g / 2.8 ounces
- Chia seeds 130 ml / 4.6 ounces
- Flax seeds unspecified
- Chopped walnuts 60 g / 2.1 ounces
- Almonds 115 g / 4 ounces
- Cashews 20 g / 0.7 ounces
- Hazelnuts 10 g / 0.35 ounces
- Nuts of choice almonds hazelnuts cashews peanuts 100 g / 3.5 ounces
- Pine nuts 45 g / 1.6 ounces

Oils and Sauces

- Olive oil 322 ml / 11.1 ounces
- Flaxseed oil 72 ml / 2.5 ounces
- Pumpkin seed oil 60 ml / 2 ounces
- Vegetable broth 2250 ml / 76.1 ounces
- Apple cider vinegar 10 ml / 0.35 ounces
- Honey 152 g / 5.3 ounces
- Dry white wine 240 ml / 8.5 ounces
- Coconut water 500 ml / 17.6 ounces
- Dijon mustard 2 g / 0.07 ounces
- Baking powder 6 g / 0.21 ounces
- Ground black pepper 12.5 g / 0.44 ounces
- Smoked paprika 7 g / 0.25 ounces
- Rosemary 14 g / 0.49 ounces
- Dried thyme 10 g / 0.35 ounces
- Ground cinnamon 10 g / 0.35 ounces
- Ground ginger 7 g / 0.25 ounces
- Turmeric powder 7 g / 0.25 ounces
- Cloves 4
- Fresh sorrel leaves 30 g / 1.1 ounces



MEAL PLAN FOR WEEK 2

	BREAKFAST	LUNCH	DINNER	SNACK
SUNDAY	 Pumpkin Waffles, p. 16  Orange Carrot Smoothie, p. 68	 Sour Cabbage, p. 34  Roasted Lamb Chops, p. 39	 Dorado Fried in Spices, p. 52  Steamed Asparagus with Lemon and Olive Oil, p. 57	 Apple Rings with Nut Butter, p. 66  Roasted Sweet Potato with Cheese, p. 62
	Calories: 1770 / Fat: 83 g / Protein: 98 g / Carbs: 140 g / Sugar: 58 g / Fiber: 24 g			
MONDAY	 Cucumber Smoothie, p. 68  Avocado Toast on Whole Grain Bread with Egg, p. 19	 Grilled Fillets with Salad, p. 48  Zucchini and Spinach Purée Soup, p. 28	 Button Mushrooms Stuffed, p. 55  Tuna and Arugula Salad, p. 32	 Chocolate Ice Cream, p. 63  Baked Pears with Blue Cheese, p. 65
	Calories: 1755 / Fat: 88 g / Protein: 100 g / Carbs: 144 g / Sugar: 58 g / Fiber: 25 g			
TUESDAY	 Millet Porridge with Fruits, p. 18  Chamomile Tea with Lemon and Mint, p. 70	 Spinach Salad with Salmon, p. 33  Chicken Cutlets with Tomato, p. 43	 Button Mushrooms Stuffed, p. 55  Chicken Liver with Pepper, p. 37	 Spiced Crispy Chickpeas, p. 62  Baked Apples with Cottage Cheese and Walnuts, p. 60
	Calories: 1770 / Fat: 79 g / Protein: 132 g / Carbs: 129 g / Sugar: 46 g / Fiber: 23 g			
WEDNESDAY	 Chicken Fillet with Eggs, p. 20  Chamomile Tea with Lemon and Mint, p. 70	 Beet Soup Purée, p. 25  Grilled Mackerel with Vegetables, p. 51	 Apricot Chicken Roulade, p. 44  Roasted Sweet Potato with Cheese, p. 62	 Egg Burger, p. 61  Chia Pudding with Pumpkin, p. 63
	Calories: 1896 / Fat: 116 g / Protein: 133 g / Carbs: 92 g / Sugar: 43 g / Fiber: 22 g			
THURSDAY	 Overnight Oats with Fruit, p. 17  Orange Carrot Smoothie, p. 68	 Easy Teriyaki Chicken, p. 41  Roasted Sweet Potato with Cheese, p. 62	 Beef with Bell Peppers, p. 44  Cauliflower Rice with Herbs, p. 56	 Cheesecakes with Berries, p. 64  Energy Seed Bars with Honey, p. 65
	Calories: 1905 / Fat: 84 g / Protein: 131 g / Carbs: 156 g / Sugar: 67 g / Fiber: 25 g			
FRIDAY	 Golden Milk, p. 68  Banana Oat Pancakes, p. 20	 Lentil Soup, p. 26  Sea Bass with Spinach and Lemon, p. 50	 Zucchini Stir-Fried, p. 56  Fried Chicken with Pumpkin and Green Beans, p. 38	 Hummus with Chickpeas, p. 61  Cream Cheese Balls with Mint, p. 64
	Calories: 2049 / Fat: 122 g / Protein: 124 g / Carbs: 136 g / Sugar: 48 g / Fiber: 28 g			
SATURDAY	 Rosehip Tea with Spices, p. 70  Egg Casserole with Broccoli, p. 21	 Shrimp with Spicy Oil, p. 50  Chicken Salad with Apple and Nuts, p. 27	 Salmon Cutlets with Greens, p. 49  Bulgur with Carrot, Green Peas, and Corn, p. 54	 Apple Rings with Nut Butter, p. 66  Detox Green Smoothie Bowl, p. 66
	Calories: 2000 / Fat: 88 g / Protein: 98 g / Carbs: 126 g / Sugar: 55 g / Fiber: 21 g			

SHOPPING LIST

for Week 2

Grains and Legumes

- Oat flakes 65 g / 2.3 ounces
- Oat flour 97 g / 3.4 ounces
- Whole wheat flour 172 g / 6 ounces
- Whole grain flour 60 g / 2.1 ounces
- Almond flour 55 g / 1.9 ounces
- Hazelnut flour 30 g / 1.1 ounces
- Cashew flour 30 g / 1.1 ounces
- Buckwheat groats 100 g / 3.5 ounces
- Bulgur 90 g / 3.2 ounces
- Millet 90 g / 3.2 ounces
- Red lentils 400 g / 14.1 ounces
- Dried chickpeas 550 g / 19.4 ounces

Vegetables

- Zucchini 910 g / 32 ounces
- Spinach 210 g / 7.4 ounces
- Arugula 60 g / 2.1 ounces
- Broccoli florets 275 g / 9.7 ounces
- Celery 150 g / 5.3 ounces
- Carrots 400 g / 14.1 ounces
- Pumpkin 740 g / 26.1 ounces
- Sweet potatoes 700 g / 24.7 ounces
- Cherry tomatoes 650 g / 22.9 ounces
- Tomatoes 850 g / 30 ounces
- Cucumber 400 g / 14.1 ounces
- Red bell pepper 500 g / 17.6 ounces
- Green bell pepper 150 g / 5.3 ounces
- Corn kernels 150 g / 5.3 ounces
- Green peas 150 g / 5.3 ounces
- Onion 560 g / 19.8 ounces
- Red onion 100 g / 3.5 ounces
- Garlic cloves 12
- Cabbage 1 kg / 35.3 ounces

Fruits

- Apples 1800 g / 63.5 ounces
- Blueberries 95 g / 3.4 ounces
- Raspberries 50 g / 1.8 ounces
- Cranberries 47 g / 1.7 ounces
- Pears 900 g / 31.7 ounces
- Bananas 1200 g / 42.3 ounces
- Orange 400 g / 14.1 ounces
- Kiwi slices unspecified
- Lemon juice 115 ml / 3.9 ounces
- Dried apricots 140 g / 4.9 ounces
- Dried cherries 30 g / 1.1 ounces
- Dried rosehips 20 g / 0.7 ounces

Meat, Fish and Seafood

- Beef strips 600 g / 21.2 ounces
- Salmon fillet 400 g / 14.1 ounces
- Ground salmon 200 g / 7 ounces
- Tuna 200 g / 7 ounces
- Cod fillets 300 g / 10.6 ounces
- Sea bass fillets 240 g / 8.5 ounces
- Dorado 400 g / 14.1 ounces
- Pollock fillets 300 g / 10.6 ounces

- Shrimp 225 g / 7.9 ounces
- Chicken breasts 800 g / 28.2 ounces
- Chicken liver 600 g / 21.2 ounces
- Ground chicken 600 g / 21.2 ounces
- Turkey breast fillets 600 g / 21.2 ounces
- Lamb chops 600 g / 21.2 ounces

Dairy and Alternatives

- Whole milk 1 L / 33.8 ounces
- Almond milk 1360 ml / 47.8 ounces
- Greek yogurt 370 g / 13 ounces
- Cottage cheese 725 g / 25.6 ounces
- Cream cheese 255 g / 9 ounces
- Ricotta cheese 125 g / 4.4 ounces
- Feta cheese crumbled 100 g / 3.5 ounces
- Blue cheese Gorgonzola 180 g / 6.3 ounces
- Mozzarella or gouda cheese 75 g / 2.6 ounces
- Parmesan cheese 30 g / 1.1 ounces
- Sour cream 30 g / 1.1 ounces

Seeds and Nuts

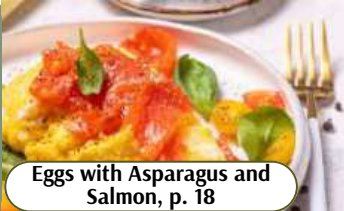
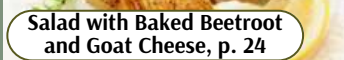
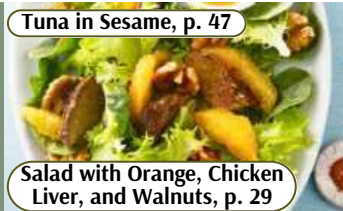
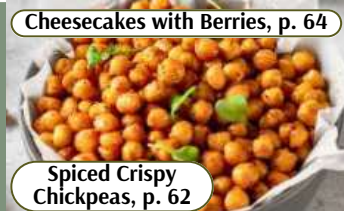
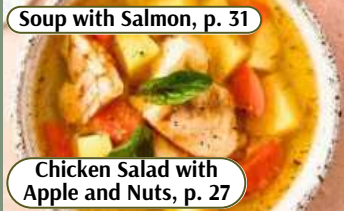
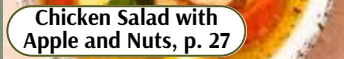
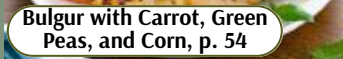
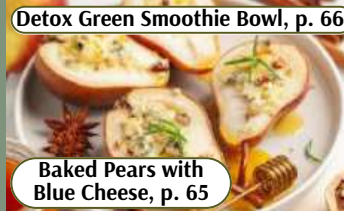
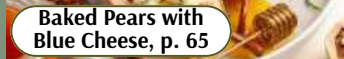
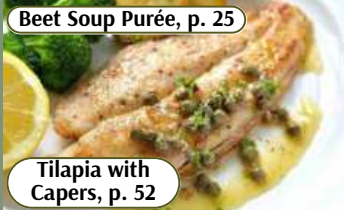
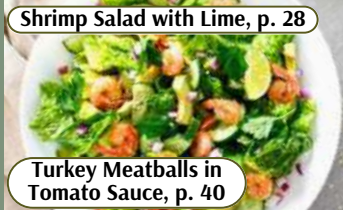
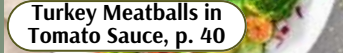
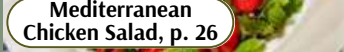
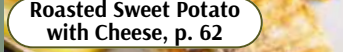
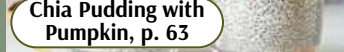
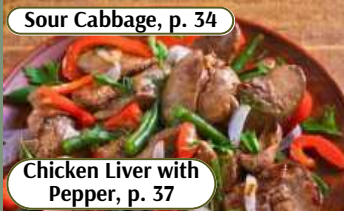
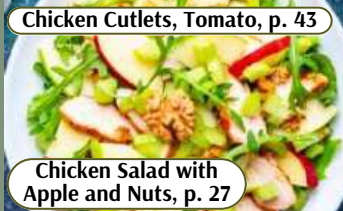
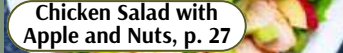
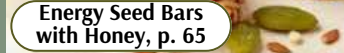
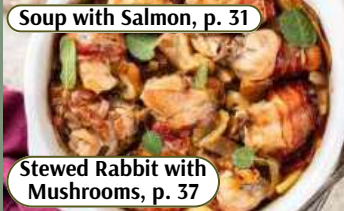
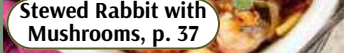
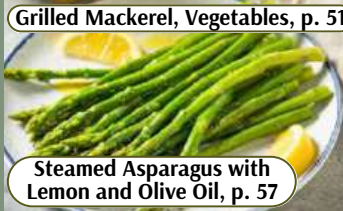
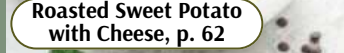
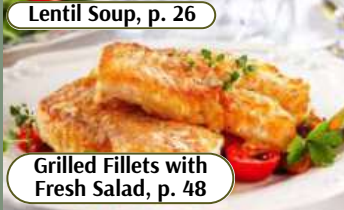
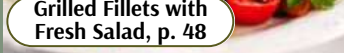
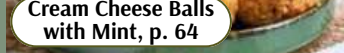
- Chia seeds 132 g / 4.7 ounces
- Flax seeds unspecified
- Sesame seeds 42 g / 1.5 ounces
- Pumpkin seeds 90 g / 3.2 ounces
- Sunflower seeds 150 g / 5.3 ounces
- Pine nuts unspecified
- Chopped walnuts 97 g / 3.4 ounces
- Almonds 107 g / 3.8 ounces
- Cashews 20 g / 0.7 ounces
- Nuts of choice almonds hazelnuts cashews peanuts 200 g / 7 ounces

Oils and Sauces

- Olive oil 339 ml / 11.7 ounces
- Flaxseed oil 92 ml / 3.2 ounces
- Pumpkin seed oil 60 ml / 2 ounces
- Coconut oil 30 g / 1.1 ounces
- Sesame oil 15 ml / 0.5 ounces
- Vegetable broth 2250 ml / 76 ounces
- Dry white wine 250 ml / 8.5 ounces
- Coconut water 750 ml / 25.4 ounces
- Soy sauce 90 ml / 3 ounces
- Honey 194 g / 6.8 ounces
- Apple cider vinegar 10 ml / 0.35 ounces
- Dijon mustard 3 g / 0.1 ounces
- Mustard 15 g / 0.5 ounces
- Baking powder 9 g / 0.3 ounces
- Ground black pepper 17 g / 0.6 ounces
- Smoked paprika 10 g / 0.35 ounces
- Paprika 5 g / 0.18 ounces
- Rosemary 10 g / 0.35 ounces
- Ground cinnamon 12 g / 0.4 ounces
- Ground ginger 9 g / 0.3 ounces
- Turmeric powder 7 g / 0.25 ounces
- Ground cumin 5 g / 0.18 ounces



MEAL PLAN FOR WEEK 3

	BREAKFAST	LUNCH	DINNER	SNACK
SUNDAY	 Eggs with Asparagus and Salmon, p. 18	 Roasted Quail with Lemon, p. 42  Salad with Baked Beetroot and Goat Cheese, p. 24	 Tuna in Sesame, p. 47  Salad with Orange, Chicken Liver, and Walnuts, p. 29	 Cheesecakes with Berries, p. 64  Spiced Crispy Chickpeas, p. 62
	Calories: 1925 / Fat: 111 g / Protein: 129 g / Carbs: 89 g / Sugar: 33 g / Fiber: 23 g			
MONDAY	 Pearl Barley Porridge with Egg, p. 15	 Soup with Salmon, p. 31  Chicken Salad with Apple and Nuts, p. 27	 Fried Chicken with Pumpkin, p. 38  Bulgur with Carrot, Green Peas, and Corn, p. 54	 Detox Green Smoothie Bowl, p. 66  Baked Pears with Blue Cheese, p. 65
	Calories: 1970 / Fat: 75 g / Protein: 101 g / Carbs: 193 g / Sugar: 58 g / Fiber: 27 g			
TUESDAY	 Cheesecakes with Berries, p. 64	 Beet Soup Purée, p. 25  Tilapia with Capers, p. 52	 Shrimp Salad with Lime, p. 28  Turkey Meatballs in Tomato Sauce, p. 40	 Roasted Sweet Potatoes, p. 55  Baked Apples with Cottage Cheese and Walnuts, p. 60
	Calories: 1840 / Fat: 83 g / Protein: 141 g / Carbs: 149 g / Sugar: 51 g / Fiber: 27 g			
WEDNESDAY	 Egg Casserole with Broccoli, p. 21	 Mussels in White Wine Broth, p. 47  Mediterranean Chicken Salad, p. 26	 Sea Bass with Spinach, p. 50  Roasted Sweet Potato with Cheese, p. 62	 Apple Rings with Nut Butter, p. 66  Chia Pudding with Pumpkin, p. 63
	Calories: 1792 / Fat: 109 g / Protein: 114 g / Carbs: 89 g / Sugar: 40 g / Fiber: 22 g			
THURSDAY	 Lentil Patties with Greens, p. 15	 Sour Cabbage, p. 34  Chicken Liver with Pepper, p. 37	 Chicken Cutlets, Tomato, p. 43  Chicken Salad with Apple and Nuts, p. 27	 Hummus with Chickpeas, p. 61  Energy Seed Bars with Honey, p. 65
	Calories: 1705 / Fat: 82 g / Protein: 116 g / Carbs: 118 g / Sugar: 42 g / Fiber: 22 g			
FRIDAY	 Spinach Pancakes with Cream Cheese, p. 14	 Soup with Salmon, p. 31  Stewed Rabbit with Mushrooms, p. 37	 Grilled Mackerel, Vegetables, p. 51  Steamed Asparagus with Lemon and Olive Oil, p. 57	 Chocolate Ice Cream, p. 63  Roasted Sweet Potato with Cheese, p. 62
	Calories: 1960 / Fat: 93 g / Protein: 140 g / Carbs: 124 g / Sugar: 50 g / Fiber: 21 g			
SATURDAY	 Avocado Toast on Whole Grain Bread with Egg, p. 19	 Lentil Soup, p. 26  Grilled Fillets with Fresh Salad, p. 48	 Roasted Sweet Potatoes, p. 55  Tuna and Arugula Salad, p. 32	 Egg Burger, p. 61  Cream Cheese Balls with Mint, p. 64
	Calories: 1858 / Fat: 122 g / Protein: 101 g / Carbs: 109 g / Sugar: 22.5 g / Fiber: 24 g			

SHOPPING LIST

for Week 3

Grains and Legumes

- Red lentils 600 g / 21.1 ounces
- Pearl barley 100 g / 3.5 ounces
- Whole grain flour 60 g / 2.1 ounces
- Almond flour 55 g / 1.9 ounces
- Hazelnut flour 30 g / 1.1 ounces
- Cashew flour 30 g / 1.1 ounces
- Oat flour 80 g / 2.8 ounces
- Dried chickpeas 500 g / 17.6 ounces

Vegetables

- Zucchini 860 g / 30.3 ounces
- Spinach leaves 480 g / 16.9 ounces
- Arugula 160 g / 5.6 ounces
- Broccoli florets 450 g / 15.9 ounces
- Celery 300 g / 10.6 ounces
- Carrots 650 g / 22.9 ounces
- Pumpkin 980 g / 34.6 ounces
- Sweet potatoes 1200 g / 42.3 ounces
- Cherry tomatoes 800 g / 28.2 ounces
- Tomatoes 1000 g / 35.3 ounces
- Cucumber 675 g / 23.8 ounces
- Red bell pepper 900 g / 31.7 ounces
- Green bell pepper 300 g / 10.6 ounces
- Onion 890 g / 31.4 ounces
- Red onion 200 g / 7 ounces
- Garlic cloves 19
- Cabbage 2 kg / 70.6 ounces

Fruits

- Apples 2500 g / 88.2 ounces
- Blueberries 175 g / 6.2 ounces
- Raspberries 90 g / 3.2 ounces
- Cranberries 90 g / 3.2 ounces
- Pears 900 g / 31.7 ounces
- Bananas 1600 g / 56.5 ounces
- Orange 550 g / 19.4 ounces
- Lemon juice 115 ml / 3.9 ounces
- Dried apricots 140 g / 4.9 ounces
- Dried cherries 30 g / 1.1 ounces
- Dried rosehips 20 g / 0.7 ounces

Meat, Fish and Seafood

- Beef strips 600 g / 21.2 ounces
- Chicken liver 750 g / 26.5 ounces
- Chicken breast fillets 1800 g / 63.5 ounces
- Ground chicken 1200 g / 42.3 ounces
- Turkey breast fillets 1200 g / 42.3 ounces
- Lamb chops 600 g / 21.2 ounces
- Rabbit portioned 1000 g / 35.3 ounces
- Bacon 100 g / 3.5 ounces
- Pollock fillets 300 g / 10.6 ounces
- Salmon fillet 600 g / 21.2 ounces
- Ground salmon 200 g / 7 ounces
- Tuna steaks 600 g / 21.2 ounces
- Cod fillets 300 g / 10.6 ounces

- Sea bass fillets 360 g / 12.7 ounces
- Dorado 400 g / 14.1 ounces
- Mackerels 900 g / 31.7 ounces

Dairy and Alternatives

- Whole milk 2 L / 67.6 ounces
- Almond milk 1360 ml / 47.8 ounces
- Greek yogurt 250 g / 8.8 ounces
- Cottage cheese 850 g / 30 ounces
- Cream cheese 255 g / 9 ounces
- Ricotta cheese 125 g / 4.4 ounces
- Plain unsweetened yogurt 240 g / 8.5 ounces
- Feta cheese crumbled 100 g / 3.5 ounces
- Blue cheese Gorgonzola 120 g / 4.2 ounces
- Shredded mozzarella or gouda cheese 150 g / 5.3 ounces
- Parmesan cheese 30 g / 1.1 ounces
- Sour cream 30 g / 1.1 ounces

Seeds and Nuts

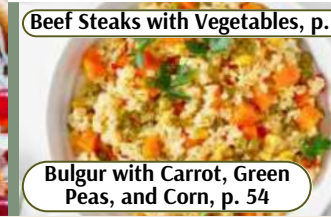
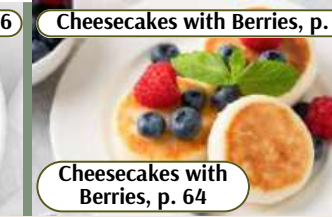
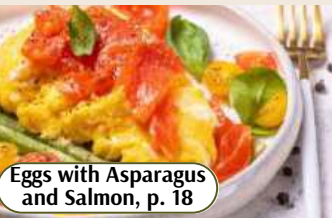
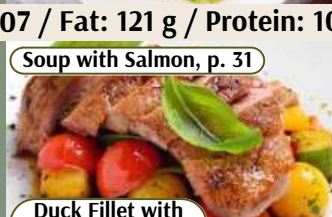
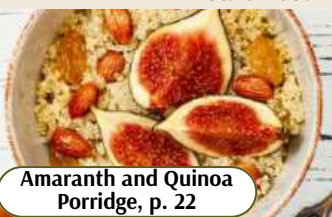
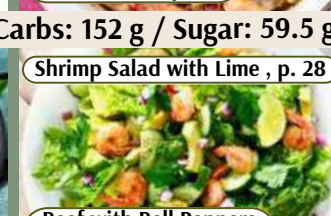
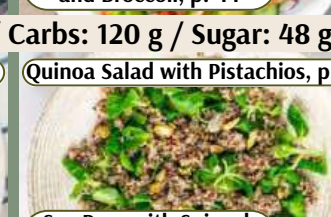
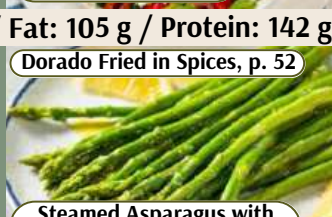
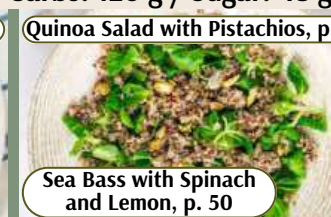
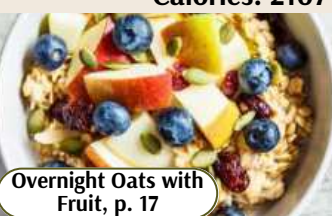
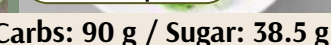
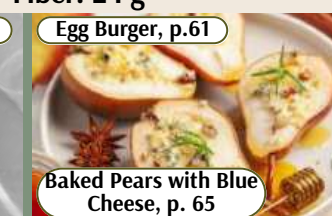
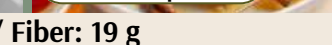
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- Sunflower seeds 150 g / 5.3 ounces
- Sesame seeds 41 g / 1.4 ounces
- Chia seeds 132 ml / 4.7 ounces
- Flax seeds unspecified
- Chopped walnuts 135 g / 4.8 ounces
- Almonds 157 g / 5.5 ounces
- Cashews 20 g / 0.7 ounces
- Nuts of choice almonds hazelnuts cashews peanuts 200 g / 7 ounces

Oils and Sauces

- Olive oil 315 ml / 10.7 ounces
- Flaxseed oil 152 ml / 5.4 ounces
- Pumpkin seed oil 60 ml / 2 ounces
- Coconut oil 30 g / 1.1 ounces
- Vegetable broth 2500 ml / 84.5 ounces
- Vegetable oil 150 ml / 5 ounces
- Neutral oil 14 ml / 0.5 ounces
- Dry white wine 250 ml / 8.5 ounces
- Coconut water 1000 ml / 35.3 ounces
- Soy sauce 90 ml / 3 ounces
- Honey 132 g / 4.7 ounces
- Maple syrup 52 ml / 1.8 ounces
- Apple cider vinegar 10 ml / 0.35 ounces
- Dijon mustard 3 g / 0.1 ounces
- Baking powder 9 g / 0.3 ounces
- Ground black pepper 22 g / 0.8 ounces
- Sea salt 18 g / 0.63 ounces
- Smoked paprika 10 g / 0.35 ounces
- Paprika 5 g / 0.18 ounces
- Dried rosemary 10 g / 0.35 ounces
- Ground cinnamon 12 g / 0.42 ounces
- Ground ginger 9 g / 0.32 ounces
- Turmeric powder 7 g / 0.25 ounces
- Ground cumin 5 g / 0.18 ounces
- Cloves 4



MEAL PLAN FOR WEEK 4

	BREAKFAST	LUNCH	DINNER	SNACK
SUNDAY	 Millet Porridge with Dried Fruits, p. 18	 Sour Cabbage, p. 34  Fried Chicken with Pumpkin and Green Beans, p. 38	 Beef Steaks with Vegetables, p. 36  Bulgur with Carrot, Green Peas, and Corn, p. 54	 Cheesecakes with Berries, p. 64  Cheesecakes with Berries, p. 64
	Calories: 2005 / Fat: 79 g / Protein: 127 g / Carbs: 173 g / Sugar: 59 g / Fiber: 28 g			
MONDAY	 Eggs with Asparagus and Salmon, p. 18	 Salad with Roast Beef, p. 25  Beef Steaks with Roasted Vegetables, p. 36	 Zucchini Stir-Fried, p. 56  Salmon Cutlets with Greens, p. 49	 Hummus with Chickpeas, p. 61  Cream Cheese Balls with Mint, p. 64
	Calories: 1807 / Fat: 121 g / Protein: 105 g / Carbs: 78 g / Sugar: 27 g / Fiber: 17 g			
TUESDAY	 Amaranth and Quinoa Porridge, p. 22	 Soup with Salmon, p. 31  Duck Fillet with Vegetables, p. 39	 Shrimp with Spicy Oil, p. 50  Chicken Salad with Apple and Nuts, p. 27	 Energy Seed Bars with Honey, p. 65  Roasted Sweet Potato, p. 62
	Calories: 1890 / Fat: 94 g / Protein: 115 g / Carbs: 131 g / Sugar: 36 g / Fiber: 22 g			
WEDNESDAY	 Chicken Fillet with Eggs, p. 20	 Sour Cabbage, p. 34  Roasted Lamb Chops, p. 39	 Roasted Sweet Potatoes, p. 55  Stewed Rabbit with Mushrooms, p. 37	 Chocolate Ice Cream, p. 63  Baked Apples with Cottage Cheese and Walnuts, p. 60
	Calories: 1845 / Fat: 90 g / Protein: 122 g / Carbs: 152 g / Sugar: 59.5 g / Fiber: 24 g			
THURSDAY	 Egg Casserole with Broccoli, p. 21	 Lentil Soup, p. 26  Grilled Turkey with Zucchini, p. 41	 Shrimp Salad with Lime, p. 28  Beef with Bell Peppers and Broccoli, p. 44	 Apple Rings with Nut Butter, p. 66  Detox Green Smoothie Bowl, p. 66
	Calories: 1930 / Fat: 90 g / Protein: 140 g / Carbs: 120 g / Sugar: 48 g / Fiber: 27 g			
FRIDAY	 Lazy Dumplings, p. 16	 Roasted Quail with Lemon, p. 42  Mediterranean Chicken Salad, p. 26	 Quinoa Salad with Pistachios, p. 58  Sea Bass with Spinach and Lemon, p. 50	 Spiced Crispy Chickpeas, p. 62  Cheesecakes with Berries, p. 64
	Calories: 2107 / Fat: 105 g / Protein: 142 g / Carbs: 137 g / Sugar: 33 g / Fiber: 24 g			
SATURDAY	 Overnight Oats with Fruit, p. 17	 Dorado Fried in Spices, p. 52  Steamed Asparagus with Lemon and Olive Oil, p. 57	 Chicken Liver with Pepper, p. 37  Spinach Salad with Salmon, p. 33	 Egg Burger, p. 61  Baked Pears with Blue Cheese, p. 65
	Calories: 1711 / Fat: 92 g / Protein: 118 g / Carbs: 90 g / Sugar: 38.5 g / Fiber: 19 g			

SHOPPING LIST

for Week 4

Grains and Legumes

- Millet 90 g / 3.2 ounces
- Bulgur 90 g / 3.2 ounces
- Pearl barley 100 g / 3.5 ounces
- Quinoa 180 g / 6.3 ounces
- Amaranth 50 g / 1.8 ounces
- Red lentils 400 g / 14.1 ounces
- Dried chickpeas 500 g / 17.6 ounces

Vegetables

- Butternut squash 300 g / 10.6 ounces
- Zucchini 830 g / 29.3 ounces
- Spinach leaves 480 g / 16.9 ounces
- Arugula 190 g / 6.7 ounces
- Broccoli florets 500 g / 17.6 ounces
- Celery 200 g / 7 ounces
- Carrots 600 g / 21.2 ounces
- Pumpkin 500 g / 17.6 ounces
- Sweet potatoes 1150 g / 40.6 ounces
- Cherry tomatoes 770 g / 27.2 ounces
- Tomatoes 800 g / 28.2 ounces
- Cucumber 575 g / 20.3 ounces
- Red bell pepper 750 g / 26.5 ounces
- Green bell pepper 300 g / 10.6 ounces
- Onion 920 g / 32.4 ounces
- Red onion 140 g / 4.9 ounces
- Garlic cloves 13
- Cabbage 2 kg / 70.6 ounces

Fruits

- Apples 1900 g / 67 ounces
- Blueberries 120 g / 4.2 ounces
- Raspberries 90 g / 3.2 ounces
- Cranberries 87 g / 3.1 ounces
- Pears 600 g / 21.2 ounces
- Bananas 1200 g / 42.3 ounces
- Orange 550 g / 19.4 ounces
- Lemon juice 115 ml / 3.9 ounces
- Dried apricots 40 g / 1.4 ounces
- Dried cherries 30 g / 1.1 ounces
- Dried rosehips 20 g / 0.7 ounces

Meat, Fish and Seafood

- Beef steaks 700 g / 24.7 ounces
- Duck breast fillets 600 g / 21.2 ounces
- Rabbit portioned 1000 g / 35.3 ounces
- Lamb chops 600 g / 21.2 ounces
- Ground salmon 200 g / 7 ounces
- Salmon fillet 600 g / 21.2 ounces
- Pollock fillets 300 g / 10.6 ounces
- Tuna steaks 600 g / 21.2 ounces
- Cod fillets 300 g / 10.6 ounces
- Sea bass fillets 360 g / 12.7 ounces
- Dorado 400 g / 14.1 ounces
- Tilapia fillets 300 g / 10.6 ounces
- Mackerels 900 g / 31.7 ounces
- Shrimp peeled 425 g / 15 ounces
- Chicken liver 600 g / 21.2 ounces

- Chicken breast fillets 1800 g / 63.5 ounces
- Ground chicken 1200 g / 42.3 ounces
- Bacon 125 g / 4.4 ounces

Dairy and Alternatives

- Whole milk 1 L / 33.8 ounces
- Low-fat milk 240 ml / 8.1 ounces
- Almond milk 980 ml / 33 ounces
- Greek yogurt 250 g / 8.8 ounces
- Cottage cheese 850 g / 30 ounces
- Cream cheese 255 g / 9 ounces
- Ricotta cheese 125 g / 4.4 ounces
- Plain unsweetened yogurt 240 g / 8.5 ounces
- Feta cheese crumbled 200 g / 7 ounces
- Blue cheese Gorgonzola 120 g / 4.2 ounces
- Shredded mozzarella 115 g / 4 ounces
- Parmesan cheese 30 g / 1.1 ounces
- Sour cream 30 g / 1.1 ounces

Seeds and Nuts

- Pumpkin seeds 70 g / 2.5 ounces
- Sunflower seeds 150 g / 5.3 ounces
- Sesame seeds 54 g / 1.9 ounces
- Chia seeds 132 ml / 4.7 ounces
- Flax seeds unspecified
- Chopped walnuts 120 g / 4.2 ounces
- Almonds 157 g / 5.5 ounces
- Cashews 20 g / 0.7 ounces
- Nuts of choice almonds hazelnuts cashews peanuts 200 g / 7 ounces

Oils and Sauces

- Olive oil 365 ml / 12.4 ounces
- Flaxseed oil 152 ml / 5.4 ounces
- Pumpkin seed oil 60 ml / 2 ounces
- Coconut oil 30 g / 1.1 ounces
- Vegetable broth 2500 ml / 84.5 ounces
- Vegetable oil 150 ml / 5 ounces
- Neutral oil 14 ml / 0.5 ounces
- Dry white wine 250 ml / 8.5 ounces
- Coconut water 1000 ml / 35.3 ounces
- Soy sauce 90 ml / 3 ounces
- Honey 142 g / 5 ounces
- Maple syrup 52 ml / 1.8 ounces
- Apple cider vinegar 10 ml / 0.35 ounces
- Dijon mustard 5 g / 0.18 ounces
- Baking powder 9 g / 0.3 ounces
- Ground black pepper 22 g / 0.8 ounces
- Sea salt 18 g / 0.63 ounces
- Smoked paprika 10 g / 0.35 ounces
- Paprika 5 g / 0.18 ounces
- Dried rosemary 10 g / 0.35 ounces
- Ground cinnamon 12 g / 0.42 ounces
- Ground ginger 9 g / 0.32 ounces
- Turmeric powder 7 g / 0.25 ounces
- Ground cumin 5 g / 0.18 ounces
- Cloves 4



Conclusion

HORMONAL BALANCE AND CALM ENERGY

By picking up this book, you've made an incredible decision — for your well-being, resilience, and peace of mind. Cortisol recovery isn't about chasing perfection. It's about creating a steady, nurturing rhythm that supports long-term health and emotional balance.

LIVING IN A WAY THAT SUPPORTS HEALING

Habits

You've learned how food, rest, light, and movement directly impact your cortisol curve. Every nourishing meal, evening ritual, and mindful pause you take is more than a wellness habit — it's an act of self-respect.

This isn't a temporary fix. It's a new foundation for caring for your body and mind.

WORK WITH YOUR BODY, NOT AGAINST IT

Your body is not the enemy — it's your partner. It's always trying to protect and communicate with you. By paying attention to your signals — energy levels, hunger, mood, sleep — you'll learn to respond with care, not criticism.

Support your journey by working with trusted healthcare professionals who understand the nuances of hormonal health and stress recovery. Healing is a shared path.

AS YOU MOVE FORWARD, REMEMBER:

Recovery unfolds one day at a time through conscious choices and honoring your body's needs without pressure. Consistent, small actions — done with patience — build a foundation for lasting transformation.

- **Recovery is a daily conscious choice, not a fixed destination.**
- **Stability comes from natural rhythm, not harsh restriction.**
- **You don't have to do everything perfectly — you have to keep showing up.**
- **Small, intentional changes, repeated consistently over time with patience, dedication, and self-compassion, create powerful transformation.**



LISTENING TO YOUR BODY AND CONSULTING YOUR DOCTOR

Your body constantly communicates through changes in energy, mood, digestion, and other signals. **Stay attuned to these messages, and don't hesitate to consult a medical professional when needed.** A reliable doctor or endocrinologist plays a crucial role in helping you develop a safe and personalized plan that adapts to your evolving health needs.

THANK YOU FOR TAKING THIS STEP

Thank you for choosing this book — and for choosing yourself. Your willingness to slow down, listen to your body, and support your healing is not only brave—it's transformative.

You now carry knowledge, tools, and a renewed sense of connection to your body's needs. **You're not starting over — you're moving forward with clarity, calm, and strength.** You've got this. And the most grounded, vibrant version of you is already on the way.

*With heartfelt gratitude,
Victoria Bennet*