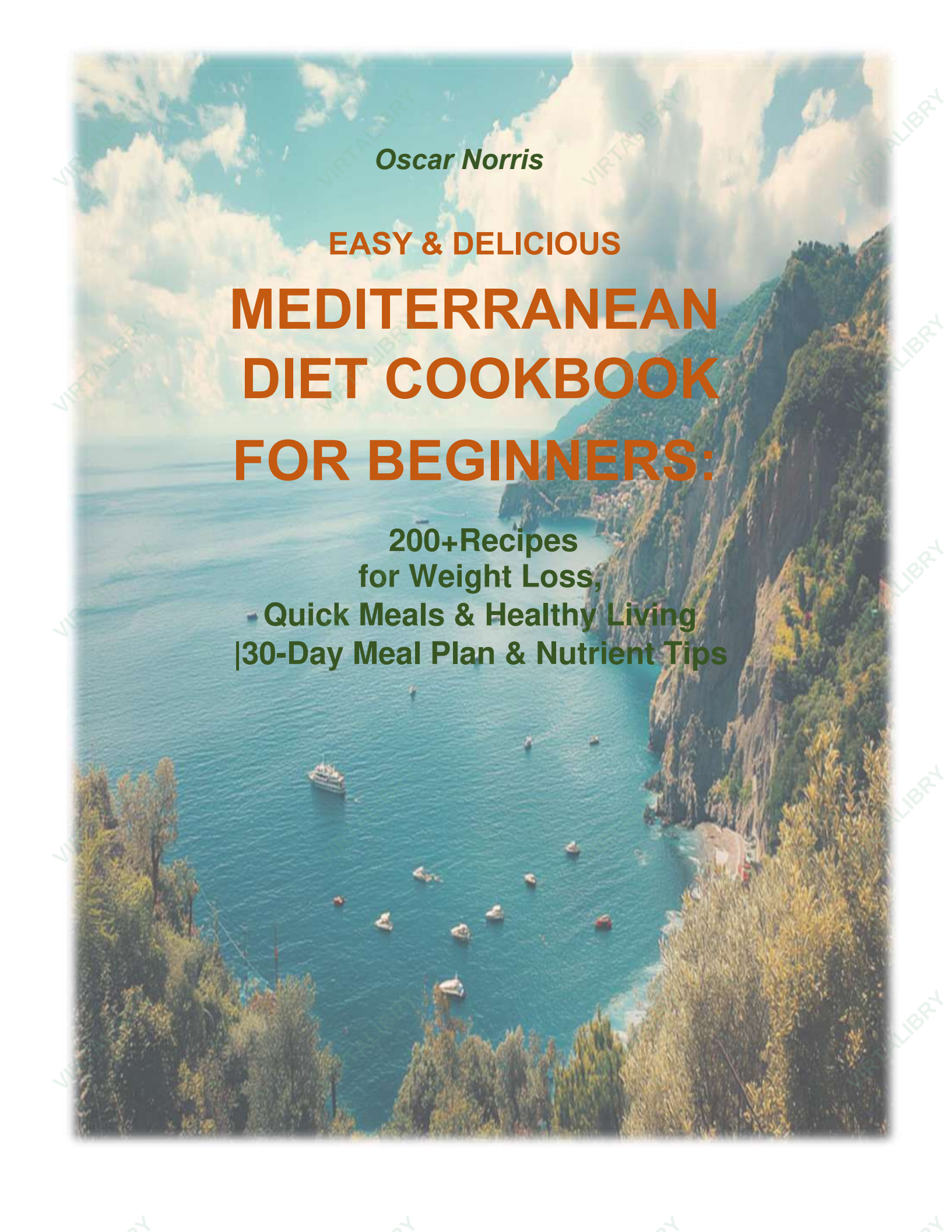




Oscar Norris

EASY & DELICIOUS

MEDITERRANEAN DIET COOKBOOK FOR BEGINNERS:

**200+ Recipes
for Weight Loss,
Quick Meals & Healthy Living
| 30-Day Meal Plan & Nutrient Tips**

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Welcome to my Mediterranean cuisine!

I'm Oscar Norris, a chef with over 20 years of experience and a lifelong passion for Mediterranean cuisine. My journey began in the sunny hills of Italy, where I discovered the magic of fresh olive oil, fragrant herbs, and vibrant, ripe tomatoes at my grandmother's table.

Since then, I've traveled the Mediterranean coast, blending its rich culinary traditions with modern techniques to create simple, flavorful, and wholesome dishes. This book is your guide to embracing the Mediterranean lifestyle with fresh ingredients, balanced meals, and recipes that are as easy as they are delicious.

Let's bring the joy of Mediterranean cooking into your home and savor the health, flavor, and happiness it brings.

Warmly, Oscar Norris



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INTRODUCTION

CHAPTER 1.

WELCOME TO MY MEDITERRANEAN PARADISE!

Journey to the Heart of the Mediterranean: Your Path to Health and Longevity

Picture a warm evening on the Mediterranean coast: a gentle breeze brings the scents of ripe citrus, fresh fish, and fragrant herbs. The air is filled with tranquility, and every moment feels like it's soaked in sunlight and history. That's what the Mediterranean diet is all about—it's not just a way of eating; it's a lifestyle full of flavor, health, and happiness.

This diet not only helps you stay fit and healthy but also creates an atmosphere of care for yourself and your loved ones. It's a mindful approach to both physical and mental well-being, helping you stay lean, healthy, and youthful for longer. It teaches you to savor food, pay attention to every moment in the kitchen, and turn cooking into an art form.

THE PRINCIPLES OF THE MEDITERRANEAN DIET

So, why is the Mediterranean diet so popular? It's simple: it's based on fresh vegetables, fruits, olive oil, seafood, and whole grains. It's the perfect combination of flavor and health benefits. The Mediterranean diet isn't about strict rules; it's a flexible approach that easily adapts to your lifestyle.

Visualize it as a pyramid: at the base are veggies, fruits, and whole grains, then come healthy fats, fish, and seafood, with the top reserved for foods to enjoy less often, like meats and sweets. This structure makes it easy to plan meals, choosing wholesome ingredients for each day.

- **The Base of the Pyramid:** The foundation of your diet. This is where you'll find the foods that should make up most of your meals: colorful vegetables and fruits, packed with vitamins, minerals, and fiber to keep your digestive system and whole body healthy. Alongside them are whole grains like whole-wheat bread, brown rice, and quinoa, which provide energy and help maintain stable blood sugar levels.

- **The Second Level:** Here, you find healthy fats. Olive oil—also known as the liquid gold of Mediterranean cuisine—takes center stage. It's rich in monounsaturated fats that are great for your heart. Sharing the spotlight are nuts and seeds like almonds, walnuts, flaxseeds, and chia seeds, loaded with healthy fats, protein, and vitamins.

- **The Third Level:** Fish and seafood live here. They're fantastic sources of protein, omega-3 fatty acids, iodine, and other nutrients. Eating fish regularly can reduce the risk of heart disease and boost brain health.

- **The Top of the Pyramid:** This is where you find foods to enjoy in moderation: meats, dairy, sweets, and alcoholic beverages. Red meat and sweets are best limited to a few times a week. As for dairy, opt for low-fat or fat-free options.

By following these principles, you can not only stay in great shape but also improve your overall well-being. The Mediterranean diet is your ticket to longevity, health, and a fantastic mood.



BENEFITS OF THE MEDITERRANEAN DIET:

- **Heart Health:** The high olive oil and fish content provide healthy fatty acids that lower bad cholesterol and prevent heart disease.
- **Weight Management:** This diet helps maintain a healthy weight and shed pounds without strict restrictions thanks to its high fiber and protein content. It's one of the best diets for staying in shape because it doesn't require a ton of willpower or cutting out entire food groups.
- **Longevity:** The Mediterranean diet is linked to increased life expectancy due to its balanced nutrition, rich in antioxidants and anti-inflammatory components.
- **Diabetes Prevention:** The high fiber content and low glycemic index help control blood sugar levels.
- **Brain Health:** Olive oil, nuts, and fish improve cognitive function and protect against age-related brain diseases like Alzheimer's, as well as help prevent depression.
- **Gut Health:** The abundance of veggies, fruits, nuts, legumes, and whole grains rich in dietary fiber makes the Mediterranean diet excellent for digestive health.
- **Good Mood:** The vitamins, minerals, and antioxidants in the Mediterranean diet positively impact your mood and cognitive functions.

SIMPLICITY OF THE MEDITERRANEAN DIET:

- **Flexibility:** The Mediterranean diet is perfect for beginners because it's simple and flexible. It doesn't require strict calorie counting or cutting out entire food groups. Instead, it offers a wide variety of dishes that you can adapt to your tastes and habits.
- **Fresh Ingredients:** The diet is all about using fresh, seasonal products that you can find at almost any supermarket, making the dishes not only healthy but incredibly delicious.
- **Easy Preparation:** Mediterranean meals are simple to prepare and don't require complicated cooking techniques. Most recipes can be made in 20-30 minutes—ideal for busy folks who need quick and healthy dinner options.
- **Social Element:** The Mediterranean diet isn't just about food; it's a lifestyle. It teaches you to enjoy meals, cook with passion, and share your dining experience with loved ones.



CHAPTER 2.

RECOMMENDATIONS FOR BALANCED MACRONUTRIENT INTAKE

USEFUL FATS, PROTEINS AND CARBOHYDRATES: BALANCE

To successfully adhere to the Mediterranean Diet, it is important to balance your daily macronutrient intake.

Macronutrient Recommendations for a Balanced Mediterranean Diet

Macronutrient /Category	Recommended Intake	Sources and Recommendations	Tip
Proteins	15-20% of total daily calories	Fish, seafood, chicken, turkey, legumes, and nuts; limit red meat	Include fish at least twice a week.
Fats	30-40% of total daily calories	Olive oil, avocado, nuts, fatty fish (salmon, mackerel, tuna)	Use olive oil for salad dressings and cooking to make meals tasty and heart-healthy.
Carbohydrates	40-50% of total daily calories	Whole grains (bread, pasta, bulgur, quinoa), vegetables, fruits	Replace refined carbs (white bread, sweets) with whole grains for stable energy levels.
Vegetables and Fruits	5-7 servings per day	Fresh vegetables and fruits of various colors.	Include vegetables in every meal. This can be salads, steamed, or roasted vegetables as a side dish.
Dairy	Moderate intake	Yogurt, cheese, milk (natural, without added sugar).	Choose low-fat dairy products without added sugars.
Hydration and Alcohol	Water primarily, alcohol in moderation	Water as the main beverage throughout the day. Red wine in moderation (1 glass for women, 1-2 for men).	Aim to drink 8 glasses of water a day, add a slice of lemon or cucumber for a refreshing flavor.

This balanced approach ensures that all essential nutrients are supplied while following the Mediterranean diet, supporting overall health and wellness.

TIPS FOR MEAL PLANNING FOR WEIGHT MAINTENANCE

Calorie intake refers to the total number of calories consumed from food and beverages in a day. Understanding calorie intake is essential for maintaining, gaining, or losing weight, as well as for overall health and energy management. Here's a quick overview:

1. Calorie Needs

The average daily calorie needs vary depending on factors such as age, gender, weight, height, and activity level.

Recommended daily calorie intake depending on activity level

Gender/Lifestyle	Recommended calorie intake (kcal/day)	Losing weight (kcal/day)
Women:		
➤ inactive	1 600 - 1 800	1 200 - 1 500
➤ moderately active ¹	1 800 – 2 000	
➤ active	2 000 – 2 200	
Men:		
➤ inactive	2 000 – 2 200	1 500 – 1 800
➤ moderately active ¹	2 200- 2 600	
➤ active	2 600 – 3 000	

Children: Calorie needs vary based on age and growth rates, generally ranging from 1,000 to 2,800 calories.

Active individuals or athletes: May require higher calorie intake to support energy expenditure and muscle growth.

2. Calorie Balance

To maintain weight, calorie intake should match calorie expenditure (calories burned through activity and metabolism).

To lose weight, consume fewer calories than you burn (a deficit of 500 calories/day can lead to about 1 pound of weight loss per week).

To gain weight, consume more calories than you burn (a surplus of 500 calories/day can help gain about 1 pound per week, ideally with a focus on muscle gain).

3. Calorie Distribution by Macronutrient

Calories come from macronutrients, each providing a different amount of energy per gram:

Carbohydrates: 4 calories per gram

Proteins: 4 calories per gram

Fats: 9 calories per gram

Alcohol: 7 calories per gram (though not a necessary nutrient, it contributes to total calorie intake)

4. Monitoring and Adjusting Calorie Intake

Tracking your calorie intake can help manage weight and achieve fitness goals. This can be done using apps, food diaries, or nutrition labels.

Adjustments may be necessary based on changes in activity level, metabolism, or health goals. It's important to monitor progress and adapt your intake as needed.

5. Calorie Quality Matters

Not all calories are created equal. Focusing on nutrient-dense foods (e.g., vegetables, fruits, lean proteins, whole grains) ensures that you receive essential vitamins, minerals, and other nutrients.

Avoiding “empty calories” (high-calorie foods low in nutrients, like sugary drinks and processed snacks) helps maintain health and energy levels.

6. Tips for Managing Calorie Intake

Portion Control: Use portion sizes to manage intake without feeling deprived.

Meal Planning: Planning meals ahead can help control portions and balance macronutrient intake.

Hydration: Drinking water regularly can help manage hunger and prevent overeating.

Physical Activity: Regular exercise increases calorie expenditure and supports weight management.

Understanding and managing calorie intake is a fundamental aspect of maintaining a healthy lifestyle and achieving fitness goals. By balancing calories consumed with calories burned and choosing nutrient-rich foods, you can optimize your energy levels and overall health.

YOUR GUIDE TO A HEALTHY LIFESTYLE

Welcome to your comprehensive guide to delicious and nutritious meals!

This table is designed to help you easily navigate through a variety of balanced recipes for every meal of the day: breakfasts, lunches, dinners, snacks, and desserts. Each recipe is accompanied by detailed nutritional information, including protein, carbohydrate, fat content, and calories, allowing you to effortlessly create meals that match your dietary needs and goals.

Whether it's a refreshing fruit salad for breakfast, a hearty dish for lunch or dinner, a light snack, or a delightful dessert — this guide provides the essential information to help you make informed choices. We've included details on fiber content, cholesterol levels, sodium, and potassium, so you can maintain a balanced and health-conscious lifestyle.

Additionally, by using this table, you can create your own meal plans, calculating the nutritional values and calorie intake for each day. This will enable you to design personalized menus balanced in macronutrients and tailored to your individual goals—whether it's maintaining your weight, reducing calories, or increasing protein intake.

Get ready to enjoy wholesome meals that not only taste great but also nourish your body, supporting your health throughout the day and making the process of meal planning easy and enjoyable!

YOUR GUIDE TO A HEALTHY LIFESTYLE

PAGE	RECIPES	Grams			 Cal
		 Prot	 Carb	 Fat	
16	BREAKFASTS				
FRUIT SALADS, GRANOLA, YOGURT					
17	Greek Yogurt with Honey and Nuts <i>0.4g fiber, 1.3mg chol., 10,2mg Na, 55mg K</i>	3	6	3	60
	Greek Yogurt Parfait with Granola and Fresh Berries <i>1.3g fiber, 1.3 chol., 20 Na, 75mg K</i>	3	7,5	2	63
	Chia Seed Pudding with Pomegranate and Pistachios <i>2.5g fiber, 0mg chol., 10mg Na, 750mg K</i>	1.5	3.8	3.9	58
18	Fruit Salad with Mint and Citrus Dressing <i>1g fiber, 0mg chol., 1.3mg Na, 75mg K</i>	0.3	7.5	0.3	30
	Mediterranean Muesli with Fresh Fruit <i>1.25g fiber, 0mg cholesterol, 7.5mg Na, 62.5mg K</i>	2	8	1.8	53
	Fig and Almond Muesli <i>1.25g fiber, 0mg chol., 7.5mg Na, 62.5mg K</i>	1.8	8.8	2	55
19	Oatmeal with Dates, Almonds, and Cinnamon <i>3g fiber, 0mg chol., 2.5mg Na,100mg K</i>	4	20	4	120
	Quinoa Porridge with Almonds and Berries <i>0.8g fiber, 25mg chol., 35mg Na, 62.5mg K</i>	4	21	5	142
	Ricotta Pancakes with Honey and Figs <i>0.8g fiber, 25mg chol., 35mg Na, 62.5mg K</i>	3	7.5	3.5	75
OMELETS FOR ALL TASTES					
20	Greek Omelet with Feta And Spinach <i>0.5g fiber, 422mg chol., 327mg Na, 245mg K</i>	14.5	2	21	254
	Egg Muffins with Sun-Dried Tomatoes and Feta <i>0.5g fiber, 250mg chol., 136mg Na, 241mg K</i>	8	4	11	150
	Tomato and Olive Frittata <i>0.5g fiber, 307mg chol., 200mg Na, 150mg K</i>	9	2	18	180
21	Shakshuka <i>1g fiber, 250mg chol., 150mg Na, 200mg K</i>	6	8	12	190
	Zucchini and Herb Omelet <i>0,5g fiber, 310mg chol., 240mg Na, 200mg K</i>	9	2.5	12	160
	Eggs in Purgatory (Uova in Purgatorio) <i>1,3g fiber, 186mg chol., 164mg Na, 227mg K</i>	7	6.4	12	158
22	Asparagus and Goat Cheese Frittata <i>1,3g fiber, 186mg chol., 164mg Na, 227mg K</i>	12	2.5	16	200
	Mushroom and Thyme Omelet <i>2,5g fiber, 372mg chol., 480mg Na, 405mg K</i>	11.5	2	14	175
	Smoked Salmon and Avocado Omelet <i>1g fiber, 350mg chol., 260mg Na, 225mg K</i>	11.5	3	15	190
SANDWICHES					
23	Avocado and Feta Breakfast Sandwich <i>9g fiber, 20mg chol., 410mg sodium, 480mg K</i>	9	32	19	320
	Egg and Spinach Pita Sandwich <i>5g fiber, 180mg chol., 320mg Na, 350mg K</i>	13	28	14	280

PAGE	RECIPES	Grams			 Cal
		 Prot	 Carb	 Fat	
23	Eggplant And Goat Cheese Sandwich 6g fiber, 20mg cholesterol, 370mg Na, 400mg K	9	40	16	330
24	Caprese Breakfast Sandwich 4g fiber, 25mg chol., 480mg Na, 350mg K	14	36	15	330
	Falafel Breakfast Sandwich 6g fiber, 15mg chol., 480mg Na, 350mg K	10	40	14	320
	Turkey and Pesto Sandwich 4g fiber, 45mg chol., 600mg Na, 300mg K	20	30	14	320
25	Croissant With Prosciutto and Mozzarella 4g fiber, 25mg chol., 480mg Na, 350mg K	14	25	15	320
	Mediterranean Breakfast Panini with Mozzarella and Basil 5g fiber, 30mg chol., 450mg Na, 300mg K	14	36	18	340
	Egg and Avocado Toast with Olives 8g fiber, 180mg chol., 360mg Na, 450mg K	12	30	22	340
26	Grilled Halloumi and Avocado Sandwich 5g fiber, 25mg chol., 450mg Na, 300mg K	14	28	22	350
	Smoked Salmon and Cream Cheese Bagel 4g fiber, 50mg chol., 620mg Na, 290mg K	18	40	14	350
	Hummus and Veggie Wrap 4g fiber, 50mg chol., 620mg Na, 290mg K	7	38	11	270
27	LUNCHES				
	PRE-LUNCH SNACKS				
28	Hummus With Carrot and Cucumber Sticks 6g fiber, 0mg chol. 350mg NA, 450mg K	5	20	7	150
	Stuffed Grape Leaves (Dolma) 2g fiber, 0mg chol., 200mg NA, 150mg K	3	24	7	170
	Olives and Feta Cheese Plate 2g fiber, 10mg chol., 500mg NA, 200mg K	5	5	18	200
29	Tzatziki with Whole Wheat Pita 3g fiber, 0mg chol., 300mg NA, 200mg K	8	8	25	200
	Marinated Artichoke Hearts 5g fiber, 0mg chol., 300mg NA, 180mg K	2	8	9	120
	Feta-Stuffed Peppers 2g fiber, 10mg chol., 300mg NA, 180mg K	5	6	14	180
	SOUPS AND BROTHS				
30	Lentil Soup (Greek Fakes Soup) 12g fiber, 0mg chol., 350mg NA, 700mg K	12	40	14	320
	Minestrone Soup 8g fiber, 0mg chol., 600mg NA, 500mg K.	10	40	5	250
	Avgolemeono Soup (Greek Lemon Chicken Soup) 1g fiber, 120mg chol., 500mg NA, 300mg K	20	18	10	250
31	Chickpea and Spinach Soup 8g fiber, 0mg chol., 400mg NA, 450mg K	9	30	6	200
	Ribollita (Tuscan Bread Soup) 8g fiber, 0mg chol., 550mg NA, 500mg K	12	55	12	350

PAGE	RECIPES	Grams			 Cal
		 Prot	 Carb	 Fat	
31	Tomato and Basil Soup 4g fiber, 0mg chol., 400mg NA, 300mg K	4	24	7	180
32	Mediterranean Fish Soup 1g fiber, 50mg chol., 450mg NA, 400mg K	30	8	8	220
	Moroccan Harira Soup 10g fiber, 0mg chol., 500mg NA, 600mg K	12	40	10	300
	Roasted Red Pepper and Tomato Soup 4g fiber, 0mg chol., 400mg NA, 300mg K	4	28	6	180
MEATS AND POULTRY					
33	Turkey and Zucchini Patties 2g fiber, 90mg chol., 350mg NA, 400mg K	25	10	12	250
	Lamb Kofta 0g fiber, 80mg chol., 400mg NA, 350mg K	25	3	18	350
	Grilled Lamb Chops with Rosemary 0g fiber, 95mg chol., 400mg NA, 350mg K	28	0	30	380
34	Beef and Eggplant Moussaka 4g fiber, 110mg chol., 600mg NA, 500mg K	30	20	32	500
	Mediterranean Meatballs (Keftedes) 1g fiber, 80mg chol., 450mg NA, 300mg K	20	8	18	280
	Mediterranean Stuffed Peppers 0g fiber, 95mg chol., 400mg NA, 350mg K	10	35	12	280
35	Grilled Chicken Souvlaki 0g fiber, 80mg cholesterol, 350mg NA, 400mg K	30	2	18	300
	Roasted Lemon-Herb Chicken 0g fiber, 130mg cholesterol, 450mg NA, 300mg K	35	0	32	450
	Chicken Shawarma Wrap 3g fiber, 100mg cholesterol, 500mg NA, 400mg K	28	40	18	450
PASTA AND LASAGNA					
36	Greek-Style Pasta with Spinach, Feta, and Olives 2.8g fiber, 12.5mg chol., 347mg NA, 314g K	10	43	10	310
	Shrimp and Tomato Pasta with Basil 3g fiber, 130mg chol., 550mg NA, 400mg K	25	45	12	380
	Lemon and Garlic Pasta with Broccoli 5g fiber, 20mg chol., 250mg NA, 350mg K	9	45	12	320
37	Mediterranean Tuna Pasta 3g fiber, 30mg chol., 500mg NA, 400mg K	20	40	12	350
	Pesto Pasta with Sun-Dried Tomatoes and Pine Nuts 3g fiber, 10mg chol., 400mg NA, 300mg K	12	50	18	400
	Orzo Pasta with Roasted Vegetables and Feta 4g fiber, 15mg chol., 400mg NA, 500mg K	10	45	12	320
38	Mediterranean Vegetable Lasagna 6g fiber, 20mg chol., 300mg NA, 300mg K	18	55	15	420
	Eggplant and Mozzarella Lasagna 8g fiber, 35mg chol., 300mg NA, 400mg K.	15	35	20	380
	Chicken Lasagna with Spinach and Artichokes 2.5g fiber, 372 chol., 480 NA, 405mg K	19	4.2	24	297

PAGE	RECIPES	Grams			 Cal
		 Prot	 Carb	 Fat	
39	SNACKS				
NUTRITIOUS SMOOTHIES AND JUICES					
40	Green Mediterranean Smoothie <i>4g fiber, 0mg chol., 50mg Na, 400mg K.</i>	3	15	10	160
	Pomegranate Power Juice <i>6g fiber, 0mg chol., 5mg Na, 450mg K</i>	2	25	3	120
	Fig and Almond Smoothie <i>7g fiber, 0mg chol., 50mg Na, 400mg K</i>	6	40	10	250
41	Watermelon and Mint Juice <i>2g fiber, 0mg chol., 10mg Na, 350mg K</i>	1	30	0	120
SMALL PLATES FOR A QUICK BITE					
41	Hummus with Pita and Veggie Sticks <i>7g fiber, 0mg chol., 400mg Na, 350mg K</i>	8	35	14	300
	Marinated Olives and Feta <i>2g fiber, 15mg chol., 550mg Na, 180mg K</i>	4	6	24	250
42	Roasted Chickpeas <i>6g fiber, 0mg chol., 350mg Na, 320mg K</i>	6	24	6	180
	Caprese Salad Skewers <i>1g fiber, 15mg chol., 150mg NA, 180mg K</i>	6	5	9	120
	Greek Yogurt and Cucumber Bites <i>1g fiber, 5mg chol., 80mg Na, 200mg K</i>	8	5	3	90
43	DINNERS				
SEAFOOD SALADS					
44	Greek Salmon Salad <i>2g fiber, 80mg chol., 600mg N, 700mg K</i>	30	6	30	400
	Mediterranean Tuna Salad <i>1g fiber, 40mg chol., 450mg N, 400mg K.</i>	25	6	14	250
	Sardine Salad with Arugula and Fennel <i>2g fiber, 50mg chol., 400mg N, 500mg K</i>	15	6	16	250
45	Smoked Mackerel Salad <i>2g fiber, 60mg chol., 350mg N, 400mg K.</i>	20	8	18	280
	Grilled Swordfish Salad <i>1g fiber, 90mg chol., 350mg N, 600mg K</i>	30	6	25	400
	Grilled Octopus Salad <i>2g fiber, 10mg chol., 300mg N, 180mg K</i>	5	6	14	180
46	Octopus and Potato Salad <i>12g fiber, 0mg chol., 350mg N, 700mg K</i>	12	40	14	320
	Shrimp and Avocado Salad <i>4g fiber, 220mg chol., 450mg N, 600mg K</i>	24	10	10	300
	Grilled Calamari Salad <i>1g fiber, 280mg chol., 400mg N, 300mg K</i>	25	5	10	210
VEGETABLE SIDE DISHES					
47	Tabbouleh <i>6g fiber, 0mg chol., 200mg N, 350mg K</i>	5	27	7	180
	Grilled Vegetable Salad <i>5g fiber, 0mg chol., 200mg N, 500mg K</i>	3	14	12	180

PAGE	RECIPES	Grams			 Cal
		 Prot	 Carb	 Fat	
47	Roasted Red Pepper and Feta Salad 3g fiber, 15mg chol., 260mg N, 350mg K	4	8	13	170
48	Lentil Salad with Lemon and Herbs 9g fiber, 0mg chol., 220mg N, 460mg K	10	5	9	210
	Caponata (Sicilian Eggplant Stew) 6g fiber, 0mg chol., 480mg N, 570mg K	3	18	6	240
	Zucchini Fritters (Kolokithokeftedes) 2g fiber, 35mg chol., 350mg N, 270mg K	7	12	14	210
49	Briam (Greek Roasted Vegetables) 6g fiber, 0mg chol., 340mg N, 550mg K	4	28	14	240
	Grilled Vegetable Platter 5g fiber, 0mg chol., 200mg N, 600mg K	3	15	12	180
	Fattoush Salad 3g fiber, 0mg chol., 300mg N, 400mg K	4	22	10	180
SEAFOOD DISHES					
50	Grilled Sea Bass with Lemon and Herbs 0g fiber, 70mg chol., 250mg N, 400mg K	28	0	11	220
	Grilled Octopus with Olive Oil and Lemon 1g fiber, 100mg chol., 300mg N, 500mg K	20	4	15	240
	Grilled Swordfish Steaks with Olive Tapenade 1g fiber, 85mg chol., 400mg N, 600mg K	32	2	22	350
51	Grilled Calamari with Garlic and Lemon 0g fiber, 200mg chol., 350mg N, 450mg K	25	2	7	180
	Mediterranean Baked Fish with Tomatoes and Olives 2g fiber, 55mg chol., 400mg N, 700mg K	25	6	14	250
	Tuna Steak Niçoise 2g fiber, 60mg chol., 400mg N, 800mg K	38	6	16	320
52	Tuna Carpaccio with Capers and Lemon 0g fiber, 60mg chol., 300mg N, 800mg K	28	1	8	200
	Baked Cod with Lemon and Garlic 0g fiber, 65mg chol., 320mg N, 700mg K	28	2	10	220
	Bouillabaisse (French Fish Stew) 3g fiber, 130mg chol., 600mg N, 900mg K	30	12	12	320
53	Tuna Niçoise Salad 6g fiber, 220mg chol., 500mg N, 900mg K	30	24	18	350
	Mediterranean Shrimp Scampi 0g fiber, 220mg chol., 500mg N, 300mg K	25	4	14	250
54	Stuffed Mussels 1g fiber, 75mg chol., 480mg N, 500mg K	20	10	15	290
	Scallops with Garlic and White Wine 0g fiber, 60mg chol., 320mg N, 400mg K.	25	3	18	300
	Calamari in Garlic Sauce 0g fiber, 300mg chol., 400mg N, 500mg K	20	3	12	200
55	Spanish Paella with Seafood 3g fiber, 150mg chol., 750mg N, 600mg K	30	55	12	450
	Stuffed Calamari with Rice and Herbs 1g fiber, 300mg chol., 400mg N, 600mg K	22	25	14	300

PAGE	RECIPES	Grams			 Cal
		 Prot	 Carb	 Fat	
56	DESSERTS				
FRESH AND FRUIT DESSERTS					
57	Watermelon and Feta Salad <i>1g fiber, 15mg chol., 250mg N, 350mg K</i>	2	35	1	140
	Pomegranate and Orange Salad <i>4g fiber, 0mg chol., 0mg N, 300mg K</i>	2	30	1	140
	Citrus Salad with Mint <i>4g fiber, 0mg chol., 0mg N, 400mg K.</i>	2	30	0	120
58	Grilled Peaches with Ricotta and Honey <i>3g fiber, 10mg chol., 30mg N, 400mg K</i>	5	25	10	220
	Lemon Sorbet <i>0g fiber, 0mg chol., 0mg N, 60mg K</i>	0	6	30	120
	Strawberry and Balsamic Vinegar <i>3g fiber, 0mg chol., 0mg N, 250mg K</i>	1	23	0	90
59	Apricot and Almond Clafoutis <i>2g fiber, 80mg chol., 100mg N, 250mg K</i>	8	30	10	250
	Greek Yogurt with Honey and Figs <i>2g fiber, 10mg chol., 40mg N, 250mg K</i>	9	24	9	220
	Greek Yogurt Bark with Berries <i>2g fiber, 5mg chol., 50mg N, 150mg K</i>	6	15	4	120
60	Avocado Chocolate Mousse <i>6g fiber, 0mg chol., 0mg N, 400mg K</i>	3	25	12	200
	Citrus Olive Oil Cake <i>1g fiber, 40mg chol., 60mg N, 200mg K</i>	4	38	18	320
	Chia Seed Pudding with Fresh Fruit <i>3g fiber, 15mg chol., 260mg N, 350mg K</i>	4	25	9	180
61	Ricotta and Honey with Fresh Fruit <i>1g fiber, 40mg chol., 50mg N, 200mg K</i>	9	18	12	220
	Grilled Pineapple with Coconut <i>4g fiber, 0mg chol., 10mg N, 200mg K</i>	2	40	4	180
	Baked Apples with Cinnamon and Walnuts <i>4g fiber, 0mg chol., 0mg N, 200mg K</i>	2	34	6	180
TRADITIONAL SWEETS					
62	Dark Chocolate and Nut Clusters <i>2g fiber, 0mg chol., 5mg N, 150mg K</i>	3	12	10	150
	Honey and Almond Energy Balls <i>3g fiber, 0mg chol., 20mg N, 150mg K</i>	4	18	7	150
	Greek Halva (Semolina Dessert) <i>3g fiber, 0mg chol., 10mg N, 150mg K</i>	5	36	8	220
63	Baklava <i>3g fiber, 15mg chol., 200mg N, 150mg K</i>	5	30	18	290
	Pistachio Baklava Rolls <i>2g fiber, 10mg chol., 190mg N, 180mg K</i>	5	29	16	270
	Kataifi <i>2g fiber, 20mg chol., 200mg N, 150mg K</i>	6	20	16	230
64	Tahini Halva <i>0g fiber, 200 chol., 350 N, 450mg K</i>	6	20	16	240
	Pasteli (Greek Sesame Honey Bars) <i>2g fiber, 0mg chol., 10mg N, 150mg K</i>	4	18	9	180

PAGE	RECIPES	Grams			🔥 Cal
		🍖 Prot	🍞 Carb	🧈 Fat	
64	Turrón (Spanish Nougat) 2g fiber, 0mg chol., 20mg N, 200mg K	6	25	12	240
GUILT-FREE					
65	Orange and Almond Cake 4g fiber, 140mg chol., 60mg N, 300mg K	9	38	17	320
	Almond Flour Cookies 2g fiber, 0mg chol., 40mg N, 70mg K	3	7	11	140
	Basbousa (Semolina Cake) 2g fiber, 15mg chol., 100mg N, 100mg K	5	45	9	280
66	Galaktoboureko 2g fiber, 70mg chol., 300mg N, 200mg K	8	50	18	400
	Sfenj (Moroccan Doughnuts) 1g fiber, 0mg chol., 150mg N, 100mg K	4	30	10	220
	Revani (Turkish Semolina Cake) 2g fiber, 60mg chol., 200mg N, 150mg K	6	45	10	300
67	Qatayef (Stuffed Pancakes) 1g fiber, 15mg chol., 150mg N, 100mg K	7	30	8	220
	Bougatsa 1g fiber, 60mg chol., 300mg N, 150mg K	7	45	15	350
	Fresh Fig Tart with Almond Crust 0g fiber, 300mg chol., 400mg N, 500mg K	6	25	22	320





BREAKFASTS

In this chapter, you'll find delicious and nutritious Mediterranean-inspired breakfast recipes to start your day on the right note.

From wholesome grain bowls and creamy Greek yogurt creations to protein-packed omelets and light, refreshing smoothies, these breakfasts are crafted with natural, fresh ingredients to keep you energized throughout the day.

Simple, flavorful, and full of health benefits, these recipes will make your mornings brighter and your body feel its best.

BREAKFASTS | FRUIT SALADS, GRANOLA, YOGURT

GREEK YOGURT WITH HONEY AND NUTS



INGREDIENTS

- ✓ 1 cup Greek yogurt
- ✓ 2 tbsp honey
- ✓ 1/4 cup mixed nuts (almonds, walnuts, pistachios)

Yield: 2 servings | Prep time: 5 minutes

🔥 60 calories **🥩 3g protein** **🍞 6g carbohydrates** **🥑 3g fat**
0.4g fiber, 1.3mg cholesterol, 10,2mg sodium, 55mg potassium

Creamy Greek yogurt topped with a drizzle of honey and sprinkled with walnuts or almonds.

This simple breakfast is packed with protein and healthy fats, keeping you full and energized.

DIRECTIONS

1. Divide Greek yogurt between two bowls.
2. Drizzle each serving with 1 tbsp of honey.
3. Sprinkle the mixed nuts evenly over the top.
4. Serve immediately.

GREEK YOGURT PARFAIT WITH GRANOLA AND FRESH BERRIES



DIRECTIONS

1. In two bowls, layer Greek yogurt, granola, and fresh berries.
2. Serve immediately

Yield: 2 servings | Prep time: 5 minutes

🔥 63 calories **🥩 3g protein** **🍞 7,5g carbohydrates** **🥑 2g fat**
1.3g fiber, 1.3mg cholesterol, 20mg sodium, 75mg potassium.

Layers of creamy Greek yogurt, crunchy granola, and fresh berries make this parfait a balanced and satisfying breakfast option. It's perfect for meal prep and can be made in advance.

INGREDIENTS

- ✓ 1 cup Greek yogurt
- ✓ 1/2 cup granola
- ✓ 1/2 cup fresh berries (blueberries, raspberries, etc.)

CHIA SEED PUDDING WITH POMEGRANATE AND PISTACHIOS



INGREDIENTS

- ✓ 1/2 cup chia seeds
- ✓ 2 cups almond milk
- ✓ 1/4 cup pomegranate seeds
- ✓ 2 tbsp chopped pistachios
- ✓ 1 tbsp maple syrup

4 servings | Prep time: 10 minutes (plus 2 hours for chilling)

🔥 58 calories **🥩 1.5g protein** **🍞 3.8g carbohydrates** **🥑 3.9g fat**
2.5g fiber, 0mg cholesterol, 10mg sodium, 750mg potassium.

Chia seeds soaked overnight in almond or coconut milk create a creamy pudding that's rich in omega-3s. Top with pomegranate seeds and chopped pistachios for a burst of flavor and crunch.

DIRECTIONS

1. In a bowl, whisk together chia seeds, almond milk, and maple syrup.
2. Refrigerate for at least 2 hours or overnight until the mixture thickens.
3. Stir and top each serving with pomegranate seeds and chopped pistachios.
4. Serve chilled

BREAKFASTS | FRUIT SALADS, GRANOLA, YOGURT

FRUIT SALAD WITH MINT AND CITRUS DRESSING



INGREDIENTS

- ✓ 1 cup diced pineapple
- ✓ 1 cup diced mango
- ✓ 1/2 cup berries (strawberries, blueberries, etc.)
- ✓ 1 tbsp fresh mint, chopped
- ✓ Juice of 1 orange
- ✓ 1 tsp honey

Yield: 4 servings | Prep time: 10 minutes

30 calories 0.3g protein 7.5g carbohydrates 0.3g fat
1g fiber, 0mg cholesterol, 1.3mg sodium, 75mg potassium.

A refreshing and vibrant fruit salad with Mediterranean flair. Combine fresh seasonal fruits like oranges, grapes, and berries, and toss with a light citrus dressing and fresh mint.

DIRECTIONS

1. In a bowl, combine pineapple, mango, and berries.
2. In a small bowl, mix the orange juice and honey.
3. Drizzle the citrus dressing over the fruit salad and toss to combine.
4. Garnish with chopped mint and serve immediately.

MEDITERRANEAN MUESLI WITH FRESH FRUIT



DIRECTIONS

1. In a large bowl, combine rolled oats, fresh fruit, almonds, and Greek yogurt.
2. Stir in the honey until well mixed.
3. Serve immediately or refrigerate for up to 24 hours for a softer texture.

Yield: 4 servings | Prep time: 10 minutes

53 calories 2g protein 8g carbohydrates 1.8g fat
1.3g fiber, 1.3mg cholesterol, 15mg sodium, 55mg potassium.

A homemade muesli mix made with rolled oats, dried fruit, nuts, and seeds, served with fresh fruit and a splash of almond or oat milk. It's a fiber-rich breakfast that supports digestion and overall health.

INGREDIENTS

- ✓ 1 cup rolled oats
- ✓ 1/2 cup fresh fruit (berries, banana, or apple)
- ✓ 1/4 cup almonds, chopped
- ✓ 1 cup Greek yogurt
- ✓ 2 tbsp honey

FIG AND ALMOND MUESLI



DIRECTIONS

1. In a large bowl, combine rolled oats, figs, almonds, and almond milk.
2. Stir in honey and serve immediately or refrigerate for up to 24 hours.

Yield: 4 servings | Prep time: 10 minutes

55 calories 1.8g protein 8.8g carbohydrates 2g fat
1.25g fiber, 0mg cholesterol, 7.5mg sodium, 62.5mg potassium.

A Mediterranean-style muesli blend with figs, almonds, and rolled oats, served with yogurt or milk. This muesli is full of fiber and healthy fats, making it a nutritious, no-cook breakfast

INGREDIENTS

- ✓ 1 cup rolled oats
- ✓ 1/4 cup chopped dried figs
- ✓ 1/4 cup sliced almonds
- ✓ 1 cup almond milk
- ✓ 1 tbsp honey

BREAKFASTS | FRUIT SALADS, GRANOLA, YOGURT

OATMEAL WITH DATES, ALMONDS, AND CINNAMON



INGREDIENTS

- ✓ 1 cup rolled oats
- ✓ 2 cups water or almond milk
- ✓ 2 tbsp chopped dates
- ✓ 2 tbsp sliced almonds
- ✓ 1/2 tsp cinnamon

2 servings | Prep time: 5 minutes | Cook time: 5 minutes

🔥 120 calories 🥥 4g protein 🍞 20g carbohydrates 🥑 4g fat
3g fiber, 0mg cholesterol, 2.5mg sodium, 100mg potassium.

Warm and hearty oatmeal cooked with almond milk and topped with Mediterranean-inspired ingredients like dates, almonds, and a sprinkle of cinnamon. A wholesome, fiber-packed breakfast.

DIRECTIONS

1. Bring water or almond milk to a boil in a pot, then add oats.
2. Simmer for 5 minutes until oats are tender.
3. Stir in dates, almonds, and cinnamon.
4. Serve warm.

QUINOA PORRIDGE WITH ALMONDS AND BERRIES



DIRECTIONS

1. Rinse quinoa under cold water.
2. In a small pot, bring almond milk to a boil, add quinoa, reduce heat, and simmer for 15 minutes until quinoa is tender.
3. Stir in honey and cinnamon.
4. Top with fresh berries and sliced almonds.
5. Serve warm.

Yield: 2 servings | Prep time: 10 minutes | Cook time: 15 minutes

🔥 142 calories 🥥 4g protein 🍞 21g carbohydrates 🥑 5g fat
2.5g fiber, 0mg cholesterol, 45mg sodium, 175mg potassium.

A nutritious twist on traditional porridge, quinoa cooked in almond milk with a hint of cinnamon and topped with fresh berries and slivered almonds. High in protein and fiber, it's both satisfying and light.

INGREDIENTS

- ✓ 1/2 cup quinoa
- ✓ 1 cup almond milk
- ✓ 1/4 cup fresh berries (blueberries, raspberries, etc.)
- ✓ 1/4 cup sliced almonds
- ✓ 1 tbsp honey
- ✓ 1/2 tsp cinnamon

RICOTTA PANCAKES WITH HONEY AND FIGS



INGREDIENTS

- ✓ 1 cup ricotta cheese
- ✓ 1/2 cup whole wheat flour
- ✓ 2 large eggs
- ✓ 1/4 cup almond milk
- ✓ 2 tbsp honey
- ✓ 4 figs, sliced

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

🔥 75 calories 🥥 3g protein 🍞 7.5g carbohydrates 🥑 3.5g fat
0.8g fiber, 25mg cholesterol, 35mg sodium, 62.5mg potassium.

Light and fluffy Mediterranean-style pancakes made with ricotta cheese and topped with honey and fresh figs. These pancakes are high in protein yet still feel indulgent.

DIRECTIONS

1. In a bowl, whisk together ricotta, eggs, and almond milk.
2. Gradually add whole wheat flour and mix until smooth.
3. Cook pancakes on a hot skillet for 2-3 minutes per side.
4. Top with honey and sliced figs before serving.

BREAKFASTS | OMELETS FOR ALL TASTES

GREEK OMELET WITH FETA AND SPINACH



INGREDIENTS

- ✓ 4 large eggs
- ✓ 1/2 cup fresh spinach, chopped
- ✓ 1/4 cup crumbled feta cheese
- ✓ 1 tbsp olive oil
- ✓ 1/4 tsp dried oregano
- ✓ Salt and pepper to taste

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

254 calories **14.5g protein** **2g carbohydrates** **21g fat**
0.5g fiber, 422mg cholesterol, 327mg sodium, 245mg potassium

A classic Mediterranean omelet filled with sautéed spinach, crumbled feta cheese, and fresh herbs like dill and parsley. Serve with a side of olives for extra flavor

DIRECTIONS

1. In a bowl, whisk the eggs with salt, pepper, and oregano.
2. Heat olive oil in a nonstick skillet over medium heat.
3. Add spinach to the skillet and sauté for 1-2 minutes until wilted.
4. Pour the egg mixture into the skillet and cook until the edges set.
5. Sprinkle feta cheese over the omelet, fold, and cook for another 2-3 minutes until done.
6. Serve immediately.

EGG MUFFINS WITH SUN-DRIED TOMATOES AND FETA

DIRECTIONS

1. Preheat oven to 350°F (175°C). Grease a muffin tin with olive oil spray.
2. In a bowl, whisk the eggs with salt and pepper.
3. Stir in sun-dried tomatoes, feta, and spinach.
4. Pour the egg mixture into the muffin tin, filling each cup about 3/4 full.
5. Bake for 18-20 minutes until the muffins are fully cooked.
6. Let cool before serving.

Yield: 6 servings | Prep time: 10 minutes | Cook time: 20 minutes

150 calories **8g protein** **4g carbohydrates** **11g fat**
0.5g fiber, 250mg cholesterol, 136mg sodium, 241mg potassium

Quick and portable breakfast option, these egg muffins are packed with Mediterranean flavors like sun-dried tomatoes, feta cheese, and spinach. Make a batch ahead for easy weekday breakfasts.

INGREDIENTS

- ✓ 6 large eggs
- ✓ 1/2 cup spinach, chopped.
- ✓ 1/4 cup sun-dried tomatoes, chopped.
- ✓ Salt and pepper to taste
- ✓ 1/4 cup crumbled feta cheese
- ✓ Olive oil spray

TOMATO AND OLIVE FRITTATA



INGREDIENTS

- ✓ 6 large eggs
- ✓ 1/2 cup cherry tomatoes, halved.
- ✓ 1/4 cup black olives, sliced.
- ✓ 2 tbsp olive oil
- ✓ 1/4 cup fresh parsley, chopped.
- ✓ Salt and pepper to taste

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

180 calories **9g protein** **2g carbohydrates** **18g fat**
0.5g fiber, 307mg cholesterol, 200mg sodium, 150mg potassium.

A savory frittata made with juicy tomatoes, Kalamata olives, and fresh basil. This dish combines the flavors of the Mediterranean in one delicious breakfast

DIRECTIONS

1. Preheat the oven to 375°F (190°C).
2. In a bowl, whisk the eggs with salt, pepper, and parsley.
3. Heat olive oil in an oven-safe skillet over medium heat. Add cherry tomatoes and olives.
4. Pour the egg mixture over the vegetables and cook for 5 minutes until the edges set.
5. Transfer the skillet to the oven and bake for 10 minutes until fully cooked.
6. Let cool slightly before slicing and serving.

SHAKSHUKA



INGREDIENTS

- | | |
|---------------------------------|-----------------------------|
| ✓ 4 large eggs | ✓ 1 tsp ground cumin |
| ✓ 1 can (14 oz) diced tomatoes. | ✓ 1/2 tsp paprika |
| ✓ 1 small onion, diced. | ✓ 2 tbsp olive oil |
| ✓ 1 bell pepper, diced. | ✓ Salt and pepper to taste |
| ✓ 2 cloves garlic, minced. | ✓ Fresh parsley for garnish |

Yield: 4 servings | Prep time: 15 minutes | Cook time: 20 min

🔥 190 calories 🔪 6g protein 🍞 8g carbohydrates 🥑 12g fat
1g fiber, 250mg cholesterol, 150mg sodium, 200mg potassium.

This Middle Eastern and North African dish has a strong Mediterranean influence. Poached eggs are nestled in a spicy, rich tomato sauce with bell peppers, onions, and garlic. Serve with crusty bread for dipping.

DIRECTIONS

1. Heat olive oil in a skillet over medium heat. Add onions, bell pepper, and garlic, sauté for 5 minutes.
2. Add diced tomatoes, cumin, paprika, salt, and pepper. Simmer for 10 minutes.
3. Make small wells in the sauce and crack the eggs into each well.
4. Cover and cook for 7-10 minutes until the eggs are done to your liking.
5. Garnish with fresh parsley and serve with crusty bread.

ZUCCHINI AND HERB OMELET

DIRECTIONS

1. In a bowl, whisk the eggs with grated zucchini, parsley, salt, and pepper.
2. Heat olive oil in a skillet over medium heat.
3. Pour the egg mixture into the skillet and cook until the edges are set.
4. Fold the omelet and cook for another 2-3 minutes until done.
5. Serve hot.

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

🔥 160 calories 🔪 9g protein 🍞 2,5g carbohydrates 🥑 12g fat,
0,5g fiber, 310mg cholesterol, 240mg sodium, 200mg potassium

This light and fluffy omelet is filled with grated zucchini and fresh herbs like parsley and mint, giving it a bright, fresh flavor that's perfect for a Mediterranean breakfast.

INGREDIENTS

- | | |
|----------------------------------|----------------------------|
| ✓ 4 large eggs | ✓ 1 tbsp olive oil |
| ✓ 1/2 zucchini, grated. | ✓ Salt and pepper to taste |
| ✓ 1 tbsp fresh parsley, chopped. | |

EGGS IN PURGATORY (UOVA IN PURGATORIO)



INGREDIENTS

- ✓ 6 large eggs
- ✓ 1/2 cup cherry tomatoes, halved.
- ✓ 1/4 cup black olives, sliced.
- ✓ 2 tbsp olive oil
- ✓ 1/4 cup fresh parsley, chopped.
- ✓ Salt and pepper to taste

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

🔥 158 calories 🔪 7g protein 🍞 6,4g carbohydrates 🥑 12g fat
1,3g fiber, 186mg cholesterol, 164mg sodium, 227mg potassium.

A rustic Italian dish where eggs are poached in a spicy tomato sauce, like shakshuka but with an Italian twist. Serve with toasted bread for an authentic Mediterranean touch.

DIRECTIONS

1. Preheat the oven to 375°F (190°C).
2. In a bowl, whisk the eggs with salt, pepper, and parsley.
3. Heat olive oil in an oven-safe skillet over medium heat. Add cherry tomatoes and olives.
4. Pour the egg mixture over the vegetables and cook for 5 minutes until the edges set.
5. Transfer the skillet to the oven and bake for 10 minutes until fully cooked.
6. Let cool slightly before slicing and serving.

BREAKFASTS | OMELETS FOR ALL TASTES

ASPARAGUS AND GOAT CHEESE FRITTATA



INGREDIENTS

- ✓ 6 large eggs
- ✓ 1/2 cup goat cheese, crumbled.
- ✓ 1 cup asparagus, chopped.
- ✓ 2 tbsp olive oil
- ✓ Salt and pepper to taste

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

200 calories **12g protein** **2,5g carbohydrates** **16g fat**
0,7g fiber, 285mg cholesterol, 320mg sodium, 400mg potassium.

A springtime favorite, this frittata combines tender asparagus with creamy goat cheese. It's light, flavorful, and packed with protein.

DIRECTIONS

1. Preheat the oven to 375°F (190°C).
2. In a bowl, whisk the eggs with salt and pepper.
3. Heat olive oil in an oven-safe skillet, add asparagus, and cook for 2-3 minutes.
4. Pour the egg mixture into the skillet and cook until the edges set.
5. Add crumbled goat cheese, transfer the skillet to the oven, and bake for 10 minutes.
6. Serve warm.

MUSHROOM AND THYME OMELET

DIRECTIONS

1. Heat olive oil and butter in a skillet over medium heat. Add sliced mushrooms and thyme, sauté for 4-5 minutes until mushrooms are golden and softened.
2. In a bowl, whisk the eggs with salt and pepper.
3. Pour the egg mixture over the mushrooms in the skillet and cook until the edges set.
4. Fold the omelet and cook for another 2-3 minutes until done.
5. Serve immediately.

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

175 calories **11.5g protein** **2g carbohydrates** **14g fat**,
2,5g fiber, 372mg cholesterol, 480mg sodium, 405mg potassium

Earthy mushrooms and fresh thyme make this omelet a savory and satisfying option. The mushrooms are sautéed in olive oil, adding a depth of flavor that pairs perfectly with eggs.

INGREDIENTS

- ✓ 4 large eggs
- ✓ 1/2 cup mushrooms, sliced
- ✓ 1/4 tsp fresh thyme, chopped

- ✓ 1 tbsp olive oil
- ✓ 1 tbsp butter
- ✓ Salt and pepper to taste

SMOKED SALMON AND AVOCADO OMELET



INGREDIENTS

- ✓ 4 large eggs
- ✓ 2 oz smoked salmon, sliced.
- ✓ 1/2 avocado, sliced.
- ✓ 1 tbsp olive oil
- ✓ Salt and pepper to taste

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

190 calories **11.5g protein** **3g carbohydrates** **15g fat**
1g fiber, 350mg cholesterol, 260mg sodium, 225mg potassium

For a more luxurious Mediterranean breakfast, try this omelet filled with smoked salmon, creamy avocado, and a touch of dill. It's rich in healthy fats and delicious flavors.

DIRECTIONS

1. In a bowl, whisk the eggs with salt and pepper.
2. Heat olive oil in a skillet over medium heat.
3. Pour the egg mixture into the skillet and cook until the edges set.
4. Add smoked salmon and avocado slices, then fold the omelet and cook for another 2 minutes.
5. Serve immediately.

AVOCADO AND FETA BREAKFAST SANDWICH



INGREDIENTS

- ✓ 2 slices of whole-grain bread
- ✓ 1 avocado, mashed
- ✓ 1/4 cup crumbled feta cheese
- ✓ 1 tbsp olive oil
- ✓ Salt and pepper to taste
- ✓ 1 tbsp fresh lemon juice

Yield: 2 servings | Prep time: 5 minutes | Cook time: 5 minutes

🔥 320 calories 🍳 9g protein 🍞 32g carbohydrates 🥑 19g fat
9g fiber, 20mg cholesterol, 410mg sodium, 480mg potassium.

Creamy mashed avocado spread over whole-grain bread with crumbled feta cheese, sliced tomatoes, and a drizzle of olive oil. Simple, nutritious, and packed with Mediterranean flavors.

DIRECTIONS

1. Toast the bread slices until golden brown.
2. In a small bowl, mix mashed avocado with lemon juice, salt, and pepper.
3. Spread the avocado mixture on the toasted bread.
4. Sprinkle crumbled feta on top of the avocado.
5. Drizzle with olive oil and serve immediately.

EGG AND SPINACH PITA SANDWICH



INGREDIENTS

- ✓ 2 whole wheat pitas
- ✓ 2 large eggs
- ✓ 1/2 cup fresh spinach, chopped
- ✓ 1 tbsp olive oil
- ✓ Salt and pepper to taste

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

🔥 280 calories 🍳 13g protein 🍞 28g carbohydrates 🥑 14g fat
5g fiber, 180mg cholesterol, 320mg sodium, 350mg potassium.

Scrambled eggs combined with sautéed spinach and stuffed into a warm whole wheat pita. Add a sprinkle of feta or goat cheese for a Mediterranean twist.

DIRECTIONS

1. In a skillet, heat olive oil over medium heat.
2. Add spinach and sauté for 1-2 minutes until wilted.
3. Crack the eggs into the skillet, scramble them with the spinach, and cook for about 3-4 minutes.
4. Slice the pita in half and stuff each half with the scrambled egg and spinach mixture.
5. Serve warm.

EGGPLANT AND GOAT CHEESE SANDWICH



INGREDIENTS

- ✓ 2 slices of whole grain bread
- ✓ 1 small eggplant, sliced
- ✓ 1/4 cup goat cheese
- ✓ 1 tbsp olive oil
- ✓ 1/2 tsp dried oregano
- ✓ Salt and pepper to taste

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

🔥 330 calories 🍳 9g protein 🍞 40g carbohydrates 🥑 16g fat
6g fiber, 20mg cholesterol, 370mg sodium, 400mg potassium

Grilled eggplant slices paired with creamy goat cheese and a drizzle of olive oil, served on rustic bread. The flavors are bold yet perfectly balanced for a hearty Mediterranean breakfast.

DIRECTIONS

1. Preheat the oven to 400°F (200°C).
2. Drizzle the eggplant slices with olive oil and season with oregano, salt, and pepper. Roast for 12-15 minutes until tender.
3. Toast the bread slices.
4. Spread goat cheese on each slice of bread, top with roasted eggplant, and serve immediately.

CAPRESE BREAKFAST SANDWICH



INGREDIENTS

- ✓ 4 slices whole grain bread
- ✓ 1/2 cup fresh mozzarella, sliced
- ✓ 1 tomato, sliced
- ✓ 4-5 fresh basil leaves
- ✓ 1 tbsp olive oil
- ✓ Balsamic glaze for drizzling
- Salt and pepper to taste

Yield: 2 servings | Prep time: 5 minutes

🔥 330 calories 🥩 14g protein 🍞 36g carbohydrates 🧈 15g fat
4g fiber, 25mg cholesterol, 480mg sodium, 350mg potassium.

Inspired by the classic Caprese salad, this sandwich features fresh mozzarella, juicy tomatoes, and basil leaves on a whole-grain baguette. Drizzle with olive oil and balsamic vinegar for a simple yet delicious meal.

DIRECTIONS

1. Layer the mozzarella, tomato slices, and basil leaves between two slices of bread.
2. Drizzle with olive oil and balsamic glaze, then season with salt and pepper.
3. Serve immediately.

FALAFEL BREAKFAST SANDWICH



INGREDIENTS

- ✓ 4 falafel patties
- ✓ 2 pita breads
- ✓ 1/4 cup hummus
- ✓ 1/2 cucumber, thinly sliced
- ✓ 1/4 red onion, thinly sliced

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

🔥 320 calories 🥩 10g protein 🍞 40g carbohydrates 🧈 14g fat
6g fiber, 15mg cholesterol, 480mg sodium, 350mg potassium.

Falafel patties stuffed inside a whole wheat pita with fresh cucumber, tomatoes, and a dollop of tzatziki sauce. A filling and protein-packed vegetarian option.

DIRECTIONS

1. Warm the falafel patties in a skillet over medium heat for 2-3 minutes on each side.
2. Slice the pita breads in half and spread hummus inside each half.
3. Stuff the pita with falafel, cucumber, and red onion.
4. Serve immediately.

TURKEY AND PESTO SANDWICH



DIRECTIONS

1. Spread 1 tbsp pesto on each slice of bread.
2. Layer turkey, spinach, and tomato slices between the bread slices.
3. Serve immediately.

Yield: 2 servings | Prep time: 5 minutes

🔥 320 calories 🥩 20g protein 🍞 30g carbohydrates 🧈 14g fat
4g fiber, 45mg cholesterol, 600mg sodium, 300mg potassium

A light yet flavorful sandwich with sliced turkey breast, pesto, and arugula on whole-grain bread. The pesto adds a fresh, herbaceous touch, while the turkey provides lean protein.

INGREDIENTS

- ✓ 4 slices whole grain bread
- ✓ 4 oz sliced turkey breast
- ✓ 2 tbsp pesto
- ✓ 1/4 cup fresh spinach
- ✓ 1 tomato, sliced

BREAKFASTS | SANDWICHES

CROISSANT WITH PROSCIUTTO AND MOZZARELLA



DIRECTIONS

1. Slice the croissants in half and layer with prosciutto and mozzarella.
2. Heat a skillet over medium heat and add butter.
3. Grill the croissants until golden and the cheese is melted, about 3–4 minutes per side.
4. Serve warm.

Yield: 2 servings | Prep time: 5 minutes

320 calories 14g protein 25g carbohydrates 15g fat
4g fiber, 25mg cholesterol, 480mg sodium, 350mg potassium.

This croissant consists of fresh mozzarella, juicy prosciutto with fresh butter to make a simple but delicious dish.

INGREDIENTS

- ✓ 2 croissants
- ✓ - 4 slices prosciutto
- ✓ - 4 slices fresh mozzarella
- ✓ - 1 tbsp unsalted butter

MEDITERRANEAN BREAKFAST PANINI WITH MOZZARELLA AND BASIL



INGREDIENTS

- ✓ 4 slices whole grain bread
- ✓ 1/2 cup fresh mozzarella, sliced
- ✓ 4-5 fresh basil leaves
- ✓ 1 tomato, sliced
- ✓ 1 tbsp olive oil
- ✓ Salt and pepper to taste

Yield: 2 servings | Prep time: 5 minutes | Cook time: 5 minutes

340 calories 14g protein 36g carbohydrates 18g fat
5g fiber, 30mg cholesterol, 450mg sodium, 300mg potassium.

A toasted panini made with fresh mozzarella, basil leaves, and sliced tomatoes on whole-grain bread. Press it in a panini maker for a warm, melty, and delicious breakfast

DIRECTIONS

1. Heat a panini press or skillet over medium heat.
2. Layer the mozzarella, tomato slices, and basil leaves between two slices of bread.
3. Drizzle olive oil over the top and season with salt and pepper.
4. Grill the sandwich for 3-5 minutes until the bread is golden and the cheese is melted.
5. Serve warm.

EGG AND AVOCADO TOAST WITH OLIVES



INGREDIENTS

- ✓ 2 slices whole grain bread
- ✓ 2 large eggs, fried
- ✓ 1 avocado, mashed
- ✓ 1 tbsp olive oil
- ✓ 2 tbsp sliced black olives
- ✓ Salt and pepper to taste

Yield: 2 servings | Prep time: 5 minutes | Cook time: 5 minutes

340 calories 12g protein 30g carbohydrates 22g fat
8g fiber, 180mg cholesterol, 360mg sodium, 450mg potassium.

A Mediterranean take on avocado toast, this sandwich features mashed avocado with a poached egg on top, garnished with Kalamata olives, a drizzle of olive oil, and a pinch of sea salt.

DIRECTIONS

1. Toast the bread slices.
2. Fry the eggs to your desired doneness.
3. Spread mashed avocado on each slice of toast, top with the fried eggs and sliced olives.
4. Drizzle with olive oil and season with salt and pepper. Serve immediately.

BREAKFASTS | SANDWICHES

GRILLED HALLOUMI AND AVOCADO SANDWICH



INGREDIENTS

- ✓ 2 slices of whole grain bread
- ✓ 4 oz halloumi cheese, sliced
- ✓ 1/2 avocado, sliced
- ✓ 1 tbsp olive oil
- ✓ 1/2 tsp lemon juice
- ✓ Salt and pepper to taste

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

350 calories 🔥 **14g protein** 🥚 **28g carbohydrates** 🥑 **22g fat**
5g fiber, 25mg cholesterol, 450mg sodium, 300mg potassium.

Grilled halloumi cheese paired with creamy avocado slices, served on whole grain bread with a light drizzle of olive oil. This Mediterranean-inspired sandwich is full of flavor and satisfying textures.

DIRECTIONS

1. Heat a grill pan or skillet over medium heat. Grill halloumi slices for 2-3 minutes per side, until golden and slightly crispy.
2. Toast the bread slices in the same pan or a toaster.
3. In a small bowl, drizzle the avocado slices with lemon juice and season with salt and pepper.
4. Layer the grilled halloumi and avocado slices on the toasted bread. Drizzle with olive oil for extra flavor.
5. Serve immediately and enjoy this deliciously balanced sandwich!

SMOKED SALMON AND CREAM CHEESE BAGEL



DIRECTIONS

1. Slice the bagels and toast them lightly.
2. Spread 1 tbsp of cream cheese on each half.
3. Top with smoked salmon, red onion, capers, and fresh dill.
4. Serve immediately.

Yield: 2 servings | Prep time: 5 minutes

350 calories 🔥 **18g protein** 🥚 **40g carbohydrates** 🥑 **14g fat**
4g fiber, 50mg cholesterol, 620mg sodium, 290mg potassium.

A classic Mediterranean breakfast sandwich made with smoked salmon, light cream cheese, and fresh cucumber slices on a whole grain or whole wheat bagel. Add capers and dill for extra flavor.

INGREDIENTS

- ✓ 2 whole-grain bagels
- ✓ 4 oz smoked salmon
- ✓ 2 tbsp cream cheese
- ✓ 1/4 red onion, thinly sliced
- ✓ 1 tbsp capers
- ✓ Fresh dill for garnish

HUMMUS AND VEGGIE WRAP



DIRECTIONS

1. Spread 1/4 cup of hummus on each tortilla.
2. Layer the cucumber, bell pepper, spinach, and carrots on top.
3. Roll up the tortillas tightly, slice in half, and serve immediately.

Yield: 2 servings | Prep time: 5 minutes

270 calories 🔥 **7g protein** 🥚 **38g carbohydrates** 🥑 **11g fat**
6g fiber, 0mg cholesterol, 350mg sodium, 420mg potassium

A refreshing and healthy option, this sandwich features creamy hummus spread inside a whole wheat wrap and filled with fresh veggies like cucumbers, tomatoes, and bell peppers. Add a touch of olive oil and lemon juice.

INGREDIENTS

- ✓ 2 whole wheat tortillas
- ✓ 1/2 cup hummus
- ✓ 1/4 cucumber, thinly sliced
- ✓ 1/4 bell pepper, thinly sliced
- ✓ 1/2 cup baby spinach
- ✓ 1/4 cup shredded carrots



LUNCHES

This chapter offers a variety of vibrant and satisfying Mediterranean lunch ideas that are both nutritious and flavorful. From refreshing salads loaded with seasonal vegetables to heartier dishes with grains, lean proteins, and zesty dressings, each recipe is designed to be light yet filling. With ingredients like fresh herbs, olive oil, and citrus, these meals bring balance and freshness to your midday table, ensuring you stay energized and focused for the rest of the day.

PRE-LUNCH SNACKS

HUMMUS WITH CARROT AND CUCUMBER STICKS



INGREDIENTS

- ✓ 1 cup hummus
- ✓ 2 carrots, cut into sticks
- ✓ 1 cucumber, cut into sticks

Yield: 4 servings | Prep time: 5 minutes

🔥 150 calories 🥥 5g protein 🍞 20g carbohydrates 🥑 7g fat, 6g fiber, 0mg cholesterol, 350mg sodium, 450mg potassium.

Creamy homemade hummus made from chickpeas, tahini, and olive oil, served with fresh carrot and cucumber sticks for dipping. A perfect, protein-packed pre-meal snack.

DIRECTIONS

1. Arrange carrot and cucumber sticks on a platter.
2. Place the hummus in a small bowl in the center of the platter.
3. Serve immediately for dipping.

STUFFED GRAPE LEAVES (DOLMA)



INGREDIENTS

- ✓ 20 grape leaves (jarred or fresh)
- ✓ 1/2 cup cooked rice
- ✓ 1/4 cup pine nuts
- ✓ 1/4 cup raisins
- ✓ 1 tbsp olive oil
- ✓ 1 tbsp fresh dill, chopped
- ✓ Salt and pepper to taste

Yield: 4 servings | Prep time: 20 minutes | Cook time: 30 minutes

🔥 170 calories, 🥥 3g protein, 🍞 24g carbohydrates, 🥑 7g fat, 2g fiber, 0mg cholesterol, 200mg sodium, 150mg potassium.

These bite-sized grape leaves are stuffed with rice, herbs, and spices. They are light yet flavorful, ideal as a healthy snack before a meal.

DIRECTIONS

1. Rinse and drain the grape leaves if using jarred.
2. combine rice, pine nuts, raisins, dill, olive oil, salt, and pepper in a bowl.
3. Place 1-2 tbsp of the mixture on each grape leaf and roll it tightly.
4. Arrange stuffed leaves in a pot, add water, and simmer for 30 minutes.
5. Serve chilled or at room temperature.

OLIVES AND FETA CHEESE PLATE



INGREDIENTS

- ✓ 1 cup mixed olives
- ✓ 1/4 cup feta cheese, cubed
- ✓ 1 tbsp olive oil
- ✓ 1 tsp dried oregano

Yield: 4 servings | Prep time: 5 minutes

🔥 200 calories, 🥥 5g protein, 🍞 5g carbohydrates, 🥑 18g fat, 2g fiber, 10mg cholesterol, 500mg sodium, 200mg potassium.

A simple yet authentic Mediterranean snack, featuring a variety of marinated olives and cubes of feta cheese drizzled with olive oil and sprinkled with oregano

DIRECTIONS

1. Arrange olives and feta cheese cubes on a plate.
2. Drizzle with olive oil and sprinkle with oregano.
3. Serve immediately.

PRE-LUNCH SNACKS

TZATZIKI WITH WHOLE WHEAT PITA



DIRECTIONS

1. In a bowl, mix Greek yogurt, grated cucumber, garlic, olive oil, and lemon juice.
2. Season with salt and pepper, then chill for 10 minutes.
3. Serve with whole wheat pita slices for dipping.

Yield: 4 servings | Prep time: 10 minutes

🔥 200 calories, 🥩 8g protein, 🍞 25g carbohydrates, 🥑 7g fat
3g fiber, 0mg cholesterol, 300mg sodium, 200mg potassium.

A cool and creamy cucumber yogurt dipped with garlic and fresh herbs, served with warm whole wheat pita bread. Tzatziki is a refreshing, light appetizer that whets the appetite.

INGREDIENTS

- ✓ 1 cup Greek yogurt
- ✓ 1/2 cucumber, grated
- ✓ 1 clove garlic, minced
- ✓ 1 tbsp olive oil
- ✓ 1 tsp lemon juice
- ✓ Salt and pepper to taste
- ✓ 2 whole wheat pitas, sliced

MARINATED ARTICHOKE HEARTS



DIRECTIONS

1. In a bowl, combine olive oil, lemon juice, garlic, oregano, salt, and pepper.
2. Add artichoke hearts to the bowl and toss to coat.
3. Marinate for at least 30 minutes before serving.

Yield: 4 servings | Prep time: 5 minutes | Marinate time: 30 min.

🔥 120 calories, 🥩 2g protein, 🍞 8g carbohydrates, 🥑 9g fat,
5g fiber, 0mg cholesterol, 300mg sodium, 180mg potassium.

Tender artichoke hearts marinated in olive oil, lemon juice, and herbs. These are light and flavorful snacks, full of healthy fats and fiber.

INGREDIENTS

- ✓ 1 cup artichoke hearts (canned or jarred)
- ✓ 2 tbsp olive oil
- ✓ 1 tbsp lemon juice
- ✓ 1 clove garlic, minced
- ✓ 1 tsp dried oregano
- ✓ Salt and pepper to taste

FETA-STUFFED PEPPERS



INGREDIENTS

- ✓ 8 small bell peppers
- ✓ 1/4 cup feta cheese, crumbled
- ✓ 1 tbsp olive oil
- ✓ 1 tsp dried oregano

Yield: 4 servings | Prep time: 5 minutes | Marinating time: 30 min.

🔥 180 calories, 🥩 5g protein, 🍞 6g carbohydrates, 🥑 14g fat,
2g fiber, 10mg cholesterol, 300mg sodium, 180mg potassium.

Small, sweet peppers filled with crumbled feta cheese and fresh herbs. These stuffed peppers are a satisfying and healthy Mediterranean snack before lunch.

DIRECTIONS

1. Preheat the oven to 375°F (190°C).
2. Slice the tops off the bell peppers and remove the seeds.
3. Stuff each pepper with crumbled feta, then place on a baking sheet.
4. Drizzle with olive oil and sprinkle with oregano.
5. Bake for 10 minutes until the peppers are tender.

LUNCHES | SOUPS AND BROTHS

LENTIL SOUP (GREEK FAKES SOUP)



DIRECTIONS

1. In a large pot, heat olive oil over medium heat. Add onions, carrots, garlic, and sauté for 5 minutes.
2. Add lentils, tomatoes, bay leaf, salt, and pepper.
3. Cover it with water and bring it to a boil. Reduce heat and simmer for 30-40 minutes until lentils are tender.
4. Stir in red wine vinegar before serving.

Yield: 4 servings | Prep time: 10 minutes | Cook time: 40 minutes

🔥 320 calories, 🍖 12g protein, 🍞 40g carbohydrates, 🥑 14g fat, 12g fiber, 0mg cholesterol, 350mg sodium, 700mg potassium.

A hearty and nutritious soup made with green or brown lentils, and vegetables, and flavored with bay leaves, garlic, and olive oil. A dash of red wine vinegar adds brightness to this classic Greek dish

INGREDIENTS

- ✓ 1 cup brown lentils
- ✓ 1 onion, chopped
- ✓ 2 carrots, chopped
- ✓ 2 garlic cloves, minced
- ✓ 1 bay leaf
- ✓ 1/4 cup olive oil
- ✓ 1 can (14 oz) diced tomatoes
- ✓ 1 tbsp red wine vinegar
- ✓ Salt and pepper to taste

MINISTRONE SOUP



DIRECTIONS

1. Heat olive oil in a large pot. Sauté onions, carrots, celery, and garlic for 5 minutes.
2. Add zucchini, tomatoes, and vegetable broth. Bring to boil, then simmer for 20 minutes.
3. Add pasta and beans and cook for an additional 10-15 minutes until the pasta is tender.
4. Stir in fresh basil before serving.

Yield: 6 servings | Prep time: 10 minutes | Cook time: 40 minutes

🔥 250 calories, 🍖 10g protein, 🍞 40g carbohydrates, 🥑 5g fat, 8g fiber, 0mg cholesterol, 600mg sodium, 500mg potassium.

A classic Italian vegetable soup made with a mix of seasonal vegetables, beans, and pasta or rice in a light tomato broth. This soup is loaded with Mediterranean flavors and healthy ingredients.

INGREDIENTS

- ✓ 1 onion, chopped
- ✓ 2 carrots, chopped
- ✓ 2 celery stalks, chopped
- ✓ 2 garlic cloves, minced
- ✓ 1 zucchini, chopped
- ✓ 1 can (14 oz) diced tomatoes
- ✓ 4 cups of vegetable broth
- ✓ 1 cup pasta (small shapes)
- ✓ 1 can (15 oz) cannellini beans, drained
- ✓ 1/4 cup fresh basil, chopped
- ✓ Salt and pepper to taste

AVGOLEMONO SOUP (GREEK LEMON CHICKEN SOUP)



INGREDIENTS

- ✓ 4 cups of chicken broth
- ✓ 1/2 cup orzo or rice
- ✓ 2 eggs
- ✓ 1 lemon, juiced
- ✓ 2 cups cooked, shredded chicken
- ✓ Salt and pepper to taste

Yield: 4 servings | Prep time: 10 minutes | Cook time: 30 minutes

🔥 250 calories, 🍖 20g protein, 🍞 18g carbohydrates, 🥑 10g fat, 1g fiber, 120mg cholesterol, 500mg sodium, 300mg potassium.

A traditional Greek soup made with chicken, rice, eggs, and lemon juice. The eggs make the broth creamy, while the lemon adds a fresh, tangy flavor.

DIRECTIONS

1. In a large pot, bring chicken broth to a boil. Add orzo or rice and cook until tender, about 10 minutes.
2. In a bowl, whisk eggs and lemon juice together.
3. Slowly whisk 1 cup of hot broth into the egg mixture to temper it, then gradually add it back into the soup, stirring constantly.
4. Add shredded chicken and season with salt and pepper. Serve immediately.

LUNCHES | SOUPS AND BROTHS

CHICKPEA AND SPINACH SOUP



DIRECTIONS

1. Heat olive oil in a large pot. Sauté onion and garlic for 5 minutes until softened.
2. Add chickpeas, vegetable broth, cumin, salt, and pepper. Bring to a boil, then simmer for 10 minutes.
3. Stir in spinach and cook for an additional 5 minutes. Serve hot.

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

200 calories 9g protein 30g carbohydrates, 6g fat, 8g fiber, 0mg cholesterol, 400mg sodium, 450mg potassium.

A rich and filling soup with chickpeas, fresh spinach, and garlic in a light vegetable broth, spiced with cumin and paprika for a warm, Mediterranean flavor.

INGREDIENTS

- ✓ 1 can (15 oz) chickpeas, drained
- ✓ 4 cups of vegetable broth
- ✓ 2 cups of spinach, chopped
- ✓ 1 onion, chopped
- ✓ 2 garlic cloves, minced
- ✓ 1 tsp ground cumin
- ✓ 1 tbsp olive oil
- ✓ Salt and pepper to taste

RIBOLLITA (TUSCAN BREAD SOUP)



DIRECTIONS

1. Heat olive oil in a large pot. Sauté onions, carrots, celery, and garlic for 5 minutes.
2. Add beans, vegetable broth, tomatoes, kale, and bread cubes.
3. Bring it to a boil, then simmer for 30 minutes until the bread breaks down and the soup thickens.
4. Serve hot, drizzled with olive oil.

Yield: 4 servings | Prep time: 15 minutes | Cook time: 45 minutes

350 calories, 12g protein, 55g carbohydrates, 12g fat, 8g fiber, 0mg cholesterol, 550mg sodium, 500mg potassium.

A traditional Tuscan soup made with cannellini beans, vegetables, and chunks of day-old bread. It's a thick and hearty meal that's perfect for a Mediterranean lunch.

INGREDIENTS

- ✓ 1 onion, chopped
- ✓ 2 carrots, chopped
- ✓ 2 celery stalks, chopped
- ✓ 2 garlic cloves, minced
- ✓ 1 can (15 oz) cannellini beans, drained
- ✓ 4 cups of vegetable broth
- ✓ 2 cups of stale bread cubes
- ✓ 1 can (14 oz) diced tomatoes
- ✓ 2 cups of kale, chopped
- ✓ 1/4 cup olive oil
- ✓ Salt and pepper to taste

TOMATO AND BASIL SOUP



INGREDIENTS

- ✓ 1 can (28 oz) diced tomatoes
- ✓ 1 onion, chopped
- ✓ 2 garlic cloves, minced
- ✓ 4 cups of vegetable broth
- ✓ 1/4 cup fresh basil, chopped
- ✓ 2 tbsp olive oil
- ✓ Salt and pepper to taste

Yield: 4 servings | Prep time: 10 minutes | Cook time: 30 minutes

180 calories, 4g protein, 24g carbohydrates, 7g fat, 4g fiber, 0mg cholesterol, 400mg sodium, 300mg potassium

A simple, comforting soup made with ripe tomatoes, fresh basil, and a drizzle of olive oil. This Mediterranean favorite is best served with a slice of whole-grain bread.

DIRECTIONS

1. Heat olive oil in a large pot. Sauté onion and garlic for 5 minutes until softened.
2. Add diced tomatoes, vegetable broth, salt, and pepper. Simmer for 20 minutes.
3. Stir in fresh basil before serving.

LUNCHES | SOUPS AND BROTHS

MEDITERRANEAN FISH SOUP



DIRECTIONS

1. Heat olive oil in a large pot. Sauté onion and garlic for 5 minutes.
2. Add tomatoes, fish broth, salt, and pepper. Bring to boil, then simmer for 15 minutes.
3. Add fish fillets and cook for an additional 10 minutes until fish is tender.
4. Garnish with fresh parsley before serving.

Yield: 4 servings | Prep time: 10 minutes | Cook time: 30 minutes

220 calories 30g protein 8g carbohydrates, 8g fat
1g fiber, 50mg cholesterol, 450mg sodium, 400mg potassium

A light, aromatic soup made with fresh white fish, tomatoes, garlic, saffron, and olive oil. This dish is perfect for seafood lovers and is commonly found in coastal Mediterranean cuisines.

INGREDIENTS

- ✓ 1 lb white fish fillets (cod or halibut)
- ✓ 4 cups of fish broth or vegetable broth
- ✓ 1 onion, chopped
- ✓ 2 garlic cloves, minced
- ✓ 2 tomatoes, chopped
- ✓ 1/4 cup fresh parsley, chopped
- ✓ 1 tbsp olive oil
- ✓ Salt and pepper to taste

MOROCCAN HARIRA SOUP



DIRECTIONS

1. Heat olive oil in a large pot. Sauté onion and garlic for 5 minutes.
2. Add tomatoes, tomato paste, vegetable broth, cumin, and cinnamon. Bring to a boil, then simmer for 10 minutes.
3. Add lentils and chickpeas and cook for an additional 20 minutes until lentils are tender.
4. Garnish with fresh cilantro before serving.

Yield: 4 servings | Prep time: 15 minutes | Cook time: 40 minutes

300 calories, 12g protein, 40g carbohydrates, 10g fat,
10g fiber, 0mg cholesterol, 500mg sodium, 600mg potassium.

A flavorful Moroccan soup made with lentils, chickpeas, tomatoes, and a blend of warm spices like cinnamon and ginger. It's a hearty dish perfect for a light yet filling lunch.

INGREDIENTS

- ✓ 1 cup of lentils
- ✓ 1 can (15 oz) chickpeas, drained
- ✓ 1 onion, chopped
- ✓ 2 garlic cloves, minced
- ✓ 2 tomatoes, chopped
- ✓ 4 cups of vegetable broth
- ✓ 1 tbsp tomato paste
- ✓ 1 tsp ground cumin
- ✓ 1 tsp ground cinnamon
- ✓ 2 tbsp olive oil
- ✓ Fresh cilantro for garnish

ROASTED RED PEPPER AND TOMATO SOUP



INGREDIENTS

- ✓ 4 roasted red bell peppers, peeled and chopped
- ✓ 1 can (28 oz) diced tomatoes
- ✓ 1 onion, chopped
- ✓ 2 garlic cloves, minced
- ✓ 4 cups of vegetable broth
- ✓ 2 tbsp olive oil
- ✓ Salt and pepper to taste

Yield: 4 servings | Prep time: 10 minutes | Cook time: 30 minutes

180 calories, 4g protein, 28g carbohydrates, 6g fat,
4g fiber, 0mg cholesterol, 400mg sodium, 300mg potassium

A silky-smooth soup made with roasted red bell peppers, tomatoes, and garlic. It's packed with Mediterranean flavors and perfect for a nutritious, low-calorie lunch.

DIRECTIONS

1. Heat olive oil in a large pot. Sauté onion and garlic for 5 minutes.
2. Add roasted red peppers, diced tomatoes, and vegetable broth.
3. Bring to a boil, then reduce heat and simmer for 20 minutes.
4. Use an immersion blender to purée the soup until smooth.
5. Season with salt and pepper, then serve warm.

LUNCHES | MEATS AND POULTRY

TURKEY AND ZUCCHINI PATTIES



DIRECTIONS

1. In a bowl, mix turkey, grated zucchini, egg, breadcrumbs, garlic, cumin, salt, and pepper.
2. Form the mixture into small patties.
3. Heat olive oil in a skillet over medium heat and cook the patties for 4-5 minutes per side, until golden and cooked through.
4. Serve hot with a side salad or tzatziki sauce.

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

🔥 250 calories, 🍗 25g protein, 🍞 10g carbohydrates, 🥑 12g fat, 2g fiber, 90mg cholesterol, 350mg sodium, 400mg potassium

Lean ground turkey mixed with grated zucchini, herbs, and garlic, then formed into patties and grilled or pan-fried. Serve with a side of Greek yogurt or tzatziki sauce.

INGREDIENTS

- ✓ 1 lb ground turkey
- ✓ 1 zucchini, grated
- ✓ 1 egg
- ✓ 1/4 cup breadcrumbs
- ✓ 2 garlic cloves, minced
- ✓ 1 tsp ground cumin
- ✓ Salt and pepper to taste

LAMB KOFTA



DIRECTIONS

1. In a large bowl, combine lamb, parsley, onion, garlic, cumin, coriander, salt, and pepper.
2. Shape the mixture into small patties or logs.
3. Grill over medium heat for 8-10 minutes, turning occasionally.
4. Serve with pita and yogurt sauce.

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

🔥 350 calories, 🍗 25g protein, 🍞 3g carbohydrates, 🥑 28g fat, 0g fiber, 80mg cholesterol, 400mg sodium, 350mg potassium.

Ground lamb mixed with fresh herbs, garlic, and spices formed into patties or skewers and grilled. This flavorful dish is paired beautifully with a side of couscous or a fresh salad.

INGREDIENTS

- ✓ 1 lb ground lamb
- ✓ 1/4 cup fresh parsley, chopped
- ✓ 1/2 onion, grated
- ✓ 2 garlic cloves, minced
- ✓ 1 tsp ground cumin
- ✓ 1 tsp ground coriander
- ✓ Salt and pepper to taste

GRILLED LAMB CHOPS WITH ROSEMARY



INGREDIENTS

- ✓ 8 lamb chops
- ✓ 2 tbsp olive oil
- ✓ 2 garlic cloves, minced
- ✓ 2 tbsp fresh rosemary, chopped
- ✓ Salt and pepper to taste

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

🔥 380 calories, 🍗 28g protein, 🍞 0g carbohydrates, 🥑 30g fat, 0g fiber, 95mg cholesterol, 400mg sodium, 350mg potassium.

Juicy lamb chops marinated in olive oil, garlic, rosemary, and lemon, then grilled to perfection. This dish is rich in protein and full of Mediterranean flavors.

DIRECTIONS

1. Rub lamb chops with olive oil, garlic, rosemary, salt, and pepper.
2. Grill over medium-high heat for 4-5 minutes per side, until cooked to your liking.
3. Serve with a squeeze of lemon juice and fresh herbs.

LUNCHES | MEATS AND POULTRY

BEEF AND EGGPLANT MOUSSAKA



DIRECTIONS

1. Preheat oven to 375°F (190°C). Grill or bake eggplant slices until tender.
2. In a skillet, cook beef, onion, and garlic until browned. Add marinara sauce and season with salt and pepper.
3. Layer eggplant slices and meat sauce in a baking dish. Top with breadcrumbs, Parmesan, and bechamel sauce.
4. Bake for 45 minutes until golden and bubbly.

Yield: 6 servings | Prep time: 20 minutes | Cook time: 1 hour

500 calories 🔥 **30g protein** 🍖 **20g carbohydrates** 🍞 **32g fat** 🧈
4g fiber, 110mg cholesterol, 600mg sodium, 500mg potassium.

A classic Greek dish with layers of ground beef, sliced eggplant, and a rich béchamel sauce, baked until golden and bubbly. This protein-packed dish is perfect for a hearty lunch.

INGREDIENTS

- | | |
|-----------------------------|----------------------------------|
| ✓ 2 large eggplants, sliced | ✓ 1/2 cup grated Parmesan cheese |
| ✓ 1 lb ground beef | ✓ 1/2 cup breadcrumbs |
| ✓ 1 onion, chopped | ✓ 1 cup bechamel sauce |
| ✓ 2 garlic cloves, minced | ✓ Salt and pepper to taste |
| ✓ 2 cups of marinara sauce | |

MEDITERRANEAN MEATBALLS (KEFTEDES)



DIRECTIONS

1. In a bowl, mix beef, breadcrumbs, parsley, egg, garlic, oregano, salt, and pepper.
2. Form into small meatballs.
3. Heat olive oil in a skillet and cook meatballs over medium heat for 12-15 minutes until browned.
4. Serve with tomato sauce or as an appetizer.

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

280 calories 🔥 **20g protein** 🍖 **8g carbohydrates** 🍞 **18g fat** 🧈
1g fiber, 80mg cholesterol, 450mg sodium, 300mg potassium.

Juicy beef or lamb meatballs seasoned with herbs like oregano and mint, cooked in a rich tomato sauce. Serve with a side of rice or fresh bread.

INGREDIENTS

- | | |
|----------------------------------|----------------------------|
| ✓ 1 lb ground beef | ✓ 2 garlic cloves, minced |
| ✓ 1/4 cup of breadcrumbs | ✓ 1 tsp dried oregano |
| ✓ 1/4 cup fresh parsley, chopped | ✓ Salt and pepper to taste |
| ✓ 1 egg | |

MEDITERRANEAN STUFFED PEPPERS



DIRECTIONS

1. Preheat oven to 375°F (190°C). Cut tops off bell peppers and remove seeds.
2. In a bowl, mix quinoa, feta, olives, sun-dried tomatoes, olive oil, salt, and pepper.
3. Stuff peppers with the quinoa mixture and place in a baking dish.
4. Bake for 25-30 minutes until the peppers are tender.

Yield: 4 servings | Prep time: 15 minutes | Cook time: 30 minutes

280 calories 🔥 **10g protein** 🍖 **35g carbohydrates** 🍞 **12g fat** 🧈
0g fiber, 95mg cholesterol, 400mg sodium, 350mg potassium.

Bell peppers stuffed with a mixture of ground beef, rice, tomatoes, and herbs, then baked to perfection. This protein-rich dish is both filling and flavorful.

INGREDIENTS

- | | |
|------------------------------------|---------------------------------------|
| ✓ 4 large bell peppers | ✓ 1/4 cup sun-dried tomatoes, chopped |
| ✓ 1 cup cooked quinoa | ✓ 1 tbsp olive oil |
| ✓ 1/2 cup crumbled feta cheese | ✓ Salt and pepper to taste |
| ✓ 1/4 cup Kalamata olives, chopped | |

LUNCHES | MEATS AND POULTRY

GRILLED CHICKEN SOUVLAKI



DIRECTIONS

1. In a bowl, mix olive oil, lemon juice, garlic, oregano, salt, and pepper.
2. Add chicken cubes to the marinade and refrigerate for at least 30 minutes.
3. Thread chicken onto skewers and grill over medium heat for 8-10 minutes, turning occasionally.
4. Serve hot with pita and tzatziki.

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

🔥 300 calories, 🍗 30g protein, 🍞 2g carbohydrates, 🥑 18g fat
0g fiber, 80mg cholesterol, 350mg sodium, 400mg potassium..

Tender chicken marinated in olive oil, lemon juice, garlic, and oregano, then grilled to perfection. Serve with a side of tzatziki and pita bread for an authentic Mediterranean meal.

INGREDIENTS

- ✓ 1 lb chicken breast, cubed
- ✓ 1/4 cup olive oil
- ✓ 2 tbsp lemon juice
- ✓ 2 garlic cloves, minced
- ✓ 1 tsp dried oregano
- ✓ Salt and pepper to taste

ROASTED LEMON-HERB CHICKEN



DIRECTIONS

1. Preheat oven to 375°F (190°C).
2. Rub the chicken with olive oil, garlic, rosemary, salt, and pepper. Stuff the cavity with lemon slices.
3. Roast the chicken for 1 hour, basting occasionally with juices, until golden brown and cooked through.
4. Let's rest for 10 minutes before carving.

Yield: 4 servings | Prep time: 10 minutes | Cook time: 1 hour

🔥 450 calories, 🍗 35g protein, 🍞 0g carbohydrates, 🥑 32g fat,
0g fiber, 130mg cholesterol, 450mg sodium, 300mg potassium.

A simple yet delicious roasted chicken dish flavored with olive oil, fresh herbs like rosemary and thyme, and lemon. It's light, flavorful, and rich in protein.

INGREDIENTS

- ✓ 1 whole chicken (about 4 lbs)
- ✓ 1/4 cup olive oil
- ✓ 1 lemon, sliced
- ✓ 2 garlic cloves, minced
- ✓ 2 tbsp fresh rosemary, chopped
- ✓ Salt and pepper to taste

CHICKEN SHAWARMA WRAP



DIRECTIONS

1. In a bowl, combine olive oil, cumin, paprika, turmeric, garlic, salt, and pepper. Add chicken and marinate for 30 minutes.
2. Heat a skillet over medium heat and cook the chicken for 10-12 minutes until golden.
3. Serve in pita wraps with tahini sauce and vegetables.

4 servings | Prep time: 15 minutes | Cook time: 15 minutes

🔥 450 calories, 🍗 28g protein, 🍞 40g carbohydrates, 🥑 18g fat,
3g fiber, 100mg cholesterol, 500mg sodium, 400mg potassium.

Marinated chicken thighs are slowly cooked with spices like cumin, coriander, and paprika, then wrapped in pita bread with fresh vegetables and tahini sauce.

INGREDIENTS

- ✓ 1 lb chicken thighs, sliced
- ✓ 2 tbsp olive oil
- ✓ 2 tsp ground cumin
- ✓ 1 tsp paprika
- ✓ 1 tsp ground turmeric
- ✓ 1 garlic clove, minced
- ✓ 4 pita breads
- ✓ 1/4 cup tahini sauce
- ✓ Salt and pepper to taste

GREEK-STYLE PASTA WITH SPINACH, FETA, AND OLIVES



INGREDIENTS

- ✓ 8 oz pasta (penne or fusilli)
- ✓ 2 cups fresh spinach
- ✓ 1/2 cup crumbled feta cheese
- ✓ 1/4 cup Kalamata olives, sliced
- ✓ 1 tbsp olive oil
- ✓ 2 garlic cloves, minced
- ✓ 1 tbsp lemon juice
- ✓ Salt and pepper to taste

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

🔥 310 calories 🍖 10g protein 🍞 43g carbohydrates 🥑 10g fat
2.8g fiber, 12.5mg cholesterol, 347mg sodium, 314mg potassium

A light and flavorful pasta dish featuring sautéed spinach, crumbled feta, Kalamata olives, and a touch of garlic, tossed with whole wheat pasta.

DIRECTIONS

1. Cook pasta according to package instructions. Drain and set aside.
2. In a large pan, heat olive oil over medium heat. Sauté garlic for 1 minute.
3. Add spinach and cook until wilted, about 2 minutes.
4. Stir in cooked pasta, feta, olives, and lemon juice. Season with salt and pepper.
5. Serve warm.

SHRIMP AND TOMATO PASTA WITH BASIL

DIRECTIONS

1. Cook spaghetti according to package instructions. Drain and set aside.
2. In a large skillet, heat olive oil over medium heat. Add garlic and cook for 1 minute.
3. Add shrimp and cook for 2-3 minutes until pink.
4. Stir in cherry tomatoes and basil, cooking for an additional 2 minutes.
5. Toss with cooked spaghetti and season with salt and pepper. Serve warm.

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

🔥 380 calories 🍖 25g protein 🍞 45g carbohydrates 🥑 12g fat
3g fiber, 130mg cholesterol, 550mg sodium, 400mg potassium

A simple yet elegant pasta dish featuring fresh shrimp, ripe tomatoes, garlic, and a handful of fresh basil, tossed with olive oil and your favorite pasta.

INGREDIENTS

- ✓ 8 oz spaghetti
- ✓ 1 lb shrimp, peeled and deveined
- ✓ 2 cups cherry tomatoes, halved
- ✓ 2 garlic cloves, minced
- ✓ 1/4 cup fresh basil, chopped
- ✓ 2 tbsp olive oil
- ✓ Salt and pepper to taste

LEMON AND GARLIC PASTA WITH BROCCOLI



INGREDIENTS

- ✓ 8 oz spaghetti
- ✓ 2 cups broccoli florets
- ✓ 2 garlic cloves, minced
- ✓ 1 tbsp lemon zest
- ✓ 2 tbsp olive oil
- ✓ 1/4 cup Parmesan cheese, grated
- ✓ Salt and pepper to taste

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

🔥 320 calories 🍖 9g protein 🍞 45g carbohydrates 🥑 12g fat
5g fiber, 20mg cholesterol, 250mg sodium, 350mg potassium.

A zesty and light Mediterranean pasta dish featuring tender broccoli florets, fresh lemon zest, and garlic, all tossed in olive oil and Parmesan.

DIRECTIONS

1. Cook spaghetti according to package instructions, adding broccoli in the last 3 minutes. Drain and set aside.
2. In a large skillet, heat olive oil over medium heat. Sauté garlic for 1 minute.
3. Add lemon zest and cooked spaghetti with broccoli. Toss to combine.
4. Serve topped with Parmesan cheese.

LUNCHES | PASTA AND LASAGNA

MEDITERRANEAN TUNA PASTA



DIRECTIONS

1. Cook penne pasta according to package instructions. Drain and set aside.
2. In a large bowl, mix tuna, olives, cherry tomatoes, olive oil, and lemon juice.
3. Toss with cooked pasta and season with salt and pepper. Serve warm or chilled.

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

🔥 350 calories **🥩 20g protein** **🍞 40g carbohydrates** **🥑 12g fat**,
3g fiber, 30mg cholesterol, 500mg sodium, 400mg potassium.

Canned tuna is transformed into a flavorful, healthy dinner by tossing it with pasta, capers, sun-dried tomatoes, olives, and parsley in a light olive oil dressing

INGREDIENTS

- ✓ 8 oz penne pasta
- ✓ 1 can (5 oz) tuna, drained
- ✓ 1/4 cup Kalamata olives, sliced
- ✓ 1/4 cup cherry tomatoes, halved
- ✓ 2 tbsp olive oil
- ✓ 1 tbsp lemon juice
- ✓ Salt and pepper to taste

PESTO PASTA WITH SUN-DRIED TOMATOES AND PINE NUTS



INGREDIENTS

- ✓ 8 oz pasta (fusilli or penne)
- ✓ 1/4 cup pesto
- ✓ 1/4 cup sun-dried tomatoes, chopped
- ✓ 2 tbsp pine nuts, toasted
- ✓ 1 tbsp olive oil
- ✓ 1/4 cup Parmesan cheese, grated

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

🔥 400 calories **🥩 12g protein** **🍞 50g carbohydrates** **🥑 18g fat**
3g fiber, 10mg cholesterol, 400mg sodium, 3000mg potassium

A Mediterranean-inspired pesto pasta with the rich flavors of sun-dried tomatoes, toasted pine nuts, and Parmesan, tossed with fresh basil pesto

DIRECTIONS

1. Cook pasta according to package instructions. Drain and set aside.
2. In a large skillet, heat olive oil and sauté sun-dried tomatoes for 1-2 minutes.
3. Toss cooked pasta with pesto, sun-dried tomatoes, and pine nuts.
4. Serve topped with Parmesan cheese.

ORZO PASTA WITH ROASTED VEGETABLES AND FETA



INGREDIENTS

- ✓ 1 cup orzo pasta
- ✓ 1 zucchini, chopped
- ✓ 1 red bell pepper, chopped
- ✓ 1/2 red onion, chopped
- ✓ 1/4 cup olive oil
- ✓ 1/2 cup crumbled feta cheese
- ✓ 1 tbsp lemon juice
- ✓ Salt and pepper to taste

Yield: 4 servings | Prep time: 15 minutes | Cook time: 25 minutes

🔥 320 calories **🥩 10g protein** **🍞 45g carbohydrates** **🥑 12g fat**
4g fiber, 15mg cholesterol, 400mg sodium, 500mg potassium.

A hearty and satisfying dish featuring roasted vegetables like zucchini, bell peppers, and cherry tomatoes, tossed with orzo pasta and crumbled feta cheese.

DIRECTIONS

1. Preheat the oven to 400°F (200°C). Toss zucchini, bell pepper, and onion with olive oil, salt, and pepper. Spread on a baking sheet and roast for 20-25 minutes until tender.
2. While vegetables are roasting, cook orzo according to package instructions. Drain and set aside.
3. Toss the cooked orzo with roasted vegetables, feta cheese, and lemon juice.
4. Serve warm or at room temperature.

LUNCHES | PASTA AND LASAGNA

MEDITERRANEAN VEGETABLE LASAGNA



INGREDIENTS

- ✓ 9 lasagna noodles
- ✓ 2 cups marinara sauce
- ✓ 2 cups spinach, chopped
- ✓ 1 zucchini, thinly sliced
- ✓ 1 eggplant, thinly sliced
- ✓ 1/2 cup ricotta cheese
- ✓ 1/2 cup shredded mozzarella
- ✓ 1/4 cup Parmesan cheese, grated
- ✓ 1 tbsp olive oil
- ✓ Salt and pepper to taste

Yield: 6 servings | Prep time: 20 minutes | Cook time: 40 minutes

🔥 420 calories **🍗 18g protein** **🍞 55g carbohydrates** **🥓 15g fat**
6g fiber, 20mg cholesterol, 300mg sodium, 300mg potassium.

A healthier twist on the classic lasagna, this dish is layered with roasted Mediterranean vegetables like zucchini, eggplant, and bell peppers, along with a ricotta and mozzarella cheese blend.

DIRECTIONS

1. Preheat oven to 375°F (190°C). Cook lasagna noodles according to package instructions.
2. In a skillet, heat olive oil and sauté zucchini and eggplant for 5 minutes until softened.
3. In a baking dish, layer marinara sauce, noodles, ricotta, spinach, zucchini, and eggplant. Repeat layers.
4. Top with mozzarella and Parmesan. Bake for 30-40 minutes until bubbly and golden.
5. Let sit for 10 minutes before serving.

EGGPLANT AND MOZZARELLA LASAGNA



INGREDIENTS

- ✓ 2 eggplants, sliced
- ✓ 2 cups marinara sauce
- ✓ 1 cup shredded mozzarella
- ✓ 1/2 cup ricotta cheese
- ✓ 1/4 cup Parmesan cheese, grated
- ✓ 1 tbsp olive oil
- ✓ Salt and pepper to taste

Yield: 4 servings | Prep time: 15 minutes | Cook time: 30 minutes

🔥 380 calories **🍗 15g protein** **🍞 35 carbohydrates** **🥓 20g fat**
8g fiber, 35mg cholesterol, 300mg sodium, 400mg potassium.

Layers of thinly sliced roasted eggplant, marinara sauce, and fresh mozzarella make up this lighter version of lasagna. It's packed with Mediterranean flavors and perfect for a vegetarian meal.

DIRECTIONS

1. Preheat oven to 375°F (190°C).
2. In a skillet, heat olive oil and sauté eggplant slices for 5 minutes.
3. In a baking dish, layer marinara sauce, eggplant slices, ricotta, and mozzarella. Repeat layers.
4. Top with Parmesan cheese and bake for 25-30 minutes until bubbly.
5. Serve warm.

CHICKEN LASAGNA WITH SPINACH AND ARTICHOKE



INGREDIENTS

- ✓ 9 lasagna noodles
- ✓ 2 cups cooked, shredded chicken
- ✓ 1 cup spinach, chopped
- ✓ 1 cup artichoke hearts, chopped
- ✓ 1/2 cup ricotta cheese
- ✓ 1/2 cup shredded mozzarella
- ✓ 1/4 cup Parmesan cheese
- ✓ 1 cup marinara sauce

Yield: 6 servings | Prep time: 20 minutes | Cook time: 40 minutes

🔥 297 calories **🍗 19g protein** **🍞 4.2g carbohydrates** **🥓 24g fat**
2.5g fiber, 372mg cholesterol, 480mg sodium, 405mg potassium

A creamy and savory lasagna featuring layers of shredded chicken, spinach, artichokes, and a white béchamel sauce. It's a Mediterranean twist on a classic comfort food.

DIRECTIONS

1. Preheat oven to 375°F (190°C). Cook lasagna noodles according to package instructions.
2. In a baking dish, layer marinara sauce, noodles, shredded chicken, spinach, artichokes, and ricotta. Repeat layers.
3. Top with mozzarella and Parmesan.
4. Bake for 30-40 minutes until the top is golden and bubbly.
5. Let rest for 10 minutes before serving.



SNACKS

In the 'Snacks' chapter, you'll find a collection of quick and satisfying Mediterranean-inspired bites that are perfect for any time of the day.

Whether you're looking for a light pick-me-up or a nutritious addition to your meal, these snack ideas are wholesome, flavorful, and easy to prepare. From hummus with veggie sticks to marinated olives and feta, these recipes will help you keep your hunger at bay in a deliciously healthy way.

SNACKS | NUTRITIOUS SMOOTHIES AND JUICES

GREEN MEDITERRANEAN SMOOTHIE



DIRECTIONS

1. Combine all ingredients in a blender and blend until smooth.
2. Serve immediately.

2 servings | Prep time: 5 minutes

🔥 160 calories, 🍗 3g protein, 🍞 15g carbohydrates, 🥑 10g fat, 4g fiber, 0mg cholesterol, 50mg sodium, 400mg potassium.

Packed with spinach, avocado, Greek yogurt, and a splash of lemon juice, this smoothie is rich in healthy fats and protein, perfect for breakfast or a post-workout boost.

INGREDIENTS

- ✓ 1 cup spinach
- ✓ 1/2 avocado
- ✓ 1/2 cucumber, chopped
- ✓ 1/2 cup almond milk
- ✓ 1 tbsp lemon juice
- ✓ 1 tsp honey

POMEGRANATE POWER JUICE



INGREDIENTS

- ✓ 1 cup pomegranate juice
- ✓ 1/2 cup orange juice
- ✓ 1/4 cup water
- ✓ 1 tbsp chia seeds

Yield: 2 servings | Prep time: 5 minutes

🔥 120 calories, 🍗 2g protein, 🍞 25g carbohydrates, 🥑 3g fat, 6g fiber, 0mg cholesterol, 5mg sodium, 450mg potassium.

It is a refreshing juice that's rich in antioxidants. Blend fresh pomegranate seeds with a splash of orange juice and a pinch of mint for a revitalizing Mediterranean drink

DIRECTIONS

1. Mix pomegranate juice, orange juice, water, and chia seeds in a jar.
2. Let sit for 5-10 minutes to allow the chia seeds to absorb some liquid.
3. Stir and serve chilled.

FIG AND ALMOND SMOOTHIE



DIRECTIONS

1. Combine all ingredients in a blender and blend until smooth.
2. Serve immediately

Yield: 2 servings | Prep time: 5 minutes

🔥 250 calories, 🍗 6g protein, 🍞 40g carbohydrates, 🥑 10g fat, 7g fiber, 0mg cholesterol, 50mg sodium, 400mg potassium

A creamy and nutritious smoothie made with dried figs, almond milk, and a touch of honey. This smoothie is full of fiber and healthy fats, making it a great snack.

INGREDIENTS

- ✓ 1/2 cup dried figs, chopped
- ✓ 1/4 cup almonds
- ✓ 1 cup almond milk
- ✓ 1 tsp honey
- ✓ 1/4 tsp cinnamon

SNACKS | SMALL PLATES FOR A QUICK BITE

WATERMELON AND MINT JUICE



INGREDIENTS

- ✓ 2 cups watermelon, cubed
- ✓ 1 tbsp fresh mint, chopped
- ✓ Juice of 1 lime
- ✓ 1 tsp honey (optional)

Yield: 2 servings | Prep time: 5 minutes

🔥 120 calories, 🥩 1g protein, 🍞 30g carbohydrates, 🥑 0g fat
2g fiber, 0mg cholesterol, 10mg sodium, 350mg potassium.

*A cooling Mediterranean juice perfect for hot days.
Blend fresh watermelon with mint leaves and
a squeeze of lime for a hydrating, refreshing drink.*

DIRECTIONS

1. Blend the watermelon, mint, and lime juice until smooth.
2. add the honey and blend again if you prefer it sweeter.
3. Serve chilled over ice.

HUMMUS WITH PITA AND VEGGIE STICKS



DIRECTIONS

1. Arrange pita wedges, cucumber sticks, carrot sticks, and bell pepper slices on a platter.
2. Place hummus in a bowl and serve alongside the veggies and pita for dipping

Yield: 4 servings | Prep time: 10 minutes

🔥 300 calories, 🥩 8g protein, 🍞 35g carbohydrates, 🥑 14g fat,
7g fiber, 0mg cholesterol, 400mg sodium, 350mg potassium.

*Classic Mediterranean hummus made with chickpeas, tahini,
olive oil, and garlic. Serve with whole wheat pita and veggie
sticks like cucumbers, carrots, and bell peppers
for a light, healthy snack.*

INGREDIENTS

- ✓ 1 cup hummus
- ✓ 2 pita breads, sliced into wedges
- ✓ 1 cucumber, cut into sticks
- ✓ 2 carrots, cut into sticks
- ✓ 1 bell pepper, sliced

MARINATED OLIVES AND FETA



DIRECTIONS

1. In a bowl, combine olives, feta, olive oil, oregano, lemon zest, and minced garlic.
2. Mix well and let marinate for at least 30 minutes before serving.

Yield: 4 servings | Prep time: 5 min. | Marinating time: 30 min.

🔥 250 calories, 🥩 4g protein, 🍞 6g carbohydrates, 🥑 24g fat,
2g fiber, 15mg cholesterol, 550mg sodium, 180mg potassium

*A quick and easy Mediterranean snack. Marinate a mix of green and
black olives with olive oil, garlic, lemon zest, and fresh herbs.
Serve with cubes of feta cheese for a flavorful bite.*

INGREDIENTS

- ✓ 1 cup mixed olives
- ✓ 1/4 cup feta cheese, cubed
- ✓ 2 tbsp olive oil
- ✓ 1 tsp dried oregano
- ✓ 1 tsp lemon zest
- ✓ 1 clove garlic, minced

SNACKS | SMALL PLATES FOR A QUICK BITE

ROASTED CHICKPEAS



DIRECTIONS

1. Preheat the oven to 400°F (200°C).
2. Toss chickpeas with olive oil, smoked paprika, garlic powder, salt, and pepper.
3. Spread chickpeas on a baking sheet and roast for 20-25 minutes, stirring halfway through, until crispy.
4. Let cool slightly before serving.

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

180 calories 6g protein 24g carbohydrates, 6g fat
6g fiber, 0mg cholesterol, 350mg sodium, 320mg potassium

Crunchy and nutritious, roasted chickpeas are a satisfying snack. Toss chickpeas with olive oil, sea salt, and paprika, then roast until crispy

INGREDIENTS

- ✓ 1 can (15 oz) chickpeas, drained and rinsed
- ✓ 2 tbsp olive oil
- ✓ 1 tsp smoked paprika
- ✓ 1/2 tsp garlic powder
- ✓ Salt and pepper to taste

CAPRESE SALAD SKEWERS



DIRECTIONS

1. On small skewers or toothpicks, alternate cherry tomatoes, mozzarella balls, and basil leaves.
2. Drizzle with olive oil and balsamic glaze.
3. Season with salt and pepper, then serve.

Yield: 4 servings | Prep time: 10 minutes

120 calories, 6g protein, 5g carbohydrates, 9g fat,
1g fiber, 15mg cholesterol, 150mg sodium, 180mg potassium.

Bite-sized versions of the classic Caprese salad, these skewers feature cherry tomatoes, fresh mozzarella balls, and basil leaves, drizzled with olive oil and balsamic vinegar.

INGREDIENTS

- ✓ 12 cherry tomatoes
- ✓ 12 small fresh mozzarella balls
- ✓ 12 fresh basil leaves
- ✓ 1 tbsp balsamic glaze
- ✓ 1 tbsp olive oil
- ✓ Salt and pepper to taste

GREEK YOGURT AND CUCUMBER BITES



DIRECTIONS

1. In a bowl, mix Greek yogurt, dill, lemon juice, salt, and pepper.
2. Top each cucumber round with a spoonful of the yogurt mixture.
3. Serve immediately as a refreshing snack.

Yield: 4 servings | Prep time: 5 minutes.

90 calories, 8g protein, 5g carbohydrates, 3g fat,
1g fiber, 5mg cholesterol, 80mg sodium, 200mg potassium.

Small slices of cucumber sprinkled with Greek yogurt, fresh dill and a little olive oil. These appetizers are refreshing and low calorie, perfect for a light snack.

INGREDIENTS

- ✓ 1 cup Greek yogurt
- ✓ 1 cucumber, sliced into rounds
- ✓ 1 tbsp fresh dill, chopped
- ✓ 1 tbsp lemon juice
- ✓ Salt and pepper to taste



DINNERS

In this chapter, you'll discover a collection of Mediterranean-inspired dinners that are perfect for both busy weeknights and special occasions. With a focus on fresh vegetables, lean proteins like fish and wholesome grains, these dishes bring rich, satisfying flavors without weighing you down. From grilled seafood to savory stews, each recipe is designed to be both nourishing and full of Mediterranean zest, making your evening meals something to savor.

GREEK SALMON SALAD



DIRECTIONS

1. Season salmon fillets with salt, pepper, and oregano.
2. Heat olive oil in a skillet and cook salmon for 4-5 minutes per side until done. Let's cool.
3. In a bowl, combine olives, cucumber, red onion, and feta cheese.
4. Drizzle lemon juice and olive oil, then toss gently.
5. Flake the salmon into bite-sized pieces and add to the salad. Serve immediately.

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

400 calories **30g protein** **6g carbohydrates** **30g fat**,
2g fiber, 80mg cholesterol, 600mg sodium, 700mg potassium.

A protein-packed salad with grilled or roasted salmon served over a bed of spinach, cucumbers, Kalamata olives, cherry tomatoes, and red onions, with a lemon-oregano vinaigrette.

INGREDIENTS

- | | |
|------------------------------|--------------------------------|
| ✓ 4 salmon fillets | ✓ 1/2 cucumber, sliced |
| ✓ 1/4 cup olive oil | ✓ 1/2 red onion, thinly sliced |
| ✓ 2 tbsp lemon juice | ✓ 1/4 cup crumbled feta cheese |
| ✓ 1 tbsp dried oregano | ✓ Salt and pepper to taste |
| ✓ 1/2 cup of Kalamata olives | |

MEDITERRANEAN TUNA SALAD



DIRECTIONS

1. In a large bowl, combine tuna, olives, tomatoes, red onion, cucumber, and capers.
2. Drizzle with olive oil and lemon juice.
3. Season with salt and pepper, then toss gently.
4. Serve chilled or at room temperature

Yield: 4 servings | Prep time: 10 minutes

250 calories, **25g protein**, **6g carbohydrates**, **14g fat**,
1g fiber, 40mg cholesterol, 450mg sodium, 400mg potassium.

A light and healthy tuna salad made with canned tuna, cherry tomatoes, cucumbers, red onions, capers, and fresh parsley, all tossed in olive oil and lemon juice.

INGREDIENTS

- | | |
|-------------------------------------|----------------------------|
| ✓ 2 cans tuna in olive oil, drained | ✓ 1/2 cucumber, chopped |
| ✓ 1/4 cup Kalamata olives, sliced | ✓ 1 tbsp capers |
| ✓ 1/4 cup cherry tomatoes, halved | ✓ 2 tbsp olive oil |
| ✓ 1/4 cup red onion, thinly sliced | ✓ 1 tbsp lemon juice |
| | ✓ Salt and pepper to taste |

SARDINE SALAD WITH ARUGULA AND FENNEL



DIRECTIONS

1. In a bowl, combine arugula, fennel, and red onion.
2. Flake sardines over the salad.
3. Drizzle with lemon juice and olive oil, then season with salt and pepper.
4. Toss gently and serve immediately.

Yield: 4 servings | Prep time: 10 minutes

220 calories, **15g protein**, **6g carbohydrates**, **16g fat**,
2g fiber, 50mg cholesterol, 400mg sodium, 500mg potassium.

A simple yet flavorful salad made with canned sardines, fresh arugula, thinly sliced fennel, and red onions, dressed with lemon and olive oil. It's rich in omega-3s and packed with flavor

INGREDIENTS

- | | |
|--|----------------------------|
| ✓ 1 can sardines in olive oil, drained | ✓ 1 tbsp lemon juice |
| ✓ 2 cups arugula | ✓ 1 tbsp olive oil |
| ✓ 1/2 fennel bulb, thinly sliced | ✓ Salt and pepper to taste |
| ✓ 1/4 red onion, thinly sliced | |

DINNERS | SEAFOOD SALADS

SMOKED MACKEREL SALAD



DIRECTIONS

1. In a large bowl, combine mixed greens, cucumber, cherry tomatoes, and red onion.
2. Flake the smoked mackerel over the salad.
3. Drizzle with olive oil and balsamic vinegar, then season with salt and pepper.
4. Toss gently and serve immediately.

Yield: 4 servings | Prep time: 10 minutes

280 calories **20g protein** **8g carbohydrates**, **18g fat**
2g fiber, 60mg cholesterol, 350mg sodium, 400mg potassium.

Smoky mackerel served on a bed of fresh greens, with red onions, boiled potatoes, and capers, dressed with a simple mustard and olive oil vinaigrette.

INGREDIENTS

- ✓ 1 smoked mackerel fillet, flaked
- ✓ 1/4 cup red onion, thinly sliced
- ✓ 2 cups mixed greens
- ✓ 2 tbsp olive oil
- ✓ 1/2 cucumber, sliced
- ✓ 1 tbsp balsamic vinegar
- ✓ 1/4 cup cherry tomatoes, halved
- ✓ Salt and pepper to taste

GRILLED SWORDFISH SALAD



DIRECTIONS

1. Season swordfish steaks with olive oil, lemon juice, salt, and pepper.
2. Grill swordfish for 4-5 minutes per side until cooked through. Let cool.
3. In a bowl, combine mixed greens, cherry tomatoes, and red onion.
4. Flake swordfish over the salad and toss gently. Serve immediately.

4 servings | Prep time: 10 minutes | Cook time: 10 minutes

400 calories, **30g protein**, **6g carbohydrates**, **26g fat**,
1g fiber, 90mg cholesterol, 350mg sodium, 600mg potassium.

A hearty Mediterranean salad featuring tender, boiled octopus and potatoes, tossed with olive oil, lemon, garlic, and fresh parsley.

INGREDIENTS

- ✓ 4 swordfish steaks
- ✓ 1/4 cup cherry tomatoes, halved
- ✓ 1/4 cup olive oil
- ✓ 1/2 red onion, thinly sliced
- ✓ 1 tbsp lemon juice
- ✓ Salt and pepper to taste
- ✓ 2 cups mixed greens

GRILLED OCTOPUS SALAD



INGREDIENTS

- ✓ 1 lb octopus
- ✓ 1/4 cup olive oil
- ✓ 2 tbsp lemon juice
- ✓ 1 garlic clove, minced
- ✓ 1/4 cup red onion, thinly sliced
- ✓ 1/4 cup fresh parsley, chopped
- ✓ Salt and pepper to taste

Yield: 4 servings | Prep time: 5 minutes | Marinating time: 30 min.

180 calories, **5g protein**, **6g carbohydrates**, **14g fat**,
2g fiber, 10mg cholesterol, 300mg sodium, 180mg potassium.

Small, sweet peppers filled with crumbled feta cheese and fresh herbs. These stuffed peppers are a satisfying and healthy Mediterranean snack before lunch.

DIRECTIONS

1. Boil octopus for 20-25 minutes until tender. Drain and let cool.
2. Slice the octopus into bite-sized pieces.
3. In a bowl, whisk together olive oil, lemon juice, garlic, salt, and pepper.
4. Grill octopus pieces for 3-5 minutes until slightly charred.
5. Toss grilled octopus with onion, parsley, and dressing.
6. Serve chilled or at room temperature.

DINNERS | SEAFOOD SALADS

OCTOPUS AND POTATO SALAD



DIRECTIONS

1. Boil octopus for 20-25 minutes until tender. Drain and let cool.
2. Slice octopus into bite-sized pieces and combine with boiled potatoes.
3. In a bowl, whisk olive oil, lemon juice, garlic, salt, and pepper.
4. Toss octopus and potatoes with the dressing and garnish with parsley.
5. Serve chilled or at room temperature.

Yield: 4 servings | Prep time: 10 minutes | Cook time: 40 minutes

320 calories **12g protein** **40g carbohydrates**, **14g fat**
12g fiber, 0mg cholesterol, 350mg sodium, 700mg potassium.

A hearty and nutritious soup made with green or brown lentils, and vegetables, and flavored with bay leaves, garlic, and olive oil. A dash of red wine vinegar adds brightness to this classic Greek dish

INGREDIENTS

- ✓ 1 lb octopus
- ✓ 2 medium potatoes, boiled and cubed
- ✓ 1/4 cup olive oil
- ✓ 2 tbsp lemon juice
- ✓ 1 garlic clove, minced
- ✓ 1/4 cup fresh parsley, chopped
- ✓ Salt and pepper to taste

SHRIMP AND AVOCADO SALAD



DIRECTIONS

1. Heat olive oil in a skillet and cook shrimp for 3-5 minutes until pink. Let cool.
2. In a large bowl, combine shrimp, avocado, cucumber, and cherry tomatoes.
3. Drizzle with lime juice and olive oil, then season with salt and pepper.
4. Toss gently and serve immediately.

Yield: 6 servings | Prep time: 10 minutes | Cook time: 50 minutes

300 calories, **24g protein**, **10g carbohydrates**, **18g fat**,
4g fiber, 220mg cholesterol, 450mg sodium, 600mg potassium.

Juicy, grilled shrimp paired with creamy avocado, mixed greens, cucumbers, and cherry tomatoes, served with a light lime and olive oil dressing.

INGREDIENTS

- ✓ 1 lb shrimp, peeled and deveined
- ✓ 1 avocado, cubed
- ✓ 1/2 cucumber, sliced
- ✓ 1/4 cup cherry tomatoes, halved
- ✓ 2 tbsp olive oil
- ✓ 1 tbsp lime juice
- ✓ Salt and pepper to taste

GRILLED CALAMARI SALAD



DIRECTIONS

1. Marinate calamari in olive oil, lemon juice, garlic, salt, and pepper for 10 minutes.
2. Grill calamari for 3-5 minutes until tender.
3. Toss with red onion and parsley, and serve immediately

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

210 calories, **25g protein**, **5g carbohydrates**, **10g fat**,
1g fiber, 280mg cholesterol, 400mg sodium, 300mg potassium.

Tender grilled calamari served over mixed greens with cherry tomatoes, cucumbers, and red onions, drizzled with a garlic-lemon olive oil dressing.

INGREDIENTS

- ✓ 1 lb calamari, cleaned and cut into rings
- ✓ 1/4 cup olive oil
- ✓ 2 tbsp lemon juice
- ✓ 1 garlic clove, minced
- ✓ 1/4 cup fresh parsley, chopped
- ✓ 1/2 red onion, thinly sliced
- ✓ Salt and pepper to taste

TABBOULEH



DIRECTIONS

1. Cook bulgur according to package instructions, then let it cool.
2. Combine parsley, mint, tomatoes, and cucumber in a bowl.
3. Add cooled bulgur and toss everything together.
4. Drizzle with olive oil and lemon juice, season with salt and pepper.
5. Toss well and refrigerate for 30 minutes before serving.

Yield: 4 servings | Prep time: 15 minutes | Cook time: 10 min. (for bulgur preparation)

180 calories **5g protein** **27g carbohydrates**, **7g fat**
6g fiber, 0mg cholesterol, 200mg sodium, 350mg potassium.

A Lebanese salad made with bulgur wheat, finely chopped parsley, mint, tomatoes, and cucumbers, all dressed in a lemon-olive oil dressing. It's fresh, light, and full of fiber.

INGREDIENTS

- ✓ 1 cup of bulgur wheat
- ✓ 2 cups of parsley, finely chopped
- ✓ 1/2 cup fresh mint, finely chopped
- ✓ 3 tomatoes, diced
- ✓ 1 cucumber, diced
- ✓ 3 tbsp olive oil
- ✓ 2 tbsp lemon juice
- ✓ Salt and pepper to taste

GRILLED VEGETABLE SALAD



DIRECTIONS

1. Preheat grill. Brush vegetables with olive oil and season with salt and pepper.
2. Grill vegetables for 10-15 minutes until tender and charred.
3. Arrange grilled vegetables on a plate, drizzle with balsamic vinegar.
4. Garnish with fresh basil and serve warm or at room temperature.

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

180 calories, **3g protein**, **14g carbohydrates**, **12g fat**,
5g fiber, 0mg cholesterol, 200mg sodium, 500mg potassium.

A mix of grilled Mediterranean vegetables like zucchini, bell peppers, eggplant, and onions, tossed in a light lemon-olive oil dressing. This salad is hearty yet refreshing.

INGREDIENTS

- ✓ 1 zucchini, sliced
- ✓ 1 eggplant, sliced
- ✓ 1 red bell pepper, quartered
- ✓ 1 yellow bell pepper, quartered
- ✓ 2 tbsp olive oil
- ✓ 2 tbsp balsamic vinegar
- ✓ Salt and pepper to taste
- ✓ Fresh basil for garnish

ROASTED RED PEPPER AND FETA SALAD



INGREDIENTS

- ✓ 4 large red bell peppers
- ✓ 100g feta cheese, crumbled
- ✓ 2 tbsp olive oil
- ✓ 1 tbsp balsamic vinegar
- ✓ 1 garlic clove, minced
- ✓ Fresh parsley for garnish

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

170 calories, **4g protein**, **8g carbohydrates**, **13g fat**,
3g fiber, 15mg cholesterol, 260mg sodium, 350mg potassium

Roasted red bell peppers paired with crumbled feta cheese, fresh basil, and a drizzle of olive oil. This simple salad is light but packed with flavor.

DIRECTIONS

1. Roast red bell peppers over an open flame or in the oven until the skin is charred. Peel and slice into strips.
2. Arrange pepper strips on a plate and sprinkle with crumbled feta.
3. Drizzle with olive oil, balsamic vinegar, and minced garlic.
4. Garnish with parsley and serve.

DINNERS | VEGETABLE SIDE DISHES

LENTIL SALAD WITH LEMON AND HERBS



DIRECTIONS

1. Cook lentils in boiling water for 20-25 minutes until tender. Drain and cool.
2. In a bowl, combine lentils, red onion, parsley, and mint.
3. Drizzle with olive oil and lemon juice, season with salt and pepper.
4. Toss well and serve.

Yield: 4 servings | Prep time: 15 minutes | Cook time: 25 minutes

210 calories **10g protein** **5g carbohydrates**, **9g fat**
9g fiber, 0mg cholesterol, 220mg sodium, 460mg potassium

A protein-packed salad made with cooked lentils, fresh parsley, mint, and a tangy lemon-olive oil dressing. It's a filling, nutritious, and satisfying supper option.

INGREDIENTS

- ✓ 1 cup green or brown lentils
- ✓ 1/4 cup red onion, finely chopped
- ✓ 2 tbsp fresh parsley, chopped
- ✓ 1 tbsp fresh mint, chopped
- ✓ 3 tbsp olive oil
- ✓ 2 tbsp lemon juice
- ✓ Salt and pepper to taste

CAPONATA (SICILIAN EGGPLANT STEW)



DIRECTIONS

1. Heat olive oil in a large pan and sauté the onion and celery until softened.
2. Add diced eggplant and cook until golden.
3. Stir in tomatoes, capers, olives, sugar, and vinegar.
4. Simmer for 30 minutes, stirring occasionally, until thickened.
5. Season with salt and pepper and serve warm or at room temperature.

Yield: 4 servings | Prep time: 15 minutes | Cook time: 40 minutes

240 calories, **3g protein**, **18g carbohydrates**, **6g fat**,
6g fiber, 0mg cholesterol, 480mg sodium, 570mg potassium.

A flavorful Sicilian dish made with eggplant, tomatoes, capers, olives, and celery, all simmered in a tangy sweet-and-sour sauce. It can be served warm or cold as a vegetable side or salad.

INGREDIENTS

- ✓ 2 medium eggplants, diced
- ✓ 1 onion, chopped
- ✓ 2 celery stalks, chopped
- ✓ 3 tbsp olive oil
- ✓ 1 cup canned tomatoes, diced
- ✓ 2 tbsp capers
- ✓ 1/4 cup green olives, chopped
- ✓ 1 tbsp sugar
- ✓ 2 tbsp red wine vinegar
- ✓ Salt and pepper to taste

ZUCCHINI FRITTERS (KOLOKITHOKEFTES)



INGREDIENTS

- ✓ 2 zucchinis, grated
- ✓ 1 egg, beaten
- ✓ 1/2 cup feta cheese, crumbled
- ✓ 1/4 cup of flour
- ✓ 1 tbsp fresh dill, chopped
- ✓ 2 tbsp olive oil
- ✓ Salt and pepper to taste

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

210 calories, **7g protein**, **12g carbohydrates**, **14g fat**,
2g fiber, 35mg cholesterol, 350mg sodium, 270mg potassium

*Greek-style zucchini fritters made with grated zucchini, fresh herbs, and feta, pan-fried until crispy.
Serve with yogurt or tzatziki for a refreshing dip*

DIRECTIONS

1. Squeeze excess water from grated zucchini and mix with egg, feta, flour, and dill.
2. Heat olive oil in a pan. Drop spoonfuls of the mixture into the pan and flatten slightly.
3. Cook 3-4 minutes per side until golden brown. Serve warm.

DINNERS | VEGETABLE SIDE DISHES

BRIAM (GREEK ROASTED VEGETABLES)



DIRECTIONS

1. Preheat oven to 375°F (190°C). Arrange sliced vegetables in a baking dish.
2. Sprinkle with minced garlic, olive oil, salt, pepper, and oregano.
3. Bake for 1 hour, stirring occasionally, until vegetables are tender and golden.

Yield: 6 servings | Prep time: 15 minutes | Cook time: 1 hour

240 calories **4g protein** **28g carbohydrates**, **14g fat**
6g fiber, 0mg cholesterol, 340mg sodium, 550mg potassium.

A Mediterranean vegetable bake featuring a mix of zucchini, potatoes, tomatoes, and onions, roasted with olive oil, garlic, and oregano. This dish is hearty and delicious.

INGREDIENTS

- ✓ 2 zucchinis, sliced
- ✓ 2 sliced potatoes,
- ✓ 2 tomatoes, sliced
- ✓ 1 eggplant, sliced
- ✓ 1 onion, sliced
- ✓ 4 garlic cloves, minced
- ✓ 1/4 cup olive oil
- ✓ Salt, pepper, and oregano to taste

GRILLED VEGETABLE PLATTER



DIRECTIONS

1. Preheat grill to medium-high heat.
2. In a bowl, toss vegetables with olive oil, balsamic vinegar, oregano, salt, and pepper.
3. Grill vegetables for 3-4 minutes per side, until charred and tender.
4. Arrange grilled vegetables on a platter and serve immediately.

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

180 calories, **3g protein**, **15g carbohydrates**, **12g fat**,
5g fiber, 0mg cholesterol, 200mg sodium, 600mg potassium.

A colorful array of Mediterranean vegetables like zucchini, eggplant, bell peppers, and onions, grilled and drizzled with olive oil and herbs. This is a perfect side dish for any Mediterranean feast.

INGREDIENTS

- | | |
|---|----------------------------|
| ✓ 1 zucchini, sliced | ✓ 1/4 cup olive oil |
| ✓ 1 eggplant, sliced | ✓ 2 tbsp balsamic vinegar |
| ✓ 1 red bell pepper, cut into strips | ✓ 1 tsp dried oregano |
| ✓ 1 yellow bell pepper, cut into strips | ✓ Salt and pepper to taste |

FATTOUSH SALAD



DIRECTIONS

1. In a large bowl, combine tomatoes, cucumber, red onion, parsley, and mint.
2. Drizzle with olive oil and lemon juice, then sprinkle with sumac, salt, and pepper.
3. Toss gently and top with pita chips. Serve immediately.

Yield: 4 servings | Prep time: 10 minutes

180 calories, **4g protein**, **22g carbohydrates**, **10g fat**,
3g fiber, 0mg cholesterol, 300mg sodium, 400mg potassium.

A fresh Lebanese salad made with crisp vegetables like cucumbers, tomatoes, radishes, and lettuce, mixed with toasted pita chips and tangy sumac dressing.

INGREDIENTS

- | | |
|-----------------------------------|----------------------------|
| ✓ 1/2 cup cherry tomatoes, halved | ✓ 1/4 cup pita chips |
| ✓ 1/2 cucumber, sliced | ✓ 2 tbsp olive oil |
| ✓ 1/4 red onion, thinly sliced | ✓ 1 tbsp lemon juice |
| ✓ 1/4 cup fresh parsley, chopped | ✓ 1 tsp sumac |
| ✓ 1/4 cup fresh mint, chopped | ✓ Salt and pepper to taste |

DINNERS | SEAFOOD DISHES

GRILLED SEA BASS WITH LEMON AND HERBS



DIRECTIONS

1. Preheat grill to medium heat.
2. In a small bowl, mix olive oil, lemon juice, thyme, rosemary, salt, and pepper.
3. Brush the sea bass fillets with the mixture on both sides.
4. Grill the fillets for 4-5 minutes per side until cooked through.
5. Serve with lemon wedges.

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

🔥 220 calories, 🍖 28g protein, 🍞 0g carbohydrates, 🥑 11g fat, 0g fiber, 70mg cholesterol, 250mg sodium, 400mg potassium

A simple yet flavorful dish with whole sea bass marinated in olive oil, lemon juice, garlic, and fresh herbs like parsley and oregano, then grilled until tender.

INGREDIENTS

- ✓ 4 sea bass fillets
- ✓ 2 tbsp olive oil
- ✓ 2 tbsp lemon juice
- ✓ 1 tsp fresh thyme, chopped
- ✓ 1 tsp fresh rosemary, chopped
- ✓ Salt and pepper to taste
- ✓ Lemon wedges for serving

GRILLED OCTOPUS WITH OLIVE OIL AND LEMON



DIRECTIONS

1. Boil the octopus for 25 minutes until tender. Drain and let cool.
2. Cut the octopus into pieces and marinate in olive oil, lemon juice, garlic, salt, and pepper.
3. Grill the octopus for 3-4 minutes per side until slightly charred.
4. Serve with chopped parsley and extra lemon wedges.

Yield: 4 servings | Prep time: 20 minutes | Cook time: 30 minutes

🔥 240 calories, 🍖 20g protein, 🍞 4g carbohydrates, 🥑 15g fat, 1g fiber, 100mg cholesterol, 300mg sodium, 500mg potassium.

Fresh sardines marinated in olive oil, lemon juice, garlic, and herbs, then grilled until crispy. Packed with flavor and omega-3s.

INGREDIENTS

- ✓ Octopus,
- ✓ olive oil,
- ✓ lemon juice,
- ✓ garlic,
- ✓ parsley.

GRILLED SWORDFISH STEAKS WITH OLIVE TAPENADE



DIRECTIONS

1. Preheat grill to medium-high heat.
2. Brush the swordfish steaks with olive oil, lemon juice, oregano, salt, and pepper.
3. Grill the steaks for 4-5 minutes per side until cooked through.
4. Top each steak with olive tapenade before serving.

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

🔥 350 calories, 🍖 32g protein, 🍞 2g carbohydrates, 🥑 22g fat, 1g fiber, 85mg cholesterol, 400mg sodium, 600mg potassium.

Grilled swordfish steaks topped with a savory olive tapenade made from Kalamata olives, capers, garlic, and lemon zest

INGREDIENTS

- ✓ 4 swordfish steaks
- ✓ 2 tbsp olive oil
- ✓ 1/2 cup olive tapenade
- ✓ 1 tbsp lemon juice
- ✓ 1 tsp fresh oregano, chopped
- ✓ Salt and pepper to taste

GRILLED CALAMARI WITH GARLIC AND LEMON



DIRECTIONS

1. Marinate the calamari in olive oil, lemon juice, garlic, salt, and pepper for 10 minutes.
2. Preheat grill to medium heat.
3. Grill the calamari for 2-3 minutes per side until tender.
4. Garnish with parsley and serve with extra lemon wedges.

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

180 calories **25g protein** **2g carbohydrates** **7g fat**
0g fiber, 200mg cholesterol, 350mg sodium, 450mg potassium.

Tender calamari grilled and tossed in olive oil, garlic, and fresh lemon juice. This light dish is perfect for a healthy Mediterranean dinner.

INGREDIENTS

- ✓ 1 lb calamari, cleaned
- ✓ 1/4 cup olive oil
- ✓ 2 tbsp lemon juice
- ✓ 2 garlic cloves, minced
- ✓ 1 tbsp fresh parsley, chopped
- ✓ Salt and pepper to taste

MEDITERRANEAN BAKED FISH WITH TOMATOES AND OLIVES



DIRECTIONS

1. Preheat oven to 375°F (190°C).
2. Place fish fillets in a baking dish.
3. In a bowl, combine cherry tomatoes, olives, capers, olive oil, lemon juice, garlic, oregano, salt, and pepper.
4. Spoon the tomato-olive mixture over the fish.
5. Bake for 18-20 minutes until the fish is cooked through and flakes easily with a fork.
6. Serve hot with additional lemon wedges, if desired.

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

250 calories **25g protein** **6g carbohydrates** **14g fat**
2g fiber, 55mg cholesterol, 400mg sodium, 700mg potassium.

Baked fish (such as snapper or cod) with juicy tomatoes, Kalamata olives, capers, garlic, and fresh herbs. This dish is light, healthy, and full of Mediterranean flavors.

INGREDIENTS

- ✓ 4 white fish fillets (such as cod, sea bass, or snapper)
- ✓ 1/2 cup cherry tomatoes, halved
- ✓ 1/4 cup Kalamata olives, pitted and sliced
- ✓ 1 tbsp capers, drained
- ✓ 2 tbsp olive oil
- ✓ 2 tbsp lemon juice
- ✓ 2 garlic cloves, minced
- ✓ 1/2 tsp dried oregano
- ✓ Salt and pepper to taste

TUNA STEAK NIÇOISE



DIRECTIONS

1. In a small bowl, whisk together olive oil, lemon juice, garlic, mustard, thyme, salt, and pepper.
2. Marinate the tuna steaks in the mixture for 10 minutes.
3. Heat a grill or grill pan over medium-high heat.
4. Grill the tuna steaks for 2-3 minutes per side for medium-rare, or longer for desired doneness.
5. Serve with boiled green beans, potatoes, olives, and tomatoes for a complete Niçoise platter

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

320 calories **38g protein** **6g carbohydrates** **16g fat**
2g fiber, 60mg cholesterol, 400mg sodium, 800mg potassium

Grilled tuna steak served over a classic Niçoise salad with hard-boiled eggs, olives, green beans, potatoes, and tomatoes, all tossed in a tangy vinaigrette.

INGREDIENTS

- ✓ 4 tuna steaks
- ✓ 1/4 cup olive oil
- ✓ 2 tbsp lemon juice
- ✓ 1 garlic clove, minced
- ✓ 1 tbsp Dijon mustard
- ✓ 4 tuna steaks
- ✓ 1/4 cup olive oil
- ✓ 2 tbsp lemon juice
- ✓ 1 garlic clove, minced
- ✓ 1 tbsp Dijon mustard

DINNERS | SEAFOOD DISHES

TUNA CARPACCIO WITH CAPERS AND LEMON



DIRECTIONS

1. Arrange the thinly sliced tuna on a serving plate.
2. Drizzle with olive oil and lemon juice.
3. Sprinkle capers, black pepper, and parsley on top.
4. Serve immediately as an appetizer or light main course.

Yield: 4 servings | Prep time: 10 minutes

200 calories **28g protein** **1g carbohydrates** **8g fat**
0g fiber, 60mg cholesterol, 300mg sodium, 800mg potassium.

Thinly sliced raw tuna dressed with olive oil, lemon juice, capers, and fresh herbs. This light, elegant dish is ideal for seafood lovers.

INGREDIENTS

- | | |
|----------------------------------|---------------------------------|
| ✓ 1 lb fresh tuna, thinly sliced | ✓ 2 tbsp olive oil |
| ✓ 2 tbsp capers | ✓ 1/4 tsp black pepper |
| ✓ 2 tbsp lemon juice | ✓ 1 tbsp fresh parsley, chopped |

BAKED COD WITH LEMON AND GARLIC



DIRECTIONS

1. Preheat oven to 400°F (200°C).
2. Place cod fillets in a baking dish.
3. In a small bowl, mix olive oil, lemon juice, garlic, lemon zest, salt, and pepper.
4. Drizzle the mixture over the cod fillets.
5. Bake for 12-15 minutes until the fish flakes easily with a fork.
6. Garnish with fresh parsley and serve with lemon wedges.

Yield: 4 servings | Prep time: 5 minutes | Cook time: 15 min.

220 calories **28g protein** **2g carbohydrates** **10g fat**
0g fiber, 65mg cholesterol, 320mg sodium, 700mg potassium.

Cod fillets baked with garlic, lemon, and fresh herbs, served with a side of roasted vegetables or a simple salad. It's a quick, easy, and healthy meal.

INGREDIENTS

- | | |
|---------------------------|-----------------------------|
| ✓ 4 cod fillets | ✓ 1 tsp lemon zest |
| ✓ 2 tbsp olive oil | ✓ Salt and pepper to taste |
| ✓ 2 tbsp lemon juice | ✓ Fresh parsley for garnish |
| ✓ 2 garlic cloves, minced | |

BOUILLABAISSSE (FRENCH FISH STEW)



DIRECTIONS

1. In a large pot, heat olive oil over medium heat. Sauté fennel, onion, and garlic until softened, about 5 minutes.
2. Add white wine and cook for 2 minutes to reduce.
3. Stir in the diced tomatoes, stock, saffron, thyme, salt, and pepper. Bring to a boil, then reduce heat and simmer for 20 minutes.
4. Add the fish fillets, mussels, and shrimp. Simmer for an additional 10-12 minutes until the fish is cooked and the mussels open.
5. Ladle into bowls and garnish with fresh parsley. Serve hot.

Yield: 6 servings | Prep time: 20 minutes | Cook time: 45 minutes

320 calories **30g protein** **12g carbohydrates** **12g fat**
3g fiber, 130mg cholesterol, 600mg sodium, 900mg potassium.

A traditional Provençal fish stew made with a variety of seafood like mussels, shrimp, and white fish, cooked in a broth of tomatoes, garlic, saffron, and herbs.

INGREDIENTS

- | | |
|--|--|
| ✓ 1 lb mixed fish fillets (such as cod, snapper, or halibut) | ✓ 1 lb mixed fish fillets (such as cod, snapper, or halibut) |
| ✓ 1 lb mussels, cleaned | ✓ 1 lb mussels, cleaned |
| ✓ 1 lb shrimp, peeled and deveined | ✓ 1 lb shrimp, peeled and deveined |
| ✓ 1/2 cup fennel, thinly sliced | ✓ 1/2 cup fennel, thinly sliced |
| ✓ 1 onion, chopped | ✓ 1 onion, chopped |
| ✓ 4 garlic cloves, minced | ✓ 4 garlic cloves, minced |

DINNERS | SEAFOOD DISHES

TUNA NIÇOISE SALAD



DIRECTIONS

1. Arrange the tuna, olives, cherry tomatoes, red onion, boiled eggs, potatoes, and green beans on a large platter.
2. In a small bowl, whisk together olive oil, lemon juice, mustard, salt, and pepper.
3. Drizzle the dressing over the salad and toss gently before serving

Yield: 4 servings | Prep time: 15 minutes

350 calories 🔥 **30g protein** 🍗 **24g carbohydrates** 🍞 **18g fat**,
6g fiber, 220mg cholesterol, 500mg sodium, 900mg potassium.

Grilled tuna steak served over a classic Niçoise salad with boiled eggs, olives, green beans, potatoes, and tomatoes, dressed in a tangy vinaigrette.

INGREDIENTS

- | | |
|--|-----------------------------------|
| ✓ 2 cans of tuna in olive oil, drained | ✓ 8 small boiled potatoes, halved |
| ✓ 1/4 cup Kalamata olives | ✓ 2 cups green beans, blanched |
| ✓ 1/2 cup cherry tomatoes, halved | ✓ 1/4 cup olive oil |
| ✓ 1/4 cup red onion, thinly sliced | ✓ 2 tbsp lemon juice |
| ✓ 4 boiled eggs, halved | ✓ 1 tsp Dijon mustard |
| | ✓ Salt and pepper to taste |

MEDITERRANEAN SHRIMP SCAMPI



DIRECTIONS

1. Heat olive oil in a skillet over medium heat. Add garlic and sauté for 1 minute.
2. Add shrimp and cook for 2-3 minutes until pink.
3. Pour in white wine and lemon juice and cook for another 2 minutes.
4. Stir in parsley, red pepper flakes, salt, and pepper.
5. Serve immediately, garnished with extra parsley if desired.

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

250 calories 🔥 **25g protein** 🍗 **4g carbohydrates** 🍞 **14g fat**,
0g fiber, 220mg cholesterol, 500mg sodium, 300mg potassium.

Grilled tuna steak served over a classic Niçoise salad with hard-boiled eggs, olives, green beans, potatoes, and tomatoes, all tossed in a tangy vinaigrette.

INGREDIENTS

- | | |
|------------------------------------|----------------------------------|
| ✓ 1 lb shrimp, peeled and deveined | ✓ 1/4 cup lemon juice |
| ✓ 3 garlic cloves, minced | ✓ 1/4 cup fresh parsley, chopped |
| ✓ 1/4 cup olive oil | ✓ 1/4 tsp red pepper flakes |
| ✓ 1/4 cup white wine | ✓ Salt and pepper to taste |

SHRIMP SAGANAKI



DIRECTIONS

1. Heat olive oil in a skillet over medium heat. Add garlic and cook for 1 minute.
2. Add tomatoes, white wine, oregano, salt, and pepper. Simmer for 10 minutes.
3. Stir in shrimp and cook for 3-4 minutes until pink.
4. Remove from heat and sprinkle with feta cheese and fresh parsley.
5. Serve immediately with crusty bread or rice.

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

300 calories 🔥 **25g protein** 🍗 **10g carbohydrates** 🍞 **16g fat**,
1g fiber, 220mg cholesterol, 600mg sodium, 400mg potassium..

A Greek specialty of shrimp cooked in a spicy tomato sauce with garlic, onions, and feta cheese. Serve with crusty bread to soak up the delicious sauce

INGREDIENTS

- | | |
|------------------------------------|-----------------------------|
| ✓ 1 lb shrimp, peeled and deveined | ✓ 1/4 cup white wine |
| ✓ 1/4 cup olive oil | ✓ 1 tsp dried oregano |
| ✓ 3 garlic cloves, minced | ✓ Salt and pepper to taste |
| ✓ 1 can (14 oz) diced tomatoes | ✓ Fresh parsley for garnish |
| ✓ 1/2 cup feta cheese, crumbled | |

STUFFED MUSSELS



DIRECTIONS

1. Preheat oven to 375°F (190°C).
2. In a bowl, mix breadcrumbs, Parmesan, garlic, olive oil, lemon juice, parsley, salt, and pepper.
3. Open each mussel slightly and stuff with the breadcrumb mixture.
4. Place the mussels on a baking sheet and bake for 10-12 minutes, until the topping is golden and crispy.
5. Serve immediately, garnished with extra parsley if desired

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

290 calories 🔥 **20g protein** 🍗 **10g carbohydrates** 🍞 **15g fat**,
1g fiber, 75mg cholesterol, 480mg sodium, 500mg potassium

Mussels stuffed with a mixture of breadcrumbs, garlic, and herbs, then baked until golden and crispy.

INGREDIENTS

- | | |
|-----------------------------------|----------------------------------|
| ✓ 1 lb mussels, cleaned | ✓ 2 tbsp olive oil |
| ✓ 1/2 cup breadcrumbs | ✓ 2 tbsp lemon juice |
| ✓ 1/4 cup Parmesan cheese, grated | ✓ 1/4 cup fresh parsley, chopped |
| ✓ 2 garlic cloves, minced | ✓ Salt and pepper to taste |

SCALLOPS WITH GARLIC AND WHITE WINE



DIRECTIONS

1. Heat olive oil in a skillet over medium heat. Add garlic and sauté for 1 minute until fragrant.
2. Add scallops and cook for 2-3 minutes per side until golden and cooked through. Remove scallops from the skillet and set aside.
3. In the same skillet, add white wine and lemon juice. Simmer for 2 minutes until reduced.
4. Stir in butter and season with salt and pepper.
5. Return the scallops to the skillet, toss in the sauce, and cook for 1 minute.
6. Garnish with fresh parsley and serve immediately

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

300 calories 🔥 **25g protein** 🍗 **3g carbohydrates** 🍞 **18g fat**,
0g fiber, 60mg cholesterol, 320mg sodium, 400mg potassium.

Pan-seared scallops served in light garlic and white wine sauce, finished with a squeeze of lemon juice and fresh parsley. Serve with a side of greens or over pasta.

INGREDIENTS

- | | |
|---------------------------|-----------------------------|
| ✓ 1 lb scallops | ✓ 2 tbsp lemon juice |
| ✓ 2 tbsp olive oil | ✓ 1 tbsp butter |
| ✓ 2 garlic cloves, minced | ✓ Fresh parsley for garnish |
| ✓ 1/4 cup white wine | ✓ Salt and pepper to taste |

CALAMARI IN GARLIC SAUCE



DIRECTIONS

1. Heat olive oil in a skillet over medium heat. Add garlic and cook for 1-2 minutes until fragrant.
2. Add calamari and cook for 3-4 minutes until tender.
3. Stir in lemon juice, parsley, salt, and pepper.
4. Serve immediately with rice or pasta.

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

200 calories 🔥 **20g protein** 🍗 **3g carbohydrates** 🍞 **12g fat**,
0g fiber, 300mg cholesterol, 400mg sodium, 500mg potassium.

Calamari is cooked in a light garlic sauce with lemon and parsley, ideal as a main course or appetizer

INGREDIENTS

- | | |
|---|----------------------------------|
| ✓ 1 lb calamari, cleaned and cut into rings | ✓ 2 tbsp lemon juice |
| ✓ 4 garlic cloves, minced | ✓ 1/4 cup fresh parsley, chopped |
| ✓ 1/4 cup olive oil | ✓ Salt and pepper to taste |

SPANISH PAELLA WITH SEAFOOD



DIRECTIONS

1. Heat olive oil in a large paella pan or skillet over medium heat. Sauté onion and garlic until softened, about 5 minutes.
2. Stir in the rice, smoked paprika, saffron, and diced tomatoes. Cook for 2 minutes.
3. Pour in the seafood stock, bring to a simmer, and cook uncovered for 15-20 minutes, stirring occasionally.
4. Add shrimp, mussels, squid rings, and green peas, and continue cooking for 10 minutes until the seafood is cooked through and the rice is tender.
5. Season with salt and pepper, then sprinkle with fresh parsley.
6. Serve immediately with lemon wedges.

Yield: 6 servings | Prep time: 20 minutes | Cook time: 40 minutes

🔥 450 calories **🥩 30g protein** **🍞 55g carbohydrates** **🥑 12g fat**
3g fiber, 150mg cholesterol, 750mg sodium, 600mg potassium.

A classic Spanish dish made with saffron-infused rice, shrimp, mussels, clams, and squid, cooked with garlic, tomatoes, and bell peppers.

INGREDIENTS

- | | |
|--------------------------------------|----------------------------------|
| ✓ 1 1/2 cups Arborio rice | ✓ 1/4 tsp saffron threads |
| ✓ 1/2 lb shrimp, peeled and deveined | ✓ 4 cups seafood stock |
| ✓ 1/2 lb mussels, cleaned | ✓ 1 can (14 oz) diced tomatoes |
| ✓ 1/2 lb squid rings | ✓ 1/2 cup green peas |
| ✓ 1/4 cup olive oil | ✓ 1/4 cup fresh parsley, chopped |
| ✓ 1 onion, finely chopped | ✓ Lemon wedges for serving |
| ✓ 2 garlic cloves, minced | ✓ Salt and pepper to taste |
| ✓ 1/2 tsp smoked paprika | |

STUFFED CALAMARI WITH RICE AND HERBS



DIRECTIONS

1. Preheat oven to 375°F (190°C).
2. In a bowl, mix chopped calamari tentacles, rice, garlic, parsley, salt, and pepper.
3. Stuff the calamari tubes with the mixture and secure with toothpicks.
4. Place stuffed calamari in a baking dish and drizzle with olive oil and lemon juice.
5. Bake for 25-30 minutes until tender.
6. Serve immediately

Yield: 4 servings | Prep time: 20 minutes | Cook time: 30 minutes

🔥 300 calories **🥩 22g protein** **🍞 25g carbohydrates** **🥑 14g fat**
1g fiber, 300mg cholesterol, 400mg sodium, 600mg potassium..

Calamari stuffed with a mixture of rice, parsley, and garlic, then baked with tomato sauce. A flavorful Mediterranean dish.

INGREDIENTS

- | | |
|--|----------------------------------|
| ✓ 1 lb calamari, cleaned and tentacles chopped | ✓ 1/4 cup fresh parsley, chopped |
| ✓ 1/2 cup cooked rice | ✓ 1/4 cup olive oil |
| ✓ 2 garlic cloves, minced | ✓ 1/4 cup lemon juice |
| | ✓ Salt and pepper to taste |





DESSERTS

In this chapter, you'll discover exquisite and healthy dessert recipes inspired by the freshness and richness of Mediterranean cuisine. From refreshing fruit salads and frozen sorbets to delicate pastries and creamy treats, each dessert perfectly rounds off any meal. Featuring natural ingredients like honey, nuts, fresh fruits, and fragrant herbs, these desserts bring the flavors of summer and the joy of guilt-free indulgence.

DESSERTS | FRESH AND FRUIT DESSERTS

WATERMELON AND FETA SALAD



DIRECTIONS

1. In a large bowl, combine watermelon cubes, feta, and mint.
2. Drizzle with olive oil and lime juice, then toss gently.
3. Serve chilled.

Yield: 4 servings | Prep time: 10 minutes

140 calories, **2g protein**, **35g carbohydrates**, **1g fat**,
1g fiber, 15mg cholesterol, 250mg sodium, 350mg potassium.

A refreshing, sweet-salty dessert with cubes of juicy watermelon and crumbled feta cheese. Drizzle with a little olive oil and fresh mint for an added Mediterranean touch.

INGREDIENTS

- ✓ 4 cups watermelon, cubed
- ✓ 1/2 cup crumbled feta cheese
- ✓ 1/4 cup fresh mint leaves, chopped
- ✓ 2 tbsp olive oil
- ✓ 1 tbsp lime juice

POMEGRANATE AND ORANGE SALAD



DIRECTIONS

1. Arrange orange slices on a serving plate and sprinkle with pomegranate seeds.
2. Drizzle with honey and garnish with fresh mint.
3. Serve chilled.

Yield: 4 servings | Prep time: 10 minutes

140 calories, **2g protein**, **30g carbohydrates**, **1g fat**,
4g fiber, 0mg cholesterol, 0mg sodium, 300mg potassium.

A colorful, vibrant fruit salad featuring pomegranate seeds, orange segments, and a sprinkle of cinnamon. It's light, refreshing, and packed with antioxidants.

INGREDIENTS

- ✓ 2 oranges, peeled and sliced
- ✓ 1/2 cup pomegranate seeds
- ✓ 1 tbsp honey
- ✓ 1 tbsp fresh mint leaves, chopped

CITRUS SALAD WITH MINT



DIRECTIONS

1. Arrange grapefruit and orange segments on a serving plate.
2. Drizzle with honey and garnish with fresh mint leaves.
3. Serve immediately or chill before serving

Yield: 4 servings | Prep time: 10 minutes

120 calories, **2g protein**, **30g carbohydrates**, **0g fat**,
4g fiber, 0mg cholesterol, 0mg sodium, 400mg potassium.

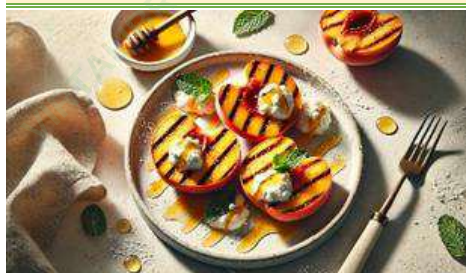
A refreshing dessert made with a mix of oranges, grapefruits, and tangerines, tossed with a drizzle of honey and fresh mint. Perfect for a light, fruity end to any meal.

INGREDIENTS

- ✓ 1 grapefruit, peeled and segmented
- ✓ 2 oranges, peeled and segmented
- ✓ 1/4 cup fresh mint leaves, chopped
- ✓ 1 tbsp honey

DESSERTS | FRESH AND FRUIT DESSERTS

GRILLED PEACHES WITH RICOTTA AND HONEY



DIRECTIONS

1. Preheat grill to medium heat. Brush peaches with olive oil.
2. Grill peaches cut side down for 3-5 minutes until caramelized.
3. Place grilled peaches on a plate, top with ricotta cheese, and drizzle with honey.
4. Serve immediately.

Yield: 4 servings | Prep time: 5 minutes | Cook time: 5 minutes

220 calories **5g protein** **25g carbohydrates**, **10g fat**
3g fiber, 10mg cholesterol, 30mg sodium, 400mg potassium.

*Sweet, juicy peaches grilled to caramelize the sugars, then topped with a dollop of creamy ricotta and a drizzle of honey.
A simple yet luxurious dessert.*

INGREDIENTS

- | | |
|--------------------------|--------------------|
| ✓ 4 peaches, halved | ✓ 1/2 cup sugar |
| ✓ 1/2 cup ricotta cheese | ✓ 1 tsp lemon zest |

LEMON SORBET



DIRECTIONS

1. In a saucepan, combine water and sugar, and heat until sugar is dissolved. Let cool.
2. Stir in lemon juice and zest, then pour into a freezer-safe container.
3. Freeze for at least 4 hours, stirring occasionally to break up ice crystals.
4. Serve chilled.

Yield: 4 servings | Prep time: 10 min. | Cook time: (Freeze for 4 hours)

120 calories, **0g protein**, **6g carbohydrates**, **30g fat**,
0g fiber, 0mg cholesterol, 0mg sodium, 60mg potassium.

A refreshing and tangy dessert made with fresh lemons, sugar, and water. This dairy-free sorbet is perfect for cleansing the palate after a hearty Mediterranean meal.

INGREDIENTS

- | | |
|--------------------------------------|-----------------------------------|
| ✓ 1 cup lemon juice (about 4 lemons) | ✓ 1/4 cup cherry tomatoes, halved |
| ✓ 1 cup water | ✓ 1/2 red onion, thinly sliced |
| | ✓ Salt and pepper to taste |

STRAWBERRIES WITH BALSAMIC VINEGAR



DIRECTIONS

1. In a bowl, mix strawberries, balsamic vinegar, and honey.
2. Let sit for 5-10 minutes to allow the flavors to meld.
3. Serve immediately.

Yield: 4 servings | Prep time: 5 minutes

90 calories, **1g protein**, **23g carbohydrates**, **0g fat**,
3g fiber, 0mg cholesterol, 0mg sodium, 250mg potassium.

Fresh strawberries drizzled with aged balsamic vinegar, which enhances their sweetness. Add a few basil leaves for an extra aromatic touch.

INGREDIENTS

- | |
|--|
| ✓ 2 cups fresh strawberries, hulled and sliced |
| ✓ 2 tbsp balsamic vinegar |
| ✓ 1 tbsp honey |

DESSERTS | FRESH AND FRUIT DESSERTS

APRICOT AND ALMOND CLAFOUTIS



DIRECTIONS

1. Preheat oven to 350°F (175°C). Grease a baking dish.
2. In a bowl, whisk eggs, milk, sugar, flour, almonds, and vanilla.
3. Arrange apricots cut side up in the baking dish and pour the batter over them.
4. Bake for 25-30 minutes until golden and set.

Yield: 4 servings | Prep time: 10 minutes | Cook time: 40 minutes

🔥 250 calories, 🥥 8g protein, 🍞 30g carbohydrates, 🥑 10g fat
2g fiber, 80mg cholesterol, 100mg sodium, 250mg potassium

A light, custard-like French dessert baked with fresh apricots and almonds. This Mediterranean-inspired version is fruity, slightly nutty, and perfect for summer.

INGREDIENTS

- ✓ 4 fresh apricots, halved
- ✓ 1/4 cup ground almonds
- ✓ 1/2 cup flour
- ✓ 2 eggs
- ✓ 1/2 cup milk
- ✓ 1/4 cup sugar
- ✓ 1/2 tsp vanilla extract

GREEK YOGURT WITH HONEY AND FIGS



DIRECTIONS

1. Divide Greek yogurt evenly into 4 bowls.
2. Drizzle 1/2 tbsp honey over each serving of yogurt.
3. Top with fresh fig quarters and sprinkle with walnuts if desired.
4. Serve immediately.

Yield: 4 servings | Prep time: 5 minutes

🔥 220 calories, 🥥 9g protein, 🍞 24g carbohydrates, 🥑 9g fat
2g fiber, 10mg cholesterol, 40mg sodium, 250mg potassium.

Creamy Greek yogurt topped with fresh figs and drizzled with honey. This simple yet elegant dessert combines the richness of yogurt with the natural sweetness of figs.

INGREDIENTS

- ✓ 2 cups Greek yogurt
- ✓ 2 tbsp honey
- ✓ 4 fresh figs, quartered
- ✓ 1/4 cup walnuts, chopped (optional)

GREEK YOGURT BARK WITH BERRIES



DIRECTIONS

1. Line a baking sheet with parchment paper.
2. Spread Greek yogurt evenly on the baking sheet. Drizzle with honey.
3. Top with mixed berries and sliced almonds.
4. Freeze for 2 hours or until firm. Break into pieces and serve.

Yield: 4 servings | Prep time: 5 min. | Cook time: (Freeze for 2 hours)

🔥 120 calories, 🥥 6g protein, 🍞 15g carbohydrates, 🥑 4g fat
2g fiber, 5mg cholesterol, 50mg sodium, 150mg potassium.

A guilt-free frozen dessert made with Greek yogurt, topped with fresh berries and a drizzle of honey, then frozen until firm. Break into pieces for a healthy, protein-rich treat.

INGREDIENTS

- ✓ 1 cup Greek yogurt
- ✓ 1/2 cup mixed berries
- ✓ 1 tbsp honey
- ✓ 2 tbsp sliced almonds

DESSERTS | FRESH AND FRUIT DESSERTS

AVOCADO CHOCOLATE MOUSSE



DIRECTIONS

1. In a blender, combine avocados, cocoa powder, maple syrup, and vanilla extract.
2. Blend until smooth and creamy.
3. Chill for 30 minutes before serving.

Yield: 4 servings | Prep time: 5 minutes

200 calories, **3g protein**, **25g carbohydrates**, **12g fat**,
6g fiber, 0mg cholesterol, 0mg sodium, 400mg potassium.

A creamy and decadent mousse made with ripe avocados, unsweetened cocoa powder, and a touch of honey or maple syrup. It's rich, chocolatey, and full of healthy fats.

INGREDIENTS

- ✓ 2 ripe avocados
- ✓ 1/4 cup cocoa powder
- ✓ 1/4 cup maple syrup
- ✓ 1 tsp vanilla extract

CITRUS OLIVE OIL CAKE



DIRECTIONS

1. Preheat oven to 350°F (175°C). Grease a cake pan.
2. In a bowl, whisk olive oil, sugar, and eggs until smooth.
3. Add flour, baking powder, lemon zest, and orange juice, and mix until combined.
4. Pour batter into the pan and bake for 30-35 minutes until golden.

Yield: 6 servings | Prep time: 15 minutes | Cook time: 35 minutes

320 calories, **4g protein**, **38g carbohydrates**, **18g fat**,
1g fiber, 40mg cholesterol, 60mg sodium, 200mg potassium.

A mix of grilled Mediterranean vegetables like zucchini, bell peppers, eggplant, and onions, tossed in a light lemon-olive oil dressing. This salad is hearty yet refreshing.

INGREDIENTS

- ✓ 1/2 cup olive oil
- ✓ 1/2 cup sugar
- ✓ 2 eggs
- ✓ 1 cup flour
- ✓ 1 tsp baking powder
- ✓ Zest of 1 lemon
- ✓ Juice of 1 orange

CHIA SEED PUDDING WITH FRESH FRUIT



INGREDIENTS

- ✓ 1/4 cup chia seeds
- ✓ 1 cup almond milk
- ✓ 1 tbsp honey
- ✓ Fresh fruit for topping

Yield: 4 servings | Prep time: 5 minutes | Cook time: (Chill for 4 hours)

180 calories, **4g protein**, **25g carbohydrates**, **9g fat**,
3g fiber, 15mg cholesterol, 260mg sodium, 350mg potassium

Roasted red bell peppers paired with crumbled feta cheese, fresh basil, and a drizzle of olive oil. This simple salad is light but packed with flavor.

DIRECTIONS

1. In a bowl, mix chia seeds, almond milk, and honey. Stir well.
2. Cover and refrigerate for at least 4 hours or overnight.
3. Top with fresh fruit before serving.

RICOTTA AND HONEY WITH FRESH FRUIT



DIRECTIONS

1. Divide ricotta into 4 bowls.
2. Drizzle each with honey.
3. Top with fresh fruit and serve.

Yield: 4 servings | Prep time: 5 minutes

🔥 220 calories, 🥄 9g protein, 🍞 18g carbohydrates, 🥑 12g fat, 1g fiber, 40mg cholesterol, 50mg sodium, 200mg potassium

A simple yet indulgent dessert, creamy ricotta cheese is drizzled with honey and served with fresh figs, berries, or peaches. It's high in protein and naturally sweet.

INGREDIENTS

- ✓ 1 cup ricotta cheese
- ✓ 2 tbsp honey
- ✓ Fresh fruit (berries or figs)

GRILLED PINEAPPLE WITH COCONUT



DIRECTIONS

1. Preheat grill to medium heat. Grill pineapple slices for 2-3 minutes on each side.
2. Drizzle with honey and sprinkle with shredded coconut.
3. Serve immediately.

Yield: 4 servings | Prep time: 5 minutes | Cook time: 5 minutes

🔥 180 calories, 🥄 2g protein, 🍞 40g carbohydrates, 🥑 4g fat, 4g fiber, 0mg cholesterol, 10mg sodium, 200mg potassium.

Pineapple slices are grilled to caramelize the natural sugars, then sprinkled with shredded coconut. This dessert is light, refreshing, and full of tropical flavor.

INGREDIENTS

- ✓ 1 pineapple, sliced
- ✓ 1/4 cup shredded coconut
- ✓ 1 tbsp honey

BAKED APPLES WITH CINNAMON AND WALNUTS



INGREDIENTS

- ✓ 4 medium apples
- ✓ 1/4 cup walnuts, chopped
- ✓ 1 tbsp honey
- ✓ 1 tsp cinnamon

Yield: 4 servings | Prep time: 10 minutes | Cook time: 30 minutes

🔥 180 calories, 🥄 2g protein, 🍞 34g carbohydrates, 🥑 6g fat, 4g fiber, 0mg cholesterol, 0mg sodium, 200mg potassium.

Whole apples stuffed with chopped walnuts, raisins, and cinnamon, then baked until soft. This dessert is naturally sweetened with the apples' own sugars and makes a warming, cozy treat.

DIRECTIONS

1. Preheat oven to 375°F (190°C). Core apples and place in a baking dish.
2. In a bowl, mix walnuts, honey, and cinnamon.
3. Stuff each apple with the walnut mixture.
4. Bake for 25-30 minutes until tender. Serve warm.

DESSERTS | TRADITIONAL SWEETS

DARK CHOCOLATE AND NUT CLUSTERS



INGREDIENTS

- ✓ 1 cup dark chocolate chips
- ✓ 1/2 cup mixed nuts (almonds, cashews, hazelnuts)

Yield: 12 clusters | Prep time: 10 minutes | Cook time: (Chill for 1 hour)

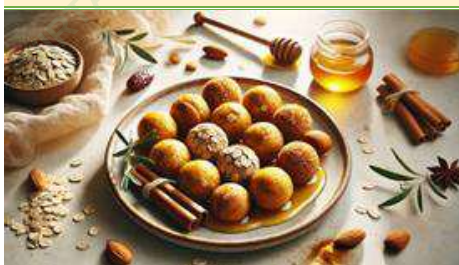
🔥 150 calories, 🥥 3g protein, 🍞 12g carbohydrates, 🥑 10g fat
2g fiber, 0mg cholesterol, 5mg sodium, 150mg potassium.

Melted dark chocolate mixed with a variety of nuts like almonds, walnuts, and hazelnuts. These bite-sized clusters are rich in antioxidants and healthy fats, making them a perfect guilt-free dessert.

DIRECTIONS

1. Melt dark chocolate in a microwave or double boiler.
2. Stir in mixed nuts.
3. Drop spoonful onto a parchment-lined baking sheet.
4. Chill in the fridge for 1 hour before serving.

HONEY AND ALMOND ENERGY BALLS



INGREDIENTS

- ✓ 1 cup rolled oats
- ✓ 1/4 cup almond butter
- ✓ 2 tbsp honey
- ✓ 1/4 cup chopped almonds
- ✓ 1/2 tsp cinnamon

Yield: 12 balls | Prep time: 10 minutes

🔥 150 calories, 🥥 4g protein, 🍞 18g carbohydrates, 🥑 7g fat,
3g fiber, 0mg cholesterol, 20mg sodium, 150mg potassium.

No-bake energy balls made with almonds, honey, oats, and a dash of cinnamon. These bite-sized treats are perfect for a quick, guilt-free dessert or snack.

DIRECTIONS

1. In a bowl, mix oats, almond butter, honey, almonds, and cinnamon.
2. Roll the mixture into 1-inch balls.
3. Chill in the refrigerator for 30 minutes before serving.

GREEK HALVA (SEMOLINA DESSERT)



INGREDIENTS

- ✓ 1 cup semolina
- ✓ 1/2 cup sugar
- ✓ 1/4 cup olive oil
- ✓ 2 cups water
- ✓ 1/2 cup almonds, chopped
- ✓ 1 tsp cinnamon

Yield: 6 servings | Prep time: 10 minutes | Cook time: 15 minutes

🔥 220 calories, 🥥 5g protein, 🍞 36g carbohydrates, 🥑 8g fat,
3g fiber, 0mg cholesterol, 10mg sodium, 150mg potassium.

A traditional Greek dessert made from semolina, olive oil, and nuts, sweetened with honey or sugar syrup. It has a dense, cake-like texture and is fragrant with cinnamon and cloves.

DIRECTIONS

1. Heat olive oil in a pot over medium heat. Add semolina and stir until golden brown.
2. In a separate pot, boil water with sugar until dissolved.
3. Gradually pour the sugar syrup into the semolina mixture while stirring.
4. Continue to stir for about 5-7 minutes until the mixture thickens.
5. Add chopped almonds and cinnamon.
6. Pour the halva into a greased mold and let it cool before serving.

DESSERTS | TRADITIONAL SWEETS

BAKLAVA



INGREDIENTS

- ✓ 1 package phyllo dough
- ✓ 2 cups walnuts, finely chopped
- ✓ 1/2 cup butter, melted
- ✓ 1/2 cup honey
- ✓ 1 tsp ground cinnamon

Yield: 12 servings | Prep time: 20 minutes | Cook time: 45 minutes

🔥 290 calories 🥥 5g protein 🍞 30g carbohydrates, 🥑 18g fat
3g fiber, 15mg cholesterol, 200mg sodium, 150mg potassium.

This rich, sweet pastry made with layers of phyllo dough, chopped nuts (often pistachios or walnuts), and sweetened with honey or syrup is one of the most beloved Mediterranean desserts.

DIRECTIONS

1. Preheat oven to 350°F (175°C). Butter a 9x13 inch baking dish.
2. Layer half the phyllo dough in the dish, brushing each sheet with melted butter.
3. Mix walnuts with cinnamon and spread over the dough.
4. Layer the remaining phyllo dough on top, again brushing each sheet with butter.
5. Cut into diamond shapes and bake for 40-45 minutes until golden.
6. Drizzle with honey immediately after removing from the oven and let it soak in before serving.

PISTACHIO BAKLAVA ROLLS



INGREDIENTS

- ✓ 1 package phyllo dough
- ✓ 1 cup pistachios, finely chopped
- ✓ 1/4 cup butter, melted
- ✓ 1/2 cup honey
- ✓ 1 tsp cinnamon

Yield: 12 servings | Prep time: 20 minutes | Cook time: 30 minutes

🔥 270 calories, 🥥 5g protein, 🍞 29g carbohydrates, 🥑 16g fat,
2g fiber, 10mg cholesterol, 190mg sodium, 180mg potassium.

A twist on the classic baklava, this version uses pistachios as the main nut and rolls the phyllo dough into individual bite-sized pieces for an elegant presentation.

DIRECTIONS

1. Preheat oven to 350°F (175°C). Butter a baking dish.
2. Lay out a sheet of phyllo dough and brush with melted butter.
3. Sprinkle a layer of pistachios and cinnamon on top, then roll the dough tightly.
4. Repeat with remaining dough and pistachios.
5. Place the rolls in the baking dish and bake for 25-30 minutes until golden brown.
6. Drizzle with honey while warm and let it soak in.

KATAIFI



INGREDIENTS

- ✓ 1 package kataifi dough
- ✓ 1 cup walnuts, finely chopped
- ✓ 1/2 cup butter, melted
- ✓ 1 cup sugar
- ✓ 1/2 cup water
- ✓ 1/4 cup honey
- ✓ 1 tsp cinnamon

Yield: 6 servings | Prep time: 20 minutes | Cook time: 40 minutes

🔥 310 calories, 🥥 5g protein, 🍞 40g carbohydrates, 🥑 16g fat,
2g fiber, 20mg cholesterol, 200mg sodium, 150mg potassium.

Similar to baklava, but made with shredded phyllo dough (kataifi), filled with a mixture of nuts, and soaked in honey syrup. The texture is crunchy and light.

DIRECTIONS

1. Preheat oven to 350°F (175°C). Grease a baking dish.
2. Spread kataifi dough and roll small amounts of walnuts in it, creating nests.
3. Place the nests in the baking dish and brush with melted butter.
4. Bake for 30-40 minutes until golden.
5. While baking, combine sugar, water, honey, and cinnamon in a saucepan to make the syrup.
6. Drizzle the syrup over the kataifi as soon as it comes out of the oven.

DESSERTS | TRADITIONAL SWEETS

TAHINI HALVA



INGREDIENTS

- ✓ 1 cup tahini
- ✓ 1/2 cup honey
- ✓ 1/4 cup chopped pistachios (optional)
- ✓ 1/4 tsp vanilla extract

Yield: 6 servings | Prep time: 10 min. | Cook time: (Chill for 2 hours)

240 calories **6g protein** **20g carbohydrates** **16g fat**
0g fiber, 200mg cholesterol, 350mg sodium, 450mg potassium.

This version of halva is made with tahini (sesame paste) and honey, giving it a rich, nutty flavor. It's dense and slightly crumbly, often served in slices with nuts or chocolate swirls.

DIRECTIONS

1. In a bowl, mix tahini, honey, and vanilla extract until smooth.
2. Fold in chopped pistachios, if using.
3. Pour the mixture into a loaf pan lined with parchment paper.
4. Chill in the refrigerator for 2 hours until firm.
5. Slice and serve

PASTELI (GREEK SESAME HONEY BARS)



INGREDIENTS

- ✓ 1 cup sesame seeds
- ✓ 1/2 cup honey

Yield: 6 servings | Prep time: 5 minutes | Cook time: 10 minutes

180 calories **4g protein** **18g carbohydrates** **9g fat**
2g fiber, 0mg cholesterol, 10mg sodium, 150mg potassium.

A simple, healthy snack or dessert made from sesame seeds and honey, these bars are chewy, crunchy, and naturally sweet. Pasteli dates back to ancient Greece.

DIRECTIONS

1. Toast sesame seeds in a dry pan over medium heat for 2-3 minutes.
2. In a saucepan, heat honey until it begins to bubble.
3. Stir in the sesame seeds and cook for 2 minutes.
4. Pour the mixture onto parchment paper and flatten.
5. Let it cool completely before cutting into bars.

TURRÓN (SPANISH NOUGAT)



INGREDIENTS

- ✓ 1 cup almonds
- ✓ 1/2 cup honey
- ✓ 1/4 cup sugar
- ✓ 1 egg white

Yield: 6 servings | Prep time: 10 minutes | Cook time: 15 minutes

240 calories **6g protein** **25g carbohydrates** **12g fat**
2g fiber, 0mg cholesterol, 20mg sodium, 200mg potassium

A traditional Spanish confection made from almonds, honey, and egg whites. It's often enjoyed during holidays and comes in both soft (Jijona) and hard (Alicante) varieties.

DIRECTIONS

1. Toast almonds in the oven at 350°F (175°C) for 10 minutes.
2. Heat honey and sugar in a saucepan until dissolved.
3. Whisk the egg white until stiff peaks form, then fold it into the honey mixture.
4. Stir in the almonds and pour the mixture into a greased mold.
5. Let it cool completely before slicing.

DESSERTS | GUILT-FREE

ORANGE AND ALMOND CAKE



INGREDIENTS

- ✓ 2 oranges, boiled and pureed
- ✓ 1 1/2 cups ground almonds
- ✓ 3/4 cup sugar
- ✓ 4 eggs
- ✓ 1 tsp baking powder

Yield: 6 servings | Prep time: 15 min. | Cook time: 45 min.

🔥 320 calories **🥄 9g protein** **🍞 38g carbohydrates** **🥑 17g fat**
4g fiber, 140mg cholesterol, 60mg sodium, 300mg potassium

A moist and flavorful cake made with ground almonds and orange zest, often soaked in an orange syrup. This gluten-free dessert is light, fragrant, and packed with Mediterranean flavors.

DIRECTIONS

1. Preheat oven to 350°F (175°C). Grease and line an 8-inch cake pan.
2. Beat the eggs and sugar until fluffy. Add the pureed oranges, ground almonds, and baking powder, and mix well.
3. Pour the batter into the prepared pan and bake for 45 minutes until golden.
4. Let cool before serving.

ALMOND FLOUR COOKIES



INGREDIENTS

- ✓ 1 1/2 cups almond flour
- ✓ 1/4 cup honey
- ✓ 1/4 cup coconut oil, melted
- ✓ 1 tsp vanilla extract
- ✓ 1/4 tsp baking soda

Yield: 12 cookies | Prep time: 10 min. | Cook time: 12 min.

🔥 140 calories **🥄 3g protein** **🍞 7g carbohydrates** **🥑 11g fat**,
2g fiber, 0mg cholesterol, 40mg sodium, 70mg potassium

I recommend making very tasty cookies

DIRECTIONS

1. Preheat oven to 350°F (175°C). Line a baking sheet with parchment paper.
2. In a bowl, mix almond flour, honey, coconut oil, vanilla, and baking soda until a dough forms.
3. Roll dough into 1-inch balls and flatten slightly on the baking sheet.
4. Bake for 10-12 minutes until golden. Cool before serving.

BASBOUSA (SEMOLINA CAKE)



INGREDIENTS

- ✓ 1 cup semolina
- ✓ 1/2 cup sugar
- ✓ 1/2 cup plain yogurt
- ✓ 1/4 cup melted butter
- ✓ 1 tsp baking powder
- ✓ 1/4 cup almonds (optional, for topping)
- ✓ 1 cup simple syrup (made with sugar and water)

Yield: 6 servings | Prep time: 10 min. | Cook time: 30 min.

🔥 280 calories **🥄 5g protein** **🍞 45g carbohydrates** **🥑 9g fat**
2g fiber, 15mg cholesterol, 100mg sodium, 100mg potassium.

A traditional Middle Eastern dessert made from semolina flour, coconut, and yogurt, soaked in a fragrant sugar syrup. It's dense, sweet, and often garnished with almonds.

DIRECTIONS

1. Preheat oven to 350°F (175°C). Grease a baking dish.
2. In a bowl, mix semolina, sugar, yogurt, butter, and baking powder until well combined.
3. Pour the batter into the baking dish and smooth the surface.
4. Score the top of the cake into diamond shapes and place an almond in the center of each piece.
5. Bake for 25-30 minutes or until golden brown.
6. Pour the simple syrup over the hot cake and let it soak in before serving.
7. Ladle into bowls and garnish with fresh parsley. Serve hot.

DESSERTS | GUILT-FREE

GALAKTOBOUREKO



INGREDIENTS

- ✓ 1 package phyllo dough
- ✓ 4 cups milk
- ✓ 1 cup semolina
- ✓ 3/4 cup sugar
- ✓ 4 eggs
- ✓ 1 tsp vanilla extract
- ✓ 1/2 cup butter, melted
- ✓ 1 cup simple syrup (made with sugar and water)

Yield: 6 servings | Prep time: 20 minutes | Cook time: 40 minutes

🔥 400 calories **🥄 8g protein** **🍞 50g carbohydrates** **🥑 18g fat**,
2g fiber, 70mg cholesterol, 300mg sodium, 200mg potassium.

A Greek dessert made with layers of crispy phyllo dough and a creamy semolina custard filling, soaked in a sweet lemon syrup. It's rich, creamy, and beautifully fragrant.

DIRECTIONS

1. Preheat oven to 350°F (175°C). Grease a baking dish.
2. In a saucepan, heat milk and gradually add semolina, whisking continuously until thickened.
3. In a separate bowl, whisk eggs, sugar, and vanilla, then slowly incorporate into the semolina mixture.
4. Layer phyllo dough in the baking dish, brushing each sheet with butter. Pour the custard over the dough.
5. Top with more phyllo sheets, brushing each with butter.
6. Bake for 40 minutes or until golden brown. Drizzle with syrup when hot.

SFENJ (MOROCCAN DOUGHNUTS)



DIRECTIONS

1. In a bowl, mix flour, sugar, salt, yeast, and warm water to form a dough. Let it rise for 1 hour.
2. Heat oil in a deep frying pan.
3. Shape the dough into rings and fry until golden brown on both sides.
4. Drain on paper towels and dust with sugar before serving.

Yield: 6 servings | Prep time: 10 minutes | Cook time: 15 minutes

🔥 220 calories **🥄 4g protein** **🍞 30g carbohydrates** **🥑 10g fat**
1g fiber, 0mg cholesterol, 150mg sodium, 100mg potassium.

These light, airy Moroccan doughnuts are made from simple dough, fried until golden, and sprinkled with sugar or drizzled with honey. They're often enjoyed with mint tea.

Ingredients:

INGREDIENTS

- | | |
|----------------|---------------------|
| ✓ 2 cups flour | ✓ 1 cup warm water |
| ✓ 1 tsp sugar | ✓ Oil for frying |
| ✓ 1/2 tsp salt | ✓ Sugar for dusting |
| ✓ 1 tsp yeast | |

REVANI (TURKISH SEMOLINA CAKE)



DIRECTIONS

1. Preheat oven to 350°F (175°C). Grease a baking dish.
2. In a bowl, mix semolina, flour, sugar, yogurt, eggs, olive oil, and baking powder.
3. Pour the batter into the prepared baking dish.
4. Bake for 25-30 minutes until golden.
5. Drizzle with syrup while hot and allow it to soak in before serving.

Yield: 6 servings | Prep time: 15 minutes | Cook time: 30 minutes

🔥 300 calories **🥄 6g protein** **🍞 45g carbohydrates** **🥑 10g fat**
2g fiber, 60mg cholesterol, 200mg sodium, 150mg potassium.

A moist and sweet semolina cake, flavored with lemon and soaked in a citrusy syrup. This Turkish dessert is simple yet irresistible, with a lovely texture from the semolina.

INGREDIENTS

- | | |
|------------------------|---|
| ✓ 1 cup semolina | ✓ 3 eggs |
| ✓ 1/2 cup flour | ✓ 1/4 cup olive oil |
| ✓ 1/2 cup sugar | ✓ 1 tsp baking powder |
| ✓ 1/2 cup plain yogurt | ✓ 1 cup syrup (made with sugar and water) |

QATAYEF (STUFFED PANCAKES)



INGREDIENTS

- ✓ 1 cup flour
- ✓ 1 tsp sugar
- ✓ 1/2 tsp yeast
- ✓ 1/4 tsp baking powder
- ✓ 1/2 cup water
- ✓ 1/2 cup milk
- ✓ 1/2 cup ricotta cheese (for filling)
- ✓ 1/4 cup crushed pistachios

Yield: 6 servings | Prep time: 20 minutes | Cook time: 10 minutes

🔥 220 calories 🥄 7g protein 🍞 30g carbohydrates 🥑 8g fat,
1g fiber, 15mg cholesterol, 150mg sodium, 100mg potassium.

These small, sweet pancakes are traditionally filled with a mixture of nuts or sweet cheese, then fried or baked and soaked in sugar syrup. They're especially popular during Ramadan.

DIRECTIONS

1. In a bowl, mix flour, sugar, yeast, baking powder, water, and milk to form a batter.
2. Heat a nonstick pan over medium heat and pour small amounts of batter to make pancakes.
3. Cook only on one side until bubbles form, then remove from the pan.
4. Fill each pancake with ricotta and seal the edges.
5. Garnish with crushed pistachios and serve with syrup.

BOUGATSA



INGREDIENTS

- ✓ 1 package phyllo dough
- ✓ 2 cups milk
- ✓ 1/2 cup semolina
- ✓ 1/4 cup sugar
- ✓ 2 eggs
- ✓ 1 tsp vanilla extract
- ✓ 1/4 cup melted butter
- ✓ Powdered sugar for dusting

Yield: 6 servings | Prep time: 15 minutes | Cook time: 30 minutes

🔥 350 calories 🥄 7g protein 🍞 45g carbohydrates 🥑 15g fat,
1g fiber, 60mg cholesterol, 300mg sodium, 150mg potassium.

A Greek dessert made with phyllo dough and a sweet semolina or custard filling, often dusted with cinnamon and powdered sugar. It's crispy on the outside and creamy inside.

DIRECTIONS

1. Preheat oven to 350°F (175°C). Grease a baking dish.
2. In a saucepan, heat milk and gradually stir in semolina, whisking until thickened.
3. In a separate bowl, whisk eggs, sugar, and vanilla. Slowly add this mixture to the semolina, whisking continuously.
4. Layer half the phyllo sheets in the baking dish, brushing each with melted butter.
5. Pour the custard over the phyllo and top with the remaining phyllo sheets, brushing each with butter.
6. Bake for 25-30 minutes until golden brown.
7. Dust with powdered sugar before serving.

FRESH FIG TART WITH ALMOND CRUST



INGREDIENTS

- ✓ 1 cup ground almonds
- ✓ 1/2 cup flour
- ✓ 1/4 cup butter, melted
- ✓ 2 tbsp sugar
- ✓ 6 fresh figs, sliced

Yield: 6 servings | Prep time: 15 minutes | Cook time: 25 minutes

🔥 320 calories 🥄 6g protein 🍞 25g carbohydrates 🥑 22g fat,
0g fiber, 300mg cholesterol, 400mg sodium, 500mg potassium.

A beautiful tart made with a delicate almond crust, topped with ripe, juicy figs and a light honey glaze. This dessert is both rustic and elegant.

DIRECTIONS

1. Preheat oven to 350°F (175°C). In a bowl, mix ground almonds, flour, butter, and sugar until a dough forms.
2. Press the dough into a tart pan and bake for 10-12 minutes.
3. Arrange fresh fig slices on top of the crust and bake for another 10-15 minutes. Serve warm or at room temperature.

CONCLUSION

4-WEEK MEAL PLAN FOR BEGINNERS (WITH WEEKLY SHOPPING LISTS)

Week 1	Day	Breakfast	Lunch	Snack	Dinner
	1	Greek Yogurt with Honey and Nuts (P. 16)	Grilled Chicken Souvlaki (P. 34)	Green Mediterranean Smoothie (P. 39)	Grilled Sea Bass (P. 49)
	Calories: 1700 kcal, Protein: 85g, Carbs: 180g, Fat: 70g				
	2	Chia Seed Pudding (P. 16)	Lentil Soup (P. 29)	Hummus with Pita (P. 39)	Baked Fish with Tomatoes (P. 49)
	Calories: 1650 kcal, Protein: 90g, Carbs: 175g, Fat: 65g				
	3	Oatmeal with Dates (P. 16)	Falafel Wrap (P. 23)	Caprese Salad Skewers (P. 39)	Tuna Niçoise Salad (P. 49)
	Calories: 1750 kcal, Protein: 80g, Carbs: 190g, Fat: 70g				
	4	Ricotta Pancakes (P. 16)	Stuffed Grape Leaves (P. 27)	Greek Yogurt Bites (P. 39)	Seafood Paella (P. 49)
	Calories: 1680 kcal, Protein: 82g, Carbs: 185g, Fat: 68g				
	5	Greek Omelet (P. 16)	Minestrone Soup (P. 29)	Marinated Olives (P. 39)	Grilled Lamb Chops (P. 49)
Week 2	Calories: 1720 kcal, Protein: 88g, Carbs: 160g, Fat: 75g				
	6	Smoked Salmon Omelet (P. 16)	Roasted Lemon-Herb Chicken (P. 34)	Watermelon Salad (P. 39)	Bouillabaisse (P. 49)
	Calories: 1800 kcal, Protein: 95g, Carbs: 200g, Fat: 72g				
	7	Mediterranean Muesli (P. 16)	Tomato and Basil Soup (P. 30)	Fruit Salad (P. 39)	Seafood Paella (P. 49)
	Calories: 1650 kcal, Protein: 85g, Carbs: 170g, Fat: 65g				
	Day	Breakfast	Lunch	Snack	Dinner
	1	Fruit Salad with Mint (P. 16)	Greek-Style Pasta (P. 35)	Tzatziki with Pita (P. 39)	Mediterranean Tuna Pasta (P. 49)
	Calories: 1650 kcal, Protein: 85g, Carbs: 180g, Fat: 65g				
	2	Greek Yogurt Parfait (P. 16)	Chickpea Soup (P. 30)	Marinated Artichokes (P. 39)	Grilled Swordfish (P. 49)
	Calories: 1680 kcal, Protein: 90g, Carbs: 175g, Fat: 70g				
	3	Chia Seed Pudding (P. 16)	Avgolemono Soup (P. 29)	Greek Yogurt Bites (P. 39)	Grilled Octopus (P. 49)
	Calories: 1600 kcal, Protein: 80g, Carbs: 165g, Fat: 65g				
	4	Oatmeal with Almonds (P.16)	Stuffed Peppers (P. 33)	Watermelon Salad (P. 39)	Tuna Niçoise Salad (P. 49)
	Calories: 1750 kcal, Protein: 95g, Carbs: 185g, Fat: 72g				
	5	Greek Omelet (P. 16)	Tomato Soup (P. 30)	Caprese Salad (P. 39)	Lamb Kofta (P. 49)
	Calories: 1720 kcal, Protein: 88g, Carbs: 170g, Fat: 68g				
	6	Smoked Salmon Bagel (P. 16)	Mediterranean Tuna Pasta (P. 36)	Marinated Olives (P. 39)	Grilled Chicken (P. 49)
	Calories: 1780 kcal, Protein: 92g, Carbs: 190g, Fat: 75g				
	7	Ricotta Pancakes (P. 16)	Lentil Salad (P. 47)	Hummus with Pita (P. 39)	Seafood Paella (P. 49)
	Calories: 1690 kcal, Protein: 87g, Carbs: 175g, Fat: 70g				

Week 3	Day	Breakfast	Lunch	Snack	Dinner
	1	Mediterranean Muesli (P. 16)	Roasted Red Pepper and Tomato Soup (P. 31)	Fruit Salad with Mint (P. 39)	Baked Cod with Lemon and Garlic (P. 49)
	Calories: 1650 kcal, Protein: 82g, Carbs: 178g, Fat: 65g				
	2	Greek Yogurt with Figs (P. 16)	Fattoush Salad (P. 48)	Marinated Olives and Feta (P. 39)	Stuffed Calamari with Rice and Herbs (P. 49)
	Calories: 1700 kcal, Protein: 86g, Carbs: 185g, Fat: 68g				
	3	Oatmeal with Dates (P. 16)	Grilled Lamb Chops with Rosemary (P. 32)	Fig and Almond Smoothie (P. 39)	Chicken Lasagna with Spinach and Artichokes (P. 49)
	Calories: 1750 kcal, Protein: 88g, Carbs: 190g, Fat: 72g				
	4	Chia Seed Pudding (P. 16)	Quinoa Salad (P. 26)	Green Mediterranean Smoothie (P. 39)	Roasted Lemon-Herb Chicken (P. 49)
	Calories: 1670 kcal, Protein: 80g, Carbs: 170g, Fat: 68g				
	5	Oatmeal with Cinnamon (P. 16)	Tomato and Basil Soup (P. 30)	Greek Yogurt and Cucumber Bites (P. 39)	Bouillabaisse (P. 49)
	Calories: 1720 kcal, Protein: 85g, Carbs: 165g, Fat: 75g				
	6	Greek Omelet (P. 16)	Minestrone Soup (P. 29)	Tzatziki with Whole Wheat Pita (P. 39)	Grilled Swordfish with Olive Tapenade (P. 49)
	Calories: 1760 kcal, Protein: 89g, Carbs: 190g, Fat: 72g				
	7	Smoked Salmon Omelet (P. 16)	Roasted Vegetable Salad (P. 46)	Greek Yogurt Parfait (P. 39)	Seafood Paella (P. 49)
	Calories: 1680 kcal, Protein: 83g, Carbs: 170g, Fat: 69g				
Week 4	Day	Breakfast	Lunch	Snack	Dinner
	1	Ricotta Pancakes (P. 16)	Lentil Salad with Lemon and Herbs (P. 47)	Caprese Salad Skewers (P. 39)	Grilled Chicken Souvlaki (P. 49)
	Calories: 1640 kcal, Protein: 82g, Carbs: 175g, Fat: 66g				
	2	Greek Yogurt Parfait with Granola (P. 16)	Stuffed Grape Leaves (P. 27)	Fruit Salad with Mint (P. 39)	Grilled Sea Bass with Lemon and Herbs (P. 49)
	Calories: 1660 kcal, Protein: 84g, Carbs: 180g, Fat: 67g				
	3	Chia Seed Pudding (P. 16)	Quinoa Salad (P. 26)	Olives and Feta Cheese Plate (P. 39)	Tuna Niçoise Salad (P. 49)
	Calories: 1700 kcal, Protein: 85g, Carbs: 190g, Fat: 68g				
	4	Oatmeal with Almonds (P. 16)	Chickpea Salad (P. 47)	Greek Yogurt with Honey and Nuts (P. 39)	Roasted Fish with Herbs (P. 49)
	Calories: 1680 kcal, Protein: 87g, Carbs: 185g, Fat: 67g				
	5	Greek Omelet (P. 16)	Lentil Soup (P. 29)	Marinated Artichokes (P. 39)	Grilled Lamb Chops (P. 49)
	Calories: 1720 kcal, Protein: 89g, Carbs: 165g, Fat: 75g				
	6	Smoked Salmon Bagel (P. 16)	Greek Salad (P. 46)	Tzatziki with Pita (P. 39)	Seafood Paella (P. 49)
	Calories: 1780 kcal, Protein: 90g, Carbs: 195g, Fat: 70g				
	7	Fruit Salad with Mint (P. 16)	Tzatziki with Whole Wheat Pita (P. 28)	Green Mediterranean Smoothie (P. 39)	Grilled Octopus with Lemon (P. 49)
	Calories: 1650 kcal, Protein: 85g, Carbs: 170g, Fat: 65g				

GROCERY LIST

The grocery lists provided are calculated to cover four servings per meal for each recipe.

This provides enough servings for a family of four or to prepare a week's worth of meals for one or two people

Week 1 Grocery List					
Proteins	Vegetables	Fruits	Grains	Dairy	Pantry Essentials
- Salmon (4 fillets) - Chicken breast (4 pieces) - Sea bass (2 fillets) - Lamb chops (4 chops) - Eggs (12) - Greek yogurt (2 cups) - Tuna (2 cans) - Smoked salmon (200g)	- Spinach (200g) - Tomatoes (8) - Red bell pepper (4) - Lettuce (1 head) - Cucumber (2) - Herbs (1 bunch each: basil, parsley) - Garlic (1 bulb) - Lemon (4)	- Berries (500g) - Citrus fruits (4) - Figs (6) - Avocado (4) - Watermelon (1 small) - Dates (200g)	- Quinoa (500g) - Whole wheat pita (6) - Oatmeal (500g) - Granola (200g) - Brown rice (500g) - Whole grain bread (1 loaf)	- Feta cheese (200g) - Ricotta cheese (200g) - Almond milk (1 liter) - Mozzarella (200g) - Cream cheese (150g)	- Olive oil (500ml) - Honey (200ml) - Nuts (200g each: almonds, walnuts) - Chia seeds (100g) - Canned chickpeas (2 cans) - Pasta (500g) - Capers (100g)
Week 2 Grocery List					
Proteins	Vegetables	Fruits	Grains	Dairy	Pantry Essentials
- Chicken breast (6 pieces) - Ground beef (500g) - Cod (4 fillets) - Tuna (3 cans) - Eggs (12) - Greek yogurt (2 cups) - Turkey (400g) - Shrimp (500g)	- Spinach (300g) - Zucchini (4) - Tomatoes (8) - Eggplant (2) - Lettuce (1 head) - Onions (4) - Bell peppers (3) - Herbs (1 bunch each: mint, oregano)	- Berries (500g) - Figs (6) - Oranges (6) - Lemons (6) - Apples (4)	- Whole grain bread (1 loaf) - Pasta (500g) - Brown rice (500g) - Quinoa (500g) - Whole wheat pita (6)	- Feta cheese (200g) - Mozzarella (200g) - Greek yogurt (2 cups) - Almond milk (1 liter)	- Olive oil (500ml) - Tahini (200g) - Chia seeds (100g) - Pine nuts (100g) - Canned beans (2 cans) - Tomato paste (200g)
Week 3 Grocery List					
Proteins	Vegetables	Fruits	Grains	Dairy	Pantry Essentials
- Lamb chops (6) - Salmon (4 fillets) - Swordfish (4 steaks) - Chicken breast (4 pieces) - Eggs (12) - Greek yogurt (2 cups) - Calamari (500g) - Tuna (2 cans)	- Tomatoes (8) - Zucchini (4) - Bell peppers (3) - Spinach (300g) - Garlic (1 bulb) - Herbs (1 bunch each: thyme, rosemary) - Lettuce (1 head)	- Berries (500g) - Lemons (6) - Oranges (4) - Figs (6)	- Whole grain bread (1 loaf) - Pasta (500g) - Quinoa (500g) - Bulgar wheat (500g)	- Feta cheese (200g) - Goat cheese (150g) - Ricotta (200g) - Greek yogurt (2 cups)	- Olive oil (500ml) - Nuts (200g each: walnuts, almonds) - Honey (200ml) - Canned chickpeas (2 cans) - Capers (100g) - Tomato paste (200g)

Week 4 Grocery List					
Proteins	Vegetables	Fruits	Grains	Dairy	Pantry Essentials
-Chicken breast (4 pieces) - Cod (4 fillets) - Tuna (2 cans) - Swordfish (4 steaks) - Eggs (12) - Greek yogurt (2 cups) - Shrimp (500g) - Octopus (300g)	- Tomatoes (8) - Zucchini (4) - Spinach (300g) - Bell peppers (3) - Garlic (1 bulb) - Herbs (1 bunch each: basil, dill) - Cucumbers (4)	Berries (500g) - Lemons (6) - Figs (6) - Oranges (4)	- Whole grain bread (1 loaf) - Quinoa (500g) - Brown rice (500g) - Pasta (500g)	- Feta cheese (200g) - Mozzarella (200g) - Greek yogurt (2 cups) - Almond milk (1 liter)	-Olive oil (500ml) - Nuts (200g each: almonds, walnuts) - Tahini (200g) - Canned beans (2 cans) - Pasta (500g) - Capers (100g)

You can modify the meal plan to suit your preferences or make adjustments to the meals, calorie intake, or macronutrient distribution. Here are a few ways to make changes:

How You Can Modify the Plan:

1. Change the Meals:

- You can swap out individual recipes for breakfast, lunch, snack, or dinner.
- For example, if you'd prefer a different breakfast option on a specific day, simply replace it with another from the options or add a new one.

2. Adjust Caloric Intake:

- If you'd like to increase or decrease the daily calorie intake, you can either add or remove meals, or adjust portion sizes.
- For example, if a day exceeds 1400 calories, you can replace a higher-calorie meal with a lower-calorie option.

3. Modify Macronutrient Ratios:

- If you'd like to tweak the protein, carbohydrate, or fat percentages, you can focus on including more protein-rich meals, adding more carbohydrate-based foods (like grains or fruit), or reducing fat content by using leaner meats or fewer oils.

4. Add Your Own Recipes:

- You can add your own favorite Mediterranean recipes by calculating their calories and macronutrient values and then incorporating them into the plan.

PRACTICAL TIPS FOR EFFECTIVE CALORIE TRACKING

1. Use a Calorie Tracking App

- Apps, make it easy to log meals, calculate calories and track macronutrients.
- Many apps include barcode scanners to quickly input nutrition information for packaged foods and databases for restaurant meals.

2. Weigh and Measure Your Food

- Use a kitchen scale to weigh foods accurately, especially for items like meat, pasta, or grains where portion size matters.
- Use measuring cups and spoons for liquids, dry ingredients, or smaller items like nuts.

3. Plan Meals Ahead of Time

- Planning meals in advance helps control calorie intake and reduces the temptation to eat high-calorie convenience foods.
- Prep meals in bulk (e.g., cook several portions of chicken, rice, and veggies) to portion out for the week.

4. Read Nutrition Labels

- Pay attention to serving sizes on nutrition labels; they often differ from what people typically consume in one sitting.
- Look beyond calories; check for macronutrients (proteins, fats, and carbs), fiber, and added sugars to balance meals properly.

5. Keep a Food Journal

- Write down everything you eat and drink throughout the day, including snacks, condiments, and beverages.
- Journaling by hand or using a digital document can be an effective alternative to apps, helping you stay mindful of your intake.

6. Track Macronutrients Along with Calories

- Understanding the balance of **proteins, fats, and carbs** is crucial for health and fitness goals (e.g., muscle gain, fat loss).
- Many calorie tracking apps also allow for tracking macronutrient ratios, making it easier to adjust your intake based on your goals.

7. Monitor Your Beverages

- Track every beverage, including **coffee with cream and sugar, alcohol, juices, and sodas**, as they can add significant calories.
- Opt for **water, unsweetened tea, or black coffee** to minimize calorie intake from drinks.

8. Log in Immediately After Eating

- To avoid forgetting what you ate, try logging meals and snacks immediately after eating.
- Set reminders on your phone or app if needed, to develop a consistent habit.

9. Be Aware of Hidden Calories

- **Sauces, dressings, and cooking oils** can add unexpected calories; measure them carefully.
- Choose **low-calorie options** like vinaigrettes or olive oil spray instead of creamy dressings.

10. Focus on Whole Foods

- Whole foods like vegetables, fruits, lean proteins, and whole grains often have more accurate calorie counts and provide more nutrients per calorie.
- Minimally processed foods are easier to track accurately and are typically more filling.

11. Check for Portion Distortion

- Common foods like cereals, chips, and nuts are often eaten in larger portions than the standard serving size listed.
- Be mindful of portion sizes when eating directly from packaging; pre-portion snacks to avoid overeating.

12. Adjust Based on Activity Level

- If you're more active than usual (e.g., intense workouts, long hikes), consider **adjusting calorie intake** to match the extra calories burned.
- Some apps sync with fitness trackers to provide a more accurate estimate of calorie expenditure.

13. Stay Consistent, But Be Flexible

- While consistency is key, it's okay to adjust your approach. If you have an off day or indulge in a treat, use it as information rather than as a setback.
- Focus on your overall calorie intake and balance over the week rather than perfection every single day.

14. Review Your Progress Regularly

- Periodically check your logged data to see patterns, like where you might be consuming extra calories.
- Use this insight to make adjustments, such as reducing certain snacks or increasing protein intake for satiety.

15. Consider Professional Guidance

- If you have specific health or fitness goals, such as weight loss or building muscle, a **nutritionist or dietitian** can help you customize a calorie plan.
- They can offer insights into **caloric needs, macro breakdowns**, and tips on maintaining a sustainable and healthy relationship with food.

Implementing these tips can help you effectively manage your calorie intake and stay on track toward achieving your health and fitness goals!

TIPS FOR MAINTAINING DAILY ACTIVITY AND REDUCING STRESS

1. Morning Exercise

- Start your day with light exercises, yoga, or stretching. It helps wake up your body, improve flexibility, and boost your energy.
- Even 10-15 minutes of exercise can uplift your mood and stimulate endorphin release—the “feel-good” hormones.

2. Walking and Movement Throughout the Day

- Aim to walk more. Set a goal, such as 8,000-10,000 steps per day. Use a fitness tracker or a phone app to monitor your progress.
- If you have a desk job, take small breaks every 30 minutes. Stand up, stretch, or walk around the office.

3. Strength and Cardio Workouts

- Incorporate strength training and cardio (e.g., running, cycling, swimming) into your routine 2-3 times a week.
- Regular workouts strengthen your muscles and heart, helping reduce stress and manage weight.

4. Mindfulness and Breathing Techniques

- Practice meditation or breathing exercises for 5-10 minutes a day to reduce stress levels and improve focus.
- Try deep breathing or the “4-7-8” technique (inhale for 4 counts, hold for 7, exhale for 8) to calm your nervous system.

5. Spending Time in Nature

- Spend time outdoors, whether it’s a walk in the park, a run, or a weekend hike. Nature has a positive impact on mental health and helps you unwind.
- Plan weekend getaways or short hikes to disconnect from daily stressors and recharge your energy.

6. Hydration and Proper Nutrition

- Stay hydrated by drinking at least 8 glasses of water a day. It helps maintain energy levels and improves mood.
- A balanced diet focusing on fresh vegetables, fruits, whole grains, and proteins helps stabilize blood sugar levels, which positively affects stress levels.

7. Creating an Evening Relaxation Routine

- Create a calming environment before bed: avoid screens an hour before sleep, take a warm bath, or read a book.
- Try relaxation techniques like aromatherapy with essential oils (e.g., lavender) to help your body relax and improve sleep quality.

8. Social Activity and Interaction

- Connect with friends and loved ones—even a short conversation with a supportive person can significantly reduce stress levels.
- Join group activities like yoga, dance, or fitness classes to combine physical activity with social support.

9. Time Management and Prioritization

- Plan your day in advance, including time for both activity and relaxation. It helps you feel more organized and reduces stress levels.
- Use time management techniques like the “Pomodoro Technique” to alternate between work and short breaks.

10. Keeping a Gratitude or Mood Journal

- Write down three things you’re grateful for every day. It helps focus on the positive and reduces stress levels.
- Keeping a mood journal can help track emotional changes and understand which actions or events cause you stress or joy.

***These tips will help you stay active and maintain balance,
reducing stress levels and improving your***

BONUS

WHAT SHOULD ALWAYS BE IN YOUR KITCHEN?

To make the Mediterranean diet a part of your everyday life, it's essential to start with a well-stocked pantry filled with the right staples. Here are some key ingredients that will help you easily create delicious and nutritious meals:

Olive Oil — The heart of Mediterranean cooking. Use it for everything from salad dressings to sautéing vegetables.

Nuts and Seeds — Add almonds, walnuts, sunflower seeds, or pumpkin seeds to your meals or enjoy them as snacks throughout the day.

Legumes — Chickpeas, beans, and lentils provide protein and fiber, making them perfect for salads and soups.

Whole Grains — Quinoa, bulgur, brown rice, and whole-grain bread will keep you energized for hours.

Fresh and Dried Herbs — Basil, oregano, and rosemary will bring aroma and freshness to any dish.

Seafood — Salmon, tuna, sardines, and mussels are great sources of protein and healthy fats.

By stocking your kitchen with these ingredients, you'll take the first step toward a Mediterranean lifestyle!

HERB STORAGE TIPS

Storing fresh herbs properly can help extend their shelf life and preserve their flavor. Here are some storage tips for herbs based on their type:

In the Fridge	In the Freezer
1. Tender Herbs (Basil, Cilantro, Parsley, Mint, Dill) These herbs have soft stems and leaves and require a bit more care to stay fresh.	
1. Trim the Stems: Cut off the bottom of the stems (about half an inch). 2. Place in Water: Place the herbs in a glass jar or container with about an inch of water, like a bouquet of flowers. 3. Cover the Top: Loosely cover the top with a plastic bag to retain moisture. 4. Refrigerate: Store in the fridge, except for basil, which is sensitive to cold and should be stored at room temperature.	1. Chop the Herbs: Finely chop the herbs. 2. Freeze in Ice Cubes: Place the chopped herbs in ice cube trays and fill with olive oil or water. Once frozen, transfer the cubes to a freezer-safe bag or container.
2. Hardy Herbs (Rosemary, Thyme, Sage, Oregano) These herbs have woody stems and can last longer than tender herbs.	
1. Wrap in Damp Paper Towel: Wrap the hardy herbs in a slightly damp paper towel. 2. Place in a Plastic Bag: Put the wrapped herbs in a plastic bag or an airtight container. 3. Refrigerate: Store in the crisper drawer of your fridge.	1. Freeze Whole or Chopped: You can freeze hardy herbs whole or chopped. 2. Store in Freezer Bags: Lay the herbs flat on a baking sheet and freeze. Once frozen, transfer to a freezer-safe bag or container.

3. Drying Herbs

This is a good method for storing herbs long-term, especially for hardy herbs like thyme, oregano, rosemary, and sage.

Air Drying	Oven Drying
1. Bundle Herbs: Tie small bunches of hardy herbs with string or a rubber band. 2. Hang Upside Down: Hang the bunches in a cool, dry place out of direct sunlight. 3. Wait to Dry: Once completely dry (after a couple of weeks), store in an airtight container or jar.	1. Spread Herbs on Baking Sheet: Lay the herbs in a single layer on a baking sheet. 2. Set Oven to Low Heat: Dry in the oven at the lowest setting (around 180°F or less) for 2-4 hours until the leaves crumble easily. 3. Store: Once cool, store in airtight containers.

4. Basil (Special Considerations)

Basil is best stored at room temperature, as refrigeration can cause the leaves to wilt and turn black.

Room Temperature Storage:

Place basil stems in a glass of water, just like a bouquet, and keep it on the counter away from direct sunlight.

5. General Tips

1. Avoid Excess Moisture: Too much moisture can cause herbs to spoil quickly. Be sure not to leave herbs sitting in water for too long without trimming the stems, and avoid wrapping them in overly damp paper towels.
2. Don't Crush the Leaves: Be gentle with herbs, as crushing or bruising can cause them to spoil faster.
3. Label and Date: If you freeze or dry herbs, label the containers with the name of the herb and the date to ensure you use them before they lose flavor.

INGREDIENT SUBSTITUTIONS DEPENDING ON THE SEASON

This guide is designed to help you make the most of seasonal produce by offering simple ingredient substitutions based on availability throughout the year. Whether you're looking to swap fruits, vegetables, or herbs, this table provides practical alternatives that maintain flavor and nutrition. Embrace the freshness of each season and enjoy creating delicious, adaptable dishes all year round!

Spring and Summer Ingredient Substitutions

Ingredient	Spring Swap	Summer Swap
Tomatoes	Asparagus, Baby Carrots, Radishes	Heirloom Tomatoes, Cherry Tomatoes
Cucumber	Spring Peas, Snap Peas	Fresh Cucumbers, Bell Peppers
Bell Peppers	Leeks, Scallions	Leeks, Scallions
Fennel	Green Garlic, Ramps	Basil
Zucchini	Artichokes, Asparagus	Summer Squash, Zucchini
Spinach	Arugula, Watercress, Swiss Chard	Swiss Chard, Arugula
Eggplant	Summer Squash, Zucchini	Peppers
Green Lentils	Chickpeas, White Beans	Chickpeas
Canned Tomatoes	Heirloom Tomatoes, Cherry Tomatoes	Fresh Tomatoes
Cucumber	Peppers, Fresh Tomatoes	Fresh Tomatoes, Bell Peppers
Zucchini	Pumpkin, Butternut Squash	Zucchini

Fall and Winter Ingredient Substitutions

Fall Swap	Winter Swap
Root Vegetables (Carrots, Parsnips)	Root Vegetables (Beets, Carrots)
Radishes, Turnips	Radishes, Turnips
Roasted Bell Peppers, Celery Root	Roasted Winter Squash, Celery Root
Celery Root	Turnips
Butternut Squash, Sweet Potatoes	Winter Squash, Celery
Chard	Collard Greens, Kale
Butternut Squash	Sweet Potatoes
Chickpeas	Red Lentils
Roasted Peppers	Root Vegetables (Parsnips)
Turnips, Brussels Sprouts	Radishes, Turnips
Sweet Potatoes	Squash



MEASUREMENT CONVERSION CHART

<i>Volume Equivalents (Dry)</i>			
US Measurement	Metric (Milliliters)	Equivalent (Grams)	
		flour	sugar
1/8 tsp	0.6	~0.2	~0.6
1/4 tsp	1.25	~0.5	~1.25
1/2 tsp	2.5	~1	~2.5
1 tsp	5	~2.5	~5
1 tbsp (3 tsp)	15	~8	~15
1/8 cup	30	~15	~25
1/4 cup	60	~30	~50
1/3 cup	80	~40	~65
1/2 cup	120	~60	~100
1 cup	240	~120	~200

<i>Volume Equivalents (Liquid)</i>			
US Measurement	Metric (Milliliters)	Ounces (Fluid)	Metric (Liters)
1 tsp	5	0.17	0.005
1 tbsp (3 tsp)	15	0.5	0.015
1/8 cup	30	1	0.03
1/4 cup	60	2	0.06
1/3 cup	80	2.7	0.08
1/2 cup	120	4	0.12
1 cup	240	8	0.24
2 cups	480	16	0.48
4 cups (1 quart)	960	32	0.96
1 gallon	3,840	128	3.84

<i>Temperature Equivalents</i>		
Fahrenheit (°F)	Celsius (°C)	Cooking Use
32°F	0°C	Freezing point of water
212°F	100°C	Boiling point of water
250°F	120°C	Low heat (slow cooking)
350°F	175°C	Moderate heat (baking)
375°F	190°C	Moderate-high (baking/roasting)
400°F	200°C	High heat (roasting)
450°F	230°C	Very high heat (broiling)
500°F	260°C	Extremely high heat

<i>Weight Equivalents</i>		
US (Ounces)	Metric (Grams)	Metric (Kilograms)
1 oz	28	0.028
4 oz (1/4 lb)	113	0.113
8 oz (1/2 lb)	227	0.227
16 oz (1 lb)	454	0.454
32 oz (2 lb)	907	0.907

Dear Reader,

Thank you for selecting my Mediterranean cookbook as your companion on this delightful culinary adventure. I desire that each recipe has infused your kitchen with vibrant flavors, joyful moments, and the warm essence of Mediterranean sunshine. Every dish has been lovingly crafted with attention to detail and a passion for the rich culinary traditions of this beautiful region, and I truly hope they become cherished favorites within your home.

If you have found joy in the pages of this book, I would be immensely grateful if you could take a moment to share your thoughts in a review. Your feedback is invaluable, not only as it guides me in my growth as a chef and author but also as it inspires fellow food enthusiasts to embark on their cooking journeys. Thank you for placing your trust in me and may your dining table always be overflowing with mouthwatering dishes and heartwarming memories!

With sincere appreciation,

Oscar N

