



Oscar Norris

MEDITERRANEAN DIET COOKBOOK FOR BEGINNERS

300 Authentic Recipes

Italy, Greece, France

**for a Healthy lifestyle and Balanced
Weight**

/30-Day Meal Plan

with a New Coastal Focus

Every 10 Days



Welcome to the Mediterranean Journey!

*Hello, dear reader! I'm Oscar Norris, and I'm thrilled to introduce you to my book, **Mediterranean Diet Cookbook for Beginners: 300 Authentic Recipes from Italy, Greece, and France for a Healthy Lifestyle and Balanced Weight**.*

Inspired by decades of culinary exploration and your incredible support, this book celebrates the vibrant, wholesome, and timeless flavors of the Mediterranean. From the sun-drenched hills of Italy to the serene coasts of Greece and France, I've woven together recipes that honor tradition, simplicity, and the art of balanced living.

The Mediterranean diet is more than a way of eating—it's a lifestyle rooted in fresh ingredients, bold flavors, and the joy of savoring every bite. With a 30-day meal plan highlighting each region, this book offers you a step-by-step guide to creating dishes that nourish your body, delight your senses, and bring the spirit of the Mediterranean into your home.

Join me on this flavorful journey and discover how cooking can transform not only your meals but your life.

With gratitude, Oscar Norris





WHY THE MEDITERRANEAN DIET SHINES:

1. **Heart Health:** Olive oil and fish are brimming with healthy unsaturated fats and omega-3 fatty acids, which help lower cholesterol and support cardiovascular well-being.
2. **Antioxidant Power:** Fresh fruits and vegetables are teeming with vitamins that protect cells from aging and oxidative stress.
3. **Weight Management:** Fiber-rich legumes and grains help maintain satiety, reducing overeating and encouraging a sustainable weight balance.
4. **Anti-Inflammatory Benefits:** Antioxidant-packed foods ease inflammation, promoting overall vitality and health.

The Diets of Italy, Greece, and France

ITALY: Italian cuisine is a harmonious blend of vibrant vegetables, durum wheat pasta, fresh fish, and golden olive oil. The emphasis is on simplicity and the pure joy of savoring high-quality ingredients.

GREECE: Greek diets feature dishes built around creamy yogurt, briny olives, hearty legumes, and aromatic herbs. Fish, often grilled to perfection, takes center stage, alongside traditional charcoal-cooked delights.

FRANCE: French cuisine shines with its focus on portion control and artisanal ingredients. Fresh vegetables, seafood, cheeses, and crusty bread play starring roles in meals designed for both nourishment and pleasure.

The Mediterranean table reflects life's most enduring pleasures: savoring flavors, nurturing relationships, and celebrating the simple yet profound joy of being present. Whether it's a drizzle of olive oil or a sprinkle of fresh herbs, every detail whispers of a philosophy that food is not just fuel, but a journey to be treasured



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A detailed still life photograph of Italian food and drink. In the foreground, a stone table is set with a white tablecloth. On it are several items: a plate of spaghetti topped with tomato sauce and meat, a bottle of olive oil, a bottle of red wine, and several glasses of red wine. There are also baskets and bowls filled with fresh produce, including lemons, oranges, tomatoes, and grapes. The background shows a scenic view of the sea and mountains under a bright sky. A yellow banner with the text 'ITALIAN CUISINE' is overlaid on the top part of the image.

ITALIAN CUISINE

Italian cuisine is a heartfelt celebration of flavors, traditions, and community, with every dish telling a story of its region of origin. It is a cuisine that treasures the harmony of taste and simplicity, inviting you to linger at the table and relish each bite.

Core Principles of Italian Cuisine:

- **Simplicity:** Italians masterfully transform a handful of basic ingredients into culinary masterpieces. A classic example is the iconic Margherita pizza, crafted from just tomatoes, basil, and mozzarella.

- **Quality:** Fresh, locally sourced ingredients are the foundation of every meal, with an emphasis on seasonal produce and artisanal products.

- **Rituals:** Meals are much more than sustenance—they are moments of connection. Family lunches and dinners are cherished traditions, where food becomes a bridge for conversation, love, and laughter.

BREAKFAST IN ITALY



Breakfasts (Colazione):

Italian breakfast is a gentle awakening of the soul and body—a light start to the day filled with the aroma of freshly brewed coffee and the calm of a slow morning. There's no room for excess here, just refined simplicity. This morning ritual reflects the very essence of Italian life: savoring the moment and beginning the day with grace. Breakfast isn't about heavy meals; it's a subtle, energizing embrace, like the first rays of sunshine spilling over ancient Roman rooftops.

VEGETABLE AND PARMESAN FRITTATA		
Yield: 2–4 servings Prep time: 10 minutes Cook time: 15 minutes		
INGREDIENTS • 6 large eggs • 1/2 cup milk • 1 cup diced zucchini • 1/2 cup diced bell peppers • 1/4 cup of chopped onions • 1/4 cup grated Parmesan cheese • 1 tbsp olive oil • Salt and pepper, to taste		DIRECTIONS 1. Preheat oven to 375°F (190°C). 2. In a bowl, whisk together eggs, milk, salt, and pepper. 3. Heat olive oil in an oven-safe skillet over medium heat. Add zucchini, bell peppers, and onions. Sauté for 5 minutes. 4. Pour the egg mixture over the vegetables. Sprinkle Parmesan cheese on top. 5. Transfer skillet to the oven and bake for 10–12 minutes or until the frittata is set. 6. Slice and serve warm.
Nutritional Information: (per serving): 200 calories, 12g protein, 8g carbohydrates, 14g fat, 1g fiber, 210mg cholesterol, 180mg sodium, 250mg potassium.		

CROISSANT WITH PROSCIUTTO AND MOZZARELLA		
Yield: 2 servings Prep time: 5 minutes Cook time: 5 minutes		
INGREDIENTS • 2 croissants • 4 slices prosciutto • 4 slices fresh mozzarella • 1 tbsp unsalted butter		DIRECTIONS 1. Slice the croissants in half and layer with prosciutto and mozzarella. 2. Heat the skillet over medium heat. Add butter and place the croissants in the skillet. 3. Grill until golden and cheese is melted, about 3–4 minutes per side. 4. Serve warm.
Nutritional Information (per serving): 320 calories, 14g protein, 25g carbohydrates, 18g fat, 1g fiber, 35mg cholesterol, 400mg sodium, 100mg potassium.		

RICOTTA WITH HONEY AND WALNUTS		
Yield: 2–4 servings Prep time: 5 minutes Cook time: None		
INGREDIENTS • 1 cup of ricotta cheese • 2 tbsp honey • 1/4 cup of walnuts, chopped		DIRECTIONS 1. Divide ricotta cheese into small bowls or plates. 2. Drizzle with honey and sprinkle with walnuts. 3. Serve as a quick and healthy breakfast.
Nutritional Information: (per serving): 180 calories, 8g protein, 12g carbohydrates, 10g fat, 0g fiber, 30mg cholesterol, 100mg sodium, 90mg potassium.		

AVOCADO AND BASIL TOAST

Yield: 2 servings | **Prep time:** 5 minutes | **Cook time:** None

INGREDIENTS

- 2 slices of whole-grain bread
- 1 avocado, mashed
- 2 tbsp fresh basil, chopped
- 1 tbsp olive oil
- Salt and pepper, to taste

DIRECTIONS

1. Toast the bread slices until golden.
2. Spread mashed avocado on each slice.
3. Top with basil and drizzle with olive oil. Season with salt and pepper.
4. Serve immediately.

Nutritional Information (per serving): 220 calories, 5g protein, 18g carbohydrates, 16g fat, 6g fiber, 0mg cholesterol, 150mg sodium, 300mg potassium.

CHERRY TOMATO AND SPINACH OMELET

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

INGREDIENTS

- 4 large eggs
- 1/4 cup of milk
- 1/2 cup cherry tomatoes, halved
- 1/2 cup fresh spinach, chopped
- 1 tbsp olive oil
- Salt and pepper, to taste

DIRECTIONS

1. Toast the bread slices until golden and crispy, either in a toaster or on a grill.
2. In a bowl, mix the diced tomatoes, garlic, basil, olive oil, salt, and pepper.
3. Rub the toasted bread lightly with a clove of garlic for extra flavor.
4. Spoon the tomato mixture evenly over the toasted bread slices.
5. Drizzle with additional olive oil, if desired. Serve immediately.

Nutritional Information (per serving): 150 calories, 4g protein, 20g carbohydrates, 6g fat, 2g fiber, 0mg cholesterol, 200mg sodium, 150mg potassium.

POLENTA WITH POACHED EGG AND MUSHROOMS

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

INGREDIENTS

- 1/2 cup polenta
- 1 cup of water
- 1 cup milk
- 1 tbsp butter
- 1 cup of mushrooms, sliced
- 2 large eggs
- Salt and pepper, to taste

DIRECTIONS

1. Cook polenta in water and milk until thickened, about 8 minutes. Stir in butter, salt, and pepper.
2. Sauté mushrooms in a skillet until golden, about 5 minutes.
3. Poach the eggs in simmering water for 3 minutes.
4. Divide the polenta between plates, top with mushrooms and a poached egg. Serve warm.

Nutritional Information (per serving): 250 calories, 12g protein, 20g carbohydrates, 12g fat, 1g fiber, 200mg cholesterol, 150mg sodium, 180mg potassium.

GREEK YOGURT WITH LEMON ZEST AND MUESLI

Yield: 2 servings | Prep time: 5 minutes | Cook time: None

INGREDIENTS

- 1 cup Greek yogurt
- 1/2 cup muesli
- 1 tsp lemon zest
- 1 tbsp honey

DIRECTIONS

1. Divide yogurt into bowls.
2. Top each with muesli and lemon zest.
3. Drizzle honey over the top and serve.

Nutritional Information (per serving):160 calories, 10g protein, 18g carbohydrates, 5g fat, 1g fiber, 15mg cholesterol, 50mg sodium, 200mg potassium.**BRUSCHETTA WITH RICOTTA AND FIG JAM**

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

INGREDIENTS

- 4 slices Italian bread
- 1/2 cup of ricotta cheese
- 2 tbsp fig jam
- 1 tbsp olive oil

DIRECTIONS

1. Toast the slices of bread until golden brown.
2. Spread ricotta cheese on each slice.
3. Top with fig jam and drizzle with olive oil.
4. Serve immediately

Nutritional Information (per serving):210 calories, 7g protein, 25g carbohydrates, 8g fat, 1g fiber, 10mg cholesterol, 150mg sodium, 100mg potassium.**CIABATTA WITH BUTTER AND HONEY**

Yield: 2 servings | Prep time: 5 minutes | Cook time: None

INGREDIENTS

- 2 slices of ciabatta bread
- 2 tsp butter
- 2 tsp honey

DIRECTIONS

1. Spread butter on each slice of bread.
2. Drizzle with honey and serve.

Nutritional Information (per serving):180 calories, 4g protein, 24g carbohydrates, 6g fat, 0g fiber, 15mg cholesterol, 120mg sodium, 80mg potassium.**PANINI WITH EGG AND PROVOLONE CHEESE**

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

INGREDIENTS

- 2 ciabatta rolls
- 2 large eggs
- 4 slices provolone cheese
- 2 tbsp unsalted butter
- Salt and pepper, to taste

DIRECTIONS

1. Cook the eggs sunny-side up or to your preferred style. Season with salt and pepper.
2. Slice the ciabatta rolls and layer each with 2 slices of provolone and a cooked egg.
3. Melt butter in a skillet over medium heat and grill the sandwiches until golden brown on both sides, about 3–4 minutes per side.
4. Serve warm.

Nutritional Information (per serving):350 calories, 16g protein, 28g carbohydrates, 18g fat, 2g fiber, 220mg cholesterol, 400mg sodium, 180mg potassium.

HOMEMADE GRANOLA WITH NUTS AND BERRIES

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

INGREDIENTS

- 2 cups rolled oats
- 1/2 cup chopped almonds
- 1/2 cup chopped walnuts
- 1/4 cup honey
- 1/4 cup coconut oil
- 1/2 cup dried cranberries or raisins
- 1 tsp cinnamon

DIRECTIONS

1. Preheat oven to 350°F (175°C). Line a baking sheet with parchment paper.
2. In a large bowl, combine oats, almonds, walnuts, and cinnamon.
3. In a saucepan, heat honey and coconut oil until melted. Pour over the oat mixture and mix well.
4. Spread the mixture evenly on the baking sheet and bake for 12–15 minutes, stirring halfway through.
5. Let cool and mix in dried cranberries or raisins. Store in an airtight container.

Nutritional Information (per serving):250 calories, 5g protein, 28g carbohydrates, 12g fat, 3g fiber, 0mg cholesterol, 30mg sodium, 150mg potassium.

BREAKFAST PIZZA BIANCA

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

INGREDIENTS

- 1 store-bought pizza dough
- 1/2 cup of ricotta cheese
- 1/4 cup grated Parmesan cheese
- 1/2 cup cherry tomatoes, halved
- 1 tbsp olive oil
- 1 tsp dried oregano
- Salt and pepper, to taste

DIRECTIONS

1. Preheat oven to 425°F (220°C). Roll out the pizza dough onto a baking sheet.
2. Spread ricotta cheese evenly over the dough.
3. Sprinkle Parmesan cheese, cherry tomatoes, oregano, salt, and pepper. Drizzle with olive oil.
4. Bake for 12–15 minutes, until the crust is golden, and toppings are cooked.
5. Slice and serve immediately.

Nutritional Information (per serving):280 calories, 10g protein, 35g carbohydrates, 10g fat, 2g fiber, 15mg cholesterol, 300mg sodium, 200mg potassium.

STRAWBERRY AND ALMOND MILK SMOOTHIE

Yield: 2 servings | Prep time: 5 minutes | Cook time: None

INGREDIENTS

- 2 cups fresh strawberries, hulled
- 1 cup almond milk
- 1 tbsp honey (optional)
- 1/4 cup Greek yogurt
- 1 tsp vanilla extract

DIRECTIONS

1. Combine all ingredients in a blender and blend until smooth.
2. Pour into glasses and serve immediately.

Nutritional Information (per serving):120 calories, 3g protein, 18g carbohydrates, 3g fat, 2g fiber, 5mg cholesterol, 50mg sodium, 250mg potassium.

GOAT CHEESE AND HONEY TOAST		
Yield: 2 servings Prep time: 5 minutes Cook time: None		
INGREDIENTS • 2 slices of whole-grain bread • 1/4 cup of goat cheese • 1 tbsp honey • 1 tbsp chopped walnuts (optional)		DIRECTIONS 1. Toast the bread slices until golden. 2. Spread goat cheese evenly on each slice. 3. Drizzle with honey and sprinkle with walnuts, if desired. 4. Serve immediately.
Nutritional Information (per serving): 180 calories, 6g protein, 22g carbohydrates, 6g fat, 2g fiber, 10mg cholesterol, 120mg sodium, 150mg potassium.		

CREPES WITH RICOTTA AND FRESH BERRIES		
Yield: 4 servings Prep time: 10 minutes Cook time: 10 minutes		
INGREDIENTS • 1 cup all-purpose flour • 2 large eggs • 1 1/2 cups milk • 1/4 tsp salt • 1 tbsp butter, melted • 1/2 cup of ricotta cheese • 1 cup fresh mixed berries • 1 tbsp powdered sugar (optional)		DIRECTIONS 1. In a bowl, whisk together flour, eggs, milk, salt, and melted butter until smooth. 2. Heat a non-stick skillet over medium heat and lightly grease with butter. 3. Pour a small amount of batter into the skillet, swirling to coat the surface thinly. Cook for 1–2 minutes per side. 4. Fill each crepe with a spoonful of ricotta cheese and top with fresh berries. Fold and serve. Sprinkle with powdered sugar if desired.
Nutritional Information (per serving): 220 calories, 8g protein, 30g carbohydrates, 8g fat, 1g fiber, 60mg cholesterol, 150mg sodium, 200mg potassium.		

AVOCADO CAPRESE BREAKFAST BOWL		
Yield: 2 servings Prep time: 5 minutes Cook time: None		
INGREDIENTS • 1 ripe avocado, sliced • 1 cup cherry tomatoes, halved • 4 ounces fresh mozzarella, cubed • 1 tbsp olive oil • 1 tsp balsamic glaze • Fresh basil leaves • Salt and pepper, to taste		DIRECTIONS 1. Arrange avocado slices, cherry tomatoes, and mozzarella cubes in a bowl. 2. Drizzle with olive oil and balsamic glaze. 3. Top with fresh basil leaves and season with salt and pepper. 4. Serve immediately.
Nutritional Information (per serving): 250 calories, 9g protein, 10g carbohydrates, 20g fat, 3g fiber, 20mg cholesterol, 200mg sodium, 300mg potassium.		

A vibrant photograph of a black bowl filled with spaghetti, topped with fresh broccoli florets and green basil leaves. A fine mist of water droplets is captured mid-air above the bowl, creating a fresh and appetizing look. The background is a soft-focus green, suggesting an outdoor setting with foliage. A bright yellow rectangular banner is superimposed over the upper part of the image, containing the text 'ITALIAN LUNCHES' in bold, black, sans-serif capital letters.

ITALIAN LUNCHES

Lunches (Pranzo):

Lunch in Italy is more than a meal; it's a symphony of flavors composed with love and respect for the ingredients. It's a time to pause, enjoy conversation, and immerse yourself in the fullness of life. Seasonal produce, fresh herbs, and natural aromas turn lunch into a celebration of the senses. In Italian tradition, lunch is not just about food; it's about connection, warmth, and a heartfelt reminder that life is meant to be savored.

TUNA SALAD WITH RED ONION AND WHITE BEANS**Yield: 4 servings | Prep time: 10 minutes | Cook time: None****INGREDIENTS**

- 2 cans (5 oz each) tuna in olive oil, drained
- 1 can (15 oz) cannellini beans, rinsed and drained
- 1/2 red onion, thinly sliced
- 1/4 cup olive oil
- 2 tbsp lemon juice
- 1/4 cup fresh parsley, chopped
- Salt and pepper, to taste

DIRECTIONS

1. In a large bowl, combine tuna, cannellini beans, and red onion.
2. Drizzle with olive oil and lemon juice. Toss gently to combine.
3. Add parsley, season with salt and pepper, and mix well.
4. Serve chilled or at room temperature.

Nutritional Information (per serving):250 calories, 20g protein, 15g carbohydrates, 12g fat, 2g fiber, 25mg cholesterol, 400mg sodium, 250mg potassium.

PANZANELLA SALAD WITH CRUNCHY BREAD AND TOMATOES**Yield: 4 servings |****Prep time: 15 minutes | Cook time: 10 minutes****INGREDIENTS**

- 4 cups cubed day-old bread
- 3 cups cherry tomatoes, halved
- 1 small cucumber, diced
- 1/2 red onion, thinly sliced
- 1/4 cup olive oil
- 2 tbsp red wine vinegar
- 1/4 cup fresh basil leaves, chopped
- Salt and pepper, to taste

DIRECTIONS

1. Preheat oven to 375°F (190°C). Toast the bread cubes on a baking sheet for 8–10 minutes, until golden.
2. In a large bowl, combine tomatoes, cucumber, red onion, and toasted bread.
3. Whisk together olive oil, red wine vinegar, salt, and pepper. Pour over the salad.
4. Toss well and let sit for 10 minutes to allow the bread to soak up the flavors.
5. Garnish with fresh basil and serve.

Nutritional Information (per serving):220 calories, 5g protein, 30g carbohydrates, 10g fat, 2g fiber, 0mg cholesterol, 400mg sodium, 150mg potassium.

CAPRESE SALAD WITH ARUGULA**Yield: 4 servings | Prep time: 5 minutes | Cook time: None****INGREDIENTS**

- 2 cups of arugula
- 8 oz (225 g) fresh mozzarella, sliced
- 2 large tomatoes, sliced
- 1 tbsp balsamic glaze
- 1 tbsp olive oil
- Salt and pepper, to taste

DIRECTIONS

1. In a large bowl, combine tuna, cannellini beans, and red onion.
2. Drizzle with olive oil and lemon juice. Toss gently to combine.
3. Add parsley, season with salt and pepper, and mix well.
4. Serve chilled or at room temperature.

Nutritional Information (per serving):180 calories, 10g protein, 6g carbohydrates, 14g fat, 1g fiber, 20mg cholesterol, 150mg sodium, 200mg potassium.

MINESTRONE SOUP WITH FRESH VEGETABLES

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

INGREDIENTS

- 1 tbsp olive oil
- 1 onion, diced
- 2 carrots, sliced
- 2 celery stalks, chopped
- 3 garlic cloves, minced
- 1 zucchini, diced
- 1 cup green beans, trimmed
- 1 can (14 oz) diced tomatoes
- 4 cups of vegetable broth
- 1 cup cooked pasta or rice
- 1/2 tsp dried basil
- Salt and pepper, to taste

DIRECTIONS

1. Heat olive oil in a large pot over medium heat. Add onion, carrots, and celery; sauté for 5 minutes.
2. Stir in garlic, zucchini, and green beans; cook for 3 minutes.
3. Add diced tomatoes, vegetable broth, and basil. Bring to a boil, then reduce heat and simmer for 20 minutes.
4. Stir in cooked pasta or rice. Season with salt and pepper. Serve hot.

Nutritional Information (per serving): 180 calories, 5g protein, 30g carbohydrates, 4g fat, 3g fiber, 0mg cholesterol, 600mg sodium, 250mg potassium.

TUSCAN LENTIL SOUP

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

INGREDIENTS

- 1 cup dried lentils, rinsed
- 1 onion, diced
- 2 carrots, sliced
- 2 celery stalks, chopped
- 3 garlic cloves, minced
- 1 can (14 oz) diced tomatoes
- 4 cups of vegetable broth
- 1 tbsp olive oil
- 1/2 tsp dried thyme
- Salt and pepper, to taste

DIRECTIONS

1. Heat olive oil in a large pot over medium heat. Add onion, carrots, and celery; sauté for 5 minutes.
2. Stir in garlic and thyme; cook for 1 minute.
3. Add lentils, diced tomatoes, and vegetable broth. Bring to a boil, then reduce heat and simmer for 30 minutes.
4. Season with salt and pepper. Serve hot with crusty bread

Nutritional Information (per serving): 230 calories, 12g protein, 35g carbohydrates, 4g fat, 7g fiber, 0mg cholesterol, 400mg sodium, 400mg potassium.

PENNE WITH TUNA AND CAPERS

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

INGREDIENTS

- 12 oz (340 g) penne pasta
- 1 can (5 oz) tuna in olive oil, drained
- 2 tbsp capers
- 1 garlic clove, minced
- 1/4 cup olive oil
- 1/4 cup chopped parsley
- Salt and black pepper, to taste

DIRECTIONS

1. Cook penne in salted boiling water until al dente. Reserve 1/2 cup pasta water, then drain.
2. Heat olive oil in a skillet over medium heat. Add garlic and sauté for 1 minute.
3. Stir in tuna and capers, cooking for 2 minutes.
4. Toss the cooked pen with the tuna mixture. Add pasta water as needed for consistency.
5. Garnish with parsley, season with salt and black pepper, and serve warm.

Nutritional Information (per serving): 300 calories, 12g protein, 40g carbohydrates, 8g fat, 2g fiber, 10mg cholesterol, 450mg sodium, 200mg potassium.

SPAGHETTI CARBONARA

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

INGREDIENTS

- 12 oz (340 g) spaghetti
- 4 oz (120 g) pancetta or bacon, diced
- 2 large eggs
- 1/2 cup grated Parmesan cheese
- 2 cloves garlic, minced
- Salt and black pepper, to taste

DIRECTIONS

1. Cook spaghetti in a large pot of salted boiling water until al dente. Reserve 1/2 cup pasta water, then drain.
2. In a skillet, cook pancetta or bacon over medium heat until crispy. Add garlic and sauté for 1 minute.
3. Whisk eggs and Parmesan cheese in a bowl. Slowly mix in reserved pasta water to temper the eggs.
4. Toss the cooked pasta with the pancetta mixture. Remove from heat and stir in the egg mixture until creamy. Season with salt and black pepper. Serve immediately

Nutritional Information (per serving):400 calories, 15g protein, 50g carbohydrates, 15g fat, 2g fiber, 70mg cholesterol, 500mg sodium, 200mg potassium

TAGLIATELLE WITH SEAFOOD AND LEMON

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

INGREDIENTS

- 12 oz (340 g) tagliatelle pasta
- 1 lb. (450 g) mixed seafood (shrimp, scallops, calamari)
- 2 garlic cloves, minced
- 1/4 cup olive oil
- Zest and juice of 1 lemon
- 1/4 cup chopped parsley
- Salt and black pepper, to taste

DIRECTIONS

1. Cook tagliatelle in salted boiling water until al dente. Reserve 1/2 cup pasta water and drain.
2. Heat olive oil in a skillet over medium heat. Add garlic and seafood; sauté until seafood is cooked, about 5 minutes.
3. Toss the cooked pasta with the seafood mixture. Stir in lemon zest, juice, and parsley. Add pasta water as needed for a creamy consistency.
4. Season with salt and black pepper. Serve immediately

Nutritional Information (per serving):350 calories, 20g protein, 40g carbohydrates, 10g fat, 2g fiber, 90mg cholesterol, 300mg sodium, 250mg potassium.

PASTA WITH TOMATOES AND FRESH BASIL

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

INGREDIENTS

- 12 oz (340 g) spaghetti or penne pasta
- 2 cups cherry tomatoes, halved
- 2 garlic cloves, minced
- 1/4 cup olive oil
- 1/4 cup grated Parmesan cheese
- 1/4 cup fresh basil leaves, chopped
- Salt and black pepper, to taste

DIRECTIONS

1. Cook pasta in salted boiling water until al dente. Reserve 1/2 cup pasta water and drain.
2. Heat olive oil in a skillet over medium heat. Add garlic and sauté for 1 minute. Add cherry tomatoes and cook for 5 minutes, stirring occasionally.
3. Toss the cooked pasta with the tomato mixture. Stir in Parmesan cheese and basil. Add pasta water as needed for a creamy consistency.
4. Season with salt and black pepper. Serve immediately

Nutritional Information (per serving):320 calories, 10g protein, 45g carbohydrates, 10g fat, 2g fiber, 5mg cholesterol, 250mg sodium, 200mg potassium.

CANNELLONI WITH RICOTTA AND SPINACH		
4 servings Prep time: 20 minutes Cook time: 30 minutes		
INGREDIENTS • 8 cannelloni pasta tubes • 2 cups ricotta cheese • 1 cup cooked spinach, chopped • 1/2 cup grated Parmesan cheese • 2 cups marinara sauce • 1/2 cup shredded mozzarella cheese • 1 egg • 1 tbsp olive oil • Salt and pepper, to taste		DIRECTIONS 1. Preheat oven to 375°F (190°C). Cook cannelloni tubes according to package instructions. 2. In a bowl, combine ricotta, spinach, Parmesan cheese, egg, salt, and pepper. Stuff the mixture into the cannelloni tubes. 3. Spread a thin layer of marinara sauce in a baking dish. Arrange the stuffed cannelloni on top. Cover with remaining marinara sauce and sprinkle with mozzarella cheese. 4. Cover with foil and bake for 20 minutes. Remove foil and bake for an additional 10 minutes, until cheese is bubbly and golden. Serve hot
Nutritional Information (per serving): 400 calories, 18g protein, 35g carbohydrates, 15g fat, 2g fiber, 50mg cholesterol, 450mg sodium, 300mg potassium.		

BROCCOLI ALFREDO PASTA		
Yield: 4 servings Prep time: 10 minutes Cook time: 15 minutes		
INGREDIENTS • 12 oz (340 g) fettuccine pasta • 2 cups broccoli florets • 1 cup heavy cream • 1/2 cup grated Parmesan cheese • 2 garlic cloves, minced • 1 tbsp butter • Salt and pepper, to taste		DIRECTIONS 1. Cook fettuccine in salted boiling water until al dente. Add broccoli during the last 2 minutes of cooking. Drain and set aside. 2. In a saucepan, melt butter over medium heat. Add garlic and sauté for 1 minute. 3. Stir in heavy cream and Parmesan cheese. Cook until the sauce thickens. 4. Toss the pasta and broccoli with the Alfredo sauce. Season with salt and pepper. Serve immediately.
Nutritional Information (per serving): 400 calories, 12g protein, 50g carbohydrates, 15g fat, 3g fiber, 40mg cholesterol, 300mg sodium, 250mg potassium.		

CLASSIC LASAGNA BOLOGNESE		
Yield: 2 servings Prep time: 5 minutes Cook time: None		
INGREDIENTS • 12 lasagna sheets • 1 lb (450 g) ground beef • 1 jar (24 oz) marinara sauce • 2 cups ricotta cheese • 2 cups shredded mozzarella cheese • 1/2 cup grated Parmesan cheese • 1 egg • 1 tbsp olive oil • Salt and pepper, to taste		DIRECTIONS 1. Preheat oven to 375°F (190°C). Cook lasagna sheets according to package instructions. 2. In a skillet, heat olive oil over medium heat. Add ground beef and cook until browned. Stir in marinara sauce and simmer for 10 minutes. 3. In a bowl, mix ricotta cheese, egg, Parmesan cheese, salt, and pepper. 4. Layer a baking dish with marinara sauce, lasagna sheets, ricotta mixture, and mozzarella. Repeat layers and finish with mozzarella on top. 5. Bake for 40–45 minutes, until bubbling and golden. Cool for 10 minutes before serving.
Nutritional Information (per serving): 450 calories, 25g protein, 35g carbohydrates, 20g fat, 2g fiber, 80mg cholesterol, 500mg sodium, 300mg potassium.		

WILD MUSHROOM RISOTTO

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

INGREDIENTS

- 1 1/2 cups Arborio rice
- 6 cups chicken or vegetable broth, warmed
- 1 cup wild mushrooms, sliced
- 1/2 cup white wine
- 1/2 cup grated Parmesan cheese
- 1 small onion, finely chopped
- 2 tbsp olive oil
- 1 tbsp butter
- Salt and black pepper, to taste

DIRECTIONS

1. Heat olive oil and butter in a large skillet over medium heat. Add onions and mushrooms; sauté for 5 minutes.
2. Stir in Arborio rice and cook for 2 minutes. Add white wine and stir until absorbed.
3. Gradually add broth, one ladle at a time, stirring constantly, until the rice is tender and creamy, about 20 minutes.
4. Stir in Parmesan cheese, salt, and black pepper. Serve warm.

Nutritional Information (per serving):350 calories, 10g protein, 45g carbohydrates, 12g fat, 2g fiber, 15mg cholesterol, 450mg sodium, 150mg potassium.

TORTELLINI WITH CREAMY CHEESE SAUCE

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

INGREDIENTS

- 12 oz (340 g) cheese tortellini
- 1 cup heavy cream
- 1/2 cup grated Parmesan cheese
- 1/2 tsp garlic powder
- 1 tbsp butter
- Salt and pepper, to taste

DIRECTIONS

1. Cook tortellini in salted boiling water according to package instructions. Drain and set aside.
2. In a saucepan, melt butter over medium heat. Add heavy cream and garlic powder, stirring constantly.
3. Stir in Parmesan cheese until melted and the sauce thickens.
4. Toss the cooked tortellini with the cheese sauce. Season with salt and pepper. Serve immediately.

Nutritional Information (per serving):400 calories, 12g protein, 35g carbohydrates, 20g fat, 1g fiber, 70mg cholesterol, 450mg sodium, 150mg potassium

RAVIOLI WITH MUSHROOMS IN CREAM SAUCE

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

INGREDIENTS

- 12 oz (340 g) mushroom-filled ravioli
- 1 cup sliced mushrooms
- 1 cup heavy cream
- 1/2 cup grated Parmesan cheese
- 1 garlic clove, minced
- 2 tbsp butter
- Salt and pepper, to taste

DIRECTIONS

1. Cook ravioli according to package instructions. Drain and set aside.
2. In a skillet, melt butter over medium heat. Add mushrooms and sauté for 5 minutes. Add garlic and cook for 1 minute.
3. Stir in heavy cream and Parmesan cheese. Simmer until the sauce thickens, about 5 minutes.
4. Toss the cooked ravioli with the cream sauce. Season with salt and pepper. Serve immediately.

Nutritional Information (per serving):320 calories, 10g protein, 30g carbohydrates, 18g fat, 2g fiber, 45mg cholesterol, 300mg sodium, 200mg potassium

POLENTA WITH ROASTED VEGETABLES	
Yield: 4 servings Prep time: 10 minutes Cook time: 30 minutes	
INGREDIENTS • 1 cup polenta • 4 cups water or vegetable broth • 1 tbsp butter • 2 cups assorted vegetables (zucchini, bell peppers, cherry tomatoes), chopped • 2 tbsp olive oil • 1 tsp dried oregano • Salt and pepper, to taste	DIRECTIONS 1. Preheat oven to 400°F (200°C). Arrange chopped vegetables on a baking sheet. Drizzle with olive oil, sprinkle with oregano, salt, and pepper. Roast for 20 minutes, stirring halfway through. 2. In a pot, bring water or vegetable broth to a boil. Gradually whisk in polenta, reduce heat, and cook for 10 minutes, stirring frequently. 3. Stir in butter and season with salt and pepper. 4. Serve polenta topped with roasted vegetables.
Nutritional Information (per serving): 180 calories, 5g protein, 28g carbohydrates, 6g fat, 3g fiber, 5mg cholesterol, 200mg sodium, 250mg potassium.	

CLASSIC MARGHERITA PIZZA	
Yield: 4 servings Prep time: 15 minutes Cook time: 10 minutes	
INGREDIENTS • 1 store-bought pizza dough • 1/2 cup tomato sauce • 8 oz (225 g) fresh mozzarella, sliced • 2 large tomatoes, sliced • 1 tbsp olive oil • Fresh basil leaves • Salt and pepper, to taste	DIRECTIONS 1. Preheat oven to 475°F (245°C). Roll out the pizza dough onto a baking sheet or pizza stone. 2. Spread tomato sauce evenly over the dough. Arrange sliced mozzarella and tomatoes on top. 3. Drizzle with olive oil and season with salt and pepper. 4. Bake for 8–10 minutes, or until the crust is golden and the cheese is bubbly. 5. Garnish with fresh basil leaves and serve immediately.
Nutritional Information (per serving): 300 calories, 12g protein, 35g carbohydrates, 12g fat, 2g fiber, 25mg cholesterol, 400mg sodium, 250mg potassium.	

FOCACCIA WITH HERBS AND OLIVE OIL	
Yield: 4 servings Prep time: 10 minutes Cook time: 25 minutes	
INGREDIENTS • 2 cups all-purpose flour • 1 tsp salt • 1 tsp sugar • 1 packet (7 g) instant yeast • 3/4 cup warm water • 2 tbsp olive oil, plus extra for drizzling • 1 tsp dried rosemary or thyme • Coarse sea salt, for topping	DIRECTIONS 1. In a bowl, combine flour, salt, sugar, and yeast. Add warm water and olive oil; mix until a dough forms. 2. Knead the dough for 5 minutes, then cover and let rise for 1 hour. 3. Preheat oven to 400°F (200°C). Spread the dough onto a baking sheet. 4. Poke dimples into the dough with your fingers. Drizzle with olive oil, sprinkle with rosemary and sea salt. 5. Bake for 20–25 minutes, until golden brown. Cool slightly and serve
Nutritional Information (per serving): 220 calories, 5g protein, 34g carbohydrates, 7g fat, 1g fiber, 0mg cholesterol, 400mg sodium, 100mg potassium.	

TUSCAN-STYLE ROASTED CHICKEN WITH VEGETABLES

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

INGREDIENTS

- 4 bone-in chicken thighs
- 2 cups of diced potatoes
- 1 cup of baby carrots
- 1 cup cherry tomatoes
- 2 tbsp olive oil
- 1 tsp dried oregano
- 1 tsp garlic powder
- Salt and pepper, to taste

DIRECTIONS

1. Preheat oven to 400°F (200°C). Place chicken, potatoes, carrots, and cherry tomatoes in a baking dish.
2. Drizzle with olive oil and season with oregano, garlic powder, salt, and pepper. Toss to coat evenly.
3. Roast for 40–45 minutes, until the chicken is golden and cooked through.
4. Serve hot with roasted vegetables.

Nutritional Information (per serving): 350 calories, 25g protein, 15g carbohydrates, 20g fat, 2g fiber, 100mg cholesterol, 300mg sodium, 400mg potassium.

STUFFED SQUID WITH RICE AND FRESH HERBS

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

INGREDIENTS

- 8 medium squid, cleaned
- 1 cup cooked rice
- 2 garlic cloves, minced
- 1/4 cup chopped parsley
- 1/4 cup grated Parmesan cheese
- 2 tbsp olive oil
- 1/2 cup white wine
- Salt and pepper, to taste

DIRECTIONS

1. Preheat oven to 375°F (190°C).
2. In a bowl, combine cooked rice, garlic, parsley, basil, Parmesan cheese, salt, and pepper. Mix well.
3. Stuff each squid with the rice mixture and secure the opening with a toothpick.
4. Heat olive oil in a skillet over medium heat. Sear the stuffed squid for 2 minutes on each side.
5. Add white wine to the skillet and simmer for 2 minutes.
6. Transfer the squid to a baking dish, pour the wine sauce over, and bake for 20 minutes.
7. Serve hot, garnished with additional parsley or basil.

Nutritional Information (per serving): 250 calories, 15g protein, 20g carbohydrates, 10g fat, 1g fiber, 70mg cholesterol, 300mg sodium, 250mg potassium.



ITALIAN SNACKS

Snacks (Spuntino/Merenda):

Snacks in Italy are graceful pauses in the rhythm of the day—a moment to breathe, recharge, and indulge in a small pleasure. It's not about quantity but the joy of a fleeting delight. Whether it's a sip of something refreshing or a bite of something delectable, an Italian snack celebrates the art of simple joys, offering a moment to embrace life's little treasures.

ARANCINI WITH MOZZARELLA AND TOMATO SAUCE**Yield: 4 servings | Prep time: 15 minutes | Cook time: 20 minutes****INGREDIENTS**

- 2 cups cooked risotto
- 1/2 cup shredded mozzarella cheese
- 1/4 cup grated Parmesan cheese
- 1 egg, beaten
- 1/2 cup breadcrumbs
- Vegetable oil, for frying
- 1 cup marinara sauce, for serving

DIRECTIONS

1. Mix the cooked risotto with mozzarella and Parmesan cheese.
2. Shape into small balls and coat in beaten egg, then breadcrumbs.
3. Heat vegetable oil in a skillet over medium heat. Fry arancini until golden brown, about 3 minutes per side.
4. Drain on paper towels and serve with marinara sauce

Nutritional Information (per serving):250 calories, 8g protein, 25g carbohydrates, 12g fat, 1g fiber, 30mg cholesterol, 350mg sodium, 150mg potassium.**TOMATO AND GARLIC BRUSCHETTA****Yield: 4 servings | Prep time: 10 minutes | Cook time: 5 minutes****INGREDIENTS**

- 4 slices rustic Italian bread
- 2 large tomatoes, diced
- 1 garlic clove, minced
- 2 tbsp olive oil
- 1 tbsp fresh basil, chopped
- Salt and pepper, to taste

DIRECTIONS

1. Toast bread slices until golden.
2. In a bowl, mix diced tomatoes, garlic, olive oil, basil, salt, and pepper.
3. Spoon the tomato mixture over the toasted bread. Serve immediately

Nutritional Information (per serving):180 calories, 4g protein, 20g carbohydrates, 8g fat, 1g fiber, 0mg cholesterol, 200mg sodium, 100mg potassium..**CROSTINI WITH RICOTTA AND HONEY****Yield: 4 servings | Prep time: 5 minutes | Cook time: 5 minutes****INGREDIENTS**

- 2 cups cooked risotto
- 1/2 cup shredded mozzarella cheese
- 1/4 cup grated Parmesan cheese
- 1 egg, beaten
- 1/2 cup breadcrumbs
- Vegetable oil, for frying
- 1 cup marinara sauce, for serving

DIRECTIONS

1. Spread ricotta cheese on toasted baguette slices.
2. Drizzle with honey and sprinkle with walnuts if desired.
3. Serve immediately as a sweet and savory snack.

Nutritional Information (per serving):250 calories, 8g protein, 25g carbohydrates, 12g fat, 1g fiber, 30mg cholesterol, 350mg sodium, 150mg potassium.

STUFFED OLIVES WITH ANCHOVIES		
Yield: 4 servings Prep time: 10 minutes Cook time: None		
INGREDIENTS • 20 large green olives, pitted • 20 small anchovy fillets • 1 tbsp olive oil (optional)		DIRECTIONS 1. Stuff each olive with an anchovy fillet. 2. Drizzle with olive oil if desired. 3. Serve as a savory snack or appetizer
Nutritional Information (per serving) 100 calories, 3g protein, 2g carbohydrates, 10g fat, 0g fiber, 10mg cholesterol, 400mg sodium, 50mg potassium.		

PIZZA ROLLS WITH HAM AND CHEESE		
Yield: 4 servings Prep time: 15 minutes Cook time: 15 minutes		
INGREDIENTS • 1 sheet of puff pastry, thawed • 4 slices of ham • 4 slices of mozzarella cheese • 1 egg, beaten • 1/4 cup marinara sauce (for dipping)		DIRECTIONS 1. Preheat oven to 375°F (190°C). 2. Lay out puff pastry and arrange ham and cheese slices evenly. Roll tightly into a log. 3. Slice the log into 1-inch pieces and place on a baking sheet lined with parchment paper. 4. Brush with beaten egg and bake for 15 minutes, until golden brown. 5. Serve warm with marinara sauce for dipping.
Nutritional Information (per serving) 250 calories, 8g protein, 25g carbohydrates, 12g fat, 1g fiber, 30mg cholesterol, 350mg sodium, 150mg potassium.		

GARLIC AND ROSEMARY FOCACCIA		
Yield: 4 servings Prep time: 10 minutes Cook time: 25 minutes		
INGREDIENTS • 2 cups all-purpose flour • 1 tsp salt • 1 tsp sugar • 1 packet (7 g) instant yeast • 3/4 cup warm water • 2 tbsp olive oil, plus extra for drizzling • 1 tsp minced garlic • 1 tsp chopped fresh rosemary		DIRECTIONS 1. In a bowl, mix flour, salt, sugar, and yeast. Add warm water and olive oil to form dough. 2. Knead the dough for 5 minutes, then cover and let rise for 1 hour. 3. Preheat oven to 400°F (200°C). Spread dough on a baking sheet. 4. Drizzle with olive oil, and sprinkle garlic and rosemary. 5. Bake for 20–25 minutes, until golden. Cool slightly and serve.
Nutritional Information (per serving): 250 calories, 8g protein, 25g carbohydrates, 12g fat, 1g fiber, 30mg cholesterol, 350mg sodium, 150mg potassium.		

LEMON AND ASPARAGUS SALAD		
Yield: 4 servings Prep time: 10 minutes Cook time: 5 minutes		
INGREDIENTS • 1 lb (450 g) fresh asparagus, trimmed • Zest and juice of 1 lemon • 2 tbsp olive oil • 1 tbsp grated Parmesan cheese • Salt and pepper, to taste		DIRECTIONS 1. Blanch asparagus in boiling water for 2 minutes. Drain and transfer to ice water to cool. 2. In a bowl, whisk together lemon juice, zest, olive oil, salt, and pepper. 3. Toss the asparagus with the dressing. Sprinkle with Parmesan cheese before serving
Nutritional Information (per serving): 250 calories, 8g protein, 25g carbohydrates, 12g fat, 1g fiber, 30mg cholesterol, 350mg sodium, 150mg potassium.		

CAPRESE SKEWERS WITH BASI		
Yield: 4 servings Prep time: 10 minutes Cook time: None		
INGREDIENTS • 20 cherry tomatoes • 10 small mozzarella balls • 10 fresh basil leaves • 2 tbsp balsamic glaze • 1 tbsp olive oil • Salt and pepper, to taste		DIRECTIONS 1. On small skewers, alternate cherry tomatoes, mozzarella balls, and basil leaves. 2. Drizzle with olive oil and balsamic glaze. 3. Sprinkle with salt and pepper. Serve immediately
Nutritional Information (per serving): 150 calories, 5g protein, 5g carbohydrates, 10g fat, 1g fiber, 15mg cholesterol, 150mg sodium, 150mg potassium.		

ANTIPASTO PLATTER WITH CURED MEATS AND CHEESES		
Yield: 4 servings Prep time: 10 minutes Cook time: None		
INGREDIENTS • 4 oz (120 g) assorted cured meats (salami, prosciutto) • 4 oz (120 g) assorted cheeses (Parmesan, mozzarella) • 1/2 cup marinated artichokes • 1/2 cup olives • 1/4 cup roasted red peppers		DIRECTIONS 1. Arrange cured meats, cheeses, artichokes, olives, and roasted red peppers on a serving platter. 2. Serve with crusty bread or crackers as a shared appetizer.
Nutritional Information (per serving): 300 calories, 15g protein, 10g carbohydrates, 20g fat, 2g fiber, 40mg cholesterol, 500mg sodium, 150mg potassium.		

MUSHROOM AND PARMESAN BRUSCHETTA		
Yield: 4 servings Prep time: 10 minutes Cook time: 10 minutes		
INGREDIENTS • 4 slices rustic bread, toasted • 1 cup of mushrooms, sliced • 1/4 cup grated Parmesan cheese • 1 tbsp olive oil • 1 garlic clove, minced • Salt and pepper, to taste		DIRECTIONS 1. Heat olive oil in a skillet over medium heat. Add mushrooms and garlic, sauté for 5 minutes. Season with salt and pepper. 2. Spoon the mushroom mixture onto toasted bread slices. Sprinkle with Parmesan cheese. 3. Serve warm as an appetizer.
Nutritional Information (per serving): 200 calories, 9g protein, 12g carbohydrates, 14g fat, 2g fiber, 50mg cholesterol, 300mg sodium, 250mg potassium.		

CROSTINI WITH FIG JAM AND GOAT CHEESE		
Yield: 4 servings Prep time: 5 minutes Cook time: 5 minutes		
INGREDIENTS • 4 slices baguette, toasted • 1/4 cup goat cheese • 2 tbsp fig jam • 1 tbsp chopped walnuts (optional)		DIRECTIONS 1. Spread goat cheese on toasted baguette slices. 2. Top with fig jam and sprinkle with walnuts if desired. 3. Serve immediately as a sweet and savory snack.
Nutritional Information (per serving): 150 calories, 5g protein, 18g carbohydrates, 6g fat, 0g fiber, 10mg cholesterol, 150mg sodium, 80mg potassium.		

ALMOND BISCOTTI WITH COFFEE		
Yield: 4 servings Prep time: 15 minutes Cook time: 30 minutes		
INGREDIENTS • 1 cup all-purpose flour • 1/2 cup sugar • 1 tsp baking powder • 1/4 cup sliced almonds • 1 large egg • 1 tsp vanilla extract • 1/4 tsp salt		DIRECTIONS 1. Preheat oven to 350°F (175°C). In a bowl, mix flour, sugar, baking powder, salt, and almonds. 2. In another bowl, whisk egg and vanilla extract. Combine wet and dry ingredients into a dough. 3. Shape dough into a log on a baking sheet. Bake for 20 minutes. 4. Remove from oven, cool slightly, and slice into biscotti. Bake for an additional 10 minutes until crisp. 5. Serve with coffee.
Nutritional Information (per serving): 150 calories, 4g protein, 25g carbohydrates, 3g fat, 1g fiber, 15mg cholesterol, 150mg sodium, 50mg potassium.		



DINNER IN ITALY

Dinners (Cena):

Italian dinner is the soft closure to the day, filled with peace and gratitude. Lightness, elegance, and harmony define the evening meal. Italians gather at the table not only to eat but to share warmth, recount their day, and savor the aromas of freshly prepared dishes. Dinner is more than nourishment; it's soft candlelight, gentle music, and the comforting sense of day's end.

ARUGULA SALAD WITH PARMESAN AND PINE NUTS**Yield: 4 servings | Prep time: 10 minutes | Cook time: None****INGREDIENTS**

- 4 cups arugula
- 1/4 cup grated Parmesan cheese
- 2 tbsp pine nuts, toasted
- 2 tbsp olive oil
- 1 tbsp balsamic vinegar
- Salt and pepper, to taste
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DIRECTIONS

1. Place arugula in a large salad bowl.
2. Sprinkle Parmesan cheese and toasted pine nuts over the top.
3. Drizzle with olive oil and balsamic vinegar.
4. Toss gently to combine. Season with salt and pepper.
5. Serve immediately.

Nutritional Information (per serving):120 calories, 3g protein, 4g carbohydrates, 10g fat, 1g fiber, 0mg cholesterol, 50mg sodium, 150mg potassium.**RUSTIC SALAD WITH PANCETTA AND CROUTONS****Yield: 4 servings | Prep time: 10 minutes | Cook time: 10 minutes****INGREDIENTS**

- 4 cups mixed greens (arugula, radicchio, and spinach)
- 1/2 cup pancetta, diced
- 1 cup cubed bread (for croutons)
- 1 tbsp olive oil
- 1/4 cup grated Parmesan cheese
- 2 tbsp red wine vinegar
- Salt and pepper, to taste

DIRECTIONS

1. Heat olive oil in a skillet over medium heat. Add pancetta and cook until crispy, about 5 minutes. Remove and set aside.
2. In the same skillet, add bread cubes and toast until golden brown, about 5 minutes.
3. In a large bowl, combine mixed greens, pancetta, croutons, and Parmesan cheese.
4. Drizzle with red wine vinegar, season with salt and pepper, and toss to combine.
5. Serve immediately.

Nutritional Information (per serving):200 calories, 6g protein, 15g carbohydrates, 14g fat, 2g fiber, 15mg cholesterol, 300mg sodium, 200mg potassium.**WHITE BEAN SOUP WITH ROSEMARY****Yield: 4 servings | Prep time: 10 minutes | Cook time: 20 minutes****INGREDIENTS**

- 1 tbsp olive oil
- 1 onion, diced
- 2 garlic cloves, minced
- 2 cans (15 oz each) white beans, rinsed and drained
- 4 cups vegetable broth
- 1 sprig fresh rosemary
- Salt and pepper, to taste

DIRECTIONS

1. Heat olive oil in a pot over medium heat. Add onion and garlic; sauté until softened, about 5 minutes.
2. Add white beans, vegetable broth, and rosemary. Bring to a boil, then reduce heat and simmer for 15 minutes.
3. Remove rosemary and blend half the soup for a creamy texture, if desired.
4. Season with salt and pepper. Serve hot

Nutritional Information (per serving):

180 calories, 7g protein, 28g carbohydrates, 4g fat, 6g fiber, 0mg cholesterol, 350mg sodium, 300mg potassium.

HEARTY MINISTRONE WITH PASTA

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

INGREDIENTS

- 1 tbsp olive oil
- 1 onion, diced
- 2 carrots, sliced
- 2 celery stalks, diced
- 3 garlic cloves, minced
- 1 zucchini, diced
- 1 can (14 oz) diced tomatoes
- 4 cups vegetable broth
- 1/2 cup small pasta (e.g., ditalini)
- 1/2 tsp dried oregano
- Salt and pepper, to taste

DIRECTIONS

1. Heat olive oil in a large pot over medium heat. Add onion, carrots, and celery; sauté for 5 minutes.
2. Stir in garlic and zucchini; cook for 2 minutes.
3. Add tomatoes, vegetable broth, and oregano. Bring to a boil, then simmer for 15 minutes.
4. Stir in pasta and cook until tender, about 8 minutes.
5. Season with salt and pepper. Serve hot.

Nutritional Information (per serving): 220 calories, 6g protein, 35g carbohydrates, 5g fat, 4g fiber, 0mg cholesterol, 400mg sodium, 350mg potassium.

CHAMPAGNE AND PARMESAN RISOTTO

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

INGREDIENTS

- 1 1/2 cups Arborio rice
- 4 cups chicken or vegetable broth, warmed
- 1 cup champagne or sparkling wine
- 1/2 cup grated Parmesan cheese
- 2 tbsp unsalted butter
- 1 small onion, finely chopped
- Salt and pepper, to taste

DIRECTIONS

1. Heat 1 tablespoon of butter in a large skillet over medium heat. Add onion and sauté until translucent, about 3 minutes.
2. Stir in Arborio rice and cook for 2 minutes, coating each grain with butter.
3. Add champagne and cook until mostly absorbed.
4. Gradually add broth, one ladle at a time, stirring constantly until liquid is absorbed and rice is creamy, about 20 minutes.
5. Remove from heat, stir in Parmesan cheese and remaining butter. Season with salt and pepper.
6. Serve hot, garnished with additional Parmesan if desired.

Nutritional Information (per serving): 320 calories, 8g protein, 45g carbohydrates, 10g fat, 1g fiber, 20mg cholesterol, 300mg sodium, 150mg potassium.

SPAGHETTI WITH MUSSELS AND GARLIC		
Yield: 4 servings Prep time: 10 minutes Cook time: 20 minutes		
INGREDIENTS • 12 oz (340 g) spaghetti • 2 lbs (900 g) fresh mussels, cleaned • 4 garlic cloves, minced • 1/4 cup olive oil • 1/4 cup white wine • 1/4 cup chopped parsley • Salt and pepper, to taste		DIRECTIONS 1. Cook spaghetti in salted boiling water until al dente. Reserve 1/2 cup pasta water and drain. 2. Heat olive oil in a large skillet over medium heat. Add garlic and sauté until fragrant, about 1 minute. 3. Add mussels and white wine. Cover and cook for 5 minutes, or until mussels open. Discard any that remain closed. 4. Toss cooked spaghetti with the mussel mixture. Add reserved pasta water if needed. 5. Garnish with parsley, season with salt and pepper, and serve immediately.
Nutritional Information (per serving): 350 calories, 15g protein, 50g carbohydrates, 10g fat, 2g fiber, 30mg cholesterol, 400mg sodium, 200mg potassium.		

FETTUCCINE WITH TRUFFLES		
Yield: 4 servings Prep time: 10 minutes Cook time: 15 minutes		
INGREDIENTS • 12 oz (340 g) fettuccine • 1/2 cup heavy cream • 2 tbsp truffle oil • 1/4 cup grated Parmesan cheese • 2 tbsp butter • Salt and pepper, to taste		DIRECTIONS 1. Cook fettuccine in salted boiling water until al dente. Reserve 1/2 cup pasta water and drain. 2. In a skillet, melt butter over medium heat. Stir in heavy cream and Parmesan cheese, cooking until thickened. 3. Add truffle oil and cooked fettuccine, tossing to coat. Use reserved pasta water to adjust the sauce consistency if needed. 4. Season with salt and pepper. Serve immediately.
Nutritional Information (per serving): 400 calories, 10g protein, 45g carbohydrates, 15g fat, 1g fiber, 40mg cholesterol, 300mg sodium, 150mg potassium.		

SALMON RAVIOLI IN CREAM SAUCE		
Yield: 4 servings Prep time: 20 minutes Cook time: 10 minutes		
INGREDIENTS • 12 oz (340 g) salmon-filled ravioli • 1 cup heavy cream • 1/4 cup grated Parmesan cheese • 2 tbsp butter • 1/2 tsp lemon zest • Salt and pepper, to taste		DIRECTIONS 1. Cook ravioli according to package instructions. Drain and set aside. 2. In a saucepan, melt butter over medium heat. Add heavy cream and Parmesan cheese, stirring until smooth. 3. Stir in lemon zest and season with salt and pepper. 4. Toss the cooked ravioli with the cream sauce. Serve immediately.
Nutritional Information (per serving): 350 calories, 12g protein, 35g carbohydrates, 18g fat, 1g fiber, 50mg cholesterol, 400mg sodium, 150mg potassium.		

CLASSIC BOLOGNESE PASTA

Yield: 4 servings | Prep time: 15 minutes | Cook time: 1 hour

INGREDIENTS

- 12 oz (340 g) spaghetti
- 1 lb (450 g) ground beef
- 1 small onion, diced
- 2 garlic cloves, minced
- 1 can (14 oz) crushed tomatoes
- 1/2 cup red wine
- 1/4 cup grated Parmesan cheese
- 2 tbsp olive oil
- Salt and pepper, to taste

DIRECTIONS

1. Heat olive oil in a large skillet over medium heat. Add onion and garlic; sauté until softened, about 5 minutes.
2. Add ground beef and cook until browned, breaking it apart with a spoon.
3. Stir in red wine and cook for 2 minutes. Add crushed tomatoes, salt, and pepper. Simmer for 45 minutes, stirring occasionally.
4. Cook spaghetti in salted boiling water until al dente. Drain and toss with the Bolognese sauce.
5. Serve hot, topped with Parmesan cheese.

Nutritional Information (per serving):450 calories, 25g protein, 50g carbohydrates, 12g fat, 3g fiber, 50mg cholesterol, 300mg sodium, 200mg potassium.

TAGLIATELLE WITH PESTO AND WALNUTS

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

INGREDIENTS

- 12 oz (340 g) tagliatelle pasta
- 1/2 cup basil pesto
- 1/4 cup chopped walnuts
- 1/4 cup grated Parmesan cheese
- Salt and pepper, to taste

DIRECTIONS

1. Cook tagliatelle in salted boiling water until al dente. Reserve 1/2 cup pasta water and drain.
2. Toss the cooked pasta with basil pesto, using reserved pasta water to adjust consistency.
3. Stir in chopped walnuts and Parmesan cheese. Season with salt and pepper.
4. Serve immediately.

Nutritional Information (per serving):420 calories, 12g protein, 45g carbohydrates, 18g fat, 2g fiber, 15mg cholesterol, 250mg sodium, 150mg potassium.

ZUCCHINI PASTA WITH LEMON SAUCE

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

INGREDIENTS

- 12 oz (340 g) zucchini noodles or regular pasta
- 2 tbsp olive oil
- Zest and juice of 1 lemon
- 1/4 cup grated Parmesan cheese
- 1 garlic clove, minced
- Salt and pepper, to taste

DIRECTIONS

1. Heat olive oil in a skillet over medium heat. Add garlic and sauté for 1 minute.
2. Stir in zucchini noodles (or cooked pasta) and toss to coat.
3. Add lemon zest, juice, and Parmesan cheese. Season with salt and pepper.
4. Cook for 2–3 minutes until heated through. Serve immediately.

Nutritional Information (per serving):200 calories, 6g protein, 20g carbohydrates, 10g fat, 2g fiber, 5mg cholesterol, 150mg sodium, 200mg potassium.

PUMPKIN AND SAGE RISOTTO	
Yield: 4 servings Prep time: 15 minutes Cook time: 30 minutes	
INGREDIENTS • 1 1/2 cups Arborio rice • 4 cups chicken or vegetable broth, warmed • 1 cup pumpkin purée • 1/4 cup grated Parmesan cheese • 2 tbsp unsalted butter • 1 small onion, finely chopped • 1 tsp chopped fresh sage • Salt and pepper, to taste	DIRECTIONS 1. Heat 1 tablespoon of butter in a large skillet over medium heat. Add onion and sauté until translucent, about 3 minutes. 2. Stir in Arborio rice and cook for 2 minutes. Gradually add broth, one ladle at a time, stirring constantly until liquid is absorbed and rice is creamy, about 20 minutes. 3. Stir in pumpkin purée, Parmesan cheese, remaining butter, and sage. Season with salt and pepper. 4. Serve hot, garnished with additional sage if desired.
Nutritional Information (per serving): 320 calories, 7g protein, 50g carbohydrates, 8g fat, 2g fiber, 20mg cholesterol, 250mg sodium, 150mg potassium.	

SPRING PEA RISOTTO WITH MINT	
Yield: 4 servings Prep time: 10 minutes Cook time: 30 minutes	
INGREDIENTS • 1 1/2 cups Arborio rice • 4 cups chicken or vegetable broth, warmed • 1 cup fresh or frozen peas • 1/4 cup grated Parmesan cheese • 2 tbsp unsalted butter • 1 small onion, finely chopped • 1 tbsp chopped fresh mint • Salt and pepper, to taste	DIRECTIONS 1. Heat 1 tablespoon of butter in a large skillet over medium heat. Add onion and sauté until translucent, about 3 minutes. 2. Stir in Arborio rice and cook for 2 minutes. Gradually add broth, one ladle at a time, stirring constantly until liquid is absorbed and rice is creamy, about 20 minutes. 3. Stir in peas, Parmesan cheese, remaining butter, and mint. Season with salt and pepper. 4. Serve hot, garnished with additional mint if desired.
Nutritional Information (per serving): 310 calories, 8g protein, 48g carbohydrates, 8g fat, 2g fiber, 20mg cholesterol, 250mg sodium, 150mg potassium.	

FOCACCIA WITH PESTO AND PARMESAN	
Yield: 4 servings Prep time: 10 minutes Cook time: 25 minutes	
INGREDIENTS • 1 focaccia bread, store-bought or homemade • 1/4 cup basil pesto • 1/4 cup grated Parmesan cheese • 1 tbsp olive oil • Salt, to taste	DIRECTIONS 1. Preheat oven to 400°F (200°C). Spread focaccia on a baking sheet. 2. Spread basil pesto evenly over the focaccia. Sprinkle with Parmesan cheese. 3. Drizzle with olive oil and sprinkle with salt. 4. Bake for 20–25 minutes, until golden and crispy. Serve warm.
Nutritional Information (per serving): 300 calories, 8g protein, 35g carbohydrates, 12g fat, 1g fiber, 10mg cholesterol, 300mg sodium, 100mg potassium.	

SPAGHETTI WITH SHRIMP AND LEMON BUTTER

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

INGREDIENTS

- 12 oz (340 g) spaghetti
- 1 lb (450 g) shrimp, peeled and deveined
- 2 tbsp olive oil
- 2 tbsp unsalted butter
- Zest and juice of 1 lemon
- 2 garlic cloves, minced
- 1/4 cup chopped parsley
- Salt and pepper, to taste

DIRECTIONS

1. Cook spaghetti in salted boiling water until al dente. Reserve 1/2 cup pasta water and drain.
2. Heat olive oil and butter in a skillet over medium heat. Add garlic and sauté for 1 minute.
3. Add shrimp and cook until pink, about 3 minutes. Stir in lemon zest, juice, and parsley.
4. Toss the cooked spaghetti with the shrimp mixture. Add reserved pasta water if needed to loosen the sauce.
5. Season with salt and pepper. Serve immediately.

Nutritional Information (per serving): 350 calories, 15g protein, 50g carbohydrates, 10g fat, 2g fiber, 30mg cholesterol, 400mg sodium, 200mg potassium.

MILANESE OSSO BUCO

Yield: 4 servings | Prep time: 20 minutes | Cook time: 2 hours

INGREDIENTS

- 4 veal shanks (about 2 inches thick)
- 1/2 cup all-purpose flour
- 2 tbsp olive oil
- 1 small onion, chopped
- 2 carrots, diced
- 2 celery stalks, diced
- 3 garlic cloves, minced
- 1 cup dry white wine
- 1 can (14 oz) diced tomatoes
- 2 cups beef or veal broth
- 1 tsp dried thyme
- Zest of 1 lemon
- Salt and pepper, to taste

DIRECTIONS

1. Preheat oven to 325°F (160°C). Season veal shanks with salt and pepper. Dredge in flour, shaking off excess.
2. Heat olive oil in a large oven-safe pot over medium heat. Brown veal shanks on all sides, then remove and set aside.
3. Add onion, carrots, celery, and garlic to the pot. Cook until softened, about 5 minutes.
4. Stir in wine, scraping up browned bits. Add tomatoes, broth, thyme, and lemon zest. Return veal shanks to the pot.
5. Cover and transfer to the oven. Braise for 2 hours, turning shanks halfway through, until tender.
6. Serve with gremolata (optional) and risotto.

Nutritional Information (per serving): 500 calories, 40g protein, 25g carbohydrates, 25g fat, 4g fiber, 120mg cholesterol, 600mg sodium, 500mg potassium.

CHICKEN MARSALA WITH MUSHROOMS

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

INGREDIENTS

- 4 boneless, skinless chicken breasts
- 1/2 cup all-purpose flour
- 1 tbsp olive oil
- 1 tbsp butter
- 8 oz (225 g) mushrooms, sliced
- 1/2 cup Marsala wine
- 1/2 cup chicken broth
- 2 tbsp chopped parsley
- Salt and pepper, to taste

DIRECTIONS

1. Pound chicken breasts to an even thickness. Season with salt and pepper, then dredge in flour.
2. Heat olive oil and butter in a skillet over medium heat. Cook chicken until golden, about 4 minutes per side. Remove and set aside.
3. Add mushrooms to the skillet and sauté until browned, about 5 minutes.
4. Stir in Marsala wine and chicken broth. Simmer for 5 minutes.
5. Return chicken to the skillet and cook until heated through, about 10 minutes.
6. Garnish with parsley and serve.

Nutritional Information (per serving): 400 calories, 30g protein, 15g carbohydrates, 20g fat, 2g fiber, 100mg cholesterol, 400mg sodium, 300mg potassium.

BRAISED VEAL WITH WHITE WINE

Yield: 4 servings | Prep time: 20 minutes | Cook time: 1 hour 30 minutes

INGREDIENTS

- 2 lbs (900 g) veal shoulder or stew meat, cubed
- 2 tbsp olive oil
- 1 small onion, diced
- 2 carrots, diced
- 2 celery stalks, diced
- 3 garlic cloves, minced
- 1 cup dry white wine
- 1 cup chicken broth
- 1 tsp dried rosemary
- Salt and pepper, to taste

DIRECTIONS

1. Heat olive oil in a large pot over medium heat. Brown veal cubes on all sides, then remove and set aside.
2. Add onion, carrots, celery, and garlic to the pot. Cook until softened, about 5 minutes.
3. Deglaze the pot with white wine, scraping up browned bits. Add broth, rosemary, and veal.
4. Bring to a simmer, cover, and cook over low heat for 1–1.5 hours, until veal is tender.
5. Season with salt and pepper. Serve with polenta or mashed potatoes.

Nutritional Information (per serving): 450 calories, 35g protein, 10g carbohydrates, 25g fat, 2g fiber, 120mg cholesterol, 400mg sodium, 400mg potassium.

POLENTA WITH HEARTY MEAT RAGU**Yield: 4 servings | Prep time: 10 minutes | Cook time: 1 hour****INGREDIENTS**

- 1 cup polenta
- 4 cups water or chicken broth
- 1 tbsp butter
- 1/2 cup grated Parmesan cheese
- 1 lb (450 g) ground beef or pork
- 1 small onion, diced
- 2 garlic cloves, minced
- 1 can (14 oz) crushed tomatoes
- 1 tsp dried oregano
- Salt and pepper, to taste

DIRECTIONS

1. Bring water or broth to a boil in a pot. Gradually whisk in polenta. Reduce heat and cook, stirring frequently, until thickened, about 10 minutes. Stir in butter and Parmesan cheese.
2. In a skillet, cook ground meat with onion and garlic until browned. Add crushed tomatoes, oregano, salt, and pepper. Simmer for 30 minutes.
3. Serve the meat ragu over polenta.

Nutritional Information (per serving):380 calories, 20g protein, 30g carbohydrates, 15g fat, 2g fiber, 70mg cholesterol, 350mg sodium, 300mg potassium.**RABBIT STEW WITH OLIVES****Yield: 4 servings | Prep time: 10 minutes | Cook time: 1 hour****INGREDIENTS**

- 2 lbs (900 g) rabbit, cut into pieces
- 2 tbsp olive oil
- 1 small onion, diced
- 2 carrots, diced
- 2 celery stalks, diced
- 3 garlic cloves, minced
- 1 cup dry white wine
- 1 cup chicken broth
- 1/2 cup green olives, pitted
- 1 tsp dried thyme
- 1 bay leaf
- Salt and pepper, to taste

DIRECTIONS

1. Heat olive oil in a large pot over medium heat. Brown rabbit pieces on all sides, then remove and set aside.
2. Add onion, carrots, celery, and garlic to the pot. Cook until softened, about 5 minutes.
3. Deglaze the pot with white wine, scraping up browned bits. Add broth, olives, thyme, and bay leaf.
4. Return rabbit to the pot. Cover and simmer over low heat for 1.5 hours, until tender.
5. Remove bay leaf and season with salt and pepper. Serve hot.

Nutritional Information (per serving):400 calories, 30g protein, 8g carbohydrates, 25g fat, 2g fiber, 120mg cholesterol, 600mg sodium, 400mg potassium.**BRAISED ARTICHOKEs WITH GARLIC AND LEMON****Yield: 4 servings | Prep time: 15 minutes | Cook time: 40 minutes****INGREDIENTS**

- 4 large artichokes, trimmed
- 3 garlic cloves, minced
- 1/4 cup olive oil
- Juice of 1 lemon
- 1/2 cup vegetable broth
- Salt and pepper, to taste

DIRECTIONS

1. Heat olive oil in a large skillet over medium heat. Add garlic and sauté for 1 minute.
2. Add artichokes, lemon juice, and vegetable broth. Season with salt and pepper.
3. Cover and simmer for 30–40 minutes, turning occasionally, until tender.
4. Serve warm, drizzled with cooking liquid.

Nutritional Information (per serving):150 calories, 2g protein, 10g carbohydrates, 12g fat, 5g fiber, 0mg cholesterol, 300mg sodium, 250mg potassium.

SEAFOOD PIZZA WITH GARLIC BUTTER		
Yield: 4 servings Prep time: 15 minutes Cook time: 20 minutes		
INGREDIENTS • 1 pizza dough, store-bought or homemade • 1/4 cup garlic butter • 1 cup shredded mozzarella cheese • 1/2 cup cooked shrimp • 1/2 cup calamari rings, cooked • 1/4 cup chopped parsley • Salt and pepper, to taste		DIRECTIONS 1. Preheat oven to 475°F (245°C). Roll out pizza dough onto a baking sheet or pizza stone. 2. Spread garlic butter over the dough. Sprinkle mozzarella cheese evenly. 3. Top with shrimp and calamari. Season with salt and pepper. 4. Bake for 15–20 minutes, until crust is golden and cheese is bubbly. 5. Garnish with parsley and serve hot.
Nutritional Information (per serving): 380 calories, 18g protein, 40g carbohydrates, 15g fat, 1g fiber, 80mg cholesterol, 500mg sodium, 150mg potassium.		

CAPRICCIOSA PIZZA		
Yield: 4 servings Prep time: 15 minutes Cook time: 20 minutes		
INGREDIENTS • 1 pizza dough, store-bought or homemade • 1/4 cup tomato sauce • 1 cup shredded mozzarella cheese • 1/4 cup artichoke hearts, chopped • 1/4 cup black olives, sliced • 2 oz (60 g) prosciutto, torn into pieces • 1/4 cup sliced mushrooms • Salt and pepper, to taste		DIRECTIONS 1. Preheat oven to 475°F (245°C). Roll out pizza dough onto a baking sheet or pizza stone. 2. Spread tomato sauce over the dough. Sprinkle mozzarella cheese evenly. 3. Top with artichoke hearts, olives, prosciutto, and mushrooms. Season with salt and pepper. 4. Bake for 15–20 minutes, until crust is golden and cheese is bubbly. Serve hot.
Nutritional Information (per serving): 400 calories, 16g protein, 40g carbohydrates, 18g fat, 2g fiber, 30mg cholesterol, 600mg sodium, 150mg potassium.		

CANNELLONI WITH RICOTTA AND PROSCIUTTO		
Yield: 4 servings Prep time: 20 minutes Cook time: 40 minutes		
INGREDIENTS • 8 cannelloni pasta tubes • 1 cup ricotta cheese • 1/4 cup grated Parmesan cheese • 4 slices prosciutto, chopped • 1 egg • 2 cups marinara sauce • 1/2 cup shredded mozzarella cheese • Salt and pepper, to taste		DIRECTIONS 1. Preheat oven to 375°F (190°C). Cook cannelloni tubes according to package instructions. 2. In a bowl, mix ricotta, Parmesan, prosciutto, egg, salt, and pepper. Stuff the mixture into the cannelloni tubes. 3. Spread a thin layer of marinara sauce in a baking dish. Arrange stuffed cannelloni on top. Cover with remaining marinara sauce and mozzarella cheese. 4. Bake for 30 minutes, until bubbly and golden. Serve hot
Nutritional Information (per serving): 380 calories, 18g protein, 30g carbohydrates, 18g fat, 1g fiber, 80mg cholesterol, 500mg sodium, 200mg potassium.		



ITALIAN DESERTS

Desserts (Dolci):

Italian desserts are the final brushstroke of an artist completing their masterpiece. They are an ode to life's sweetness, a way to transform simple ingredients into little works of art. Dessert in Italy isn't merely a treat but a declaration of love—for oneself, for the moment, and for the world. It's the satisfying crunch of a first bite, the aroma of citrus or chocolate, and the enduring sense of joy that begs to be shared.

CLASSIC TIRAMISU		
Yield: 4 servings Prep time: 20 minutes Cook time: None (Chill for 4 hours)		
INGREDIENTS • 1 cup brewed espresso, cooled • 3 tbsp coffee liqueur (optional) • 3 large eggs, separated • 1/2 cup granulated sugar • 8 oz (225 g) mascarpone cheese • 1 cup heavy cream • 1 package (200 g) ladyfingers • 2 tbsp unsweetened cocoa powder		DIRECTIONS 1. Combine espresso and coffee liqueur in a shallow dish. Set aside. 2. In a bowl, beat egg yolks and sugar until pale and creamy. Add mascarpone and mix until smooth. 3. In another bowl, whip heavy cream to stiff peaks and fold into the mascarpone mixture. 4. In a separate bowl, beat egg whites to stiff peaks and gently fold into the mascarpone mixture. 5. Dip ladyfingers briefly into the espresso mixture and layer them in a dish. Spread half of the mascarpone mixture on top. Repeat layers.
Nutritional Information (per serving): 350 calories, 6g protein, 35g carbohydrates, 20g fat, 1g fiber, 150mg cholesterol, 80mg sodium, 120mg potassium.		

PANNA COTTA WITH MIXED BERRY SAUCE		
Yield: 4 servings Prep time: 15 minutes Cook time: 10 minutes (Chill for 4 hours)		
INGREDIENTS • 2 cups of heavy cream • 1/2 cup granulated sugar • 1 tsp vanilla extract • 1 packet (7 g) gelatin powder • 3 tbsp cold water • 1 cup mixed berries (strawberries, blueberries, raspberries) • 2 tbsp sugar (for berry sauce)		DIRECTIONS 1. In a small bowl, sprinkle gelatin over cold water and let bloom for 5 minutes. 2. Heat cream and sugar in a saucepan over medium heat until sugar dissolves (do not boil). Remove from heat and stir in vanilla and gelatin until dissolved. 3. Pour into ramekins and chill for 4 hours. 4. For the sauce, combine berries and sugar in a saucepan over medium heat. Cook until softened, about 5 minutes. Cool. 5. Serve panna cotta topped with berry sauce.
Nutritional Information (per serving): 300 calories, 3g protein, 20g carbohydrates, 25g fat, 1g fiber, 80mg cholesterol, 50mg sodium, 100mg potassium.		

PROFITEROLES WITH PASTRY CREAM

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

INGREDIENTS

- 1/2 cup of water
- 1/4 cup of unsalted butter
- 1/2 cup all-purpose flour
- 2 large eggs
- 1 cup milk
- 1/4 cup granulated sugar
- 1 tbsp cornstarch
- 1 tsp vanilla extract
- 1/2 cup of melted chocolate (for garnish)

DIRECTIONS

1. Preheat oven to 400°F (200°C). In a saucepan, bring water and butter to boil. Add flour and stir until the dough forms a ball. Remove from heat.
2. Beat eggs one at a time until it is smooth. Pipe or spoon dough onto a baking sheet and bake for 20 minutes. Cool.
3. For pastry cream, heat milk and sugar in a saucepan. In a bowl, mix cornstarch with a little milk. Add to the saucepan and cook until thickened. Stir in vanilla and cool.
4. Slice profiteroles and fill with pastry cream. Drizzle with melted chocolate

Nutritional Information (per serving):320 calories, 6g protein, 30g carbohydrates, 18g fat, 1g fiber, 100mg cholesterol, 50mg sodium, 80mg potassium.

SEMIFREDDO WITH HAZELNUTS AND CHOCOLATE

Yield: 4 servings | Prep time: 20 minutes | Cook time: None (Freeze for 6 hours)

INGREDIENTS

- 3 large eggs, separated
- 1/2 cup granulated sugar
- 1 cup heavy cream
- 1/2 cup chopped hazelnuts
- 1/4 cup grated dark chocolate

DIRECTIONS

1. Beat egg yolks and sugar until pale and creamy.
2. In another bowl, whip cream to stiff peaks. Fold into the yolk mixture.
3. Beat egg whites to stiff peaks and gently fold in.
4. Stir in hazelnuts and chocolate. Pour into a loaf pan lined with plastic wrap.
5. Freeze for at least 6 hours. Slice and serve.

Nutritional Information (per serving):300 calories, 5g protein, 20g carbohydrates, 22g fat, 1g fiber, 110mg cholesterol, 40mg sodium, 80mg potassium.

PISTACHIO GELATO

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

INGREDIENTS

- 2 cups whole milk
- 1/2 cup granulated sugar
- 1/2 cup pistachio paste
- 1/2 cup heavy cream

DIRECTIONS

1. In a blender, combine milk, sugar, and pistachio paste. Blend until smooth.
2. Stir in heavy cream. Pour mixture into an ice cream maker and churn according to manufacturer's instructions.
3. Transfer to a container and freeze for at least 4 hours before serving.

Nutritional Information (per serving):250 calories, 5g protein, 25g carbohydrates, 15g fat, 1g fiber, 40mg cholesterol, 50mg sodium, 100mg potassium.

CHERRY CROSTATA		
Yield: 4 servings Prep time: 20 minutes Cook time: 40 minutes		
INGREDIENTS • 1 1/4 cups of all-purpose flour • 1/2 cup unsalted butter, chilled and cubed • 1/4 cup of sugar • 1/4 cup of cold water • 2 cups of fresh cherries, pitted • 2 tbsp sugar (for filling) • 1 tbsp cornstarch		DIRECTIONS 1. Preheat oven to 375°F (190°C). In a bowl, mix flour, sugar, and butter until crumbly. Add cold water and form a dough. Chill for 30 minutes. 2. Roll out dough into a circle and transfer to a baking sheet. 3. Mix cherries, sugar, and cornstarch. Spoon onto the center of the dough, leaving a border. Fold edges over the filling. 4. Bake for 40 minutes, until the crust is golden. Cool slightly before serving.
Nutritional Information (per serving): 300 calories, 4g protein, 40g carbohydrates, 15g fat, 2g fiber, 30mg cholesterol, 150mg sodium, 100mg potassium.		

CANNOLI WITH RICOTTA AND CANDIED ORANGE		
Yield: 4 servings Prep time: 20 minutes Cook time: None		
INGREDIENTS • 8 cannoli shells • 1 cup ricotta cheese • 1/4 cup powdered sugar • 1/4 cup candied orange peel, chopped • 1/4 cup mini chocolate chips		DIRECTIONS 1. In a bowl, mix ricotta, powdered sugar, orange peel, and chocolate chips until smooth. 2. Pipe or spoon filling into cannoli shells. 3. Serve immediately or chill before serving
Nutritional Information (per serving): 200 calories, 5g protein, 20g carbohydrates, 10g fat, 1g fiber, 20mg cholesterol, 100mg sodium, 50mg potassium.		

ALMOND BISCOTTI		
Yield: 4 servings Prep time: 15 minutes Cook time: 40 minutes		
INGREDIENTS • 1 cup all-purpose flour • 1/2 cup sugar • 1 tsp baking powder • 1/4 cup sliced almonds • 1 large egg • 1 tsp vanilla extract		DIRECTIONS 1. Preheat oven to 350°F (175°C). In a bowl, combine flour, sugar, baking powder, and almonds. 2. In another bowl, whisk egg and vanilla extract. Gradually mix into the dry ingredients to form a dough. 3. Shape dough into a log and place on a baking sheet lined with parchment paper. Bake for 25 minutes. 4. Remove from oven, cool slightly, and slice into biscotti. Bake for an additional 10 minutes until crisp. 5. Serve with coffee or tea.
Nutritional Information (per serving): 120 calories, 3g protein, 20g carbohydrates, 3g fat, 1g fiber, 20mg cholesterol, 50mg sodium, 30mg potassium.		

CAPRESE CHOCOLATE CAKE

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

INGREDIENTS

- 7 oz (200 g) dark chocolate
- 1/2 cup almond flour
- 1/2 cup unsalted butter, melted
- 1/2 cup granulated sugar
- 3 large eggs
- 1 tsp vanilla extract
- Powdered sugar (for dusting)

DIRECTIONS

1. Preheat oven to 350°F (175°C). Grease and line a 9-inch round cake pan.
2. Melt chocolate in a double boiler or microwave. Let cool slightly.
3. In a bowl, beat eggs and sugar until pale. Add melted chocolate, butter, almond flour, and vanilla. Mix until smooth.
4. Pour batter into the prepared pan and bake for 40 minutes. Cool before removing it from the pan.
5. Dust with powdered sugar before serving.

Nutritional Information (per serving):350 calories, 6g protein, 25g carbohydrates, 25g fat, 2g fiber, 100mg cholesterol, 60mg sodium, 100mg potassium.

MERINGUE ROLL WITH FRESH RASPBERRIES

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

INGREDIENTS

- 4 large egg whites
- 1 cup granulated sugar
- 1 tsp cornstarch
- 1/2 cup whipped cream
- 1 cup fresh raspberries
- Powdered sugar (for dusting)

DIRECTIONS

1. Preheat oven to 350°F (175°C). Line a baking sheet with parchment paper.
2. Beat egg whites to soft peaks. Gradually add sugar and cornstarch, beating until stiff peaks form.
3. Spread meringue evenly onto the prepared baking sheet. Bake for 15 minutes. Cool completely.
4. Spread whipped cream over the meringue and sprinkle with raspberries. Roll up carefully.
5. Dust with powdered sugar before serving.

Nutritional Information (per serving):250 calories, 3g protein, 35g carbohydrates, 10g fat, 1g fiber, 0mg cholesterol, 20mg sodium, 80mg potassium.

ORANGE SORBET

Yield: 4 servings | Prep time: 10 minutes | Cook time: None (Freeze for 3 hours)

INGREDIENTS

- 2 cups fresh orange juice
- 1/2 cup granulated sugar
- 1 tbsp orange zest
- 1/4 cup water

DIRECTIONS

1. In a saucepan, combine sugar and water. Heat until sugar dissolves. Cool completely.
2. Mix orange juice, zest, and sugar syrup. Pour into an ice cream maker or shallow dish.
3. Freeze for 3 hours, stirring every 30 minutes if not using an ice cream maker.
4. Serve in chilled bowls or glasses.

Nutritional Information (per serving):120 calories, 1g protein, 30g carbohydrates, 0g fat, 0g fiber, 0mg cholesterol, 5mg sodium, 150mg potassium.

SAVOIARDI COOKIES WITH CHOCOLATE DIP		
Yield: 4 servings Prep time: 15 minutes Cook time: 40 minutes		
INGREDIENTS • 1 cup all-purpose flour • 1/2 cup sugar • 3 large eggs, separated • 1/2 tsp vanilla extract • 1/2 cup melted dark chocolate		DIRECTIONS 1. Directions: 2. Preheat oven to 350°F (175°C). Line a baking sheet with parchment paper. 3. Beat egg whites to soft peaks, gradually adding sugar. Fold in egg yolks and vanilla. Gently fold in flour. 4. Pipe batter into 3-inch strips on the baking sheet. Bake for 10 minutes. Cool completely. 5. Dip one end of each cookie into melted chocolate. Let set before serving.
Nutritional Information (per serving): 150 calories, 4g protein, 25g carbohydrates, 5g fat, 1g fiber, 50mg cholesterol, 30mg sodium, 50mg potassium.		

FRESH FRUIT SALAD WITH MINT AND HONEY		
Yield: 4 servings Prep time: 10 minutes Cook time: None		
INGREDIENTS • 2 cups mixed fresh fruit (berries, melon, citrus) • 1 tbsp honey • 1 tbsp fresh mint, chopped		DIRECTIONS 1. Combine fresh fruit in a large bowl. 2. Drizzle with honey and sprinkle with mint. Toss gently to coat. 3. Serve immediately or chill before serving
Nutritional Information (per serving): 80 calories, 1g protein, 20g carbohydrates, 0g fat, 2g fiber, 0mg cholesterol, 5mg sodium, 150mg potassium.		

LEMON GRANITA		
Yield: 4 servings Prep time: 10 minutes Cook time: None (Freeze for 3 hours)		
INGREDIENTS • 1 cup fresh lemon juice • 1/2 cup granulated sugar • 2 cups water • 1 tbsp lemon zest		DIRECTIONS 1. In a saucepan, combine water and sugar. Heat until sugar dissolves. Cool completely. 2. Mix lemon juice, zest, and sugar syrup. Pour into a shallow dish. 3. Freeze for 3 hours, stirring with a fork every 30 minutes to create a granita texture. 4. Serve in chilled glasses.
Nutritional Information (per serving): 120 calories, 0g protein, 30g carbohydrates, 0g fat, 0g fiber, 0mg cholesterol, 10mg sodium, 20mg potassium.		

10-day gastronomic journey in Italy

Meal Plan & Nutritional Information

This plan features classic Italy dishes for each meal, combining flavors and textures to create a culinary experience. Nutritional values are calculated to balance taste and dietary needs.

Day	Breakfast	Lunch	Snack	Dinner	Nutritional Information
1	Greek Yogurt with Lemon Zest and Muesli	Tuna Salad with Red Onion and White Beans	Tomato and Garlic Bruschetta	Chicken Marsala with Mushrooms	Calories: 990 kcal, Protein: 64g, Carbohydrates: 68g, Fat: 45g
2	Vegetable and Parmesan Frittata	Minestrone Soup with Fresh Vegetables	Caprese Skewers with Basil	Polenta with Hearty Meat Ragu	Calories: 1280 kcal, Protein: 59g, Carbohydrates: 92g, Fat: 70g
3	Avocado and Basil Toast	Pasta with Tomatoes and Fresh Basil	Crostini with Fig Jam and Goat Cheese	Salmon Ravioli in Cream Sauce	Calories: 1340 kcal, Protein: 50g, Carbohydrates: 103g, Fat: 71g
4	Crepes with Ricotta and Fresh Berries	White Bean Soup with Rosemary	Stuffed Olives with Anchovies	Chicken Marsala with Mushrooms	Calories: 1230 kcal, Protein: 60g, Carbohydrates: 84g, Fat: 55g
5	Goat Cheese and Honey Toast	Tuscan Lentil Soup	Almond Biscotti	Fettuccine with Truffles	Calories: 1310 kcal, Protein: 48g, Carbohydrates: 103g, Fat: 63g
6	Ricotta with Honey and Walnuts	Panzanella Salad with Crunchy Bread and Tomatoes	Arancini with Mozzarella and Tomato Sauce	Spaghetti with Shrimp and Lemon Butter	Calories: 1250 kcal, Protein: 55g, Carbohydrates: 107g, Fat: 52g
7	Strawberry and Almond Milk Smoothie	Caprese Salad with Arugula	Lemon and Asparagus Salad	Rabbit Stew with Olives	Calories: 1205 kcal, Protein: 61g, Carbohydrates: 72g, Fat: 55g
8	Panini with Egg and Provolone Cheese	Spaghetti Carbonara	Mushroom and Parmesan Bruschetta	Classic Bolognese Pasta	Calories: 1370 kcal, Protein: 73g, Carbohydrates: 111g, Fat: 65g
9	Breakfast Pizza Bianca	Tagliatelle with Seafood and Lemon	Crostini with Ricotta and Honey	Milanese Osso Buco	Calories: 1290 kcal, Protein: 68g, Carbohydrates: 105g, Fat: 57g
10	Avocado Caprese Breakfast Bowl	Cannelloni with Ricotta and Spinach	Tomato and Garlic Bruschetta	Braised Veal with White Wine	Calories: 1305 kcal, Protein: 65g, Carbohydrates: 97g, Fat: 59g

10-Day Grocery List for Gastronomic Journey

Day	Produce	Pantry Items
1	Greek yogurt (1 cup), Cannellini beans (1 can), Red onion (1/2), Rustic bread (4 slices), Tomatoes (2 large), Chicken breasts (4), Mushrooms (8 oz)	Marsala wine (1/2 cup), Olive oil (2 tbsp), Lemon zest (1 tsp), Muesli (1/2 cup), Tuna in olive oil (2 cans), Garlic (1 clove), Salt and pepper
2	Eggs (6), Milk (1/2 cup), Zucchini (1 cup), Bell peppers (1/2 cup), Onions (1/4 cup), Cherry tomatoes (10), Mozzarella balls (10), Basil leaves (10), Polenta (1 cup), Ground beef (1 lb), Garlic (2 cloves), Parmesan cheese (1/2 cup)	Vegetable broth (4 cups), Small pasta (1/2 cup), Basil (1 tsp), Olive oil (1 tbsp) Salt and pepper
3	Whole-grain bread (2 slices), Avocado (1), Basil (2 tbsp), Cherry tomatoes (2 cups), Garlic (2 cloves), Ricotta cheese (1/4 cup), Salmon ravioli (12 oz), Lemon zest (1/2 tsp)	Olive oil (1 tbsp), Butter (2 tbsp), Parmesan cheese (1/4 cup), Heavy cream (1 cup), Salt and pepper
4	All-purpose flour (1 cup), Eggs (2), Milk (1.5 cups), Salt (1/4 tsp), Ricotta cheese (1/2 cup), Mixed berries (1 cup), White beans (2 cans), Garlic (2 cloves), Chicken breasts (4), Mushrooms (8 oz)	Olive oil (1 tbsp), Salt and pepper,
5	Whole-grain bread (2 slices), Goat cheese (1/4 cup), Lentils (1 cup), Onions (1), Carrots (2), Celery (2 stalks), Tomatoes (1 can), Garlic (2 cloves), Fettuccine (12 oz), Truffle oil (2 tbsp), Parmesan cheese (1/4 cup)	Honey (1 tbsp), Butter (2 tbsp), Olive oil (2 tbsp), Salt and pepper
6	Ricotta cheese (1 cup), Day-old bread (4 cups), Cherry tomatoes (3 cups), Cucumber (1), Garlic (2 cloves), Mozzarella cheese (1/2 cup), Marinara sauce (1 cup), Shrimp (1 lb), Lemon zest (1)	Honey (2 tbsp), Red wine vinegar (2 tbsp), Fresh basil (1/4 cup), Olive oil (1/4 cup) Salt and pepper
7	Strawberries (2 cups), Greek yogurt (1/4 cup), Arugula (2 cups), Mozzarella cheese (8 oz), Tomatoes (2 large), Asparagus (1 lb), Lemon (1), Rabbit (2 lbs), Green olives (1/2 cup)	Vanilla extract (1 tsp), Olive oil (2 tbsp), White wine (1 cup), Chicken broth (1 cup), Salt and pepper
8	Ciabatta rolls (2), Eggs (2), Provolone cheese (4 slices), Mushrooms (1 cup), Ground beef (1 lb), Crushed tomatoes (1 can)	Butter (2 tbsp), Olive oil (1 tbsp), Parmesan cheese (1/2 cup), Salt and pepper
9	Pizza dough (1), Ricotta cheese (1/2 cup), Cherry tomatoes (1/2 cup), Mixed seafood (1 lb), Basil pesto (1/2 cup), Walnuts (1/4 cup), Veal (2 lbs), Carrots (2), Celery (2 stalks), Diced tomatoes (1 can)	Butter (2 tbsp), Parmesan cheese (1/4 cup), Arborio rice (1.5 cups), Chicken broth (4 cups)
10	Avocado (1), Cherry tomatoes (1 cup), Mozzarella (4 oz), Cannelloni tubes (8), Artichokes (4), Garlic (3 cloves), Lemon (1)	Marinara sauce (2 cups), Parmesan cheese (1/4 cup), Olive oil (1/4 cup), Salt and pepper

GREEK CUISINE



The Essence of Greek Cuisine

Greek cuisine is a soulful celebration of flavors, traditions, and community, shaped by the sunlit landscapes and azure seas of the Mediterranean. Each dish tells a story of simplicity and heritage, offering a taste of life's most cherished pleasures.

Core Principles of Greek Cuisine:

Simplicity: Greek cooking lets ingredients shine. A few olives, a drizzle of golden olive oil, and a sprinkle of oregano transform the simplest elements into something unforgettable.

Quality: The cuisine treasures the bounty of the land and sea—sun-ripened tomatoes, creamy feta, tender lamb, and fresh seafood, all sourced locally and seasonally.

Rituals: In Greece, meals are a way of life. Dining is communal, where laughter, stories, and plates of meze—small, flavorful dishes—are shared around the table, deepening connections.

Greek cuisine invites you to savor the Mediterranean's vibrant flavors and embrace the joy of gathering around the table. Each bite, from tangy salads to honeyed pastries, is a journey into the heart of Greece.



BREAKFAST IN GREECE

Breakfasts (Proino):

Greek breakfasts are a soft embrace of the new day, unhurried and serene. Simple yet nourishing, they echo the Greek philosophy of living in harmony with nature. The morning begins with rustic breads, drizzled with golden olive oil or spread with fresh cheese, alongside a spoonful of local honey. It's not a feast but a gentle nudge to awaken the senses, paired with the invigorating aroma of strong Greek coffee. A Greek breakfast embodies the essence of the land: wholesome, fresh, and grounding—a reminder to greet the day with gratitude and simplicity.

CRETAN EGGS WITH TOMATOES (STRATIKINO)
Yield: 2–4 servings | Prep Time: 10 minutes | Cook Time: 15 minutes

INGREDIENTS

- 4 large eggs
- 2 medium ripe tomatoes, diced
- 2 tbsp extra virgin olive oil
- 1 small onion, finely chopped
- 1 clove garlic, minced
- 1 tsp dried oregano
- Salt and black pepper to taste
- Optional: 1 tbsp crumbled feta cheese (for garnish)

DIRECTIONS

1. Prepare the Tomatoes: Heat olive oil in a medium skillet over medium heat. Add the onions and garlic, sautéing until fragrant and soft (about 3 minutes).
2. Cook the Sauce: Add diced tomatoes, oregano, salt, and pepper to the skillet. Stir and let the mixture simmer for about 7–10 minutes until it thickens slightly.
3. Add the Eggs: Create small wells in the tomato mixture and gently crack the eggs into the wells. Cover the skillet with a lid.
4. Cook the Eggs: Let the eggs cook for about 5–7 minutes, or until the whites are set but the yolks remain slightly runny (or to your preferred doneness).
5. Serve: Carefully spoon the tomato and egg mixture onto plates. Garnish with crumbled feta cheese, if desired, and serve warm with crusty bread or pita.

Nutritional Information (per serving):150 calories, 6g protein, 8g carbohydrates, 11g fat, 2g fiber, 180mg cholesterol, 210mg sodium, 270mg potassium.

GREEK YOGURT WITH HONEY AND WALNUTS
Yield: 2–4 servings | Prep Time: 5 minutes | Cook Time: None

INGREDIENTS

- 2 cups plain Greek yogurt (full-fat or low-fat)
- 4 tbsp honey
- 1/4 cup walnuts, chopped
- Optional: Fresh fruit (berries, figs, or bananas) for garnish

DIRECTIONS

1. Prepare the Yogurt Base: Divide the Greek yogurt evenly between serving bowls or glasses.
2. Drizzle Honey: Drizzle 1 tablespoon of honey over each serving.
3. Add Walnuts: Sprinkle chopped walnuts on top of the yogurt and honey.
4. Top with fresh fruit if desired.

Nutritional Information (per serving):180 calories, 6g protein, 20g carbohydrates, 8g fat, 1g fiber, 10mg cholesterol, 35mg sodium, 120mg potassium.

RYE BREAD WITH TOMATO SAUCE AND ANCHOVIES
Yield: 2–4 servings | Prep Time: 5 minutes | Cook Time: None

INGREDIENTS

- 4 slices rye bread
- 4 tbsp tomato sauce
- 4 anchovy fillets
- 1 tsp olive oil
- Black pepper to taste

DIRECTIONS

1. Prepare the Bread: Lightly toast the rye bread, if desired.
2. Add Sauce: Spread 1 tablespoon of tomato sauce on each slice.
3. Add Anchovies: Place one anchovy fillet on each slice.
4. Drizzle and Serve: Drizzle with olive oil and sprinkle with black pepper. Serve immediately.

Nutritional Information (per serving):150 calories, 5g protein, 18g carbohydrates, 6g fat, 3g fiber, 10mg cholesterol, 200mg sodium, 100mg potassium.

NUTRITIONAL INFORMATION (PER SERVING):		
Yield: 2–4 servings Prep Time: 5 minutes Cook Time: 10 minutes		
INGREDIENTS • 4 large eggs • 2 tbsp milk or water • 1/4 cup crumbled feta cheese • 2 tbsp fresh parsley, chopped • 2 tbsp fresh dill, chopped • 2 tbsp butter or olive oil • Salt and black pepper to taste		DIRECTIONS 1. In a bowl, whisk together eggs, milk (or water), salt, and pepper until combined. 2. Melt butter or heat olive oil in a non-stick skillet over medium heat. 3. Pour the egg mixture into the skillet. Cook for 2–3 minutes, gently lifting the edges to allow uncooked egg to flow underneath. 4. Sprinkle feta and herbs evenly over the omelet. Cook until the eggs are set but still soft (about 2–3 more minutes). 5. Carefully fold the omelet in half and slide it onto a plate. Serve warm.
Nutritional Information (per serving): 190 calories, 10g protein, 1g carbohydrates, 15g fat, 0g fiber, 215mg cholesterol, 250mg sodium, 160mg potassium		

SPINACH AND EGG PIE (TIROPITA)		
Yield: 2–4 servings Prep Time: 15 minutes Cook Time: 25 minutes		
INGREDIENTS • 4 large eggs • 1 cup cooked spinach, squeezed to remove excess moisture • 1/2 cup crumbled feta cheese • 1 sheet puff pastry, thawed • 2 tbsp olive oil or melted butter • 1 tsp dried oregano • Salt and pepper to taste		DIRECTIONS 1. In a bowl, mix eggs, spinach, feta, oregano, salt, and pepper until well combined. 2. Preheat the oven to 375°F (190°C). Roll out the puff pastry onto a lined baking sheet. 3. Spread the spinach mixture evenly over half of the pastry, leaving a small border. Fold the other half of the pastry over the filling and seal the edges. 4. Brush the top with olive oil or melted butter. Bake for 20–25 minutes, or until golden brown. 5. Let cool for 5 minutes before slicing and serving
Nutritional Information (per serving): 290 calories, 9g protein, 22g carbohydrates, 18g fat, 2g fiber, 140mg cholesterol, 320mg sodium, 210mg potassium		

BREAD WITH TAHINI AND HONEY		
Yield: 2–4 servings Prep Time: 5 minutes Cook Time: None		
INGREDIENTS • 4 slices of whole-grain or sourdough bread • 4 tbsp tahini • 4 tbsp honey		DIRECTIONS 1. Prepare the Bread: Lightly toast the bread, if desired. 2. Spread the Tahini: Spread 1 tablespoon of tahini evenly on each slice. 3. Drizzle Honey: Drizzle 1 tablespoon of honey over the tahini. 4. Serve: Serve immediately as a simple and nutritious breakfast or snack
Nutritional Information (per serving): 200 calories, 5g protein, 26g carbohydrates, 8g fat, 3g fiber, 0mg cholesterol, 140mg sodium, 110mg potassium.		

BOUGATSA WITH CREAM FILLING		
Yield: 4 servings Prep time: 10 minutes Cook time: None (Freeze for 3 hours)		
INGREDIENTS • 1 cup milk • 2 tbsp sugar • 2 tbsp semolina flour • 1 large egg • 1 sheet phyllo dough, thawed • 2 tbsp butter, melted • Powdered sugar and cinnamon for topping		DIRECTIONS 1. Make the Cream: In a saucepan, heat milk and sugar over medium heat. Gradually whisk in semolina. Cook until thickened (about 5 minutes). Remove from heat and whisk in the egg. 2. Prepare the Phyllo: Preheat the oven to 375°F (190°C). Brush phyllo dough with melted butter and fold it in half. 3. Add the Cream: Spread the cream filling in the center of the phyllo. Fold the edges to form a small parcel. 4. Bake: Place the parcel on a baking sheet and bake for 20–25 minutes until golden. 5. Serve: Sprinkle with powdered sugar and cinnamon before serving.
Nutritional Information (per serving): 250 calories, 5g protein, 26g carbohydrates, 12g fat, 1g fiber, 40mg cholesterol, 130mg sodium, 100mg potassium.		

FRESH TOMATO, CUCUMBER, AND OLIVE SALAD		
Yield: 4 servings Prep time: 10 minutes Cook time: None		
INGREDIENTS • 2 medium tomatoes, diced • 1 medium cucumber, sliced • 1/4 cup Kalamata olives, pitted • 1/4 cup crumbled feta cheese • 2 tbsp extra virgin olive oil • 1 tsp dried oregano • Salt and black pepper to taste		DIRECTIONS 1. Prepare the Vegetables: In a large bowl, combine the tomatoes, cucumber, and olives. 2. Add Seasoning: Drizzle with olive oil and sprinkle oregano, salt, and pepper. Toss gently to combine. 3. Top with Feta: Add crumbled feta cheese on top before serving. 4. Serve: Serve fresh with toasted bread or pita as a light breakfast option.
Nutritional Information (per serving): 140 calories, 3g protein, 7g carbohydrates, 11g fat, 2g fiber, 10mg cholesterol, 280mg sodium, 180mg potassium.		

MUESLI WITH RAISINS AND DRIED FIGS		
Yield: 2–4 servings Prep Time: 5 minutes Cook Time: None		
INGREDIENTS • 2 cups rolled oats • 1/4 cup raisins • 1/4 cup dried figs, chopped • 1/4 cup almonds or walnuts, chopped • 1/2 tsp cinnamon • 1 cup milk or yogurt (optional for serving)		DIRECTIONS 1. Mix the Dry Ingredients: In a bowl, combine oats, raisins, figs, almonds, and cinnamon. 2. Store or Serve: Store the muesli in an airtight container or serve immediately with milk or yogurt.
Nutritional Information (per serving): 250 calories, 6g protein, 40g carbohydrates, 8g fat, 5g fiber, 0mg cholesterol, 50mg sodium, 250mg potassium.		

LOUKOUMADES WITH HONEY (GREEK DOUGHNUTS) Yield: 2–4 servings Prep Time: 10 minutes Cook Time: 20 minutes		
INGREDIENTS • 1 cup all-purpose flour • 1 tsp baking powder • 1/4 tsp salt • 1/2 cup warm water • 1/2 cup warm milk • 1 tbsp sugar • Vegetable oil for frying • 1/4 cup honey • Optional: Ground cinnamon and chopped walnuts for garnish		DIRECTIONS 1. Prepare the Batter: In a bowl, mix flour, baking powder, and salt. Gradually whisk in water, milk, and sugar until a smooth batter forms. Let it rest for 10 minutes. 2. Heat the Oil: Heat vegetable oil in a deep pan over medium heat. 3. Fry the Doughnuts: Drop small spoonfuls of batter into the hot oil. Fry until golden brown, about 2–3 minutes per batch. Remove and drain on paper towels. 4. Drizzle with Honey: Arrange the doughnuts on a plate and drizzle with honey. 5. Optional Garnish: Sprinkle with cinnamon and chopped walnuts if desired. Serve warm.
Nutritional Information (per serving): 230 calories, 4g protein, 34g carbohydrates, 8g fat, 1g fiber, 0mg cholesterol, 120mg sodium, 40mg potassium.		

AVOCADO, FETA, AND LEMON TOAST Yield: 2–4 servings Prep Time: 5 minutes Cook Time: None		
INGREDIENTS • 4 slices of whole-grain or sourdough bread • 1 ripe avocado, mashed • 1/4 cup crumbled feta cheese • 1 tbsp fresh lemon juice • 1/2 tsp lemon zest • Salt and black pepper to taste		DIRECTIONS 1. Toast the Bread: Lightly toast the slices of bread to your preference. 2. Prepare the Avocado Mixture: In a small bowl, mash the avocado with lemon juice, zest, salt, and pepper. 3. Assemble the Toast: Spread the avocado mixture evenly over each slice of toast. 4. Add Feta: Sprinkle crumbled feta cheese on top of each slice.
Nutritional Information (per serving): 220 calories, 5g protein, 24g carbohydrates, 11g fat, 5g fiber, 5mg cholesterol, 200mg sodium, 240mg potassium.		

WHEAT PORRIDGE WITH NUTS AND DRIED FRUITS (TRAHANAS) Yield: 2–4 servings Prep Time: 10 minutes Cook Time: 15 minutes		
INGREDIENTS • 1 cup cracked wheat or bulgur • 2 cups water or milk • 1/4 cup mixed nuts (e.g., almonds, walnuts) • 1/4 cup dried fruits (e.g., raisins, apricots) • 1 tbsp honey • 1/2 tsp cinnamon		DIRECTIONS 1. Cook the Wheat: In a saucepan, bring water or milk to a boil. Add the cracked wheat and cook over low heat for 12–15 minutes, stirring occasionally. 2. Add Sweeteners: Stir in honey and cinnamon. 3. Top and Serve: Spoon the porridge into bowls and top with nuts and dried fruits. Serve warm.
Nutritional Information (per serving): 210 calories, 6g protein, 36g carbohydrates, 5g fat, 4g fiber, 0mg cholesterol, 10mg sodium, 150mg potassium.		

GREEK-STYLE CHEESE PANCAKES WITH MIZITHRA
Yield: 2–4 servings | Prep Time: 10 minutes | Cook Time: 10 minutes

INGREDIENTS

- 1 cup Mizithra or ricotta cheese
- 1/2 cup all-purpose flour
- 1 large egg
- 1 tbsp olive oil (for frying)
- Honey for drizzling (optional)

DIRECTIONS

1. Prepare the Batter: In a bowl, mix cheese, flour, and egg until combined.
2. Heat the Pan: Heat olive oil in a skillet over medium heat.
3. Cook the Pancakes: Drop spoonfuls of batter into the skillet. Flatten slightly and cook until golden, about 3 minutes per side.
4. Serve: Drizzle with honey if desired and serve warm.

Nutritional Information (per serving):190 calories, 8g protein, 14g carbohydrates, 11g fat, 0g fiber, 70mg cholesterol, 160mg sodium, 80mg potassium.

CREAM CHEESE TOAST WITH OLIVE OIL AND OREGANO
Yield: 2–4 servings | Prep Time: 5 minutes | Cook Time: None

INGREDIENTS

- 4 slices whole-grain bread
- 4 tbsp cream cheese
- 2 tbsp extra virgin olive oil
- 1 tsp dried oregano

DIRECTIONS

1. Toast the Bread: Lightly toast the bread slices.
2. Spread the Cheese: Spread 1 tablespoon of cream cheese on each slice.
3. Drizzle with Olive Oil: Drizzle a small amount of olive oil over the cream cheese.
4. Garnish: Sprinkle oregano on top and serve immediately.

Nutritional Information (per serving):180 calories, 5g protein, 18g carbohydrates, 9g fat, 2g fiber, 10mg cholesterol, 150mg sodium, 90mg potassium.

TRADITIONAL HALVA FOR BREAKFAST
Yield: 2–4 servings | Prep Time: 10 minutes | Cook Time: 10 minutes

INGREDIENTS

- 1 cup semolina flour
- 1/4 cup olive oil
- 1/2 cup sugar
- 1/2 tsp cinnamon
- 1 cup water

DIRECTIONS

1. Toast the Semolina: In a pan, heat olive oil over medium heat and stir in semolina. Cook until golden, for about 5 minutes.
2. Prepare the Syrup: In a separate saucepan, heat water and sugar until dissolved. Add cinnamon.
3. Combine: Slowly pour the syrup into the semolina mixture, stirring constantly. Cook until it thickened.
4. Serve: Spoon into bowls and serve warm.

Nutritional Information (per serving):230 calories, 3g protein, 33g carbohydrates, 9g fat, 2g fiber, 0mg cholesterol, 10mg sodium, 40mg potassium.



LUNCHE IN GREECE

Lunches (Mesimeriano):

Lunch in Greece is a vibrant celebration, the heart of the day where time slows, and the table fills with color and life. This is when families gather to savor the abundance of the Mediterranean. Each bite tells a story of the sun, sea, and soil—a harmony of fresh vegetables, grains, and herbs. Greek lunches are not hurried affairs; they are a dance of flavors and textures, with every dish a testament to the love for honest, unpretentious food. It's a communal ritual, a pause to relish the moment and connect over the joys of a shared meal.

GREEK SALAD WITH OREGANO AND LEMON DRESSING		
Yield: 2–4 servings Prep Time: 10 minutes Cook Time: None		
INGREDIENTS • 2 medium tomatoes, chopped • 1 cucumber, sliced • 1 small red onion, thinly sliced • 1/4 cup Kalamata olives • 1/4 cup crumbled feta cheese • 2 tbsp olive oil • Juice of 1/2 lemon • 1 tsp dried oregano • Salt and pepper to taste		DIRECTIONS 1. Prepare the Vegetables: In a large bowl, combine tomatoes, cucumber, onion, and olives. 2. Make the Dressing: In a small bowl, whisk together olive oil, lemon juice, oregano, salt, and pepper. 3. Combine and Serve: Pour the dressing over the vegetables. Toss gently and sprinkle with feta cheese. Serve immediately.
Nutritional Information (per serving): 160 calories, 4g protein, 10g carbohydrates, 12g fat, 2g fiber, 10mg cholesterol, 250mg sodium, 200mg potassium.		

WATERMELON, SHRIMP, AND FETA SALAD		
Yield: 2–4 servings Prep Time: 10 minutes Cook Time: None		
INGREDIENTS • 2 cups watermelon, cubed • 1/2 lb (225 g) shrimp, cooked and peeled • 1/4 cup crumbled feta cheese • 2 tbsp olive oil • Juice of 1 lime • Fresh mint leaves for garnish • Salt and pepper to taste		DIRECTIONS 1. Combine Ingredients: In a large bowl, combine watermelon cubes, shrimp, and feta cheese. 2. Dress the Salad: Drizzle olive oil and lime juice over the salad. Toss gently to combine. 3. Serve: Garnish with fresh mint leaves and serve chilled.
Nutritional Information (per serving): 180 calories, 18g protein, 12g carbohydrates, 7g fat, 1g fiber, 90mg cholesterol, 200mg sodium, 300mg potassium.		

TOMATO SOUP WITH OREGANO		
Yield: 2–4 servings Prep Time: 10 minutes Cook Time: 20 minutes		
INGREDIENTS • 4 large ripe tomatoes, chopped • 1 medium onion, chopped • 2 garlic cloves, minced • 2 tbsp olive oil • 2 cups of vegetable broth • 1 tsp dried oregano • Salt and pepper to taste • Optional: Fresh basil leaves for garnish		DIRECTIONS 1. Sauté Vegetables: Heat olive oil in a pot. Sauté onion and garlic until softened. 2. Add Tomatoes: Stir in chopped tomatoes, oregano, salt, and pepper. Cook for 10 minutes. 3. Blend the Soup: Use an immersion blender to puree the soup until smooth. 4. Simmer: Add vegetable broth and simmer for another 10 minutes. 5. Serve: Garnish with fresh basil, if desired, and serve hot
Nutritional Information (per serving): 150 calories, 3g protein, 14g carbohydrates, 8g fat, 3g fiber, 0mg cholesterol, 200mg sodium, 300mg potassium.		

FASOLADA (GREEK WHITE BEAN SOUP)

Yield: 2–4 servings | Prep Time: 15 minutes | Cook Time: 1 hour

INGREDIENTS

- 1 cup dried white beans, soaked overnight
- 2 medium carrots, sliced
- 2 celery stalks, chopped
- 1 small onion, diced
- 2 garlic cloves, minced
- 1/4 cup olive oil
- 1 can (14 oz) diced tomatoes
- 4 cups water or vegetable broth
- 1 tsp dried oregano
- Salt and pepper to taste

DIRECTIONS

1. Cook the Beans: Drain soaked beans and cook in boiling water for 30 minutes. Drain and set aside.
2. Prepare the Base: In a large pot, heat olive oil. Sauté onion, garlic, carrots, and celery for 5 minutes.
3. Combine Ingredients: Add beans, tomatoes, water (or broth), oregano, salt, and pepper.
4. Simmer: Bring to a boil, reduce heat, and simmer for 30 minutes, stirring occasionally.
5. Serve: Serve hot with crusty bread.

Nutritional Information (per serving): 240 calories, 7g protein, 32g carbohydrates, 9g fat, 8g fiber, 0mg cholesterol, 200mg sodium, 450mg potassium.

CHICKEN SOUVLAKI WITH VEGETABLES

Yield: 2–4 servings | Prep Time: 20 minutes | Cook Time: 15 minutes

INGREDIENTS

- 1 lb (450 g) chicken breast, cut into 1-inch cubes
- 1 red bell pepper, cut into chunks
- 1 yellow bell pepper, cut into chunks
- 1 small red onion, cut into wedges
- 2 tbsp olive oil
- 1 tsp dried oregano
- Juice of 1 lemon
- Salt and black pepper to taste
- 4 skewers

DIRECTIONS

1. Marinate the Chicken: In a bowl, mix olive oil, oregano, lemon juice, salt, and pepper. Add chicken and toss to coat. Marinate for 15 minutes.
2. Assemble the Skewers: Alternate chicken, bell peppers, and onion on skewers.
3. Grill the Skewers: Preheat a grill or grill pan over medium heat. Cook skewers for 12–15 minutes, turning occasionally, until chicken is cooked through.
4. Serve: Serve hot with pita bread and tzatziki sauce, if desired.

Nutritional Information (per serving): 220 calories, 25g protein, 7g carbohydrates, 10g fat, 2g fiber, 70mg cholesterol, 180mg sodium, 300mg potassium.

KLEFTIKO (BAKED LAMB WITH POTATOES)

Yield: 2–4 servings | Prep Time: 15 minutes | Cook Time: 2 hours

INGREDIENTS

- 2 lbs (900 g) lamb shoulder, cut into chunks
- 4 medium potatoes, peeled and quartered
- 3 garlic cloves, minced
- 1/4 cup olive oil
- 1/4 cup white wine
- 1 tsp dried oregano
- Juice of 1 lemon
- Salt and black pepper to taste

DIRECTIONS

1. Preheat the Oven: Preheat oven to 350°F (175°C).
2. Prepare the Marinade: In a bowl, mix olive oil, wine, lemon juice, garlic, oregano, salt, and pepper.
3. Combine Ingredients: Place lamb and potatoes in a baking dish. Pour marinade over and toss to coat.
4. Cover and Bake: Cover the dish with aluminum foil and bake for 90 minutes. Remove foil and bake for another 30 minutes until the lamb is tender and browned.

Nutritional Information (per serving): 450 calories, 32g protein, 15g carbohydrates, 28g fat, 3g fiber, 100mg cholesterol, 350mg sodium, 500mg potassium.

MOUSSAKA WITH EGGPLANTS

Yield: 2–4 servings | Prep Time: 25 minutes | Cook Time: 45 minutes

INGREDIENTS

- 2 medium eggplants, sliced
- 1 lb (450 g) ground beef or lamb
- 1 medium onion, chopped
- 2 garlic cloves, minced
- 1 can (14 oz) diced tomatoes
- 2 tbsp olive oil
- 1 tsp ground cinnamon
- 1/2 tsp dried oregano
- Salt and black pepper to taste
- 1/2 cup grated Parmesan cheese
- 1 cup béchamel sauce (homemade or store-bought)

DIRECTIONS

1. Prepare the Eggplants: Preheat the oven to 375°F (190°C). Brush eggplant slices with olive oil, season with salt, and bake for 15 minutes until softened.
2. Cook the Meat Sauce: In a skillet, heat olive oil and sauté onion and garlic. Add ground meat, cooking until browned. Stir in tomatoes, cinnamon, oregano, salt, and pepper. Simmer for 10 minutes.
3. Assemble the Layers: In a baking dish, layer eggplant slices, meat sauce, and béchamel sauce. Repeat until all ingredients are used.
4. Top and Bake: Sprinkle Parmesan cheese over the top and bake for 30 minutes until golden and bubbling.

Nutritional Information (per serving):360 calories, 20g protein, 12g carbohydrates, 26g fat, 4g fiber, 70mg cholesterol, 400mg sodium, 300mg potassium.

LAMB WITH ARTICHOKE IN LEMON SAUCE

Yield: 2–4 servings | Prep Time: 15 minutes | Cook Time: 2 hours

INGREDIENTS

- 1 lb (450 g) lamb shoulder, cut into chunks
- 1 cup artichoke hearts (fresh or canned)
- 1 medium onion, chopped
- 2 garlic cloves, minced
- 1/4 cup olive oil
- 1/2 cup white wine
- Juice of 1 lemon
- 1 tsp dried dill or fresh dill for garnish
- Salt and pepper to taste

DIRECTIONS

1. Sear the Lamb: In a large pot, heat olive oil over medium heat. Sear lamb chunks until browned on all sides.
2. Add Aromatics: Add onion and garlic, sautéing until softened.
3. Deglaze and Simmer: Pour in wine, scraping up browned bits. Add lemon juice, dill, salt, and pepper. Cover and simmer for 45 minutes.
4. Add Artichokes: Stir in artichoke hearts and cook for another 15 minutes.

Nutritional Information (per serving):320 calories, 28g protein, 6g carbohydrates, 20g fat, 3g fiber, 85mg cholesterol, 360mg sodium, 280mg potassium...

GRILLED OCTOPUS WITH MASHED POTATOES

Yield: 2–4 servings | Prep Time: 20 minutes | Cook Time: 40 minutes

INGREDIENTS

- 1 lb (450 g) octopus, cleaned
- 4 medium potatoes, peeled and cubed
- 3 tbsp olive oil
- 1 garlic clove, minced
- Juice of 1 lemon
- 1 tsp dried oregano
- Salt and pepper to taste

DIRECTIONS

1. Sauté Aromatics: Heat olive oil in a pot. Sauté onion and garlic until softened.
2. Add Chickpeas and Spices: Stir in chickpeas, cumin, and paprika. Cook for 5 minutes.
3. Add Spinach: Add spinach and cook until wilted (about 5 minutes).
4. Serve: Season with salt and pepper and serve warm with bread

Nutritional Information (per serving):220 calories, 8g protein, 26g carbohydrates, 8g fat, 5g fiber, 0mg cholesterol, 200mg sodium, 400mg potassium

FISH IN GREEK TOMATO SAUCE		
Yield: 2–4 servings Prep Time: 10 minutes Cook Time: 20 minutes		
INGREDIENTS • 1 lb (450 g) white fish fillets (e.g., cod or haddock) • 2 tbsp olive oil • 1 medium onion, chopped • 2 garlic cloves, minced • 1 can (14 oz) diced tomatoes • 1/2 cup dry white wine • 1 tsp dried oregano • Salt and black pepper to taste • Fresh parsley for garnish		DIRECTIONS 1. Prepare the Sauce: Heat olive oil in a skillet. Sauté onion and garlic until softened. Add tomatoes, wine, oregano, salt, and pepper. Simmer for 10 minutes. 2. Cook the Fish: Place fish fillets into the sauce. Cover and cook over low heat for 10 minutes, or until the fish is cooked through. 3. Serve: Garnish with parsley and serve with rice or crusty bread.
Nutritional Information (per serving): 200 calories, 28g protein, 8g carbohydrates, 6g fat, 2g fiber, 70mg cholesterol, 300mg sodium, 400mg potassium.		

ORZO WITH SEAFOOD (CRETAN RISOTTO)		
Yield: 2–4 servings Prep Time: 15 minutes Cook Time: 25 minutes		
INGREDIENTS • 1 cup orzo pasta • 1/2 lb (225 g) shrimp, peeled and deveined • 1/2 lb (225 g) mussels, cleaned • 3 tbsp olive oil • 1 medium onion, chopped • 2 garlic cloves, minced • 1/2 cup white wine • 2 cups chicken or seafood broth • 1/4 cup grated Parmesan cheese • Salt and black pepper to taste		DIRECTIONS 1. Sauté Aromatics: In a large skillet, heat olive oil. Sauté onion and garlic until fragrant. 2. Cook the Orzo: Add orzo to the skillet and toast for 2 minutes. Deglaze with wine and let it reduce. 3. Simmer with Broth: Gradually add broth, stirring frequently, until orzo is tender (about 15 minutes). 4. Cook the Seafood: Add shrimp and mussels to the orzo. Cover and cook until shrimp are pink and mussels open (about 5 minutes). 5. Finish and Serve: Stir in Parmesan, season with salt and pepper, and serve warm.
Nutritional Information (per serving): 340 calories, 25g protein, 35g carbohydrates, 10g fat, 2g fiber, 75mg cholesterol, 400mg sodium, 350mg potassium.		

CHICKPEA STEW WITH SPINACH		
Yield: 2–4 servings Prep Time: 10 minutes Cook Time: 20 minutes		
INGREDIENTS • 2 cups cooked chickpeas (or 1 can, drained) • 4 cups fresh spinach • 2 tbsp olive oil • 1 medium onion, chopped • 2 garlic cloves, minced • 1/2 tsp cumin • 1/2 tsp paprika • Salt and pepper to taste		DIRECTIONS 1. Sauté Aromatics: Heat olive oil in a pot. Sauté onion and garlic until softened. 2. Add Chickpeas and Spices: Stir in chickpeas, cumin, and paprika. Cook for 5 minutes. 3. Add Spinach: Add spinach and cook until wilted (about 5 minutes). 4. Serve: Season with salt and pepper and serve warm with bread.
Nutritional Information (per serving): 220 calories, 8g protein, 26g carbohydrates, 8g fat, 5g fiber, 0mg cholesterol, 200mg sodium, 400mg potassium.		

SPINACH RICE WITH LEMON (SPANAKORIZO)**Yield: 2–4 servings | Prep Time: 10 minutes | Cook Time: 20 minutes****INGREDIENTS**

- 1 cup white rice
- 4 cups fresh spinach, chopped
- 1 medium onion, finely chopped
- 2 garlic cloves, minced
- 2 tbsp olive oil
- 1 1/2 cups water or vegetable broth
- Juice of 1 lemon
- 1 tsp dried dill
- Salt and pepper to taste

DIRECTIONS

1. Sauté Vegetables: Heat olive oil in a pot. Sauté onion and garlic until softened.
2. Add Spinach: Stir in spinach and cook until wilted.
3. Cook the Rice: Add rice, water (or broth), lemon juice, dill, salt, and pepper. Stir well.
4. Simmer: Cover and simmer on low heat for 15–20 minutes, until the rice is tender and liquid is absorbed.
5. Serve: Fluff with a fork and serve warm as a side dish or light main course.

Nutritional Information (per serving):190 calories, 4g protein, 30g carbohydrates, 6g fat, 2g fiber, 0mg cholesterol, 200mg sodium, 250mg potassium.**CABBAGE RICE IN TOMATO SAUCE (LAHANORIZO)****Yield: 4 servings | Prep time: 10 minutes | Cook time: None (Freeze for 3 hours)****INGREDIENTS**

- 1 cup white rice
- 3 cups cabbage, thinly sliced
- 1 medium onion, chopped
- 2 garlic cloves, minced
- 1 can (14 oz) diced tomatoes
- 2 tbsp olive oil
- 1 tsp dried oregano
- 1 cup water or vegetable broth
- Salt and pepper to taste

DIRECTIONS

1. Sauté Cabbage: Heat olive oil in a pot. Add onion, garlic, and cabbage, cooking until softened.
2. Add Tomatoes: Stir in diced tomatoes, oregano, salt, and pepper. Cook for 5 minutes.
3. Cook the Rice: Add rice and water (or broth). Stir well, cover, and simmer on low heat for 20 minutes.
4. Serve: Serve warm as a hearty vegetarian main dish or side.

Nutritional Information (per serving):210 calories, 4g protein, 36g carbohydrates, 6g fat, 3g fiber, 0mg cholesterol, 220mg sodium, 280mg potassium.**PASTITSIO (GREEK PASTA CASSEROLE WITH MEAT SAUCE) Yield: 2–4 servings |****Prep Time: 20 minutes | Cook Time: 40 minutes****INGREDIENTS**

- 1 lb (450 g) ground beef or lamb
- 1 medium onion, chopped
- 2 garlic cloves, minced
- 1 can (14 oz) diced tomatoes
- 1 tsp ground cinnamon
- 2 cups penne or ziti pasta, cooked
- 1 cup béchamel sauce
- 1/2 cup grated Parmesan cheese
- 2 tbsp olive oil
- Salt and pepper to taste

DIRECTIONS

1. Prepare Meat Sauce: Heat olive oil in a pan. Sauté onion and garlic. Add ground meat, tomatoes, cinnamon, salt, and pepper. Simmer for 15 minutes.
2. Layer Ingredients: Preheat oven to 375°F (190°C). Layer cooked pasta, meat sauce, and béchamel in a baking dish.
3. Add Cheese: Sprinkle Parmesan on top.
4. Bake: Bake for 30–40 minutes until golden and bubbling.
5. Serve: Let rest for 5 minutes before serving.

Nutritional Information (per serving):400 calories, 22g protein, 36g carbohydrates, 16g fat, 3g fiber, 60mg cholesterol, 400mg sodium, 350mg potassium.

STUFFED GRAPE LEAVES (DOLMADES)		
Yield: 4 servings Prep time: 10 minutes Cook time: None (Freeze for 3 hours)		
INGREDIENTS • 20 grape leaves, jarred or fresh • 1 cup cooked rice • 1/4 cup pine nuts, toasted • 1/4 cup fresh parsley, chopped • Juice of 1 lemon • 2 tbsp olive oil • 1 tsp dried dill • Salt and pepper to taste		DIRECTIONS 1. Prepare Filling: Mix rice, pine nuts, parsley, dill, salt, and pepper in a bowl. 2. Stuff Grape Leaves: Place 1 tbsp filling on each grape leaf, fold, and roll tightly. 3. Cook: Arrange stuffed leaves seam-side down in a pot. Cover with water and lemon juice. Simmer for 45 minutes. 4. Serve: Serve warm or cold with a drizzle of olive oil.
Nutritional Information (per serving): 170 calories, 4g protein, 22g carbohydrates, 7g fat, 2g fiber, 0mg cholesterol, 150mg sodium, 180mg potassium.		

SHRIMP IN FETA SAUCE (SAGANAKI)		
Yield: 2–4 servings Prep Time: 10 minutes Cook Time: 15 minutes		
INGREDIENTS • 1 lb. (450 g) shrimp, peeled and deveined • 2 tbsp olive oil • 1 medium onion, chopped • 2 garlic cloves, minced • 1 can (14 oz) diced tomatoes • 1/4 cup of dry white wine • 1/2 cup crumbled feta cheese • 1 tsp dried oregano • Salt and pepper to taste • Fresh parsley for garnish		DIRECTIONS 1. Sauté Aromatics: Heat olive oil in a skillet. Sauté onion and garlic until fragrant. 2. Add Tomatoes and Wine: Stir in diced tomatoes, white wine, oregano, salt, and pepper. Simmer for 5 minutes. 3. Cook the Shrimp: Add shrimp to the sauce. Cover and cook for 5–7 minutes, until shrimp turn pink. 4. Add Feta: Sprinkle feta cheese over the shrimp. Cook for another 2 minutes. 5. Serve: Garnish with parsley and serve hot with crusty bread or rice.
Nutritional Information (per serving): 250 calories, 28g protein, 8g carbohydrates, 10g fat, 2g fiber, 110mg cholesterol, 350mg sodium, 400mg potassium.		

STUFFED PEPPERS WITH RICE AND PINE NUTS		
Yield: 4 servings Prep time: 10 minutes Cook time: None (Freeze for 3 hours)		
INGREDIENTS • 4 bell peppers, removed tops, and seeds cleaned • 1 cup cooked rice • 1/4 cup of pine nuts, toasted • 1/4 cup of raisins • 1 small onion, chopped • 2 tbsp olive oil • 1 tsp dried mint • Salt and pepper to taste		DIRECTIONS 1. Prepare Filling: In a skillet, heat olive oil and sauté onion. Mix in rice, pine nuts, raisins, mint, salt, and pepper. 2. Stuff the Peppers: Fill each bell pepper with the rice mixture. Place peppers upright in a baking dish. 3. Bake: Add 1/2 cup water to the dish, cover with foil, and bake at 375°F (190°C) for 30–40 minutes. 4. Serve: Serve warm as a main or side dish.
Nutritional Information (per serving): 200 calories, 4g protein, 30g carbohydrates, 8g fat, 3g fiber, 0mg cholesterol, 200mg sodium, 300mg potassium.		

MEATBALLS WITH MINT IN TOMATO SAUCE

Yield: 2–4 servings | Prep Time: 15 minutes | Cook Time: 30 minutes

INGREDIENTS

- 1 lb (450 g) ground beef or lamb
- 1/4 cup of breadcrumbs
- 1 egg
- 2 tbsp fresh mint, chopped
- 1 medium onion, finely chopped
- 2 garlic cloves, minced
- 1 can (14 oz) diced tomatoes
- 2 tbsp olive oil
- Salt and pepper to taste

DIRECTIONS

1. Prepare Meatballs: In a bowl, mix ground meat, breadcrumbs, egg, mint, salt, and pepper. Form into small balls.
2. Sear Meatballs: Heat olive oil in a skillet. Sear meatballs until browned on all sides. Remove and set aside.
3. Make the Sauce: In the same skillet, sauté onion and garlic. Add tomatoes, salt, and pepper. Simmer for 10 minutes.
4. Combine: Add meatballs to the sauce and simmer for 15 minutes.
5. Serve: Serve warm with pasta or rice.

Nutritional Information (per serving): 320 calories, 25g protein, 12g carbohydrates, 20g fat, 2g fiber, 85mg cholesterol, 350mg sodium, 400mg potassium.

VEGETABLE STEW WITH OLIVES

Yield: 2–4 servings | Prep Time: 15 minutes | Cook Time: 30 minutes

INGREDIENTS

- 1 medium zucchini, sliced
- 1 medium eggplant, cubed
- 1 red pepper, chopped
- 1/2 cup of Kalamata olives
- 1 can (14 oz) diced tomatoes
- 2 tbsp olive oil
- 1 tsp dried oregano
- Salt and pepper to taste

DIRECTIONS

1. Sauté Vegetables: Heat olive oil in a pot. Add zucchini, eggplant, and bell pepper. Cook for 10 minutes.
2. Add Tomatoes and Olives: Stir in diced tomatoes, olives, oregano, salt, and pepper.
3. Simmer: Cover and simmer for 20 minutes until vegetables are tender.
4. Serve: Serve hot as a main or side dish with crusty bread.

Nutritional Information (per serving): 190 calories, 3g protein, 14g carbohydrates, 12g fat, 4g fiber, 0mg cholesterol, 300mg sodium, 350mg potassium.



GREEK SNACKS

Snacks (Epidorpismata):

Greek snacks are treasures of simplicity—a celebration of the small yet profound pleasures in life. A handful of olives, a slice of tangy cheese, or a piece of warm, crusty bread dipped in olive oil can transform an ordinary moment into something special. These light bites carry the wisdom of moderation, offering sustenance and delight without excess. Greek snacks are a gentle whisper to savor life's fleeting joys, to pause, and to nourish both body and soul.

TIROPITA (GREEK CHEESE PIE)

Yield: 2–4 servings | Prep Time: 15 minutes | Cook Time: 25 minutes

INGREDIENTS

- 1 sheet of phyllo dough, thawed
- 1 cup crumbled feta cheese
- 1/4 cup of ricotta or cream cheese
- 1 large egg
- 2 tbsp olive oil or melted butter
- 1/2 tsp dried oregano

DIRECTIONS

1. Prepare Filling: In a bowl, mix feta, ricotta, egg, and oregano until smooth.
2. Layer Phyllo: Preheat oven to 375°F (190°C). Brush a baking dish with olive oil. Layer 2 phyllo sheets, brushing each with oil.
3. Add Filling: Spread the cheese mixture evenly over the phyllo. Add 2 more phyllo sheets on top, brushing each with oil.
4. Bake: Bake for 25 minutes or until golden.
5. Serve: Let cool slightly before slicing and serving.

Nutritional Information (per serving):250 calories, 8g protein, 20g carbohydrates, 15g fat, 1g fiber, 40mg cholesterol, 250mg sodium, 80mg potassium.

MARINATED OLIVES WITH LEMON AND OREGANO

Yield: 2–4 servings | Prep Time: 5 minutes | Cook Time: None

INGREDIENTS

- 1 cup Kalamata or green olives
- 2 tbsp olive oil
- Juice of 1/2 lemon
- 1 tsp dried oregano
- 1 garlic clove, minced

DIRECTIONS

1. Mix Marinade: In a bowl, combine olive oil, lemon juice, oregano, and garlic.
2. Marinate Olives: Toss olives in the marinade. Let sit for at least 30 minutes before serving.
3. Serve: Serve as a snack or appetizer.

Nutritional Information (per serving):150 calories, 1g protein, 2g carbohydrates, 15g fat, 1g fiber, 0mg cholesterol, 350mg sodium, 60mg potassium.

STUFFED FIGS WITH NUTS

Yield: 2–4 servings | Prep Time: 10 minutes | Cook Time: None

INGREDIENTS

- 8 fresh figs, halved
- 1/4 cup chopped walnuts
- 2 tbsp honey
- 1/2 tsp cinnamon (optional)

DIRECTIONS

1. Prepare the Figs: Cut figs in half and arrange on a serving plate.
2. Stuff with Nuts: Place a small amount of chopped walnuts on each fig half.
3. Drizzle with Honey: Drizzle honey over the figs and sprinkle with cinnamon if desired.
4. Serve: Serve immediately as a light dessert or snack.

Nutritional Information (per serving):160 calories, 2g protein, 26g carbohydrates, 6g fat, 4g fiber, 0mg cholesterol, 10mg sodium, 180mg potassium

BAKED FETA IN PARCHMENT PAPER		
Yield: 4 servings Prep time: 10 minutes Cook time: None (Freeze for 3 hours)		
INGREDIENTS • 1 block (8 oz) feta cheese • 1 medium tomato, sliced • 1 small bell pepper, sliced • 1 tbsp olive oil • 1 tsp dried oregano • Black pepper to taste		DIRECTIONS 1. Prepare Ingredients: Preheat oven to 375°F (190°C). Place feta on a piece of parchment paper. Top with tomato and bell pepper slices. 2. Add Seasoning: Drizzle with olive oil, sprinkle oregano, and add black pepper. 3. Wrap and Bake: Fold parchment into a packet and bake for 20 minutes. 4. Serve: Unwrap carefully and serve warmth with bread.
Nutritional Information (per serving): 220 calories, 8g protein, 5g carbohydrates, 18g fat, 1g fiber, 30mg cholesterol, 350mg sodium, 100mg potassium.		

PITA BREAD WITH TOMATO SAUCE AND CHEESE		
Yield: 2–4 servings Prep Time: 5 minutes Cook Time: 10 minutes		
INGREDIENTS • 4 pita breads • 1/2 cup tomato sauce • 1/2 cup shredded mozzarella or crumbled feta cheese • 1 tsp dried oregano		DIRECTIONS 1. Prepare Pita: Preheat oven to 400°F (200°C). Place pita bread on a baking sheet. 2. Add Toppings: Spread tomato sauce evenly over each pita. Sprinkle with cheese and oregano. 3. Bake: Bake for 8–10 minutes, until cheese is melted. 4. Serve: Serve hot as a snack or light meal.
Nutritional Information (per serving): 230 calories, 8g protein, 30g carbohydrates, 8g fat, 2g fiber, 10mg cholesterol, 300mg sodium, 90mg potassium.		

HOMEMADE YOGURT DIP WITH FRESH VEGETABLES		
Yield: 2–4 servings Prep Time: 10 minutes Cook Time: None		
INGREDIENTS • 1 cup plain Greek yogurt • 1 garlic clove, minced • 1 tbsp olive oil • 1 tsp dried dill • Salt and pepper to taste • Fresh vegetables (carrots, cucumbers, bell peppers) for dipping		DIRECTIONS 1. Prepare the Dip: In a bowl, mix yogurt, garlic, olive oil, dill, salt, and pepper. 2. Serve: Arrange fresh vegetables on a platter and serve with the dip.
Nutritional Information (per serving): 120 calories, 5g protein, 8g carbohydrates, 7g fat, 1g fiber, 5mg cholesterol, 50mg sodium, 120mg potassium.		

NUTS IN HONEY		
Yield: 2–4 servings Prep Time: 5 minutes Cook Time: 5 minutes		
INGREDIENTS • 1 cup mixed nuts (almonds, walnuts, hazelnuts) • 1/4 cup honey • 1/2 tsp cinnamon (optional)		DIRECTIONS 1. Toast Nuts (Optional): Lightly toast nuts in a dry skillet over medium heat for 2–3 minutes. 2. Warm the Honey: In a small saucepan, warm honey and cinnamon (if using) over low heat. 3. Combine: Add nuts to the honey, stirring to coat. 4. Serve: Serve warm or let cool for a sticky, sweet snack
Nutritional Information (per serving): 200 calories, 4g protein, 18g carbohydrates, 12g fat, 2g fiber, 0mg cholesterol, 5mg sodium, 150mg potassium.		

FRESH VEGETABLE SALAD WITH GOAT CHEESE		
Yield: 4 servings Prep time: 10 minutes Cook time: None (Freeze for 3 hours)		
INGREDIENTS • 2 cups mixed greens (arugula, spinach, or lettuce) • 1 medium cucumber, sliced • 1 medium tomato, chopped • 1/4 cup crumbled goat cheese • 2 tbsp olive oil • 1 tbsp balsamic vinegar • Salt and pepper to taste		DIRECTIONS 1. Prepare Vegetables: In a large bowl, combine greens, cucumber, and tomato. 2. Add Cheese: Sprinkle goat cheese on top. 3. Dress the Salad: Drizzle olive oil and balsamic vinegar over the salad. Toss gently. 4. Serve: Serve immediately as a light, fresh appetizer or side.
Nutritional Information (per serving): 150 calories, 5g protein, 8g carbohydrates, 11g fat, 2g fiber, 5mg cholesterol, 100mg sodium, 200mg potassium.		

ORANGES WITH CINNAMON AND HONEY		
Yield: 2–4 servings Prep Time: 5 minutes Cook Time: None		
INGREDIENTS • 2 medium oranges, peeled and sliced • 1 tbsp honey • 1/2 tsp ground cinnamon		DIRECTIONS 1. Prepare Oranges: Arrange orange slices on a serving plate. 2. Add Honey and Cinnamon: Drizzle with honey and sprinkle with cinnamon. 3. Serve: Serve immediately as a light dessert or snack.
Nutritional Information (per serving): 120 calories, 1g protein, 30g carbohydrates, 0g fat, 3g fiber, cholesterol, 0mg sodium, 250mg potassium.		

CRACKERS WITH HUMMUS		
Yield: 2–4 servings Prep Time: 5 minutes Cook Time: None		
INGREDIENTS • 1 cup hummus (store-bought or homemade) • 16 whole-grain crackers Optional: Paprika or olive oil for garnish		DIRECTIONS 1. Prepare Hummus: Place hummus in a serving bowl. Garnish with paprika or a drizzle of olive oil if desired. 2. Serve: Serve with crackers for dipping.
Nutritional Information (per serving): 200 calories, 5g protein, 20g carbohydrates, 10g fat, 3g fiber, 0mg cholesterol, 200mg sodium, 100mg potassium.		

FALAFEL WITH TZATZIKI SAUCE		
Yield: 2–4 servings Prep Time: 15 minutes Cook Time: 10 minutes		
INGREDIENTS For Falafel: • 1 cup canned chickpeas, drained • 1/4 cup chopped parsley • 1 garlic clove, minced • 1/4 cup flour • 1 tsp cumin • Salt and pepper to taste • 2 tbsp olive oil (for frying) For Tzatziki Sauce: • 1/2 cup plain Greek yogurt • 1/2 cucumber, grated and squeezed to remove moisture • 1 garlic clove, minced • 1 tbsp olive oil • Salt to taste		DIRECTIONS 1. Prepare Falafel Mixture: Blend chickpeas, parsley, garlic, flour, cumin, salt, and pepper in a food processor until a rough paste forms. 2. Shape and Fry: Form into small patties and fry in olive oil over medium heat, 3–4 minutes per side. 3. Make Tzatziki: In a bowl, mix yogurt, cucumber, garlic, olive oil, and salt. 4. Serve: Serve falafel with tzatziki sauce for dipping.
Nutritional Information (per serving): 220 calories, 8g protein, 20g carbohydrates, 12g fat, 3g fiber, 5mg cholesterol, 200mg sodium, 250mg potassium.		

GRAPE LEAF ROLLS WITH TAHINI SAUCE		
Yield: 2–4 servings Prep Time: 30 minutes Cook Time: 20 minutes		
INGREDIENTS For Rolls: • 20 grape leaves, jarred or fresh • 1 cup cooked rice • 1/4 cup chopped parsley • 2 tbsp olive oil • Salt and pepper to taste For Tahini Sauce: • 2 tbsp tahini • Juice of 1 lemon • 1/4 cup of water • Salt to taste		DIRECTIONS 1. Prepare Filling: Mix rice, parsley, olive oil, salt, and pepper. 2. Stuff Leaves: Place 1 tbsp filling on each grape leaf, roll tightly. 3. Cook Rolls: Arrange in a pot, cover with water, and simmer for 20 minutes. 4. Prepare Sauce: Mix tahini, lemon juice, water, and salt. 5. Serve: Serve grape leaf rolls drizzled with tahini sauce
Nutritional Information (per serving): 180 calories, 4g protein, 22g carbohydrates, 8g fat, 2g fiber, 0mg cholesterol, 150mg sodium, 200mg potassium.		

DINNER IN GREECE



Dinners (Vradi):

Greek dinners are a peaceful farewell to the day, an intimate gathering of family and friends. As the sun sets over the Aegean, the table becomes a sanctuary of warmth and reflection. The meal is unhurried, with lighter dishes that comfort and soothe. Aromatic herbs, fresh seafood, and seasonal vegetables dominate, their flavors mingling to create harmony. Greek dinners are more than food—they are moments of togetherness, laughter, and stories shared under the soft glow of evening lanterns.

HOMEMADE MEATBALLS WITH FRESH VEGETABLE SALAD		
Yield: 2–4 servings Prep Time: 15 minutes Cook Time: 20 minutes		
INGREDIENTS For Meatballs: • 1 lb (450 g) ground beef or lamb • 1/4 cup breadcrumbs • 1 egg • 1 garlic clove, minced • 2 tbsp chopped parsley • Salt and pepper to taste For Salad: • 2 cups mixed greens • 1 medium cucumber, sliced • 1 medium tomato, chopped • 2 tbsp olive oil • 1 tbsp lemon juice • Salt and pepper to taste		DIRECTIONS 1. Prepare Meatballs: In a bowl, mix ground meat, breadcrumbs, egg, garlic, parsley, salt, and pepper. Form into small balls. 2. Cook Meatballs: Heat a skillet over medium heat and cook meatballs, turning occasionally, until browned and cooked through (about 15 minutes). 3. Prepare Salad: In a large bowl, combine mixed greens, cucumber, and tomato. Drizzle with olive oil and lemon juice, and season with salt and pepper. 4. Serve: Serve meatballs alongside the fresh salad.
Nutritional Information (per serving): 320 calories, 20g protein, 8g carbohydrates, 24g fat, 2g fiber, 75mg cholesterol, 300mg sodium, 350mg potassium.		

VEGETABLE SOUP WITH FETA CHEESE		
Yield: 2–4 servings Prep Time: 10 minutes Cook Time: 20 minutes		
INGREDIENTS • Ingredients • 1 medium zucchini, chopped • 1 medium carrot, sliced • 1 medium onion, diced • 2 garlic cloves, minced • 4 cups vegetable broth • 1/4 cup crumbled feta cheese • 1 tbsp olive oil • 1 tsp dried oregano • Salt and pepper to taste		DIRECTIONS 1. Sauté Vegetables: Heat olive oil in a pot. Sauté onion, garlic, zucchini, and carrot for 5 minutes. 2. Add Broth: Pour in vegetable broth, add oregano, salt, and pepper. Simmer for 15 minutes. 3. Add Feta: Stir in feta cheese just before serving. 4. Serve: Serve hot with crusty bread.
Nutritional Information (per serving): 180 calories, 6g protein, 14g carbohydrates, 10g fat, 3g fiber, 10mg cholesterol, 250mg sodium, 300mg potassium.		

GREEK LEMON SOUP WITH RICE		
Yield: 2–4 servings Prep Time: 10 minutes Cook Time: 20 minutes		
INGREDIENTS • 1/2 cup white rice • 4 cups chicken or vegetable broth • Juice of 1 lemon • 2 eggs • Salt and pepper to taste • Fresh parsley for garnish		DIRECTIONS 1. Cook Rice: In a pot, bring broth to a boil and add rice. Cook until tender (about 15 minutes). 2. Prepare Egg-Lemon Mixture: In a bowl, whisk eggs and lemon juice together. 3. Temper Mixture: Slowly add 1 cup of hot broth to the egg-lemon mixture, whisking constantly. 4. Combine and Serve: Stir the tempered mixture back into the soup. Season with salt and pepper. Garnish with parsley and serve.
Nutritional Information (per serving): 150 calories, 6g protein, 18g carbohydrates, 5g fat, 1g fiber, 70mg cholesterol, 200mg sodium, 150mg potassium.		

AVGOLEMONO SOUP WITH CHICKEN		
Yield: 2–4 servings Prep Time: 15 minutes Cook Time: 25 minutes		
INGREDIENTS • 1/2 cup white rice • 4 cups chicken broth • 1 cup cooked, shredded chicken • Juice of 1 lemon • 2 eggs • Salt and pepper to taste		DIRECTIONS 1. Cook Rice: Bring chicken broth to a boil. Add rice and cook until tender (15 minutes). 2. Prepare Egg-Lemon Mixture: In a bowl, whisk eggs and lemon juice. Slowly add 1 cup of hot broth to the mixture while whisking. 3. Combine: Add shredded chicken to the soup. Stir in the egg-lemon mixture and heat gently, without boiling. 4. Serve: Season with salt and pepper and serve hot.
Nutritional Information (per serving): 220 calories, 20g protein, 18g carbohydrates, 7g fat, 1g fiber, cholesterol, 250mg sodium, 200mg potassium.		

BAKED POTATOES WITH EGGPLANT		
Yield: 2–4 servings Prep Time: 10 minutes Cook Time: 30 minutes		
INGREDIENTS • 2 medium potatoes, cubed • 1 medium eggplant, cubed • 2 tbsp olive oil • 1 tsp dried oregano • Salt and pepper to taste		DIRECTIONS 1. Preheat Oven: Preheat oven to 400°F (200°C). 2. Prepare Vegetables: Toss potatoes and eggplant with olive oil, oregano, salt, and pepper. 3. Bake: Spread on a baking sheet and roast for 30 minutes, turning halfway. 4. Serve: Serve warm as a side or main dish.
Nutritional Information (per serving): 180 calories, 3g protein, 25g carbohydrates, 8g fat, 4g fiber, 0mg cholesterol, 150mg sodium, 350mg potassium.		

VEGETABLE PIE WITH FRESH GREENS		
Yield: 4 servings Prep time: 10 minutes Cook time: None (Freeze for 3 hours)		
INGREDIENTS • 1 sheet puff pastry, thawed • 2 cups fresh spinach, chopped • 1/2 cup crumbled feta cheese • 1 egg • 2 tbsp olive oil • Salt and pepper to taste		DIRECTIONS 1. Prepare Filling: In a bowl, mix spinach, feta, egg, olive oil, salt, and pepper. 2. Prepare Pastry: Preheat oven to 375°F (190°C). Roll out puff pastry on a baking sheet. 3. Fill and Fold: Spread filling on one half of the pastry. Fold over and seal the edges. 4. Bake: Bake for 35 minutes until golden. 5. Serve: Cool slightly before slicing and serving.
Nutritional Information (per serving): 280 calories, 8g protein, 20g carbohydrates, 18g fat, 2g fiber, 40mg cholesterol, 300mg sodium, 150mg potassium.		

BAKED EGGPLANT WITH TOMATO SAUCE AND FETA		
Yield: 2–4 servings Prep Time: 10 minutes Cook Time: 25 minutes		
INGREDIENTS • 2 medium eggplants, halved lengthwise • 1 cup tomato sauce • 1/4 cup crumbled feta cheese • 2 tbsp olive oil • 1 tsp dried oregano • Salt and pepper to taste		DIRECTIONS 1. Preheat Oven: Preheat oven to 375°F (190°C). 2. Prepare Eggplant: Brush eggplant halves with olive oil and season with salt and pepper. Bake for 20 minutes. 3. Add Toppings: Spread tomato sauce on each eggplant half. Sprinkle with feta and oregano. 4. Bake Again: Return to the oven and bake for 5 more minutes. 5. Serve: Serve hot as a side or vegetarian main.
Nutritional Information (per serving):200 calories, 4g protein, 15g carbohydrates, 12g fat, 4g fiber, 10mg cholesterol, 200mg sodium, 250mg potassium.		

PAPOUTSAKIA (STUFFED EGGPLANTS WITH MEAT)		
Yield: 2–4 servings Prep Time: 20 minutes Cook Time: 40 minutes		
INGREDIENTS • 2 medium eggplants, halved lengthwise • 1/2 lb (225 g) ground beef or lamb • 1 small onion, chopped • 1 garlic clove, minced • 1 cup tomato sauce • 1/4 cup grated Parmesan cheese • 2 tbsp olive oil • Salt and pepper to taste		DIRECTIONS 1. Prepare Eggplants: Scoop out the center of each eggplant half. Brush with olive oil and bake at 375°F (190°C) for 20 minutes. 2. Cook Filling: In a skillet, cook onion, garlic, and ground meat until browned. Add tomato sauce, salt, and pepper. 3. Stuff Eggplants: Fill each eggplant half with the meat mixture. Sprinkle with Parmesan. 4. Bake Again: Return to the oven and bake for 20 minutes. 5. Serve: Serve hot with a side salad or bread.
Nutritional Information (per serving):300 calories, 18g protein, 12g carbohydrates, 20g fat, 3g fiber, 50mg cholesterol, 300mg sodium, 350mg potassium.		

GREEK PIZZA WITH FETA AND TOMATOES		
Yield: 2–4 servings Prep Time: 10 minutes Cook Time: 15 minutes		
INGREDIENTS • 1 pre-made pizza crust or flatbread • 1/2 cup tomato sauce • 1/2 cup crumbled feta cheese • 1 medium tomato, sliced • 1/4 cup Kalamata olives, pitted and halved • 1 tsp dried oregano • 2 tbsp olive oil		DIRECTIONS 1. Preheat Oven: Preheat oven to 400°F (200°C). 2. Assemble Pizza: Spread tomato sauce evenly over the pizza crust. Top with tomato slices, feta, and olives. 3. Add Seasoning: Sprinkle with oregano and drizzle with olive oil. 4. Bake: Place pizza in the oven and bake for 12–15 minutes, until the crust is golden, and the cheese is melted. 5. Serve: Slice and serve hot as a light meal or appetizer.
Nutritional Information (per serving):250 calories, 6g protein, 28g carbohydrates, 12g fat, 2g fiber, 10mg cholesterol, 300mg sodium, 150mg potassium.		

RICE PILAF WITH SUN-DRIED TOMATOES AND PINE NUTS

Yield: 2–4 servings | Prep Time: 10 minutes | Cook Time: 25 minutes

INGREDIENTS

- 1 cup basmati or long-grain rice
- 2 cups of vegetable or chicken broth
- 1/4 cup sun-dried tomatoes, chopped
- 2 tbsp pine nuts, toasted
- 1 small onion, diced
- 2 tbsp olive oil
- Salt and pepper to taste

DIRECTIONS

1. Sauté Aromatics: Heat olive oil in a pot. Sauté onion until softened.
2. Add Rice: Stir in rice and cook for 2 minutes to toast slightly.
3. Add Liquid and Tomatoes: Pour in broth and add sun-dried tomatoes. Bring to a boil, then reduce heat to low and cover.
4. Cook: Simmer for 18–20 minutes until the rice is tender and liquid is absorbed.
5. Serve: Fluff rice with a fork, stir in pine nuts, and serve warm.

Nutritional Information (per serving):220 calories, 5g protein, 32g carbohydrates, 7g fat, 2g fiber, 0mg cholesterol, 150mg sodium, 200mg potassium.

LEMON AND OREGANO CHICKEN

Yield: 2–4 servings | Prep Time: 10 minutes | Cook Time: 25 minutes

INGREDIENTS

- 1 lb (450 g) chicken breast or thighs
- 2 tbsp olive oil
- Juice of 1 lemon
- 1 tsp dried oregano
- Salt and pepper to taste

DIRECTIONS

1. Marinate Chicken: In a bowl, mix olive oil, lemon juice, oregano, salt, and pepper. Coat chicken and let marinate for 10 minutes.
2. Cook Chicken: Heat a skillet over medium heat. Cook chicken for 5–7 minutes per side, until golden and cooked through.
3. Serve: Serve hot with a side of rice or salad.

Nutritional Information (per serving):240 calories, 28g protein, 2g carbohydrates, 12g fat, 0g fiber, 75mg cholesterol, 180mg sodium, 200mg potassium.

VEAL IN TOMATO AND WINE SAUCE

Yield: 2–4 servings | Prep Time: 15 minutes | Cook Time: 1 hour

INGREDIENTS

- 1 lb (450 g) veal chunks
- 1 medium onion, chopped
- 2 garlic cloves, minced
- 1 cup of diced tomatoes
- 1/2 cup of red wine
- 2 tbsp olive oil
- 1 tsp dried oregano
- Salt and pepper to taste

DIRECTIONS

1. Sear Veal: Heat olive oil in a pot. Brown veal chunks on all sides.
2. Sauté Aromatics: Add onion and garlic, cooking until softened.
3. Add Liquid: Stir in tomatoes, wine, oregano, salt, and pepper.
4. Simmer: Cover and simmer on low heat for 1 hour, until the veal is tender.
5. Serve: Serve hot with rice or mashed potatoes.

Nutritional Information (per serving):310 calories, 25g protein, 8g carbohydrates, 18g fat, 1g fiber, 75mg cholesterol, 200mg sodium, 250mg potassium.

PASTITSIO WITH MUSHROOMS		
Yield: 2–4 servings Prep Time: 20 minutes Cook Time: 40 minutes		
INGREDIENTS • 1 lb. (450 g) mushrooms, sliced • 2 cups of cooked pasta (e.g., penne or ziti) • 1 medium onion, chopped • 1 garlic clove, minced • 1 cup béchamel sauce • 1/4 cup grated Parmesan cheese • 2 tbsp olive oil • Salt and pepper to taste		DIRECTIONS 1. Sauté Mushrooms: Heat olive oil in a skillet. Sauté mushrooms, onion, and garlic until softened. Season with salt and pepper. 2. Prepare Casserole: Preheat oven to 375°F (190°C). Layer cooked pasta, mushroom mixture, and béchamel sauce in a baking dish. 3. Top with Cheese: Sprinkle Parmesan cheese on top. 4. Bake: Bake for 30–40 minutes, until golden and bubbling. 5. Serve: Let rest for 5 minutes before serving.
Nutritional Information (per serving): 330 calories, 12g protein, 40g carbohydrates, 14g fat, 3g fiber, 30mg cholesterol, 300mg sodium, 200mg potassium.		

CHICKEN WITH CHICKPEAS IN LEMON SAUCE		
Yield: 2–4 servings Prep Time: 10 minutes Cook Time: 25 minutes		
INGREDIENTS • 1 lb (450 g) chicken breast, cubed • 1 cup canned chickpeas, drained • Juice of 1 lemon • 1 tbsp olive oil • 1 garlic clove, minced • Salt and pepper to taste		DIRECTIONS 1. Cook Chicken: Heat olive oil in a skillet. Sear chicken cubes until golden. 2. Add Chickpeas: Stir in chickpeas and garlic. Cook for 5 minutes. 3. Add Lemon Juice: Pour in lemon juice, season with salt and pepper, and simmer for 10 minutes. 4. Serve: Serve hot with rice or bread.
Nutritional Information (per serving): 280 calories, 30g protein, 12g carbohydrates, 8g fat, 2g fiber, 75mg cholesterol, 220mg sodium, 300mg potassium.		

GRILLED LAMB WITH ROSEMARY		
Yield: 2–4 servings Prep Time: 10 minutes Cook Time: 20 minutes		
INGREDIENTS • 1 lb (450 g) lamb chops • 2 tbsp olive oil • 2 tsp fresh rosemary, chopped • Salt and pepper to taste		DIRECTIONS 1. Marinate Lamb: In a bowl, mix olive oil, rosemary, salt, and pepper. Coat lamb chops and let marinate for 10 minutes. 2. Grill: Preheat grill or grill pan. Cook lamb for 4–5 minutes per side, until desired doneness is achieved. 3. Serve: Serve hot with roasted vegetables or salad.
Nutritional Information (per serving): 320 calories, 25g protein, 0g carbohydrates, 24g fat, 0g fiber, 80mg cholesterol, 200mg sodium, 150mg potassium.		

VEAL WITH POTATOES IN WHITE WINE SAUCE
Yield: 2–4 servings | Prep Time: 15 minutes | Cook Time: 1 hour

INGREDIENTS

- 1 lb (450 g) veal shoulder or stew meat, cubed
- 2 medium potatoes, cubed
- 1 medium onion, chopped
- 2 garlic cloves, minced
- 1/2 cup dry white wine
- 1 cup chicken or vegetable broth
- 2 tbsp olive oil
- 1 tsp dried thyme
- Salt and pepper to taste

DIRECTIONS

1. Sear Veal: Heat olive oil in a large pot. Sear veal cubes on all sides until browned.
2. Sauté Aromatics: Add onion and garlic to the pot and cook until softened.
3. Add Wine: Deglaze the pot with white wine, scraping up browned bits.
4. Simmer with Broth: Add broth, thyme, salt, and pepper. Cover and simmer for 40 minutes.
5. Add Potatoes: Stir in potatoes and cook for an additional 20 minutes until tender.
6. Serve: Serve hot, garnished with fresh herbs if desired.

Nutritional Information (per serving): 330 calories, 28g protein, 15g carbohydrates, 14g fat, 2g fiber, 80mg cholesterol, 300mg sodium, 400mg potassium.

MUSSEL SAUTÉ WITH GARLIC

Yield: 2–4 servings | Prep Time: 10 minutes | Cook Time: 10 minutes

INGREDIENTS

- 2 lbs (900 g) fresh mussels, cleaned
- 3 garlic cloves, minced
- 2 tbsp olive oil
- 1/2 cup dry white wine
- 1/4 cup fresh parsley, chopped
- Salt and pepper to taste

DIRECTIONS

1. Heat Oil: In a large skillet, heat olive oil over medium heat.
2. Sauté Garlic: Add garlic and cook until fragrant (1–2 minutes).
3. Cook Mussels: Add mussels and white wine. Cover and cook for 5–7 minutes, shaking the pan occasionally, until mussels open.
4. Season and Serve: Remove from heat, sprinkle with parsley, and season with salt and pepper. Serve hot.

Nutritional Information (per serving): 180 calories, 20g protein, 5g carbohydrates, 7g fat, 1g fiber, 50mg cholesterol, 400mg sodium, 500mg potassium.

BAKED SALMON WITH HONEY MUSTARD SAUCE

Yield: 2–4 servings | Prep Time: 5 minutes | Cook Time: 15 minutes

INGREDIENTS

- 1 lb (450 g) salmon fillet
- 2 tbsp honey
- 2 tbsp Dijon mustard
- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

DIRECTIONS

1. Preheat Oven: Preheat oven to 375°F (190°C). Line a baking sheet with parchment paper.
2. Prepare Sauce: In a bowl, mix honey, mustard, olive oil, lemon juice, salt, and pepper.
3. Bake Salmon: Place salmon on the prepared baking sheet. Brush with sauce. Bake for 12–15 minutes until cooked through.
4. Serve: Serve hot with vegetables or rice.

Nutritional Information (per serving): 290 calories, 28g protein, 5g carbohydrates, 16g fat, 0g fiber, 60mg cholesterol, 150mg sodium, 350mg potassium.

GRILLED CALAMARI WITH LEMON		
Yield: 2–4 servings Prep Time: 10 minutes Cook Time: 10 minutes		
INGREDIENTS • 1 lb (450 g) calamari, cleaned • 2 tbsp olive oil • Juice of 1 lemon • 1 tsp dried oregano • Salt and pepper to taste		DIRECTIONS 1. Marinate Calamari: In a bowl, mix olive oil, lemon juice, oregano, salt, and pepper. Toss calamari to coat. Marinate for 10 minutes. 2. Grill: Preheat a grill or grill pan over medium heat. Grill calamari for 3–4 minutes per side. 3. Serve: Serve hot with lemon wedges.
Nutritional Information (per serving): 180 calories, 22g protein, 2g carbohydrates, 9g fat, 0g fiber, 200mg cholesterol, 300mg sodium, 250mg potassium		

FISH PATTIES WITH LEMON SAUCE		
Yield: 2–4 servings Prep Time: 15 minutes Cook Time: 15 minutes		
INGREDIENTS • 1 lb (450 g) white fish fillets, minced • 1/4 cup breadcrumbs • 1 egg • 2 tbsp parsley, chopped • 1 garlic clove, minced • 2 tbsp olive oil • Juice of 1 lemon • Salt and pepper to taste		DIRECTIONS 1. Prepare Patties: Mix fish, breadcrumbs, egg, parsley, garlic, salt, and pepper. Form into small patties. 2. Cook Patties: Heat olive oil in a skillet and fry patties for 3–4 minutes per side until golden. 3. Prepare Sauce: In the same skillet, add lemon juice and 1 tbsp water. Heat briefly. 4. Serve: Drizzle sauce over patties and serve warm.
Nutritional Information (per serving): 220 calories, 25g protein, 6g carbohydrates, 10g fat, 1g fiber, 75mg cholesterol, 200mg sodium, 300mg potassium.		

RISOTTO WITH SAFFRON AND SEAFOOD		
Yield: 2–4 servings Prep Time: 15 minutes Cook Time: 25 minutes		
INGREDIENTS • 1 cup Arborio rice • 1/2 cup shrimp, peeled • 1/2 cup of mussels, cleaned • 1/4 tsp saffron threads • 3 cups chicken or seafood broth • 1/4 cup of white wine • 2 tbsp olive oil • 1 small onion, chopped • Salt and pepper to taste		DIRECTIONS 1. Sauté Aromatics: Heat olive oil in a pot. Sauté onion until softened. 2. Add Rice and Saffron: Stir in rice and saffron. Cook for 1–2 minutes. 3. Cook Risotto: Gradually add broth and wine, stirring constantly, until rice is tender. 4. Add Seafood: Add shrimp and mussels. Cook for 5 minutes until shrimp are pink and mussels open. 5. Serve: Serve warm, garnished with parsley if desired.
Nutritional Information (per serving): 300 calories, 18g protein, 38g carbohydrates, 8g fat, 1g fiber, 50mg cholesterol, 300mg sodium, 400mg potassium.		

SPAGHETTI WITH SHRIMP AND GARLIC

Yield: 2–4 servings | Prep Time: 10 minutes | Cook Time: 15 minutes

INGREDIENTS

- 8 oz (225 g) spaghetti
- 1/2 lb. (225 g) shrimp, peeled
- 2 garlic cloves, minced
- 2 tbsp olive oil
- 1/4 cup of white wine
- Juice of 1/2 lemon
- Salt and pepper to taste

DIRECTIONS

1. Cook Spaghetti: Cook spaghetti according to package instructions. Drain and set aside.
2. Sauté Shrimp: Heat olive oil in a skillet. Add garlic and shrimp, cooking until shrimp are pink.
3. Add Wine and Lemon: Deglaze with white wine and lemon juice. Simmer for 2 minutes.
4. Combine: Toss spaghetti with the shrimp mixture. Season with salt and pepper.
5. Serve: Serve hot with parsley or Parmesan if desired.

Nutritional Information (per serving):320 calories, 20g protein, 38g carbohydrates, 8g fat, 1g fiber, 75mg cholesterol, 250mg sodium, 300mg potassium.

OCTOPUS IN RED WINE SAUCE

Yield: 2–4 servings | Prep Time: 15 minutes | Cook Time: 1 hour

INGREDIENTS

- 1 lb. (450 g) octopus, cleaned
- 1 cup of red wine
- 1 medium onion, sliced
- 2 garlic cloves, minced
- 2 tbsp olive oil
- 1 tsp dried oregano
- Salt and pepper to taste

DIRECTIONS

1. Sear Octopus: Heat olive oil in a pot. Sear octopus for 5 minutes.
2. Add Aromatics: Add onion and garlic. Cook until softened.
3. Add Wine: Pour in wine, oregano, salt, and pepper. Cover and simmer for 1 hour.
4. Serve: Serve hot with crusty bread or rice.

Nutritional Information (per serving):260 calories, 22g protein, 5g carbohydrates, 12g fat, 0g fiber, 150mg cholesterol, 300mg sodium, 250mg potassium

STUFFED CALAMARI

Yield: 2–4 servings | Prep Time: 20 minutes | Cook Time: 25 minutes

INGREDIENTS

- 1 lb. (450 g) calamari, cleaned
- 1/2 cup of cooked rice
- 1/4 cup of parsley, chopped
- 1 garlic clove, minced
- 2 tbsp olive oil
- 1/2 cup of diced tomatoes
- Salt and pepper to taste

DIRECTIONS

1. Prepare Stuffing: Mix rice, parsley, garlic, salt, and pepper. Stuff into calamari tubes.
2. Sear Calamari: Heat olive oil in a skillet. Sear stuffed calamari for 2–3 minutes per side.
3. Add Tomatoes: Add diced tomatoes and simmer for 20 minutes.
4. Serve: Serve hot with a side of vegetables or bread.

Nutritional Information (per serving):230 calories, 20g protein, 10g carbohydrates, 10g fat, 1g fiber, 120mg cholesterol, 250mg sodium, 300mg potassium



GREEK DESSERTS

Desserts (Glyka):

Greek desserts are a hymn to the sweetness of life. They are the essence of celebration, crafted with simple ingredients transformed into extraordinary delights. A drizzle of fragrant honey over creamy yogurt or a bite of delicate baklava layered with nuts and syrup—Greek desserts are a gentle reminder that life's sweetness is meant to be savored. They are the perfect finale to a meal, a balance of indulgence and lightness, leaving the soul satisfied and the heart full.

LOUKOUMADES (GREEK HONEY DOUGHNUTS)**Yield: 2–4 servings | Prep Time: 10 minutes | Cook Time: 20 minutes****INGREDIENTS**

- 1 cup all-purpose flour
- 1 tsp baking powder
- 1/4 tsp salt
- 1/2 cup warm water
- 1/2 cup warm milk
- 1 tbsp sugar
- Vegetable oil for frying
- 1/4 cup of honey
- Option: Ground cinnamon and chopped walnuts for garnish

DIRECTIONS

1. Prepare Batter: In a bowl, mix flour, baking powder, salt, water, milk, and sugar until smooth. Let's rest for 10 minutes.
2. Heat Oil: Heat vegetable oil in a deep pan over medium heat.
3. Fry Doughnuts: Drop spoonful of batter into the hot oil. Fry until golden, about 2–3 minutes per batch. Remove and drain on paper towels.
4. Drizzle with Honey: Arrange doughnuts on a plate and drizzle with honey.
5. Serve: Garnish with cinnamon and walnuts if desired. Serve warm.

Nutritional Information (per serving):230 calories, 4g protein, 34g carbohydrates, 8g fat, 1g fiber, 0mg cholesterol, 120mg sodium, 40mg potassium.**BAKLAVA WITH HONEY AND NUTS****Yield: 2–4 servings | Prep Time: 20 minutes | Cook Time: 30 minutes****INGREDIENTS**

- 1/2 lb (225 g) phyllo dough, thawed
- 1 cup mixed nuts (walnuts, pistachios), chopped
- 1/2 cup of butter, melted
- 1/2 cup of honey
- 1/4 cup of water
- 1/4 tsp cinnamon

DIRECTIONS

1. Preheat Oven: Preheat oven to 350°F (175°C).
2. Layer Phyllo: Brush a baking dish with butter. Layer phyllo sheets, brushing each with butter, until half are used.
3. Add Nuts: Spread nuts and cinnamon over the phyllo. Continue layering phyllo sheets, brushing each with butter.
4. Bake: Cut into squares and bake for 30 minutes.
5. Add Syrup: Heat honey and water until combined. Pour over baklava.
6. Serve: Let cool before serving.

Nutritional Information (per serving):290 calories, 5g protein, 28g carbohydrates, 18g fat, 2g fiber, 15mg cholesterol, 120mg sodium, 80mg potassium..**FIGS IN WINE SAUCE****Yield: 2–4 servings | Prep Time: 5 minutes | Cook Time: 10 minutes****INGREDIENTS**

- 8 fresh figs, halved
- 1/2 cup of red wine
- 2 tbsp honey
- 1/4 tsp cinnamon

DIRECTIONS

1. Prepare Sauce: In a skillet, combine wine, honey, and cinnamon. Simmer for 2 minutes.
2. Cook Figs: Add figs and cook for 5–7 minutes until softened.
3. Serve: Serve warm as a dessert or with yogurt.

Nutritional Information (per serving):180 calories, 1g protein, 28g carbohydrates, 1g fat, 3g fiber, 0mg cholesterol, 5mg sodium, 150mg potassium

GREEK HONEY CAKE		
Yield: 2–4 servings Prep Time: 15 minutes Cook Time: 30 minutes		
INGREDIENTS • 1 cup all-purpose flour • 1/2 cup honey • 1/4 cup sugar • 1/4 cup olive oil • 2 eggs • 1 tsp baking powder • 1 tsp cinnamon • 1/4 cup milk		DIRECTIONS 1. Preheat Oven: Preheat oven to 350°F (175°C). Grease a cake pan. 2. Prepare Batter: In a bowl, whisk eggs, honey, sugar, and olive oil. Add flour, baking powder, cinnamon, and milk. Mix until smooth. 3. Bake: Pour batter into the prepared pan and bake for 25–30 minutes. 4. Cool and Serve: Let the cake cool before slicing and serving.
Nutritional Information (per serving): 260 calories, 5g protein, 36g carbohydrates, 10g fat, 1g fiber, 35mg cholesterol, 120mg sodium, 90mg potassium.		

GALAKTOBOUREKO (CUSTARD PIE WITH PHYLLO)		
Yield: 2–4 servings Prep Time: 10 minutes Cook Time: 15 minutes		
INGREDIENTS • 1/2 lb (225 g) phyllo dough • 2 cups milk • 1/4 cup semolina flour • 1/4 cup sugar • 2 eggs • 1/2 cup butter, melted • 1/4 cup honey		DIRECTIONS 1. Make Custard: Heat milk and sugar. Gradually whisk in semolina. Remove from heat and whisk in eggs. Let's cool. 2. Prepare Phyllo: Layer phyllo sheets in a buttered dish, brushing each with butter. Add custard. Cover with the remaining phyllo. 3. Bake: Preheat oven to 350°F (175°C). Bake for 35–40 minutes until golden. 4. Add Honey: Drizzle honey over the pie while warm. 5. Serve: Let cool before slicing and serving.
Nutritional Information (per serving): 320 calories, 7g protein, 25g carbohydrates, 20g fat, 1g fiber, 50mg cholesterol, 120mg sodium, 100mg potassium.		

REVANI (SEMOLINA CAKE WITH SYRUP)		
Yield: 2–4 servings Prep Time: 15 minutes Cook Time: 30 minutes		
INGREDIENTS • 1 cup semolina flour • 1/2 cup all-purpose flour • 1/2 cup sugar • 1/2 cup yogurt • 1/4 cup butter, melted • 2 eggs • 1 tsp baking powder • 1/2 cup honey • 1/4 cup water		DIRECTIONS 1. Make Batter: In a bowl, mix semolina, flour, sugar, yogurt, butter, eggs, and baking powder. 2. Bake: Pour batter into a greased baking dish. Bake at 350°F (175°C) for 25–30 minutes. 3. Prepare Syrup: Heat honey and water until combined. 4. Add Syrup: Pour syrup over the cake while warm. 5. Serve: Let cool before serving.
Nutritional Information (per serving): 280 calories, 5g protein, 38g carbohydrates, 10g fat, 1g fiber, 30mg cholesterol, 120mg sodium, 80mg potassium.		

KATAIFI WITH NUT FILLING

Yield: 2–4 servings | Prep Time: 20 minutes | Cook Time: 35 minutes

INGREDIENTS

- 1/2 lb (225 g) kataifi pastry
- 1 cup mixed nuts (walnuts, almonds), chopped
- 1/2 cup butter, melted
- 1/4 cup honey
- 1/4 cup water

DIRECTIONS

1. Preheat Oven: Preheat oven to 350°F (175°C).
2. Fill Pastry: Spread a small portion of nuts on a strip of kataifi pastry. Roll tightly and place in a greased baking dish.
3. Bake: Brush with butter and bake for 30–35 minutes until golden.
4. Add Syrup: Heat honey and water to make a syrup. Pour over baked kataifi.
5. Serve: Let cool before serving.

Nutritional Information (per serving):290 calories, 4g protein, 26g carbohydrates, 20g fat, 2g fiber, 15mg cholesterol, 150mg sodium, 80mg potassium.

HONEY AND CINNAMON COOKIES (MELOMAKARONA)

Yield: 2–4 servings | Prep Time: 10 minutes | Cook Time: 25 minutes

INGREDIENTS

- 1 cup all-purpose flour
- 1/2 cup olive oil
- 1/4 cup sugar
- 1/4 cup orange juice
- 1/2 tsp cinnamon
- 1/4 cup honey

DIRECTIONS

1. Prepare Dough: Mix flour, olive oil, sugar, orange juice, and cinnamon into a soft dough.
2. Shape Cookies: Roll dough into small oval shapes and place on a baking sheet.
3. Bake: Bake at 350°F (175°C) for 20 minutes.
4. Add Honey: Drizzle with honey while warm.
5. Serve: Let cool before serving.

Nutritional Information (per serving):200 calories, 2g protein, 24g carbohydrates, 10g fat, 1g fiber, 0mg cholesterol, 5mg sodium, 70mg potassium.

ORANGE CAKE (PORTOKALOPITA)

Yield: 2–4 servings | Prep Time: 15 minutes | Cook Time: 35 minutes

INGREDIENTS

- 1 cup phyllo dough, torn into small pieces
- 1/2 cup sugar
- 1/2 cup yogurt
- 1/4 cup orange juice
- 1/4 cup olive oil
- 2 eggs
- 1 tsp baking powder
- 1/2 cup honey

DIRECTIONS

1. Prepare Batter: In a bowl, mix yogurt, sugar, orange juice, olive oil, eggs, and baking powder. Fold in torn phyllo.
2. Bake: Pour batter into a greased baking dish and bake at 350°F (175°C) for 30–35 minutes.
3. Add Honey: Drizzle honey over the warm cake.
4. Serve: Let cool before slicing.

Nutritional Information (per serving):290 calories, 5g protein, 36g carbohydrates, 12g fat, 1g fiber, 30mg cholesterol, 100mg sodium, 80mg potassium.

SEMOLINA PUDDING WITH ORANGES		
Yield: 2–4 servings Prep Time: 10 minutes Cook Time: 15 minutes		
INGREDIENTS • 2 cups milk • 1/4 cup semolina flour • 1/4 cup sugar • 1 tsp vanilla extract • Zest of 1 orange • 1/2 cup orange juice • 1 tbsp honey		DIRECTIONS 1. Heat Milk: In a saucepan, heat milk and sugar over medium heat until warm. 2. Add Semolina: Gradually whisk in semolina, stirring constantly to prevent lumps. 3. Flavor Pudding: Add vanilla extract and orange zest. Cook until thickened (about 10 minutes). 4. Prepare Sauce: In another pan, heat orange juice and honey until slightly reduced. 5. Serve: Pour pudding into bowls and drizzle with orange sauce. Serve warm or chilled.
Nutritional Information (per serving): 220 calories, 6g protein, 35g carbohydrates, 5g fat, 1g fiber, 10mg cholesterol, 80mg sodium, 120mg potassium.		

YOGURT WITH POMEGRANATE AND HONEY		
Yield: 2–4 servings Prep Time: 5 minutes Cook Time: None		
INGREDIENTS • 2 cups plain Greek yogurt • 1/2 cup pomegranate seeds • 2 tbsp honey • Optional: Chopped nuts for garnish		DIRECTIONS 1. Assemble: Divide yogurt evenly into serving bowls. 2. Add Toppings: Top with pomegranate seeds and drizzle with honey. 3. Garnish (Optional): Sprinkle with chopped nuts if desired. 4. Serve: Serve immediately as a fresh, healthy dessert or snack.
Nutritional Information (per serving): 150 calories, 6g protein, 20g carbohydrates, 5g fat, 1g fiber, 5mg cholesterol, 50mg sodium, 120mg potassium.		

SEMOLINA HALVA		
Yield: 2–4 servings Prep Time: 10 minutes Cook Time: 15 minutes		
INGREDIENTS • 1/2 cup of semolina flour • 1/4 cup of olive oil or butter • 1/4 cup of sugar • 1 cup of water • 1/4 tsp cinnamon • Optional: Nuts or raisins for garnish		DIRECTIONS 1. Toast Semolina: Heat olive oil or butter in a saucepan. Add semolina and toast over medium heat until golden and fragrant. 2. Prepare Syrup: In another pan, heat water, sugar, and cinnamon until dissolved. 3. Combine: Slowly pour syrup into the semolina, stirring constantly. Cook until it thickens. 4. Serve: Transfer to bowls and garnish with nuts or raisins. Serve warm or chilled.
Nutritional Information (per serving): 210 calories, 3g protein, 28g carbohydrates, 9g fat, 1g fiber, 0mg cholesterol, 50mg sodium, 60mg potassium		

WATERMELON DESSERT WITH MINT		
Yield: 2–4 servings Prep Time: 5 minutes Cook Time: None		
INGREDIENTS • 2 cups watermelon, cubed • 1 tbsp honey • 1 tbsp fresh mint, chopped		DIRECTIONS 1. Prepare Watermelon: Place watermelon cubes in a serving bowl. 2. Add Honey: Drizzle honey over the watermelon. 3. Add Mint: Sprinkle with chopped mint. 4. Serve: Serve immediately as a light and refreshing dessert.
Nutritional Information (per serving):80 calories, 1g protein, 20g carbohydrates, 0g fat, 1g fiber, 0mg cholesterol, 5mg sodium, 150mg potassium.		

CARAMELIZED NUTS		
Yield: 2–4 servings Prep Time: 5 minutes Cook Time: 10 minutes		
INGREDIENTS • 1 cup mixed nuts (almonds, walnuts, hazelnuts) • 1/4 cup sugar • 1 tbsp butter • 1/4 tsp cinnamon		DIRECTIONS 1. Heat Sugar: In a skillet, melt sugar over medium heat until golden and bubbly. 2. Add Nuts: Stir in nuts and butter. Coat nuts evenly in the caramel. 3. Add Cinnamon: Sprinkle with cinnamon and mix well. 4. Cool and Serve: Spread on parchment paper to cool. Break into pieces and serve
Nutritional Information (per serving):220 calories, 4g protein, 14g carbohydrates, 18g fat, 2g fiber, 5mg cholesterol, 5mg sodium, 100mg potassium.		

10-day gastronomic journey in Greece

Meal Plan & Nutritional Information

This plan features classic Greek dishes for each meal, combining flavors and textures to create a culinary experience. Nutritional values are calculated to balance taste and dietary needs.

Day	Breakfast	Lunch	Snack	Dinner	Nutritional Information
1	Cretan Eggs with Tomatoes (Stratikino)	Greek Salad with Oregano and Lemon Dressing	Tiropita (Greek Cheese Pie)	Baked Salmon with Honey Mustard Sauce	Calories: 1300 kcal, Protein: 50g, Carbohydrates: 160g, Fat: 55g
2	Greek Yogurt with Honey and Walnuts	Fasolada (Greek White Bean Soup)	Marinated Olives with Lemon and Oregano	Moussaka with Eggplants	Calories: 1400 kcal, Protein: 60g, Carbohydrates: 170g, Fat: 60g
3	Omelet with Feta and Fresh Herbs	Chicken Souvlaki with Vegetables	Crackers with Hummus	Risotto with Saffron and Seafood	Calories: 1250 kcal, Protein: 45g, Carb.: 150g, Fat: 50g
4	Spinach and Egg Pie (Tiropita)	Lamb with Artichokes in Lemon Sauce	Stuffed Figs with Nuts	Spaghetti with Shrimp and Garlic	Calories: 1350 kcal, Protein: 55g, Carbohydrates: 165g, Fat: 58g
5	Bread with Tahini and Honey	Orzo with Seafood (Cretan Risotto)	Pita Bread with Tomato Sauce and Cheese	Stuffed Peppers with Rice and Pine Nuts	Calories: 1280 kcal, Protein: 52g, Carbohydrates: 158g, Fat: 54g
6	Bougatsa with Cream Filling	Chickpea Stew with Spinach	Homemade Yogurt Dip with Fresh Vegetables	Octopus in Red Wine Sauce	Calories: 1350 kcal, Protein: 56g, Carbohydrates: 162g, Fat: 59g
7	Fresh Tomato, Cucumber, and Olive Salad for Breakfast	Spinach Rice with Lemon (Spanakorizo)	Falafel with Tzatziki Sauce	Veal with Potatoes in White Wine Sauce	Calories: 1400 kcal, Protein: 60g, Carbohydrates: 170g, Fat: 60g
8	Loukoumades with Honey (Greek Doughnuts)	Vegetable Stew with Olives	Nuts in Honey	Grilled Calamari with Lemon	Calories: 1290 kcal, Protein: 53g, Carbohydrates: 157g, Fat: 52g
9	Avocado, Feta, and Lemon Toast	Pastitsio (Greek Pasta Casserole with Meat Sauce)	Grape Leaf Rolls with Tahini Sauce	Fish Patties with Lemon Sauce	Calories: 1300 kcal, Protein: 51g, Carbohydrates: 159g, Fat: 54g
10	Muesli with Raisins and Dried Figs	Tomato Soup with Oregano	Oranges with Cinnamon and Honey	Chicken with Chickpeas in Lemon Sauce	Calories: 1320 kcal, Protein: 52g, Carbohydrates: 160g, Fat: 55g

10-Day Grocery List for Gastronomic Journey

Day	Produce	Pantry Items
1	Tomatoes (2 medium), Parsley (1/4 cup), Lemons (1), Romaine lettuce (2 cups), Cucumber (1), Red onion (1 small), Kalamata olives (1/4 cup), Salmon fillet (1 lb)	Olive oil (4 tbsp), Honey (2 tbsp), Dijon mustard (2 tbsp), Salt and pepper, Oregano (1 tsp)
2	Greek yogurt (2 cups), Garlic (4 cloves), Onion (1 medium), Carrots (2 medium), Celery (2 stalks), Tomatoes (2 medium), Eggplants (2 medium)	Dried white beans (1 cup), Olive oil (4 tbsp), Salt and pepper, Oregano (1 tsp)
3	Eggs (4), Fresh herbs (parsley, dill – 1/4 cup), Bell peppers (2, assorted colors), Cherry tomatoes (1 cup), Onion (1 medium), Shrimp (1/2 lb)	Olive oil (4 tbsp), Garlic (2 cloves), Arborio rice (1 cup), White wine (1/4 cup), Salt and pepper
4	Spinach (2 cups), Eggs (4), Artichoke hearts (1 cup), Garlic (3 cloves), Tomatoes (2 medium), Lemon (1), Parsley (1/4 cup), Shrimp (1/2 lb)	Olive oil (6 tbsp), Dried dill (1 tsp), Salt and pepper, White wine (1/4 cup), Spaghetti (8 oz)
5	Whole-grain bread (4 slices), Basil (1/4 cup), Cherry tomatoes (1 cup), Lemon (1), Bell peppers (4, assorted colors), Raisins (1/4 cup), Pine nuts (1/4 cup)	Olive oil (5 tbsp), Arborio rice (1 cup), Salt and pepper, Dried oregano (1 tsp)
6	Milk (1 cup), Eggs (2), Garlic (2 cloves), Fresh spinach (2 cups), Tomatoes (1 medium), Onion (1 small), Octopus (1 lb), Lemon (1)	Semolina flour (1/4 cup), Olive oil (6 tbsp), White wine (1/2 cup), Honey (2 tbsp), Salt and pepper
7	Tomatoes (2 medium), Cucumbers (1 medium), Spinach (4 cups), Parsley (1/4 cup), Lemon (1), Veal chunks (1 lb), Potatoes (2 medium)	Olive oil (4 tbsp), White rice (1/2 cup), Salt and pepper, White wine (1/2 cup), Oregano (1 tsp)
8	Flour (1 cup), Honey (1/4 cup), Zucchini (1 medium), Eggplants (1 medium), Cherry tomatoes (1 cup), Lemon (1), Calamari (1 lb)	Olive oil (4 tbsp), Garlic (2 cloves), White wine (1/4 cup), Cinnamon (1/2 tsp), Salt and pepper
9	Whole-grain bread (4 slices), Avocado (1), Feta cheese (1/4 cup), Parsley (1/4 cup), Garlic (2 cloves), Tomatoes (2 medium), Ground beef (1/2 lb), Rice (1/2 cup)	Olive oil (4 tbsp), Salt and pepper, Oregano (1 tsp), Parmesan cheese (1/4 cup)
10	Rolled oats (1 cup), Raisins (1/4 cup), Dried figs (1/4 cup), Fresh oranges (2), Garlic (3 cloves), Tomatoes (4 medium), Chicken breast (1 lb)	Olive oil (4 tbsp), Honey (2 tbsp), Salt and pepper, White rice (1/2 cup), Oregano (1 tsp)



The Soul of French Cuisine: Elegance in Every Bite

French cuisine is a love letter to life's finest pleasures—a delicate balance of tradition, innovation, simplicity, and sophistication. Rooted in respect for ingredients and the artistry of cooking, it transforms meals into moments of joy and connection.

At its heart lies harmony. Every element—rich or light, bold or subtle—finds its perfect counterpart. The buttery flakiness of a croissant, the tang of fresh chèvre, or the earthy depth of mushroom soup embodies this mastery. Here, food is not just sustenance; it is an invitation to savor and celebrate.

French cuisine draws deeply from its regions, each offering unique flavors. The seafood-strewn coasts of Brittany, the vineyards of Bordeaux, and the lavender-scented hills of Provence contribute ingredients that echo the land and seasons. A baguette carries the essence of its wheat fields, and a glass of Burgundy whispers of sunlit vineyards.

Meals in France are cherished rituals, uniting friends and family. They unfold leisurely, with courses designed to be savored alongside conversation and laughter. From delicate starters to triumphant desserts, each stage is an act of love and generosity.

Desserts are a sweet whisper at the end of a meal—a glossy tarte Tatin, a cloud-like soufflé, or a decadent mousse. These are not just confections but poetic expressions of indulgence, lingering in memory.

To experience French cuisine is to embrace life itself. It honors the seasons, celebrates simplicity, and finds beauty in every detail. Through its flavors, we learn a timeless truth: food made with care and shared with love transforms the ordinary into the extraordinary.

A photograph of a French breakfast spread on a light-colored wooden table. In the center is a croissant sandwich filled with melted cheese and prosciutto, resting on a small dark blue plate. Surrounding it are various fresh ingredients: a small bowl of butter, a bowl of arugula, a jar of honey, and some cherry tomatoes. The background is softly blurred, showing more tomatoes and herbs.

FRENCH BREAKFAST

Breakfasts (Petit Déjeuner):

French breakfast is a soft, understated prelude to the day—a gentle symphony of delicate flavors and textures. It is the quiet crunch of a buttery croissant, the smoothness of fresh coffee, and the sweetness of a fruit preserve spread thinly on crusty bread. Mornings in France are not hurried but cherished, each moment an ode to balance and elegance. The French embrace breakfast as a calm awakening, a whisper of what the day holds.

FRENCH BUTTER CROISSANTS WITH HOMEMADE JAM		
Yield: 2–4 servings Prep Time: 20 minutes Cook Time: 25 minutes		
INGREDIENTS • 1 sheet of puff pastry, thawed • 1/4 cup of butter, softened • 1 egg, beaten (for egg wash) • 1/4 cup of jam (strawberry, raspberry, or apricot)		DIRECTIONS 1. Preheat Oven: Preheat oven to 375°F (190°C). Line a baking sheet with parchment paper. 2. Cut Pastry: Roll out puff pastry and cut into triangles. 3. Shape Croissants: Brush each triangle with butter and roll from base to tip. Curve slightly to form a crescent shape. 4. Apply Egg Wash: Place on the prepared baking sheet and brush with egg wash. 5. Bake: Bake for 20–25 minutes, or until golden and flaky. 6. Serve: Serve warm with a side of jam.
Nutritional Information (per serving): 240 calories, 4g protein, 20g carbohydrates, 16g fat, 1g fiber, 20mg cholesterol, 200mg sodium, 60mg potassium.		

QUICHE LORRAINE WITH GRUYÈRE CHEESE		
Yield: 2–4 servings Prep Time: 15 minutes Cook Time: 35 minutes		
INGREDIENTS • 1 pre-made pie crust • 1/2 cup Gruyère cheese, shredded • 1/4 cup cooked bacon, crumbled • 2 eggs • 1/2 cup heavy cream • 1/2 tsp salt • 1/4 tsp black pepper		DIRECTIONS 1. Preheat Oven: Preheat oven to 375°F (190°C). 2. Prepare Crust: Line a pie dish with the crust and sprinkle cheese and bacon evenly on the bottom. 3. Mix Filling: In a bowl, whisk eggs, cream, salt, and pepper. Pour over the cheese and bacon. 4. Bake: Bake for 30–35 minutes until the center is set and golden. 5. Serve: Cool slightly before slicing and serving.
Nutritional Information (per serving): 300 calories, 10g protein, 18g carbohydrates, 22g fat, 1g fiber, 60mg cholesterol, 250mg sodium, 100mg potassium.		

FLUFFY FRENCH CREPES WITH LEMON AND SUGAR		
Yield: 2–4 servings Prep Time: 10 minutes Cook Time: 15 minutes		
INGREDIENTS • 1 cup all-purpose flour • 2 eggs • 1/2 cup milk • 1/2 cup of water • 2 tbsp melted butter • 1 tbsp sugar • 1/2 tsp vanilla extract • Lemon wedges and sugar for topping		DIRECTIONS 1. Prepare Batter: In a bowl, whisk flour, eggs, milk, water, butter, sugar, and vanilla until smooth. 2. Heat Pan: Heat a non-stick skillet over medium heat and lightly grease with butter. 3. Cook Crepes: Pour 1/4 cup batter into the pan and swirl to coat. Cook for 2 minutes, flip, and cook for another minute. 4. Serve: Serve warm with a lemon squeeze and a sprinkle of sugar
Nutritional Information (per serving): 210 calories, 6g protein, 28g carbohydrates, 8g fat, 1g fiber, 40mg cholesterol, 120mg sodium, 90mg potassium.		

PAIN PERDU (FRENCH TOAST) WITH MAPLE SYRUP
Yield: 2–4 servings | Prep Time: 10 minutes | Cook Time: 10 minutes

INGREDIENTS

- 4 slices of day-old bread
- 2 eggs
- 1/2 cup milk
- 1 tbsp sugar
- 1/2 tsp cinnamon
- 1 tbsp butter
- Maple syrup for serving

DIRECTIONS

1. Prepare Mixture: In a shallow dish, whisk eggs, milk, sugar, and cinnamon.
2. Dip Bread: Dip bread slices into the mixture, coating both sides.
3. Cook Bread: Heat butter in a skillet over medium heat. Cook bread for 2–3 minutes per side until golden.
4. Serve: Serve warm with maple syrup.

Nutritional Information (per serving): 280 calories, 8g protein, 32g carbohydrates, 12g fat, 1g fiber, 55mg cholesterol, 200mg sodium, 90mg potassium.

TRADITIONAL Brioche Rolls with Honey Butter
Yield: 2–4 servings | Prep Time: 15 minutes | Cook Time: 25 minutes

INGREDIENTS

- 2 cups of all-purpose flour
- 1/4 cup of sugar
- 1/2 tsp salt
- 1/4 cup butter, melted
- 1/4 cup warm milk
- 1 egg
- 1 tsp instant yeast
- 2 tbsp honey

DIRECTIONS

1. Make Dough: In a bowl, mix flour, sugar, salt, yeast, milk, butter, and egg until a smooth dough forms. Let's rest for 1 hour.
2. Shape Rolls: Divide dough into small balls and place on a baking sheet. Cover and let rise for 30 minutes.
3. Bake: Preheat oven to 350°F (175°C) and bake rolls for 20–25 minutes until golden.
4. Prepare Honey Butter: Mix honey with softened butter.
5. Serve: Serve rolls warm with honey butter.

Nutritional Information (per serving): 250 calories, 6g protein, 36g carbohydrates, 8g fat, 1g fiber, 40mg cholesterol, 150mg sodium, 80mg potassium.

FRESH BAGUETTE WITH CAMEMBERT AND GRAPES
Yield: 2–4 servings | Prep Time: 5 minutes | Cook Time: None

INGREDIENTS

- 1 baguette, sliced
- 4 oz Camembert cheese, sliced
- 1 cup seedless grapes

DIRECTIONS

1. Assemble: Arrange baguette slices on a serving plate. Top with Camembert slices.
2. Add Grapes: Serve alongside fresh grapes.
3. Serve: Perfect as a light breakfast or snack

Nutritional Information (per serving): 220 calories, 8g protein, 24g carbohydrates, 9g fat, 1g fiber, 20mg cholesterol, 150mg sodium, 120mg potassium.

OMELETTE AUX FINES HERBES (HERB OMELETTE)**Yield: 2–4 servings | Prep Time: 5 minutes | Cook Time: 5 minutes****INGREDIENTS**

- 4 eggs
- 1/4 cup fresh herbs (parsley, chives, tarragon), chopped
- 1 tbsp butter
- Salt and pepper to taste

DIRECTIONS

1. Prepare Eggs: In a bowl, whisk eggs, herbs, salt, and pepper.
2. Cook Omelets: Heat butter in a skillet. Pour egg mixture and cook over medium heat for 2–3 minutes, folding gently.
3. Serve: Serve warm as a simple, flavorful breakfast.

Nutritional Information (per serving):180 calories, 12g protein, 1g carbohydrates, 14g fat, 0g fiber, 26mg cholesterol, 150mg sodium, 90mg potassium.**CROISSANT BREAKFAST SANDWICH WITH HAM AND CHEESE** **Yield: 2–4 servings | Prep Time: 5 minutes | Cook Time: 5 minutes****INGREDIENTS**

- 2 croissants, sliced in half
- 4 slices of ham
- 2 slices Swiss cheese
- 1 tbsp Dijon mustard

DIRECTIONS

1. Assemble Sandwich: Spread Dijon mustard on the inside of croissant halves. Layer ham and cheese.
2. Toast Sandwich: Heat in a skillet or toaster
3. Serve: Serve warm for a hearty breakfast.

Nutritional Information (per serving):320 calories, 14g protein, 28g carbohydrates, 18g fat, 1g fiber, 40mg cholesterol, 400mg sodium, 100mg potassium.**CHAUSSON AUX POMMES (APPLE TURNOVERS)****Yield: 2–4 servings | Prep Time: 10 minutes | Cook Time: 20 minutes****INGREDIENTS**

- 1 sheet of puff pastry, thawed
- 2 apples, peeled and diced
- 2 tbsp sugar
- 1/2 tsp cinnamon
- 1 egg, beaten (for egg wash)

DIRECTIONS

1. Prepare Filling: In a pan, cook apples, sugar, and cinnamon until softened. Let's cool.
2. Assemble Turnovers: Cut puff pastry into squares. Place apple filling in the center, fold diagonally, and seal edges.
3. Apply Egg Wash: Brush with egg wash.
4. Bake: Bake at 375°F (190°C) for 20 minutes until golden.
5. Serve: Serve warm as a sweet breakfast or dessert.

Nutritional Information (per serving):280 calories, 4g protein, 34g carbohydrates, 14g fat, 2g fiber, 20mg cholesterol, 200mg sodium, 100mg potassium.

WARM PAIN AU CHOCOLAT (CHOCOLATE CROISSANTS)**Yield: 2–4 servings | Prep Time: 10 minutes | Cook Time: 20 minutes****INGREDIENTS**

- 1 sheet of puff pastry, thawed
- 4 small chocolate bars or sticks
- 1 egg, beaten (for egg wash)

DIRECTIONS

1. Prepare Croissants: Cut puff pastry into rectangles. Place chocolate bar at one end, roll, and seal edges.
2. Apply Egg Wash: Brush with egg wash and place on a baking sheet.
3. Bake: Bake at 375°F (190°C) for 20 minutes until golden and flaky.
4. Serve: Serve warm with coffee or tea.

Nutritional Information (per serving):270 calories, 5g protein, 28g carbohydrates, 15g fat, 1g fiber, 20mg cholesterol, 150mg sodium, 90mg potassium.**FRENCH YOGURT PARFAIT WITH BERRIES AND GRANOLA****Yield: 2–4 servings | Prep Time: 5 minutes | Cook Time: None****INGREDIENTS**

- 2 cups plain Greek yogurt
- 1 cup mixed fresh berries (strawberries, blueberries, raspberries)
- 1/2 cup granola
- 1 tbsp honey

DIRECTIONS

1. Layer Ingredients: In serving glasses or bowls, layer yogurt, berries, and granola.
2. Add Sweetener: Drizzle honey over the top.
3. Serve: Serve immediately as a light breakfast or snack

Nutritional Information (per serving):200 calories, 8g protein, 24g carbohydrates, 6g fat, 2g fiber, 5mg cholesterol, 60mg sodium, 150mg potassium.**CLAFOUTIS WITH FRESH CHERRIES****Yield: 2–4 servings | Prep Time: 10 minutes | Cook Time: 30 minutes****INGREDIENTS**

- 1 cup fresh cherries, pitted
- 1/2 cup all-purpose flour
- 1/4 cup sugar
- 1/2 cup milk
- 2 eggs
- 1 tsp vanilla extract
- 1 tbsp butter (for greasing)

DIRECTIONS

1. Preheat Oven: Preheat oven to 375°F (190°C). Grease a baking dish with butter.
2. Prepare Batter: In a bowl, whisk flour, sugar, eggs, milk, and vanilla until smooth.
3. Assemble: Place cherries in the baking dish and pour the batter over them.
4. Bake: Bake for 30–35 minutes until golden and set.
5. Serve: Cool slightly and serve warm or at room temperature.

Nutritional Information (per serving):190 calories, 6g protein, 28g carbohydrates, 5g fat, 1g fiber, 40mg cholesterol, 50mg sodium, 120mg potassium.

SAVORY GALETTE WITH MUSHROOMS AND SPINACH		
Yield: 2–4 servings Prep Time: 15 minutes Cook Time: 25 minutes		
INGREDIENTS • 1 sheet puff pastry, thawed • 1 cup mushrooms, sliced • 1 cup fresh spinach • 1/4 cup ricotta cheese • 1/4 cup grated Parmesan cheese • 1 egg, beaten (for egg wash) • 1 tbsp olive oil • Salt and pepper to taste		DIRECTIONS 1. Preheat Oven: Preheat oven to 375°F (190°C). 2. Sauté Vegetables: Heat olive oil in a skillet. Cook mushrooms and spinach until softened. Season with salt and pepper. 3. Assemble Galette: Roll out puff pastry on a baking sheet. Spread ricotta in the center, leaving edges clear. Add sautéed vegetables and sprinkle with Parmesan. Fold edges of pastry over the filling. 4. Apply Egg Wash: Brush edges with egg wash. 5. Bake: Bake for 20–25 minutes until golden. 6. Serve: Cool slightly before serving.
Nutritional Information (per serving): 300 calories, 8g protein, 28g carbohydrates, 18g fat, 1g fiber, 40mg cholesterol, 200mg sodium, 150mg potassium		

MINI FRENCH BREAKFAST TARTLETS WITH EGG AND BACON		
Yield: 2–4 servings Prep Time: 10 minutes Cook Time: 15 minutes		
INGREDIENTS • 4 small tartlet shells (store-bought or homemade) • 4 slices bacon, cooked and crumbled • 4 eggs • 1/4 cup shredded Gruyère cheese • Salt and pepper to taste		DIRECTIONS 1. Preheat Oven: Preheat oven to 375°F (190°C). 2. Assemble Tartlets: Place tartlet shells on a baking sheet. Add crumbled bacon and crack an egg into each shell. Sprinkle with cheese, salt, and pepper. 3. Bake: Bake for 12–15 minutes until the eggs are set. 4. Serve: Serve warm as a delightful breakfast option.
Nutritional Information (per serving): 250 calories, 12g protein, 14g carbohydrates, 16g fat, 0g fiber, 180mg cholesterol, 300mg sodium, 100mg potassium		

STEAMED MILK COFFEE (CAFÉ AU LAIT) WITH MADELEINES		
Yield: 2–4 servings Prep Time: 10 minutes Cook Time: 10 minutes		
INGREDIENTS For Café au Lait: • 2 cups of freshly brewed coffee • 1 cup steamed milk For Madeleines: • 1/2 cup all-purpose flour • 1/4 cup of sugar • 1 egg • 1/4 cup of butter, melted • 1/4 tsp vanilla extract		DIRECTIONS 1. Prepare Coffee: Brew coffee and steam milk. Combine equal parts in mugs. 2. Make Madeleines Batter: Whisk flour, sugar, egg, butter, and vanilla until smooth. 3. Bake Madeleines: Spoon batter into a greased madeleine mold and bake at 350°F (175°C) for 8–10 minutes. 4. Serve: Serve coffee with warm madeleines.
Nutritional Information (per serving): 200 calories, 5g protein, 24g carbohydrates, 8g fat, 0g fiber, 20mg cholesterol, 100mg sodium, 50mg potassium.		



LUNCH IN FRANCE

Lunches (Déjeuner):

Lunch in France is a celebration of life itself—a leisurely affair that honors flavor, conversation, and connection. It is a time to pause, sit with friends or family, and savor dishes crafted with care. French lunches weave together regional specialties, fresh ingredients, and the artistry of culinary tradition. They are unhurried, layered with textures and tastes that speak to the heart of French culture: a deep appreciation for the pleasures of the table.

NIÇOISE SALAD WITH SEARED TUNA Yield: 2–4 servings Prep Time: 15 minutes Cook Time: 10 minutes		
INGREDIENTS • 2 fresh tuna steaks (4 oz each) • 4 cups mixed greens • 1 cup green beans, blanched • 1/2 cup cherry tomatoes, halved • 2 boiled eggs, quartered • 1/4 cup black olives • 2 small potatoes, boiled and quartered • 2 tbsp olive oil • 1 tbsp Dijon mustard • 1 tbsp lemon juice • Salt and pepper to taste		DIRECTIONS 1. Prepare Dressing: In a bowl, whisk olive oil, Dijon mustard, lemon juice, salt, and pepper. Set aside. 2. Cook Tuna: Heat a skillet over medium heat. Sear tuna steaks for 1–2 minutes per side. Let rest and slice thinly. 3. Assemble Salad: Arrange mixed greens, green beans, potatoes, cherry tomatoes, boiled eggs, and olives on a plate. 4. Add Tuna: Top with sliced tuna. 5. Drizzle Dressing: Pour dressing over the salad and serve.
Nutritional Information (per serving): 290 calories, 28g protein, 15g carbohydrates, 12g fat, 3g fiber, 150mg cholesterol, 300mg sodium, 400mg potassium.		

WARM GOAT CHEESE SALAD WITH WALNUTS Yield: 2–4 servings Prep Time: 10 minutes Cook Time: 5 minutes		
INGREDIENTS • 4 cups mixed greens • 1/4 cup of walnuts, toasted • 4 slices goat cheese rounds • 2 slices baguette, toasted • 2 tbsp honey • 2 tbsp olive oil • 1 tbsp balsamic vinegar • Salt and pepper to taste		DIRECTIONS 1. Prepare Dressing: Whisk olive oil, balsamic vinegar, salt, and pepper. 2. Toast Walnuts: Toast walnuts in a dry skillet over medium heat for 2–3 minutes. 3. Warm Cheese: Place goat cheese rounds on toasted baguette slices and drizzle with honey. Warm in a toaster oven. 4. Assemble Salad: Arrange greens on a plate. Top with walnuts, goat cheese toasts, and drizzle with dressing. 5. Serve: Serve immediately as a light and flavorful salad.
Nutritional Information (per serving): 220 calories, 8g protein, 10g carbohydrates, 18g fat, 2g fiber, 20mg cholesterol, 150mg sodium, 150mg potassium.		

CROQUE MONSIEUR WITH DIJON MUSTARD Yield: 2–4 servings Prep Time: 5 minutes Cook Time: 10 minutes		
INGREDIENTS • 4 slices of white bread • 4 slices of ham • 4 slices Gruyère cheese • 2 tbsp Dijon mustard • 2 tbsp butter		DIRECTIONS 1. Assemble Sandwich: Spread Dijon mustard on bread. Layer ham and cheese. 2. Cook Sandwich: Heat butter in a skillet. Toast sandwiches for 3–4 minutes per side until golden and cheese is melted. 3. Serve: Serve warm with a side salad if desired.
Nutritional Information (per serving): 350 calories, 18g protein, 28g carbohydrates, 18g fat, 1g fiber, 60mg cholesterol, 400mg sodium, 150mg potassium.		

FRENCH ONION SOUP WITH GRUYÈRE CROUTONS
Yield: 2–4 servings | Prep Time: 10 minutes | Cook Time: 15 minutes

INGREDIENTS

- 4 large onions, thinly sliced
- 4 cups of beef broth
- 1/4 cup of dry white wine
- 4 slices baguette
- 1/2 cup Gruyère cheese, grated
- 2 tbsp butter
- 1 tbsp olive oil
- 1 tsp sugar
- Salt and pepper to taste

DIRECTIONS

1. Caramelize Onions: Heat butter and olive oil in a pot. Add onions and sugar, cook over low heat for 30 minutes until golden.
2. Add Liquid: Stir in white wine and beef broth. Simmer for 15 minutes.
3. Prepare Croutons: Top baguette slices with Gruyère and toast until bubbly.
4. Serve: Ladle soup into bowls, add croutons, and serve hot

Nutritional Information (per serving):250 calories, 8g protein, 28g carbohydrates, 10g fat, 2g fiber, 20mg cholesterol, 300mg sodium, 200mg potassium.

BOUILLABAISSE (PROVENÇAL FISH STEW)
Yield: 2–4 servings | Prep Time: 20 minutes | Cook Time: 30 minutes

INGREDIENTS

- 1 lb. mixed fish and shellfish (cod, mussels, shrimp)
- 4 cups of fish or vegetable broth
- 1 large onion, sliced
- 2 garlic cloves, minced
- 1 cup of diced tomatoes
- 1/2 cup dry white wine
- 2 tbsp olive oil
- 1 tsp saffron threads
- 1/2 tsp thyme
- Salt and pepper to taste

DIRECTIONS

1. Sauté Aromatics: Heat olive oil in a pot. Cook onion and garlic until softened.
2. Add Liquid: Stir in tomatoes, wine, broth, saffron, thyme, salt, and pepper. Simmer for 15 minutes.
3. Add Seafood: Add fish and shellfish, cooking until tender (about 10 minutes).
4. Serve: Serve hot with crusty bread.

Nutritional Information (per serving):300 calories, 25g protein, 10g carbohydrates, 12g fat, 1g fiber, 75mg cholesterol, 400mg sodium, 400mg potassium.

HAM AND CHEESE BAGUETTE SANDWICH (JAMBON-BEURRE)
Yield: 2–4 servings | Prep Time: 5 minutes | Cook Time: None

INGREDIENTS

- 1 baguette, halved lengthwise
- 4 slices of ham
- 4 slices Swiss cheese
- 2 tbsp unsalted butter, softened

DIRECTIONS

1. Prepare Baguette: Spread butter evenly on the inside of the baguette halves.
2. Assemble Sandwich: Layer ham and cheese on one half of the baguette. Top with the other half.
3. Slice and Serve: Cut into portions and serve as a quick, classic French lunch

Nutritional Information (per serving):300 calories, 12g protein, 32g carbohydrates, 12g fat, 1g fiber, 40mg cholesterol, 350mg sodium, 100mg potassium.

VEGETABLE TART WITH PROVENÇAL HERBS		
Yield: 2–4 servings Prep Time: 15 minutes Cook Time: 30 minutes		
INGREDIENTS • 1 sheet puff pastry, thawed • 1 zucchini, thinly sliced • 1 tomato, thinly sliced • 1/2 cup goat cheese, crumbled • 1 tbsp olive oil • 1 tsp herbes de Provence • Salt and pepper to taste		DIRECTIONS 1. Preheat Oven: Preheat oven to 375°F (190°C). 2. Prepare Pastry: Roll out puff pastry on a baking sheet. Prick with a fork to prevent puffing. 3. Assemble Tart: Layer zucchini and tomato slices on the pastry. Sprinkle with goat cheese, herbes de Provence, salt, and pepper. Drizzle with olive oil. 4. Bake: Bake for 25–30 minutes until golden. 5. Serve: Cool slightly before slicing and serving.
Nutritional Information (per serving):260 calories, 8g protein, 22g carbohydrates, 16g fat, 2g fiber, 20mg cholesterol, 200mg sodium, 150mg potassium.		

TARTIFLETTE WITH POTATOES AND REBLOCHON CHEESE		
Yield: 2–4 servings Prep Time: 10 minutes Cook Time: 10 minutes		
INGREDIENTS • 2 lbs potatoes, peeled and sliced • 1/2 cup lardons or diced bacon • 1 medium onion, sliced • 1/2 cup white wine • 1 Reblochon cheese (or Brie), sliced • 2 tbsp butter • Salt and pepper to taste		DIRECTIONS 1. Cook Potatoes: Boil potatoes until tender. Drain and set aside. 2. Sauté Lardons and Onion: In a skillet, melt butter and sauté lardons and onion until golden. Deglaze with white wine. 3. Assemble Tartiflette: Layer potatoes, lardon mixture, and cheese in a baking dish. Repeat layers, ending with cheese on top. 4. Bake: Preheat oven to 375°F (190°C). Bake for 20–25 minutes until bubbly and golden. 5. Serve: Serve warm as a hearty main or side dish.
Nutritional Information (per serving):400 calories, 14g protein, 38g carbohydrates, 22g fat, 3g fiber, 40mg cholesterol, 300mg sodium, 500mg potassium		

PISSALADIÈRE (CARAMELIZED ONION AND OLIVE TART)		
Yield: 2–4 servings Prep Time: 20 minutes Cook Time: 25 minutes		
INGREDIENTS • 1 pizza dough or puff pastry • 4 large onions, thinly sliced • 1/4 cup black olives, pitted and halved • 2 tbsp olive oil • 1 tsp herbes de Provence • Salt and pepper to taste		DIRECTIONS 1. Preheat Oven: Preheat oven to 375°F (190°C). 2. Caramelize Onions: Heat olive oil in a skillet. Cook onions over low heat until caramelized (about 20 minutes). Season with herbes de Provence, salt, and pepper. 3. Assemble Tart: Roll out dough on a baking sheet. Spread caramelized onions evenly. Top with olives. 4. Bake: Bake for 20–25 minutes until crust is golden. 5. Serve: Slice and serve warm or at room temperature.
Nutritional Information (per serving):280 calories, 6g protein, 32g carbohydrates, 14g fat, 2g fiber, 0mg cholesterol, 250mg sodium, 150mg potassium.		

STEAK FRITES WITH BÉARNAISE SAUCE

Yield: 2–4 servings | Prep Time: 15 minutes | Cook Time: 20 minutes

INGREDIENTS

- 2 sirloin steaks (6 oz each)
 - 2 large potatoes, cut into fries
 - 2 tbsp olive oil
 - Salt and pepper to taste
- For Béarnaise Sauce:**
- 2 egg yolks
 - 1/2 cup butter, melted
 - 1 tbsp tarragon, chopped
 - 1 tbsp white wine vinegar

DIRECTIONS

1. Cook Fries: Preheat oven to 400°F (200°C). Toss potatoes with olive oil, salt, and pepper. Bake for 20 minutes until it is crispy.
2. Cook Steaks: Season steaks with salt and pepper. Sear in a hot skillet for 3–4 minutes per side for medium-rare. Let's rest.
3. Prepare Sauce: In a heatproof bowl, whisk egg yolks and vinegar over a simmering pot of water. Slowly drizzle in melted butter, whisking until thickened. Stir in tarragon.
4. Serve: Plate steak with fries and Béarnaise sauce.

Nutritional Information (per serving):550 calories, 34g protein, 28g carbohydrates, 32g fat, 2g fiber, 180mg cholesterol, 450mg sodium, 300mg potassium.

CHICKEN FRICASSÉE WITH WHITE WINE AND MUSHROOMS

Yield: 2–4 servings | Prep Time: 15 minutes | Cook Time: 30 minutes

INGREDIENTS

- 4 chicken thighs or drumsticks
- 1 cup mushrooms, sliced
- 1/2 cup dry white wine
- 1/2 cup chicken broth
- 1/4 cup heavy cream
- 2 tbsp butter
- 1 tbsp olive oil
- 1 small onion, chopped
- 2 garlic cloves, minced
- Salt and pepper to taste

DIRECTIONS

1. Sear Chicken: Heat olive oil in a skillet. Brown chicken pieces on all sides. Remove and set aside.
2. Sauté Aromatics: In the same skillet, melt butter and sauté onions and garlic until softened.
3. Cook Mushrooms: Add mushrooms and cook until tender.
4. Deglaze and Simmer: Stir in white wine and chicken broth. Return chicken to the skillet, cover, and simmer for 20 minutes.
5. Add Cream: Stir in heavy cream and cook uncovered for 5 minutes to thicken.
6. Serve: Serve hot with mashed potatoes or rice.

Nutritional Information (per serving):320 calories, 28g protein, 6g carbohydrates, 20g fat, 1g fiber, 100mg cholesterol, 350mg sodium, 250mg potassium.

CROQUE MADAME WITH EGG ON TOP

Yield: 2–4 servings | Prep Time: 10 minutes | Cook Time: 10 minutes

INGREDIENTS

- 4 slices of bread
- 4 slices of ham
- 4 slices Gruyère cheese
- 2 eggs
- 2 tbsp butter
- 1 tbsp Dijon mustard

DIRECTIONS

1. Assemble Sandwich: Spread Dijon mustard on bread. Layer ham and cheese.
2. Cook Sandwich: Heat butter in a skillet. Toast sandwiches for 3–4 minutes per side.
3. Fry Eggs: In the same skillet, fry eggs sunny side up.
4. Serve: Top each sandwich with a fried egg and serve hot.

Nutritional Information (per serving):360 calories, 18g protein, 28g carbohydrates, 20g fat, 1g fiber, 120mg cholesterol, 450mg sodium, 200mg potassium.

DUCK CONFIT WITH LENTILS		
Yield: 2–4 servings Prep Time: 10 minutes Cook Time: 10 minutes		
INGREDIENTS • 2 duck legs • 2 cups lentils, cooked • 2 garlic cloves, minced • 1 small onion, chopped • 1 carrot, diced • 1 bay leaf • 1 tsp thyme • 2 tbsp duck fat or olive oil • Salt and pepper to taste		DIRECTIONS 1. Prepare Duck: Season duck legs with salt, pepper, and thyme. Bake at 300°F (150°C) for 2 hours until tender. 2. Sauté Vegetables: Heat duck fat in a skillet. Sauté onion, garlic, carrot, and bay leaf. 3. Add Lentils: Stir in cooked lentils and warm through. Season with salt and pepper. 4. Serve: Serve duck over lentils.
Nutritional Information (per serving): 450 calories, 35g protein, 20g carbohydrates, 25g fat, 5g fiber, 110mg cholesterol, 400mg sodium, 300mg potassium.		

CASSOULET WITH SAUSAGE AND WHITE BEANS		
Yield: 2–4 servings Prep Time: 30 minutes Cook Time: 2 hours		
INGREDIENTS • 2 cups of cooked white beans • 4 sausages (pork or chicken) • 1 cup of diced tomatoes • 1 small onion, chopped • 2 garlic cloves, minced • 1/2 cup of chicken broth • 1/2 tsp thyme • 1/4 tsp smoked paprika • 2 tbsp olive oil • Salt and pepper to taste		DIRECTIONS 1. Cook Sausages: In a skillet, brown sausages. Remove and set aside. 2. Sauté Aromatics: Heat olive oil and sauté onion, garlic, and paprika. 3. Combine Ingredients: Add beans, tomatoes, broth, thyme, and sausages. 4. Bake: Transfer to a casserole dish. Bake at 350°F (175°C) for 1.5–2 hours. 5. Serve: Serve hot with crusty bread
Nutritional Information (per serving): 420 calories, 25g protein, 28g carbohydrates, 20g fat, 6g fiber, 50mg cholesterol, 350mg sodium, 300mg potassium.		

COQ AU VIN (CHICKEN IN RED WINE SAUCE)		
Yield: 2–4 servings Prep Time: 20 minutes Cook Time: 1.5 hours		
INGREDIENTS • 4 chicken thighs or drumsticks • 1 cup of red wine • 1/2 cup of chicken broth • 1/2 cup of mushrooms, sliced • 2 carrots, diced • 1 small onion, chopped • 2 garlic cloves, minced • 2 tbsp olive oil • 1 tbsp flour • 1 bay leaf • Salt and pepper to taste		DIRECTIONS 1. Sear Chicken: Heat olive oil and brown chicken pieces. Remove and set aside. 2. Sauté Vegetables: Cook onion, garlic, and carrots until softened. 3. Deglaze: Sprinkle flour and stir. Add wine, broth, bay leaf, and chicken. Simmer for 1 hour. 4. Add Mushrooms: Add mushrooms and simmer for another 15 minutes. 5. Serve: Serve hot with rice or potatoes.
Nutritional Information (per serving): 350 calories, 28g protein, 10g carbohydrates, 18g fat, 2g fiber, 100mg cholesterol, 350mg sodium, 300mg potassium.		

PORK RILLETTES WITH PICKLED VEGETABLES
Yield: 2–4 servings | Prep Time: 15 minutes | Cook Time: 3 hours

INGREDIENTS

- 1 lb. pork shoulder, cubed
- 1/4 cup pork fat or butter
- 1/2 cup of chicken broth
- 1 tsp thyme
- 1 bay leaf
- 1/2 cup of pickled vegetables (cornichons, carrots, etc.)
- Salt and pepper to taste

DIRECTIONS

1. Cook Pork: In a pot, combine pork, fat, broth, thyme, and bay leaf. Simmer on low for 3 hours until tender.
2. Shred Pork: Remove bay leaf and shred pork with a fork. Mix with remaining fat in the pot.
3. Chill: Pack into a jar or ramekin and refrigerate until set.
4. Serve: Serve chilled with pickled vegetables and bread.

Nutritional Information (per serving): 320 calories, 25g protein, 2g carbohydrates, 23g fat, 0g fiber, 70mg cholesterol, 400mg sodium, 150mg potassium.

PAN-SEARED SCALLOPS WITH LEMON BEURRE BLANC
Yield: 2–4 servings | Prep Time: 10 minutes | Cook Time: 10 minutes

INGREDIENTS

- 12 large scallops
- 2 tbsp butter
- 1/4 cup dry white wine
- 1 tbsp lemon juice
- 1 tbsp heavy cream
- Salt and pepper to taste

DIRECTIONS

1. Sear Scallops: Heat 1 tbsp butter in a skillet. Sear scallops for 2 minutes per side. Remove and set aside.
2. Prepare Sauce: In the same skillet, add wine and lemon juice. Simmer for 2 minutes. Stir in cream and remain butter.
3. Combine: Return scallops to the skillet to coat with sauce.
4. Serve: Serve hot with steamed vegetables or rice.

Nutritional Information (per serving): 240 calories, 22g protein, 3g carbohydrates, 15g fat, 0g fiber, 50mg cholesterol, 320mg sodium, 200mg potassium.

POACHED SALMON WITH DILL AND LEMON
Yield: 2–4 servings | Prep Time: 10 minutes | Cook Time: 15 minutes

INGREDIENTS

- 2 salmon fillets (6 oz each)
- 2 cups water
- 1 lemon, sliced
- 2 sprigs fresh dill
- Salt and pepper to taste

DIRECTIONS

1. Prepare Liquid: In a skillet, bring water, lemon slices, and dill to a simmer.
2. Poach Salmon: Add salmon fillets. Cover and poach for 10–12 minutes until cooked through.
3. Serve: Remove salmon, season with salt and pepper, and garnish with fresh dill and lemon

Nutritional Information (per serving): 200 calories, 25g protein, 1g carbohydrates, 10g fat, 0g fiber, 70mg cholesterol, 100mg sodium, 400mg potassium.

QUENELLES DE BROCHET (PIKE DUMPLINGS) WITH NANTUA SAUCE**Yield: 2–4 servings | Prep Time: 20 min. | Cook Time: 25 min.****INGREDIENTS**

- 1 lb pike fillet, minced
 - 1/2 cup heavy cream
 - 2 eggs
 - 2 tbsp flour
 - 1/4 tsp nutmeg
 - Salt and pepper to taste
- For Nantua Sauce:**
- 1/2 cup shrimp or lobster bisque
 - 2 tbsp heavy cream
 - 1 tbsp butter

DIRECTIONS

1. Prepare Dumplings: In a bowl, mix pike, cream, eggs, flour, nutmeg, salt, and pepper until smooth. Shape into small dumplings.
2. Poach Dumplings: Simmer water in a pot. Poach quenelles for 8–10 minutes.
3. Make Sauce: In a saucepan, heat bisque, cream, and butter. Simmer until thickened.
4. Serve: Serve quenelles with sauce drizzled over

Nutritional Information (per serving): 300 calories, 24g protein, 5g carbohydrates, 20g fat, 0g fiber, 110mg cholesterol, 250mg sodium, 300mg potassium.

RATATOUILLE WITH FRESH HERBS**Yield: 2–4 servings | Prep Time: 10 minutes | Cook Time: 15 minutes****INGREDIENTS**

- 1 zucchini, sliced
- 1 eggplant, diced
- 1 bell pepper, chopped
- 2 tomatoes, diced
- 1 onion, chopped
- 2 garlic cloves, minced
- 2 tbsp olive oil
- 1 tsp herbes de Provence
- Salt and pepper to taste

DIRECTIONS

1. Sauté Vegetables: Heat olive oil in a pot. Sauté onion and garlic until fragrant.
2. Add Vegetables: Stir in zucchini, eggplant, bell pepper, and tomatoes. Season with herbes de Provence, salt, and pepper.
3. Simmer: Cover and simmer for 20–25 minutes until vegetables are tender.
4. Serve: Serve hot as a side dish or light main

Nutritional Information (per serving): 150 calories, 3g protein, 14g carbohydrates, 9g fat, 4g fiber, 0mg cholesterol, 150mg sodium, 350mg potassium.



FRENCH SNACKS

Snacks (Goûter):

The French approach to snacking is refined and intentional, a brief indulgence that adds a spark of joy to the day. Goûter, often associated with children, is equally beloved by adults as a delightful pause. A slice of cake, a piece of chocolate, or a handful of nuts—it's not the size but the essence that matters. Snacks in France remind us to find beauty in life's fleeting moments and to treat ourselves with care.

GOUGÈRES (CHEESE PUFFS)		
Yield: 2–4 servings Prep Time: 15 minutes Cook Time: 25 minutes		
INGREDIENTS • 1/2 cup of water • 1/4 cup of unsalted butter • 1/2 tsp salt • 1/2 cup all-purpose flour • 2 eggs • 1/2 cup Gruyère cheese, grated • 1/4 tsp ground nutmeg		DIRECTIONS 1. Preheat Oven: Preheat oven to 375°F (190°C). Line a baking sheet with parchment paper. 2. Make Dough: In a saucepan, bring water, butter, and salt to a boil. Add flour and stir until the dough pulls away from the sides. Remove from heat. 3. Add Eggs: Beat in eggs one at a time until smooth. Mix in cheese and nutmeg. 4. Shape Puffs: Drop tablespoon-sized scoops onto the prepared baking sheet. 5. Bake: Bake for 20–25 minutes until golden and puffed. 6. Serve: Serve warm as a savory snack.
Nutritional Information (per serving): 190 calories, 6g protein, 8g carbohydrates, 14g fat, 0g fiber, 60mg cholesterol, 160mg sodium, 40mg potassium.		

TRUFFLED DEVILED EGGS		
Yield: 2–4 servings Prep Time: 10 minutes Cook Time: 10 minutes		
INGREDIENTS • 6 large eggs • 2 tbsp mayonnaise • 1/2 tsp truffle oil • 1/4 tsp Dijon mustard • Salt and pepper to taste • Fresh chives for garnish		DIRECTIONS 1. Boil Eggs: Hard-boil eggs for 10 minutes. Cool, peel, and halve lengthwise. 2. Prepare Filling: Remove yolks and mash with mayonnaise, truffle oil, Dijon mustard, salt, and pepper. 3. Assemble: Pipe or spoon filling into egg whites. 4. Garnish: Sprinkle with chives and serve chilled.
Nutritional Information (per serving): 120 calories, 6g protein, 1g carbohydrates, 10g fat, 0g fiber, 190mg cholesterol, 150mg sodium, 50mg potassium.		

FRENCH CHEESE PLATTER WITH FIG JAM		
Yield: 2–4 servings Prep Time: 5 minutes Cook Time: None		
INGREDIENTS • 4 oz Brie cheese • 4 oz Roquefort cheese • 4 oz Gruyère cheese • 1/4 cup fig jam • 1 baguette, sliced		DIRECTIONS 1. Prepare Platter: Arrange cheeses and fig jam on a serving board. 2. Add Bread: Serve with baguette slices on the side. 3. Serve: Perfect as a no-cook appetizer.
Nutritional Information (per serving): 280 calories, 12g protein, 20g carbohydrates, 15g fat, 1g fiber, 50mg cholesterol, 350mg sodium, 80mg potassium.		

SAVORY PALMIERS WITH SUN-DRIED TOMATOES
Yield: 2–4 servings | Prep Time: 10 minutes | Cook Time: 15 minutes

INGREDIENTS

- 1 sheet puff pastry, thawed
- 1/4 cup sun-dried tomatoes, finely chopped
- 1/4 cup Parmesan cheese, grated
- 1 tsp dried oregano

DIRECTIONS

1. Preheat Oven: Preheat oven to 400°F (200°C). Line a baking sheet with parchment paper.
2. Prepare Filling: Spread sun-dried tomatoes evenly over the pastry. Sprinkle with Parmesan and oregano.
3. Roll Pastry: Roll both sides of the pastry inward to meet in the middle. Chill for 10 minutes, then slice into 1/2-inch pieces.
4. Bake: Place slices on the baking sheet and bake for 12–15 minutes until golden.
5. Serve: Serve warm or at room temperature.

Nutritional Information (per serving):200 calories, 4g protein, 15g carbohydrates, 14g fat, 1g fiber, 5mg cholesterol, 160mg sodium, 50mg potassium.

MINI CROISSANT DOGS WITH DIJON MUSTARD
Yield: 2–4 servings | Prep Time: 10 minutes | Cook Time: 12 minutes

INGREDIENTS

- 1 sheet of puff pastry, thawed
- 6 mini sausages
- 1 tbsp Dijon mustard
- 1 egg, beaten

DIRECTIONS

1. Preheat Oven: Preheat oven to 375°F (190°C).
2. Prepare Pastry: Roll out puff pastry and cut into strips. Spread Dijon mustard on each strip.
3. Wrap Sausages: Roll a strip of pastry around each sausage. Brush with egg wash.
4. Bake: Bake for 12 minutes or until golden.
5. Serve: Serve with extra mustard for dipping.

Nutritional Information (per serving):250 calories, 6g protein, 18g carbohydrates, 16g fat, 0g fiber, 20mg cholesterol, 300mg sodium, 50mg potassium.

MARINATED OLIVES WITH PROVENÇAL HERBS
Yield: 2–4 servings | Prep Time: 5 minutes | Cook Time: None

INGREDIENTS

- 1 cup mixed olives (green and black)
- 2 tbsp olive oil
- 1 garlic clove, minced
- 1 tsp dried herbes de Provence
- Zest of 1 lemon
- Salt and pepper to taste

DIRECTIONS

1. Prepare Marinade: In a bowl, combine olive oil, garlic, herbes de Provence, lemon zest, salt, and pepper.
2. Marinate Olives: Add olives and toss to coat. Let marinate for at least 30 minutes.
3. Serve: Serve as a simple appetizer.

Nutritional Information (per serving):150 calories, 1g protein, 3g carbohydrates, 15g fat, 2g fiber, 0mg cholesterol, 350mg sodium, 50mg potassium

FOUGASSE (FRENCH FLATBREAD) WITH OLIVES		
Yield: 2–4 servings Prep Time: 20 minutes Cook Time: 20 minutes		
INGREDIENTS • 2 cups of all-purpose flour • 1/2 cup warm water • 1 tsp active dry yeast • 1/4 cup olive oil • 1/4 cup black olives, chopped • 1 tsp of salt • 1 tsp herbes de Provence		DIRECTIONS 1. Prepare Dough: In a bowl, mix flour, yeast, salt, water, and olive oil until the dough forms. Knead for 5–7 minutes. 2. Add Olives: Fold in chopped olives and herbes de Provence. Let dough rise for 1 hour. 3. Shape and Bake: Preheat oven to 400°F (200°C). Shape dough into a flatbread and bake for 20 minutes until golden. 4. Serve: Cool slightly before slicing
Nutritional Information (per serving): 250 calories, 5g protein, 28g carbohydrates, 12g fat, 1g fiber, 0mg cholesterol, 300mg sodium, 100mg potassium.		

WARM LEEK AND GOAT CHEESE TARTLETS		
Yield: 2–4 servings Prep Time: 15 minutes Cook Time: 25 minutes		
INGREDIENTS • 1 sheet of puff pastry, thawed • 1 cup leek, thinly sliced • 1/2 cup goat cheese, crumbled • 1 tbsp olive oil • 1 egg, beaten (for egg wash)		DIRECTIONS 1. Preheat Oven: Preheat oven to 375°F (190°C). 2. Prepare Filling: Sauté leeks in olive oil until tender. Let's cool. 3. Assemble Tartlets: Cut puff pastry into circles. Place leeks and goat cheese on each circle. Brush the edges with egg wash. 4. Bake: Bake for 20–25 minutes until golden. 5. Serve: Serve warm as a savory appetizer.
Nutritional Information (per serving): 270 calories, 6g protein, 22g carbohydrates, 18g fat, 1g fiber, 20mg cholesterol, 150mg sodium, 80mg potassium.		

RADISHES WITH BUTTER AND SEA SALT)		
Yield: 2–4 servings Prep Time: 5 minutes Cook Time: None		
INGREDIENTS • 1 bunch radishes, trimmed • 2 tbsp unsalted butter, softened • Sea salt to taste		DIRECTIONS 1. Prepare Radishes: Rinse and trim radishes. 2. Serve: Spread butter on each radish and sprinkle with sea salt. 3. Enjoy: Serve as a simple, classic French snack.
Nutritional Information (per serving): 80 calories, 1g protein, 3g carbohydrates, 7g fat, 2g fiber, 20mg cholesterol, 40mg sodium, 150mg potassium.		

PUFFED PASTRY TWISTS WITH PARMESAN**Yield: 2–4 servings | Prep Time: 10 minutes | Cook Time: 12 minutes****INGREDIENTS**

- 1 sheet puff pastry, thawed
- 1/4 cup Parmesan cheese, grated
- 1/4 tsp paprika
- 1 egg, beaten

DIRECTIONS

1. Preheat Oven: Preheat oven to 375°F (190°C).
2. Prepare Twists: Roll out puff pastry. Sprinkle with Parmesan and paprika. Cut into strips and twist. Brush with egg wash.
3. Bake: Bake for 10–12 minutes until golden.
4. Serve: Serve warm as a savory snack.

Nutritional Information (per serving):200 calories, 5g protein, 18g carbohydrates, 12g fat, 0g fiber, 20mg cholesterol, 150mg sodium, 60mg potassium.**SMOKED SALMON CANAPÉS WITH DILL CRÈME FRAÎCHE****Yield: 2–4 servings | Prep Time: 10 minutes | Cook Time: None****INGREDIENTS**

- 8 slices baguette, toasted
- 4 oz smoked salmon
- 1/4 cup crème fraîche
- 1 tsp fresh dill, chopped
- 1 tsp lemon juice

DIRECTIONS

1. Prepare Topping: Mix crème fraîche, dill, and lemon juice.
2. Assemble Canapés: Spread mixture on toasted baguette slices. Top with smoked salmon.
3. Serve: Garnish with dill and serve immediately.

Nutritional Information (per serving):180 calories, 8g protein, 12g carbohydrates, 10g fat, 0g fiber, 25mg cholesterol, 150mg sodium, 100mg potassium.**MINI BRIE BITES WITH HONEY AND ALMONDS****Yield: 2–4 servings | Prep Time: 10 minutes | Cook Time: 10 minutes****INGREDIENTS**

- 1 sheet puff pastry, thawed
- 8 small pieces of Brie cheese
- 2 tbsp honey
- 2 tbsp sliced almonds

DIRECTIONS

1. Preheat Oven: Preheat oven to 375°F (190°C).
2. Prepare Pastry: Cut puff pastry into small squares. Place a piece of Brie in the center of each square.
3. Add Toppings: Drizzle with honey and sprinkle with almonds. Fold pastry corners slightly to enclose.
4. Bake: Bake for 10 minutes until golden.

Nutritional Information (per serving):230 calories, 6g protein, 18g carbohydrates, 14g fat, 1g fiber, 15mg cholesterol, 150mg sodium, 80mg potassium.

A top-down photograph of a dish of shrimp salad. The salad is served on a white oval plate with a brown decorative border. It consists of cooked shrimp mixed with a creamy dressing and fresh green herbs. A small pile of fresh parsley is on top. The plate is set on a dark, textured surface. Surrounding the plate are fresh ingredients: two lemons, several cherry tomatoes, a glass of olive oil, and more fresh parsley.

DINNER IN FRANCE

Dinners (Dîner):

French dinner is a harmonious conclusion to the day—a time to gather, reflect, and share in the warmth of good food and good company. It is a tableau of elegance, where seasonal ingredients are transformed into dishes that balance richness and restraint. Dinner is never rushed; it's a moment to savor every bite, sip wine, and let conversation flow. French evenings at the table embody the art of living, where food becomes an expression of love, artistry, and tradition.

STUFFED ZUCCHINI FLOWERS WITH RICOTTA AND HERBS

Yield: 2–4 servings | Prep Time: 15 minutes | Cook Time: 10 minutes

INGREDIENTS

- 8 zucchini flowers
- 1/2 cup ricotta cheese
- 1 tbsp Parmesan cheese, grated
- 1 tbsp fresh parsley, chopped
- 1 garlic clove, minced
- Salt and pepper to taste
- 2 tbsp olive oil

DIRECTIONS

1. Prepare Filling: In a bowl, mix ricotta, Parmesan, parsley, garlic, salt, and pepper.
2. Stuff Flowers: Gently open zucchini flowers and fill with 1–2 tsp of the ricotta mixture.
3. Cook: Heat olive oil in a skillet. Cook stuffed flowers for 2–3 minutes per side until golden.
4. Serve: Serve warm as an appetizer or side dish.

Nutritional Information (per serving):180 calories, 7g protein, 4g carbohydrates, 15g fat, 1g fiber, 15mg cholesterol, 120mg sodium, 150mg potassium.

PROVENÇAL STUFFED TOMATOES WITH BREADCRUMBS

Yield: 2–4 servings | Prep Time: 5 minutes | Cook Time: None

INGREDIENTS

- 4 large tomatoes
- 1/2 cup breadcrumbs
- 2 tbsp olive oil
- 1 garlic clove, minced
- 1 tbsp parsley, chopped
- 1/2 tsp herbes de Provence
- Salt and pepper to taste

DIRECTIONS

1. Prepare Tomatoes: Cut off the tops of the tomatoes and scoop out the seeds.
2. Make Filling: In a bowl, mix breadcrumbs, olive oil, garlic, parsley, herbes de Provence, salt, and pepper.
3. Stuff Tomatoes: Fill tomatoes with the bread crumb mixture.
4. Bake: Place in a baking dish and bake at 375°F (190°C) for 20–25 minutes until golden.
5. Serve: Serve hot or at room temperature

Nutritional Information (per serving):120 calories, 2g protein, 10g carbohydrates, 8g fat, 2g fiber, 0mg cholesterol, 150mg sodium, 200mg potassium.

PARISIAN GNOCCHI WITH GRUYÈRE CHEESE SAUCE

Yield: 2–4 servings | Prep Time: 20 minutes | Cook Time: 25 minutes

INGREDIENTS

- 1 cup of water
- 1/2 cup of butter
- 1 cup all-purpose flour
- 4 eggs
- 1/2 cup Gruyère cheese, grated
- 1 cup heavy cream
- Salt and pepper to taste

DIRECTIONS

1. Prepare Gnocchi Dough: In a saucepan, bring water and butter to a boil. Add flour and stir until dough pulls away from the sides. Cool slightly, then beat in eggs one at a time.
2. Shape Gnocchi: Pipe dough onto a baking sheet or spoon into boiling water. Cook until they float.
3. Make Sauce: In a skillet, heat cream, Gruyère, salt, and pepper. Stir until smooth.
4. Combine: Toss gnocchi in the sauce and serve.

Nutritional Information (per serving):340 calories, 10g protein, 25g carbohydrates, 23g fat, 1g fiber, 120mg cholesterol, 200mg sodium, 150mg potassium

ALSATIAN TARTE FLAMBÉE (ONION AND BACON TART) Yield: 2–4 Servings Prep Time: 15 Minutes Cook Time: 25 Minutes		
INGREDIENTS • 1 sheet of puff pastry • 1/2 cup crème fraîche • 1/2 onion, thinly sliced • 1/4 cup bacon, diced • Salt and pepper to taste		DIRECTIONS 1. Preheat Oven: Preheat oven to 375°F (190°C). 2. Prepare Tart: Spread crème fraîche on puff pastry. Top with onion and bacon. Season with salt and pepper. 3. Bake: Bake for 20 minutes until golden. 4. Serve: Serve hot as a savory appetizer or main dish.
Nutritional Information (per serving): 260 calories, 5g protein, 20g carbohydrates, 18g fat, 1g fiber, 15mg cholesterol, 200mg sodium, 100mg potassium.		

BOEUF BOURGUIGNON (BEEF STEW IN RED WINE) Yield: 2–4 servings Prep Time: 30 minutes Cook Time: 2.5 hours		
INGREDIENTS • 1 lb. beef chuck, cubed • 1/2 bottle of red wine • 2 cups of beef broth • 1 cup carrots, chopped • 1 cup of mushrooms, sliced • 1 onion, chopped • 2 tbsp flour • 2 tbsp olive oil • 1 garlic clove, minced • Salt and pepper to taste		DIRECTIONS 1. Sear Beef: Heat olive oil in a pot. Sear beef until browned. Remove and set aside. 2. Sauté Vegetables: Cook onions, garlic, carrots, and mushrooms. Add flour and stir. 3. Deglaze and Simmer: Add wine, broth, and beef. Simmer for 2 hours until tender. 4. Serve: Serve hot with potatoes or bread.
Nutritional Information (per serving): 450 calories, 30g protein, 12g carbohydrates, 20g fat, 2g fiber, 70mg cholesterol, 300mg sodium, 500mg potassium		

DUCK À L'ORANGE WITH ROASTED VEGETABLES Yield: 2–4 servings Prep Time: 10 minutes Cook Time: 12 minutes		
INGREDIENTS • 2 duck breasts • 1/2 cup of orange juice • 1/4 cup chicken stock • 2 tbsp honey • 1 tbsp orange zest • 1 tbsp butter • 1 cup mixed root vegetables (carrots, parsnips, potatoes), chopped • 2 tbsp olive oil • Salt and pepper to taste		DIRECTIONS 1. Prepare Vegetables: Toss vegetables with olive oil, salt, and pepper. Roast at 400°F (200°C) for 40 minutes. 2. Cook Duck: Score duck skin and season with salt and pepper. Sear skin-side down in a skillet for 5–7 minutes until crispy. Flip and cook for another 5 minutes. 3. Make Sauce: Remove duck from skillet. Add orange juice, stock, honey, and zest to the pan. Simmer until thickened, then whisk in butter. 4. Serve: Slice duck, drizzle with orange sauce, and serve with roasted vegetables.
Nutritional Information (per serving): 520 calories, 30g protein, 20g carbohydrates, 35g fat, 2g fiber, 110mg cholesterol, 300mg sodium, 450mg potassium.		

POULET BASQUAISE (BASQUE-STYLE CHICKEN)
Yield: 2–4 servings | Prep Time: 15 minutes | Cook Time: 45 minutes

INGREDIENTS

- 4 chicken thighs
- 1 bell pepper, sliced
- 1 onion, sliced
- 2 garlic cloves, minced
- 1 cup of diced tomatoes
- 1/2 cup chicken stock
- 2 tbsp olive oil
- 1 tsp paprika
- Salt and pepper to taste

DIRECTIONS

1. Sear Chicken: Heat olive oil in a pot. Brown chicken on both sides. Remove and set aside.
2. Cook Vegetables: Sauté onion, garlic, and bell pepper until softened. Add paprika.
3. Simmer: Return chicken to the pot with tomatoes and stock. Cover and simmer for 35 minutes.
4. Serve: Serve hot with rice or crusty bread.

Nutritional Information (per serving): 350 calories, 28g protein, 10g carbohydrates, 20g fat, 2g fiber, 80mg cholesterol, 200mg sodium, 300mg potassium.

BRAISED LAMB SHANKS WITH ROSEMARY AND THYME
Yield: 2–4 servings | Prep Time: 10 minutes | Cook Time: 10 minutes

INGREDIENTS

- 2 lamb shanks
- 1 cup of red wine
- 2 cups of beef or lamb stock
- 1 onion, chopped
- 2 garlic cloves, minced
- 1 carrot, chopped
- 1 celery stalk, chopped
- 2 sprigs rosemary
- 1 tsp thyme
- 2 tbsp olive oil
- Salt and pepper to taste

DIRECTIONS

1. Sear Lamb: Heat olive oil in a pot. Brown lamb shanks on all sides. Remove and set aside.
2. Cook Aromatics: Sauté onion, garlic, carrot, and celery until softened. Add rosemary and thyme.
3. Deglaze: Add wine and scrape up browned bits. Stir in stock and return lamb to the pot.
4. Simmer: Cover and simmer for 1.5–2 hours until lamb is tender.
5. Serve: Serve with mashed potatoes or polenta

Nutritional Information (per serving): 230 calories, 6g protein, 18g carbohydrates, 14g fat, 1g fiber, 15mg cholesterol, 150mg sodium, 80mg potassium.

CHÂTEAUBRIAND WITH BÉARNAISE SAUCE
Yield: 2–4 servings | Prep Time: 15 minutes | Cook Time: 25 minutes

INGREDIENTS

- 1 lb. beef tenderloin
- 2 tbsp olive oil
- Salt and pepper to taste
- For Béarnaise Sauce:**
- 2 egg yolks
- 1/4 cup butter, melted
- 1 tbsp white wine vinegar
- 1 tsp tarragon, chopped

DIRECTIONS

1. Prepare Beef: Season tenderloin with salt and pepper. Sear in olive oil for 4 minutes per side. Transfer to a 375°F (190°C) oven for 15 minutes for medium-rare.
2. Make Sauce: In a bowl over simmering water, whisk egg yolks and vinegar. Gradually whisk in melted butter until thickened. Stir in tarragon.
3. Serve: Slice beef and serve with Béarnaise sauce.

Nutritional Information (per serving): 520 calories, 40g protein, 1g carbohydrates, 40g fat, 0g fiber, 120mg cholesterol, 250mg sodium, 300mg potassium.

VEAL BLANQUETTE WITH PEARL ONIONS		
Yield: 2–4 servings Prep Time: 15 minutes Cook Time: 1.5 hours		
INGREDIENTS • 1 lb veal shoulder, cubed • 1/2 cup white wine • 2 cups chicken stock • 1/2 cup heavy cream • 1 cup pearl onions • 1 carrot, sliced • 1 celery stalk, sliced • 1 tbsp butter • 1 tbsp flour • Salt and pepper to taste		DIRECTIONS 1. Cook Veal: Simmer veal in stock and wine with carrot and celery for 1 hour. 2. Prepare Onions: In a skillet, sauté pearl onions in butter. Add to veal. 3. Thicken Sauce: Stir flour into cream and add to the pot. Simmer for 15 minutes. 4. Serve: Serve hot with rice or noodles.
Nutritional Information (per serving): 430 calories, 30g protein, 12g carbohydrates, 25g fat, 1g fiber, 80mg cholesterol, 250mg sodium, 400mg potassium		

VEAL CHOPS WITH MOREL MUSHROOM SAUCE		
Yield: 2–4 servings Prep Time: 20 minutes Cook Time: 25 minutes		
INGREDIENTS • 2 veal chops (6 oz each) • 1/2 cup morel mushrooms, rehydrated if dried • 1/2 cup chicken stock • 1/4 cup heavy cream • 1 shallot, minced • 2 tbsp butter • 1 tbsp olive oil • Salt and pepper to taste		DIRECTIONS 1. Sear Veal Chops: Heat olive oil in a skillet. Sear veal chops for 4 minutes per side. Remove and set aside. 2. Cook Mushrooms: In the same skillet, sauté shallots and morel mushrooms in butter until tender. 3. Make Sauce: Add chicken stock and simmer until reduced by half. Stir in cream and season with salt and pepper. 4. Combine: Return veal chops to the skillet to warm in the sauce for 5 minutes. 5. Serve: Serve hot, drizzled with mushroom sauce.
Nutritional Information (per serving): 450 calories, 35g protein, 6g carbohydrates, 30g fat, 1g fiber, 90mg cholesterol, 250mg sodium, 350mg potassium.		

CÔTE DE BOEUF (PRIME RIB) WITH SHALLOT SAUCE		
Yield: 2–4 servings Prep Time: 20 minutes Cook Time: 50 minutes		
INGREDIENTS • 1 Côte de Boeuf (prime rib, 2 lbs) • 2 tbsp olive oil • 2 shallots, minced • 1/2 cup red wine • 1/2 cup beef stock • 1 tbsp butter • Salt and pepper to taste		DIRECTIONS 1. Prepare Beef: Preheat oven to 375°F (190°C). Rub beef with olive oil, salt, and pepper. 2. Sear Beef: Heat a skillet and sear beef on all sides for 3–4 minutes. Transfer to the oven and roast for 40–45 minutes for medium-rare. 3. Make Sauce: In the same skillet, sauté shallots in butter until soft. Add red wine and beef stock, simmering until reduced by half. 4. Serve: Slice beef and serve with shallot sauce.
Nutritional Information (per serving): 520 calories, 45g protein, 3g carbohydrates, 35g fat, 0g fiber, 110mg cholesterol, 350mg sodium, 400mg potassium.		

GRILLED QUAIL WITH HONEY-GLAZED CARROTS
Yield: 2–4 servings | Prep Time: 15 minutes | Cook Time: 20 minutes

INGREDIENTS

- 4 quail, cleaned
- 2 tbsp olive oil
- 1 tsp thyme
- 1/2 tsp paprika
- 1 lb carrots, peeled and sliced
- 2 tbsp honey
- 1 tbsp butter
- Salt and pepper to taste

DIRECTIONS

1. Marinate Quail: Rub quail with olive oil, thyme, paprika, salt, and pepper. Set aside for 10 minutes.
2. Grill Quail: Preheat a grill and cook quail for 8–10 minutes, turning occasionally.
3. Prepare Carrots: In a skillet, melt butter and sauté carrots. Add honey and cook until glazed and tender.
4. Serve: Serve quail with honey-glazed carrots on the side.

Nutritional Information (per serving): 400 calories, 30g protein, 15g carbohydrates, 25g fat, 3g fiber, 120mg cholesterol, 300mg sodium, 400mg potassium

SEARED DUCK BREAST WITH BLACKBERRY SAUCE
Yield: 2–4 servings | Prep Time: 15 minutes | Cook Time: 25 minutes

INGREDIENTS

- 2 duck breasts
- 1 cup of blackberries
- 1/4 cup of red wine
- 1 tbsp honey
- 1 tbsp butter
- Salt and pepper to taste

DIRECTIONS

1. Prepare Duck: Score the skin of duck breasts, season with salt and pepper.
2. Cook Duck: Sear skin-side down in a skillet for 6–8 minutes until crispy. Flip and cook for another 5 minutes. Remove and rest.
3. Make Sauce: In the same skillet, add blackberries, red wine, and honey. Simmer until reduced. Whisk in butter.
4. Serve: Slice duck and drizzle with blackberry sauce.

Nutritional Information (per serving): 420 calories, 28g protein, 10g carbohydrates, 30g fat, 1g fiber, 100mg cholesterol, 250mg sodium, 300mg potassium.

CASSOULET WITH DUCK AND PORK
Yield: 2–4 servings | Prep Time: 30 minutes | Cook Time: 2 hours

INGREDIENTS

- 2 duck legs
- 1/2 lb. pork sausage, sliced
- 2 cups of white beans, cooked
- 1 cup of diced tomatoes
- 1 onion, chopped
- 2 garlic cloves, minced
- 1 cup chicken stock
- 1 tsp thyme
- Salt and pepper to taste

DIRECTIONS

1. Prepare Duck: Brown duck legs in a pot. Remove and set aside.
2. Cook Aromatics: Sauté sausage, onion, and garlic. Add tomatoes, thyme, and stock.
3. Simmer: Add beans and duck legs. Cover and simmer for 1.5–2 hours.
4. Serve: Serve hot with crusty bread.

Nutritional Information (per serving): 520 calories, 30g protein, 20g carbohydrates, 30g fat, 5g fiber, 110mg cholesterol, 400mg sodium, 400mg potassium.

POULET RÔTI (ROAST CHICKEN) WITH GARLIC AND THYME**Yield: 2–4 servings | Prep Time: 15 minutes | Cook Time: 1.5 hours****INGREDIENTS**

- 1 whole chicken (3–4 lbs.)
- 2 tbsp butter, softened
- 1 lemon, halved
- 4 garlic cloves, smashed
- 1 tsp thyme
- Salt and pepper to taste

DIRECTIONS

1. Prepare Chicken: Preheat oven to 375°F (190°C). Rub chicken with butter, thyme, salt, and pepper. Stuff with lemon and garlic.
2. Roast Chicken: Place in a roasting pan and roast for 1.5 hours, basting occasionally.
3. Serve: Let rest for 10 minutes before carving.

Nutritional Information (per serving):450 calories, 35g protein, 1g carbohydrates, 30g fat, 0g fiber, 100mg cholesterol, 250mg sodium, 350mg potassium.**FILET MIGNON WITH RED WINE REDUCTION****Yield: 2–4 servings | Prep Time: 15 minutes | Cook Time: 25 minutes****INGREDIENTS**

- 2 filet mignon steaks (6 oz each)
- 1/2 cup of red wine
- 1/4 cup of beef stock
- 1 tbsp butter
- Salt and pepper to taste

DIRECTIONS

1. Prepare Steaks: Season steaks with salt and pepper.
2. Cook Steaks: Sear steaks in a hot skillet for 4 minutes per side for medium-rare. Rest for 5 minutes.
3. Make Sauce: In the same skillet, add wine and stock. Simmer until reduced, then whisk in butter.
4. Serve: Serve steaks with red wine reduction drizzled on top.

Nutritional Information (per serving):520 calories, 40g protein, 2g carbohydrates, 35g fat, 0g fiber, 120mg cholesterol, 250mg sodium, 400mg potassium.**SOLE MEUNIÈRE WITH BROWN BUTTER AND LEMON****Yield: 2–4 servings | Prep Time: 10 minutes | Cook Time: 15 minutes****INGREDIENTS**

- 2 sole fillets
- 1/4 cup of all-purpose flour
- 4 tbsp butter
- 1 lemon, juiced
- 1 tbsp parsley, chopped
- Salt and pepper to taste

DIRECTIONS

1. Prepare Sole: Season fillets with salt and pepper. Dredge lightly in flour.
2. Cook Sole: Heat 2 tbsp butter in a skillet. Cook fillets for 2–3 minutes per side until golden. Remove and keep warm.
3. Make Sauce: In the same skillet, melt the remaining butter until browned. Add lemon juice and parsley.
4. Serve: Drizzle sauce over the fillets and serve immediately.

Nutritional Information (per serving):290 calories, 20g protein, 4g carbohydrates, 22g fat, 0g fiber, 80mg cholesterol, 150mg sodium, 300mg potassium.

SALMON EN PAPILOTE WITH FRESH DILL

Yield: 2–4 servings | Prep Time: 10 minutes | Cook Time: 20 minutes

INGREDIENTS

- 2 salmon fillets (6 oz each)
- 1 lemon, sliced
- 2 sprigs fresh dill
- 1 tbsp olive oil
- Salt and pepper to taste

DIRECTIONS

1. Prepare Parchment: Preheat oven to 375°F (190°C). Cut parchment paper into large squares.
2. Assemble Packets: Place each salmon fillet on a parchment square. Top with lemon slices, dill, olive oil, salt, and pepper.
3. Seal and Cook: Fold parchment tightly around the salmon to form a packet. Bake for 20 minutes.
4. Serve: Open packets carefully and serve immediately.

Nutritional Information (per serving):320 calories, 25g protein, 2g carbohydrates, 22g fat, 0g fiber, 70mg cholesterol, 100mg sodium, 400mg potassium.

MONKFISH WITH SAFFRON CREAM SAUCE

Yield: 2–4 servings | Prep Time: 15 minutes | Cook Time: 20 minutes

INGREDIENTS

- 2 monkfish fillets (6 oz each)
- 1/4 cup of white wine
- 1/4 cup of fish stock
- 1/2 cup heavy cream
- 1/4 tsp saffron threads
- 1 tbsp butter
- Salt and pepper to taste

DIRECTIONS

1. Prepare Saffron: Soak saffron threads in 1 tbsp warm water for 5 minutes.
2. Cook Monkfish: Heat butter in a skillet. Cook monkfish for 3–4 minutes per side. Remove and set aside.
3. Make Sauce: Add wine and fish stock to the skillet. Simmer until reduced. Stir in cream and saffron water.
4. Serve: Return monkfish to the skillet to warm in the sauce. Serve immediately.

Nutritional Information (per serving):350 calories, 28g protein, 3g carbohydrates, 25g fat, 0g fiber, 100mg cholesterol, 200mg sodium, 350mg potassium.

LOBSTER THERMIDOR WITH COGNAC SAUCE

Yield: 2–4 servings | Prep Time: 20 minutes | Cook Time: 30 minutes

INGREDIENTS

- 2 lobster tails
- 1/4 cup cognac
- 1/2 cup heavy cream
- 1/4 cup Gruyère cheese, grated
- 1 shallot, minced
- 2 tbsp butter
- Salt and pepper to taste

DIRECTIONS

1. Cook Lobster: Boil lobster tails for 5 minutes. Remove meat and chop. Keep shells intact.
2. Make Sauce: Sauté shallots in butter. Add cognac and flambé (optional). Stir in cream, cheese, salt, and pepper.
3. Combine: Mix lobster meat with the sauce. Stuff back into shells.
4. Broil: Broil for 5 minutes until golden.
5. Serve: Serve immediately with a side salad or rice.

Nutritional Information (per serving):450 calories, 30g protein, 5g carbohydrates, 30g fat, 0g fiber, 150mg cholesterol, 250mg sodium, 350mg potassium.

LOUP DE MER (SEA BASS) WITH CITRUS VINAIGRETTE Yield: 2–4 servings Prep Time: 10 minutes Cook Time: 15 minutes		
INGREDIENTS • 2 sea bass fillets • 1 orange juice • 1 lemon, juiced • 1 tbsp olive oil • 1 tsp honey • Salt and pepper to taste		DIRECTIONS 1. Prepare Vinaigrette: Whisk together orange juice, lemon juice, olive oil, honey, salt, and pepper. 2. Cook Fish: Sear sea bass fillets in a hot skillet for 3–4 minutes per side. 3. Serve: Drizzle with citrus vinaigrette and serve immediately
Nutritional Information (per serving): 250 calories, 22g protein, 5g carbohydrates, 15g fat, 0g fiber, 70mg cholesterol, 100mg sodium, 300mg potassium.		

ESCARGOTS DE BOURGOGNE (GARLIC BUTTER SNAILS) Yield: 2–4 servings Prep Time: 10 minutes Cook Time: 10 minutes		
INGREDIENTS • 12 escargots (snails), canned or fresh • 1/4 cup unsalted butter, softened • 1 garlic clove, minced • 1 tbsp parsley, chopped • Salt and pepper to taste		DIRECTIONS 1. Prepare Butter: Mix butter, garlic, parsley, salt, and pepper. 2. Fill Snail Shells: Stuff escargots with garlic butter. 3. Bake: Place in a baking dish and bake at 400°F (200°C) for 10 minutes. 4. Serve: Serve hot with crusty bread
Nutritional Information (per serving): 180 calories, 10g protein, 1g carbohydrates, 15g fat, 0g fiber, 50mg cholesterol, 100mg sodium, 50mg potassium.		

PAN-SEARED FOIE GRAS WITH APPLE COMPOTE Yield: 2–4 servings Prep Time: 15 minutes Cook Time: 12 minutes		
INGREDIENTS • 4 slices foie gras • 1 apple, diced • 1 tbsp honey • 1 tbsp butter • Salt and pepper to taste		DIRECTIONS 1. Prepare Compote: Sauté apples in butter and honey until soft. Set aside. 2. Cook Foie Gras: Sear foie gras in a hot skillet for 1–2 minutes per side. 3. Serve: Plate foie gras with apple compote. Serve immediately.
Nutritional Information (per serving): 300 calories, 8g protein, 10g carbohydrates, 25g fat, 1g fiber, 90mg cholesterol, 100mg sodium, 100mg potassium		

FRENCH DESSERT



Desserts (Desserts):

French desserts are the pinnacle of culinary artistry—a celebration of sweetness that turns every meal into a masterpiece. From delicate pastries to velvety creams, each dessert is a story of craftsmanship and indulgence. A French dessert is more than a treat; it's a pause for wonder, a taste of perfection, and a reminder that life's sweetest moments are meant to be savored. With every bite, there's a touch of magic—a symphony of flavor that lingers long after the plate is empty.

CLASSIC CRÈME BRÛLÉE WITH VANILLA BEAN Yield: 2–4 servings Prep Time: 15 minutes Cook Time: 30 minutes		
INGREDIENTS • 2 cups heavy cream • 1 vanilla bean, split and scraped • 4 egg yolks • 1/4 cup sugar (plus extra for topping)		DIRECTIONS 1. Preheat Oven: Preheat oven to 325°F (160°C). 2. Heat Cream: In a saucepan, heat cream and vanilla bean (seeds and pod) until just simmering. Remove from heat and let steep for 10 minutes. Remove vanilla pod. 3. Prepare Custard: In a bowl, whisk egg yolks and sugar until pale. Gradually add warm cream while whisking. 4. Bake: Pour mixture into ramekins. Place ramekins in a baking dish and fill the dish with hot water halfway up the sides. Bake for 30 minutes until set. 5. Chill: Cool to room temperature, then refrigerate for at least 2 hours. 6. Caramelize Sugar: Sprinkle sugar on top and caramelize with a kitchen torch or under a broiler. 7. Serve: Let the sugar harden and serve
Nutritional Information (per serving): 350 calories, 5g protein, 20g carbohydrates, 28g fat, 0g fiber, 180mg cholesterol, 40mg sodium, 100mg potassium		

TARTE TATIN WITH CARAMELIZED APPLES Yield: 2–4 servings Prep Time: 20 minutes Cook Time: 40 minutes		
INGREDIENTS • 4 apples, peeled and sliced • 1/2 cup sugar • 2 tbsp butter • 1 sheet puff pastry, thawed		DIRECTIONS 1. Preheat Oven: Preheat oven to 375°F (190°C). 2. Caramelize Apples: In an ovenproof skillet, melt butter and sugar over medium heat. Add apples and cook until caramelized. 3. Add Pastry: Place puff pastry over apples, tucking edges inside the skillet. 4. Bake: Bake for 25–30 minutes until pastry is golden. 5. Invert and Serve: Cool slightly, then invert onto a plate. Serve warm.
Nutritional Information (per serving): 300 calories, 3g protein, 40g carbohydrates, 15g fat, 2g fiber, 20mg cholesterol, 100mg sodium, 200mg potassium.		

MILLE-FEUILLE (NAPOLEON PASTRY) WITH VANILLA CREAM Yield: 2–4 servings Prep Time: 25 minutes Cook Time: 15 minutes		
INGREDIENTS • 1 sheet of puff pastry, thawed • 1 cup heavy cream • 1/2 cup powdered sugar • 1 tsp vanilla extract		DIRECTIONS 1. Bake Pastry: Preheat oven to 375°F (190°C). Cut puff pastry into rectangles and bake for 12–15 minutes until golden. Cool. 2. Prepare Cream: Whip heavy cream with powdered sugar and vanilla until stiff peaks form. 3. Assemble: Layer pastry and cream alternately. Dust the top with powdered sugar. 4. Serve: Refrigerate for 1 hour before serving.
Nutritional Information (per serving): 320 calories, 4g protein, 25g carbohydrates, 22g fat, 0g fiber, 40mg cholesterol, 100mg sodium, 80mg potassium.		

CHOCOLATE SOUFFLÉ WITH WHIPPED CREAM

Yield: 2–4 servings | Prep Time: 15 minutes | Cook Time: 15 minutes

INGREDIENTS

- 1/2 cup dark chocolate, chopped
- 2 tbsp butter (plus extra for greasing)
- 2 tbsp sugar (plus extra for coating)
- 2 egg yolks
- 2 egg whites
- Pinch of salt
- Whipped cream for serving

DIRECTIONS

1. Preheat Oven: Preheat oven to 375°F (190°C). Grease ramekins with butter and dust with sugar.
2. Melt Chocolate: Melt chocolate and butter in a double boiler. Let cool slightly.
3. Prepare Batter: Whisk egg yolks into the chocolate. Beat egg whites with salt until stiff peaks form, then fold into the chocolate mixture.
4. Bake: Fill ramekins 3/4 full and bake for 12–15 minutes.
5. Serve: Serve immediately with whipped cream.

Nutritional Information (per serving): 290 calories, 5g protein, 20g carbohydrates, 20g fat, 1g fiber, 100mg cholesterol, 50mg sodium, 150mg potassium.

ECLAIRS WITH CHOCOLATE GLAZE

Yield: 2–4 servings | Prep Time: 30 minutes | Cook Time: 25 minutes

INGREDIENTS

- 1/2 cup of water
- 1/4 cup of butter
- 1/2 cup all-purpose flour
- 2 eggs
- 1 cup pastry cream (store-bought or homemade)
- 1/2 cup dark chocolate, melted

DIRECTIONS

1. Make Dough: Heat water and butter in a saucepan. Add flour and stir until dough pulls away. Cool slightly, then beat in eggs one at a time.
2. Bake: Pipe dough into eclair shapes and bake at 375°F (190°C) for 20–25 minutes. Cool.
3. Fill and Glaze: Fill with pastry cream and dip tops in melted chocolate.
4. Serve: Refrigerate for 30 minutes before serving.

Nutritional Information (per serving): 280 calories, 6g protein, 25g carbohydrates, 15g fat, 1g fiber, 50mg cholesterol, 120mg sodium, 80mg potassium.

PROFITEROLES WITH CHOCOLATE SAUCE

Yield: 2–4 servings | Prep Time: 30 minutes | Cook Time: 25 minutes

INGREDIENTS

- 1/2 cup water
- 1/4 cup butter
- 1/2 cup all-purpose flour
- 2 eggs
- 1 cup vanilla ice cream
- 1/2 cup dark chocolate, melted

DIRECTIONS

1. Make Dough: Heat water and butter in a saucepan. Add flour and stir until dough forms. Cool slightly, then beat in eggs one at a time.
2. Bake: Pipe small mounds onto a baking sheet and bake at 375°F (190°C) for 20–25 minutes. Cool.
3. Assemble: Slice profiteroles in half, fill with ice cream, and drizzle with melted chocolate.
4. Serve: Serve immediately.

Nutritional Information (per serving): 320 calories, 6g protein, 26g carbohydrates, 20g fat, 1g fiber, 70mg cholesterol, 120mg sodium, 100mg potassium.

RASPBERRY MACARONS WITH BUTTERCREAM FILLING		
Yield: 2–4 servings Prep Time: 40 minutes Cook Time: 15 minutes		
INGREDIENTS • 1 cup almond flour • 1 cup powdered sugar • 2 large egg whites • 1/4 cup granulated sugar • 1/2 tsp raspberry extract • Pink food coloring (optional) • 1/4 cup butter, softened • 1/2 cup powdered sugar (for filling)		DIRECTIONS 1. Prepare Batter: Sift almond flour and powdered sugar. Beat egg whites until foamy, then gradually add granulated sugar, beating until stiff peaks form. Fold in raspberry extract, food coloring, and dry ingredients. 2. Pipe Macarons: Pipe 1-inch rounds onto a baking sheet lined with parchment paper. Let rest for 30 minutes. 3. Bake: Preheat oven to 300°F (150°C). Bake for 12–15 minutes. Cool completely. 4. Make Filling: Beat butter and powdered sugar until creamy. Pipe onto one macaron shell and sandwich with another. 5. Serve: Refrigerate for 1 hour before serving.
Nutritional Information (per serving): 250 calories, 4g protein, 28g carbohydrates, 12g fat, 1g fiber, 15mg cholesterol, 40mg sodium, 60mg potassium.		

LEMON TART WITH MERINGUE		
Yield: 2–4 servings Prep Time: 30 minutes Cook Time: 30 minutes		
INGREDIENTS • 1 pre-made tart crust • 1/2 cup lemon juice • 2 eggs • 1/4 cup sugar • 2 tbsp butter • 2 egg whites (for meringue) • 1/4 cup powdered sugar		DIRECTIONS 1. Make Lemon Filling: In a saucepan, whisk lemon juice, eggs, sugar, and butter over low heat until thickened. Pour into tart crust and cool. 2. Prepare Meringue: Beat egg whites until foamy. Gradually add powdered sugar, beating until stiff peaks form. 3. Top Tart: Spread or pipe meringue over the lemon filling. 4. Bake: Bake at 375°F (190°C) for 10 minutes until meringue is golden. 5. Serve: Cool before slicing.
Nutritional Information (per serving): 300 calories, 5g protein, 40g carbohydrates, 12g fat, 1g fiber, 70mg cholesterol, 100mg sodium, 80mg potassium.		

PEACH MELBA WITH RASPBERRY SAUCE		
Yield: 2–4 servings Prep Time: 10 minutes Cook Time: 10 minutes		
INGREDIENTS • 2 peaches, halved and pitted • 1/2 cup raspberries • 1 tbsp sugar • 1 cup vanilla ice cream		DIRECTIONS 1. Poach Peaches: In a saucepan, simmer peaches in water with 1 tbsp sugar for 5 minutes. Cool. 2. Make Sauce: Blend raspberries with 1 tbsp sugar until smooth. Strain to remove seeds. 3. Assemble: Place peach halves in a bowl, top with ice cream, and drizzle with raspberry sauce. 4. Serve: Serve immediately.
Nutritional Information (per serving): 220 calories, 3g protein, 30g carbohydrates, 10g fat, 2g fiber, 30mg cholesterol, 40mg sodium, 150mg potassium		

OPERA CAKE WITH LAYERS OF COFFEE AND CHOCOLATE**Yield: 2–4 servings | Prep Time: 40 minutes | Cook Time: 15 minutes****INGREDIENTS**

- 3 large eggs
- 1/2 cup almond flour
- 1/2 cup powdered sugar
- 1/4 cup of all-purpose flour
- 1/2 cup of butter, melted
- 1/4 cup espresso
- 1/2 cup of dark chocolate, melted
- 1/4 cup heavy cream

DIRECTIONS

1. Bake Cake Layers: Beat eggs, almond flour, powdered sugar, and all-purpose flour. Spread onto a baking sheet and bake at 375°F (190°C) for 10 minutes.
2. Prepare Ganache: Mix melted chocolate and heavy cream until smooth.
3. Assemble: Layer cake with espresso and ganache alternately.
4. Chill: Refrigerate for 1 hour before slicing

Nutritional Information (per serving):400 calories, 6g protein, 30g carbohydrates, 28g fat, 2g fiber, 120mg cholesterol, 80mg sodium, 100mg potassium.**PEARS POACHED IN RED WINE WITH CINNAMON****Yield: 2–4 servings | Prep Time: 10 minutes | Cook Time: 25 minutes****INGREDIENTS**

- 4 pears, peeled and cored
- 2 cups of red wine
- 1/4 cup of sugar
- 1 cinnamon stick
- 2 cloves
- Zest of 1 orange

DIRECTIONS

1. Prepare Poaching Liquid: In a saucepan, combine red wine, sugar, cinnamon stick, cloves, and orange zest. Bring to a simmer.
2. Poach Pears: Add pears to the liquid and simmer for 20–25 minutes, turning occasionally, until tender.
3. Cool and Serve: Remove pears and let cool slightly. Serve with the reduced poaching liquid drizzled over.

Nutritional Information (per serving):180 calories, 1g protein, 36g carbohydrates, 0g fat, 4g fiber, 0mg cholesterol, 5mg sodium, 200mg potassium.**CANELÉS DE BORDEAUX (CARAMELIZED CUSTARD CAKES)****Yield: 2–4 servings | Prep Time: 15 minutes | Cook Time: 60 minutes****INGREDIENTS**

- 1 cup milk
- 2 tbsp butter
- 1/2 cup of sugar
- 1/2 cup all-purpose flour
- 1 egg
- 1 egg yolk
- 1 tsp vanilla extract
- 1 tbsp dark rum

DIRECTIONS

1. Prepare Batter: Heat milk and butter until warm. Mix sugar, flour, egg, egg yolk, vanilla, and rum in a bowl. Gradually whisk in warm milk. Chill batter for 1 hour.
2. Preheat Oven: Preheat oven to 400°F (200°C). Grease canelé molds.
3. Bake: Pour batter into molds and bake for 10 minutes. Lower temperature to 350°F (175°C) and bake for an additional 50 minutes.
4. Cool and Serve: Cool slightly before serving

Nutritional Information (per serving):220 calories, 4g protein, 30g carbohydrates, 8g fat, 0g fiber, 50mg cholesterol, 50mg sodium, 100mg potassium.

FLOATING ISLANDS (ÎLES FLOTTANTES) WITH CRÈME ANGLAISE

Yield: 2–4 servings | Prep Time: 20 minutes | Cook Time: 15 minutes

INGREDIENTS

- 2 cups of milk
- 3 eggs (separated)
- 1/4 cup of sugar
- 1 tsp vanilla extract
- Pinch of salt

DIRECTIONS

1. Make Crème Anglaise: Heat milk with vanilla in a saucepan. Whisk egg yolks and sugar in a bowl, then gradually add warm milk. Return to saucepan and cook until it thickens. Chill.
2. Prepare Meringue: Beat egg whites with salt until stiff peaks form. Poach spoonful of meringue in simmering water for 2–3 minutes.
3. Assemble: Pour cream anglaise into bowls and top with meringue islands.
4. Serve: Chill before serving.

Nutritional Information (per serving): 200 calories, 7g protein, 20g carbohydrates, 8g fat, 0g fiber, 80mg cholesterol, 60mg sodium, 100mg potassium.

GÂTEAU ST. HONORÉ WITH PUFF PASTRY AND CREAM

Yield: 2–4 servings | Prep Time: 40 minutes | Cook Time: 35 minutes

INGREDIENTS

- 1 sheet of puff pastry, thawed
- 1/2 cup of water
- 1/4 cup of butter
- 1/2 cup all-purpose flour
- 2 eggs
- 1 cup pastry cream
- 1/2 cup caramel sauce

DIRECTIONS

1. Prepare Base: Bake puff pastry circle at 375°F (190°C) for 15 minutes.
2. Make Choux Pastry: Heat water and butter. Add flour and stir until dough forms. Cool slightly, then beat in eggs one at a time. Pipe into small rounds and bake for 20 minutes.
3. Fill Cream Puffs: Fill puffs with pastry cream.
4. Assemble Cake: Arrange cream puffs on puff pastry base. Drizzle with caramel sauce.
5. Serve: Chill before serving.

Nutritional Information (per serving): 350 calories, 6g protein, 30g carbohydrates, 22g fat, 0g fiber, 70mg cholesterol, 100mg sodium, 100mg potassium.

10-day gastronomic journey in French

Meal Plan & Nutritional Information

This plan features classic French dishes for each meal, combining flavors and textures to create a culinary experience. Nutritional values are calculated to balance taste and dietary needs.

Day	Breakfast	Lunch	Snack	Dinner	Nutritional Information
1	French Butter Croissants with Homemade Jam	Niçoise Salad with Seared Tuna	Gougères (Cheese Puffs)	Boeuf Bourguignon (Beef Stew in Red Wine)	Calories: 1300 kcal, Protein: 50g, Carbs: 160g, Fat: 55g
2	Quiche Lorraine with Gruyère Cheese	Croque Monsieur with Dijon Mustard	Marinated Olives with Provençal Herbs	Sole Meunière with Brown Butter and Lemon	Calories: 1400 kcal, Protein: 60g, Carbs: 170g, Fat: 60g
3	Fluffy French Crepes with Lemon and Sugar	Ratatouille with Fresh Herbs	French Cheese Platter with Fig Jam	Cassoulet with Duck and Pork	Calories: 1250 kcal, Protein: 45g, Carbs: 150g, Fat: 50g
4	Pain Perdu (French Toast) with Maple Syrup	Steak Frites with Béarnaise Sauce	Savory Palmiers with Sun-Dried Tomatoes	Lobster Thermidor with Cognac Sauce	Calories: 1350 kcal, Protein: 55g, Carbs: 165g, Fat: 58g
5	Traditional Brioche Rolls with Honey Butter	Warm Goat Cheese Salad with Walnuts	Mini Croissant Dogs with Dijon Mustard	Loup de Mer (Sea Bass) with Citrus Vinaigrette	Calories: 1280 kcal, Protein: 52g, Carbs: 158g, Fat: 54g
6	Fresh Baguette with Camembert and Grapes	Chicken Fricassée with White Wine and Mushrooms	Truffled Deviled Eggs	Escargots de Bourgogne (Garlic Butter Snails)	Calories: 1350 kcal, Protein: 56g, Carbs: 162g, Fat: 59g
7	Omelette Aux Fines Herbes (Herb Omelette)	Warm Goat Cheese Salad with Walnuts	Buttered Sablé Cookies	Pan-Seared Foie Gras with Apple Compote	Calories: 1400 kcal, Protein: 60g, Carbs: 170g, Fat: 60g
8	Croissant Breakfast Sandwich with Ham and Cheese	Duck Confit with Lentils	Radishes with Butter and Sea Salt	Poulet Rôti (Roast Chicken) with Garlic and Thyme	Calories: 1290 kcal, Protein: 53g, Carbs: 157g, Fat: 52g
9	Chausson Aux Pommes (Apple Turnovers)	Pan-Seared Scallops with Lemon Beurre Blanc	Mini Brie Bites with Honey and Almonds	Filet Mignon with Red Wine Reduction	Calories: 1300 kcal, Protein: 51g, Carbs: 159g, Fat: 54g
10	Warm Pain au Chocolat (Chocolate Croissants)	Vegetable Tart with Provençal Herbs	Puffed Pastry Twists with Parmesan	Cassoulet with Duck and Pork	Calories: 1320 kcal, Protein: 52g, Carbs: 160g, Fat: 55g

10-Day Grocery List for Gastronomic Journey

Day	Produce	Pantry Items
1	Butter (1/4 cup), Tuna (1 fillet), Green beans (1 cup), Potatoes (2 medium), Tomatoes (2), Eggs (2)	Croissants (2), Red wine (1 cup), Dijon mustard (1 tbsp), Olive oil (4 tbsp), Flour (1/4 cup), Salt, Pepper
2	Gruyère cheese (1/2 cup), Ham (2 slices), Lemon (1), Fresh parsley (1/4 cup), Sole (1 fillet)	Puff pastry (1 sheet), Olive oil (2 tbsp), Butter (4 tbsp), Dijon mustard (1 tbsp), Salt, Pepper
3	Eggs (4), Zucchini (1), Eggplant (1), Bell peppers (2), Cherry tomatoes (1 cup), Fresh thyme (1 tbsp)	Crepes (4), Fig jam (1/4 cup), Olive oil (4 tbsp), Butter (3 tbsp), White beans (1 cup, canned), Salt, Pepper
4	Eggs (2), Potatoes (2 medium), Tomatoes (2), Shallots (2), Garlic (2 cloves), Lobster tails (2)	French bread (2 slices), Maple syrup (2 tbsp), Cognac (1/4 cup), Olive oil (4 tbsp), Butter (4 tbsp), Salt, Pepper
5	Brioche rolls (2), Goat cheese (1/2 cup), Mixed greens (2 cups), Walnuts (1/4 cup), Sea bass (1 fillet)	Honey (2 tbsp), Dijon mustard (1 tbsp), Olive oil (4 tbsp), Citrus fruits (1 orange, 1 lemon), Salt, Pepper
6	Baguette (1), Camembert cheese (1/2 cup), Mushrooms (1 cup), Garlic (2 cloves), Snails (8), Chicken breast (1)	Butter (4 tbsp), White wine (1/2 cup), Olive oil (4 tbsp), Flour (1/4 cup), Salt, Pepper
7	Eggs (4), Parsley (1/4 cup), Dill (1/4 cup), Apples (2), Shallots (2), Thyme (1 tbsp), Duck breast (1)	Butter (4 tbsp), Red wine (1 cup), Olive oil (4 tbsp), Sugar (1/4 cup), Salt, Pepper
8	Croissants (2), Ham (2 slices), Lentils (1 cup), Radishes (4), Thyme (1 tbsp), Whole chicken (1)	Olive oil (4 tbsp), Butter (4 tbsp), Dijon mustard (1 tbsp), White wine (1/2 cup), Salt, Pepper
9	Apples (2), Lemon (1), Almonds (1/4 cup), Scallops (1/2 lb), Shallots (2), Garlic (2 cloves), Thyme (1 tbsp)	Honey (2 tbsp), Butter (4 tbsp), White wine (1/2 cup), Olive oil (4 tbsp), Salt, Pepper
10	Chocolate (1 bar), Cherries (1/4 cup), Tomatoes (2), Zucchini (1), Eggplant (1), Bell peppers (2)	Pain au chocolat (2), Puff pastry (1 sheet), Olive oil (4 tbsp), Butter (3 tbsp), Flour (1/4 cup), Salt, Pepper



HOW YOU CAN MODIFY THE PLAN:

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:

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 option 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:**

- values and then incorporating them into the plan.

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 add 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 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 in for 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.

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



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



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