

Mediterranean Diet Cookbook for Beginners



The Complete Easy Cookbook for
Busy Beginners Who Want Real Food,
Less Stress, More Energy

Dr. Elena Marini

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Breakfast

Prep Time: 5 minutes

Cooking Time: 0 minutes

Servings: 2

Mediterranean Berry & Almond Yogurt Bowl

A vibrant mix of fresh berries, almonds, and Greek yogurt for a protein-packed breakfast.

Ingredients:

- 2 cups (480g) Greek yogurt, plain, full-fat (Contains: Dairy)
- 1 cup (150g) mixed berries (strawberries, blueberries, raspberries)
- 1/4 cup (30g) almonds, sliced (Contains: Tree nuts (almonds))
- 2 tsp (10ml) vanilla extract
- 2 tsp (1g) flaxseeds (optional)

Instructions:

1. Spoon 1 cup (240g) Greek yogurt into each of two serving bowls.
2. Stir 1 tsp (5ml) vanilla extract into each bowl until fully combined.
3. Top each bowl with 1/4 cup (75g) mixed berries.
4. Sprinkle each serving with 1 tbsp (15g) sliced almonds and 1 tsp (2g) flaxseeds (if using) over the yogurt.
5. Serve immediately.

Nutritional Info:

- Calories: 320 kcal
- Protein: 20g
- Fat: 14g
- Saturated Fat: 5g
- Carbohydrates: 28g
- Fiber: 6g
- Sodium: 55mg

Breakfast

Prep Time: 5 minutes

Cooking Time: 0 minutes

Servings: 2

Citrus & Pistachio Yogurt Bowl

Bright citrus flavors paired with creamy yogurt and crunchy pistachios for a refreshing bowl.

Ingredients:

- 2 cups (480g) Greek yogurt, plain, full-fat (Contains: Dairy)
- 1 medium orange (130g), peeled and segmented
- 2 tbsp (30ml) maple syrup
- 1/4 cup (30g) pistachios, shelled and chopped (Contains: Tree nuts (pistachios))
- 1 tsp (2g) orange zest (optional)

Instructions:

1. Spoon 1 cup (240g) Greek yogurt into each of two serving bowls.
2. Drizzle 1 tbsp (15ml) maple syrup over the yogurt in each bowl.
3. Arrange 1/2 segmented orange (65g) on top in each bowl.
4. Sprinkle each serving with 2 tsp (15g) chopped pistachios and 1/4 tsp (1g) orange zest (if using) over the yogurt.
5. Serve immediately.

Nutritional Info:

- Calories: 340 kcal
- Protein: 20g
- Fat: 12g
- Saturated Fat: 5g
- Carbohydrates: 40g
- Fiber: 4g
- Sodium: 50mg

30-Day Meal Plan

Week 1

- Day 1**
Breakfast: Creamy Amaranth Porridge with Figs
Lunch: Greek Quinoa Salad
Dinner: Grilled Lemon-Herb Sea Bass
- Day 2**
Breakfast: Buckwheat Breakfast Bowl
Lunch: Mediterranean Chickpeas & Avocado Salad
Dinner: Baked Mediterranean Cod
- Day 3**
Breakfast: Greek Spinach & Feta Scramble
Lunch: Roasted Beet & Walnut Salad
Dinner: Moroccan-Spiced Chicken Tagine
- Day 4**
Breakfast: Mediterranean Berry & Almond Yogurt Bowl
Lunch: Sicilian Orange & Fennel Salad
Dinner: Grilled Lemon-Garlic Lamb Chops
- Day 5**
Breakfast: Herbed Zucchini & Egg Muffins
Lunch: Turkish Eggplant & Yogurt Salad
Dinner: Spiced Chickpeas & Spinach Stew
- Day 6**
Breakfast: White Bean & Tahini Breakfast Spread
Lunch: Spanish Sardine & White Bean Salad
Dinner: Seared Pork Medallions with Fig Glaze
- Day 7**
Breakfast: Greek Yogurt & Fig Smoothie
Lunch: Cypriot Grain Bowl with Halloumi
Dinner: Roasted Eggplant with Chickpeas & Tahini

Week 2

- Day 8**
Breakfast: Millet Porridge with Roasted Apricots
Lunch: Lebanese Tabbouleh with Quinoa
Dinner: Greek-Style Grilled Swordfish
- Day 9**
Breakfast: Citrus & Patachou Yogurt Bowl
Lunch: Moroccan Carrot & Lentil Salad
Dinner: Turkish Spiced Chicken Kebabs
- Day 10**
Breakfast: Chickpea Flour Pancakes (Socca)
Lunch: Tuscan White Bean & Kale Soup
Dinner: Lemon-Garlic Shrimp with Quinoa Spaghetti
- Day 11**
Breakfast: Mediterranean Green Smoothie
Lunch: Provencal Potato Soup
Dinner: Herbed Beef & Olive Meatballs
- Day 12**
Breakfast: Greek-Inspired Avocado & Feta Tartine
Lunch: North African Harissa & Chickpea Stew
Dinner: Baked Zucchini with Herbed Almond Crust
- Day 13**
Breakfast: Turkish Almond Milk Latte + toast
Lunch: Sicilian Fish & Fennel Soup
Dinner: Rosemary & Garlic Beef Skewers
- Day 14**
Breakfast: Spiced Apple & Patachou Parfait
Lunch: Spanish Sardine & Tomato Bruschetta
Dinner: Garlic & Rosemary Roasted Chicken

Week 3

- Day 15**
Breakfast: Lentil & Spinach Breakfast Bowl
Lunch: Greek Asparagus Soup
Dinner: Grilled Sardine with Garlic
- Day 16**
Breakfast: Citrus-Almond Muffin
Lunch: Creamy Roasted Red Pepper & Tomato Soup
Dinner: Mediterranean Stuffed Bell Peppers
- Day 17**
Breakfast: Mediterranean Hummus & Roasted Potato Toast
Lunch: Lentil & Roasted Red Pepper Salad
Dinner: Spiced Lamb & Eggplant Moussaka
- Day 18**
Breakfast: Greek Yogurt with Honey-Walnut Figs
Lunch: Grilled Mediterranean Veggie Plate
Dinner: Baked Salmon with Lemon-Dill Yogurt Sauce
- Day 19**
Breakfast: Herbed Almond-Stuffed Dates
Lunch: White Bean & Rosemary Garlic Mash
Dinner: Creamy Sardine & Arlet Focaccia
- Day 20**
Breakfast: Honey-Greek Yogurt Parfait
Lunch: Lemon-Garlic Spaghetti
Dinner: One-Pan Lemon-Artichoke Chicken
- Day 21**
Breakfast: Baked Cinnamon Apples with Almond Butter
Lunch: Herbed Quinoa Pasta
Dinner: Spanish Saffron Chicken

Week 4

- Day 22**
Breakfast: Dark Chocolate & Olive Oil Mug Brownie
Lunch: Moroccan Lentil & Sweet Potato Soup
Dinner: Garlicy Mussels with Buckwheat Linguine
- Day 23**
Breakfast: Orange-Blossom Panna Cotta
Lunch: Avocado & Sun-Dried Tomato Hummus Toast
Dinner: Seared Herb-Crusted Pork Tenderloin
- Day 24**
Breakfast: Almond-Honey Yogurt Parfait
Lunch: Roasted Eggplant & Cherry Tomato Plate
Dinner: Herbed Salmon with Sorghum Penne
- Day 25**
Breakfast: Patachou-Honey Olive Oil Cake
Lunch: Grilled Asparagus & Red Pepper Plate
Dinner: Moroccan-Spiced Beef & Carrot Tagine
- Day 26**
Breakfast: Baked Ricotta with Lemon and Berries
Lunch: Spicy Chickpeas & Brown Rice Penne
Dinner: Greek-Inspired Stuffed Calamari
- Day 27**
Breakfast: Olive Oil & Orange Polenta Cookies
Lunch: Creamy Avocado & Basil Zucchini Noodles
Dinner: Baked Stuffed Shrimp
- Day 28**
Breakfast: Honey-Glazed Walnut-Stuffed Dates
Lunch: Mushroom & Thyme Buckwheat Pasta
Dinner: Baked Stuffed Mussels

Week 5

- Day 29**
Breakfast: Greek Yogurt with Honey, Walnuts & Figs
Lunch: Mediterranean Stuffed Sardines
Dinner: Grilled Mediterranean Veggie Plate
- Day 30**
Breakfast: Shokshuka with Chickpeas
Lunch: Lemon-Garlic Spaghetti
Dinner: Seared Pork Medallions with Fig Glaze

Shopping List

Week 1

- Dry Goods & Grains**
- Amaranth - 1 package (16 oz / 454 g)
 - Buckwheat Groats - 1 package (12 oz / 340 g)
 - Quinoa (uncooked) - 1 package (8 oz / 227 g)
 - Fresh Lentils (dry) - 1 package (8 oz / 227 g)
 - Chia Seeds - 1 small bag (8 oz / 227 g)
 - Flaxseeds (optional) - 1 small bag (8 oz / 227 g)
- Canned & Jarred Goods**
- Black Beans - 1 can (15 oz / 425 g)
 - White Beans - 1 can (15 oz / 425 g)
 - Chickpeas - 2 cans (15 oz / 425 g each)
 - Sardines in Olive Oil - 1 can (4.37 oz / 124 g)
 - Sun-Dried Tomato Paste - 1 jar (6 oz / 170 g)
 - Kalamata Olive Tapenade - 1 jar (6 oz / 170 g)
 - Tahini - 1 jar (16 oz / 454 g)
 - Fig Jam - 1 jar (16 oz / 454 g)
- Meats & Seafood**
- Patachou (shell-on) - 1 bag (4 oz / 113 g)
 - Almonds (halved) - 1 bag (8 oz / 227 g)
 - Walnuts - 1 bag (8 oz / 227 g)
- Dairy & Alternatives**
- Feta Cheese (crumbled) - 1 package (4 oz / 113 g)
 - Goat Cheese (crumbled) - 1 package (4 oz / 113 g)
 - Yukon Gold Potatoes - 1 package (5 lb / 2.27 kg)
 - Greek Yogurt (plain, full-fat) - 2 containers (17 oz / 480 g each)
 - Coconut Yogurt (unsweetened) - 1 tub (15 oz / 425 g)
 - Almond Milk (unsweetened) - 1 carton (32 fl oz / 946 mL)
- Produce**
- Fresh Figs - 6-pack (approx. 8 oz / 227 g)
 - Dried Apricots - 1 package (7 oz / 200 g)
 - Dried Apricots - 1 package (5 oz / 142 g)
 - Pomegranate Seeds - 1 container (5 oz / 142 g)
 - Almond Berries - 1 container (12 oz / 340 g)
 - Spinach (baby & fresh) - 1 bag (5 oz / 142 g)

- Zucchini - 1 medium (approx. 8 oz / 227 g)
 - Cucumber - 1 medium (approx. 8 oz / 227 g)
 - Red Bell Pepper - 1 large (approx. 5 oz / 142 g)
 - Red Onion - 1 medium (approx. 8 oz / 227 g)
 - Garlic - 1 bulb (approx. 3 oz / 85 g)
 - Beet - 1 bunch (approx. 1 lb / 454 g)
 - Fennel Bulb - 1 medium (approx. 1 lb / 454 g)
 - Blood Oranges - 3 medium (approx. 1 lb / 454 g)
 - Eggplant - 2 small (approx. 1 lb / 454 g each)
 - Cherry Tomatoes - 1 pint (16 oz / 454 g)
 - Fresh Herbs (basil, oregano, parsley, cilantro, dill, thyme) - 1 bunch each (approx. 1 oz / 28 g per bunch)
 - Lemons - 5 count (approx. 6 oz / 170 g total)
 - Limes (optional, for garnish) - 4 count
- Meats & Seafood**
- Chicken Thighs (bone-in, skin-on) - 1 package (approx. 1.8 lb / 810 g)
 - Lamb Loin Chops - 2 chops (approx. 8 oz / 227 g total)
 - Pork Tenderloin - 1 whole (5.3 lb / 2390 g)
 - Sea Bass Fillet - 1 fillet (5.3 lb / 2390 g)
 - Cod Fillet - 1 fillet (4.2 lb / 1880 g)
- Pantry Staples**
- Honey - 1 bottle (12 oz / 340 g)
 - Maple Syrup - 1 bottle (8 oz / 227 g)
 - Olive Oil (extra-virgin) - 1 bottle (16.9 fl oz / 500 mL)
 - Balsamic Vinegar - 1 bottle (8.5 fl oz / 250 mL)
 - Sherry Vinegar - 1 bottle (8.5 fl oz / 250 mL)
 - Balsamic Glaze - 1 bottle (8.5 fl oz / 250 mL)
 - Spices (cumin, coriander, smoked paprika, oregano, thyme, rosemary, turmeric, ginger, saffron, salt, pepper, garlic powder) - standard jars (1.3 oz / 36.9 g each)
- Bakery (Optional)**
- Gluten-Free Whole-Grain Bread - 1 loaf (16 oz / 454 g)

Week 2

- Dry Goods & Grains**
- Millet - 1 package (16 oz / 454 g)
 - Chickpea Flour - 1 bag (16 oz / 454 g)
 - Quinoa (uncooked) - 1 package (12 oz / 340 g)
 - Green Lentils (dry) - 1 bag (16 oz / 454 g)
 - Quinoa Spaghetti (gluten-free) - 1 box (16 oz / 454 g)
 - Chia Seeds - 1 small bag (8 oz / 227 g)
- Canned & Jarred Goods**
- White Beans - 2 cans (15 oz / 425 g each)
 - Cannellini Beans - 1 can (15 oz / 425 g)
 - Chickpeas - 2 cans (15 oz / 425 g each)
 - Crushed Tomatoes - 1 can (14 oz / 400 g)
 - Diced Tomatoes - 1 can (14 oz / 400 g)
 - Sun-Dried Tomatoes - 1 jar (6 oz / 170 g)
 - Kalamata Olives - 1 jar (6 oz / 170 g)
 - Sun-Dried Tomatoes - 1 jar (6 oz / 170 g)
 - Tahini - 1 jar (16 oz / 454 g)
 - Harissa Paste - 1 tube (4 oz / 113 g)
 - Almond Butter - 1 jar (16 oz / 454 g)
- Nuts & Seeds**
- Pistachios (shelled) - 1 bag (4 oz / 113 g)
 - Pine Nuts - 1 bag (4 oz / 113 g)
 - Golden Raisins - 1 box (8 oz / 227 g)
- Dairy & Alternatives**
- Greek Yogurt (plain, full-fat) - 2 containers (17 oz / 480 g each)
 - Feta Cheese (crumbled) - 1 container (5.3 oz / 150 g)
 - Goat Milk (unsweetened) - 1 carton (32 fl oz / 946 mL)
 - Almond Milk (unsweetened) - 1 carton (32 fl oz / 946 mL)
- Produce**
- Fresh Asparagus - 4 count (approx. 8 oz / 227 g)
 - Orange - 1 medium (approx. 5 oz / 142 g)
 - Pomegranate Seeds - 1 container (5 oz / 142 g)
 - Apple - 1 medium (approx. 5 oz / 142 g)
 - Avocado - 2 medium (approx. 20 oz / 567 g total)
 - Spinach (fresh) - 1 bag (5 oz / 142 g)
 - Kale - 1 bunch (approx. 8 oz / 227 g)
 - Swiss Chard - 1 bunch (approx. 8 oz / 227 g)

- Carrots - 1 lb bag (approx. 450 g)
 - Celery - 1 bunch (approx. 12 oz / 340 g)
 - Cauliflower - 2 medium (approx. 8 oz / 227 g)
 - Cucumber - 1 medium (approx. 8 oz / 227 g)
 - Red Onion - 2 medium (approx. 8 oz / 227 g)
 - Yellow Onion - 2 medium (approx. 8 oz / 227 g)
 - Shallot - 1 small (approx. 2 oz / 56 g)
 - Leek - 1 large (approx. 8 oz / 227 g)
 - Fennel Bulb - 1 medium (approx. 12 oz / 340 g)
 - Calfic - 1 bulb (approx. 3 oz / 85 g)
 - Fresh Herbs (rosemary, mint, parsley, dill, basil, thyme, oregano) - 1 bunch each (approx. 1 oz / 28 g per bunch)
 - Lemons - 3 count (approx. 6 oz / 170 g total)
- Meats & Seafood**
- Sausages (Italian) - 1 link (5.3 oz / 150 g)
 - Cold or Hot Butter (firm white fish) - 8 oz / 227 g
 - Shrimp (peeled, deveined) - 3.5 lb / 1580 g
 - Boneless Chicken Breast - 1 package (approx. 1 lb / 454 g)
 - Lemon Ground Beef - 1 package (16 oz / 454 g)
 - Beef Sausage - 1 steak (8 oz / 227 g)
- Pantry Staples**
- Olive Oil (extra-virgin) - 1 bottle (16.9 fl oz / 500 mL)
 - Coconut Oil - 1 jar (16 oz / 454 g)
 - Maple Syrup - 1 bottle (8 oz / 227 g)
 - Honey - 1 bottle (12 oz / 340 g)
 - Vegetable Ghee (low-sodium, plant-based) - 2 boxes (32 fl oz / 946 mL each)
 - Dry White Wine (for verb broth) - 1 bottle (750 mL)
 - Spices (fennel seeds, cumin, sumac, coriander, cardamom, smoked paprika, oregano, rosemary, thyme, salt, pepper) - standard jars (1.3 oz / 36.9 g each)
- Bakery (Optional)**
- Whole-Grain Gluten-Free Bread - 1 loaf (16 oz / 454 g)
- Specialty Items**
- Nutritional Yeast - 1 bag (4 oz / 113 g)
 - Almond Flour - 1 bag (16 oz / 454 g)

Introduction

The Mediterranean Diet is more than just a way of eating—it's a celebration of fresh, wholesome food inspired by the traditional cuisines of countries like Greece, Italy, and Spain. For centuries, people living along the Mediterranean coast have enjoyed meals rich in colorful vegetables, fruits, whole grains, legumes, and heart-healthy fats like olive oil. This diet isn't about strict rules or deprivation; instead, it embraces balance, flavor, and the joy of sharing meals with loved ones. By focusing on real, minimally processed ingredients, the Mediterranean Diet offers a delicious and sustainable approach to eating well.

One of the most remarkable aspects of this lifestyle is its proven health benefits. Studies show that following a Mediterranean Diet can support heart health, lower the risk of chronic diseases like diabetes, and even promote longevity. The abundance of antioxidants, fiber, and healthy fats helps reduce inflammation, improve digestion, and maintain a healthy weight. Beyond physical health, this way of eating encourages mindfulness and enjoyment at the table—a key ingredient for overall well-being. Whether you're looking to boost energy, improve your mood, or simply feel your best, the Mediterranean Diet provides a nourishing path forward.

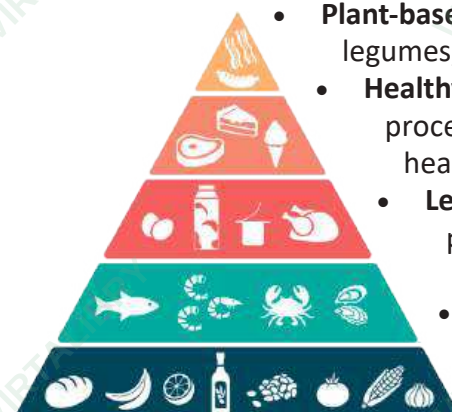
At its core, the Mediterranean Diet is built on simple, timeless principles. Fill your plate with vegetables, fruits, whole grains, and legumes. Use olive oil as your primary fat, enjoy fish and seafood regularly, and savor dairy, eggs, and poultry in moderation. Red meat and sweets are occasional treats rather than staples. Herbs and spices add vibrant flavor without excess salt, and meals are best enjoyed slowly, in good company. This cookbook is your guide to embracing these principles with easy, delicious recipes that bring the Mediterranean way of life into your kitchen—starting today!

The Heart of the Mediterranean Diet: Key Principles & Pantry Essentials

The Mediterranean Diet is built on simple, time-tested principles that prioritize fresh, nutrient-rich foods while celebrating flavor and balance. Rather than rigid rules, it offers a flexible and enjoyable way of eating—one that nourishes the body and delights the senses. Here's what makes it so special, along with the essential ingredients you'll need to get started.

Key Principles of the Mediterranean Diet

At its core, this way of eating focuses on:

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- **Plant-based abundance:** Meals revolve around vegetables, fruits, whole grains, legumes, nuts, and seeds—foods packed with fiber, vitamins, and antioxidants.
 - **Healthy fats as a staple:** Olive oil is the primary fat, replacing butter and processed oils. Nuts, seeds, and fatty fish (like salmon and sardines) provide heart-healthy omega-3s.
 - **Lean proteins in moderation:** Fish and seafood take center stage, with poultry, eggs, and dairy enjoyed in smaller portions. Red meat is limited to occasional servings.
 - **Whole over processed:** Choose minimally processed foods—think whole-grain bread instead of white, fresh fruit over sugary snacks.
 - **Flavor from herbs and spices:** Garlic, oregano, rosemary, basil, and lemon zest add a bold taste without relying on excess salt.
 - **Mindful enjoyment:** Meals are savored slowly, ideally shared with others—a practice that enhances digestion and happiness alike.

Essential Mediterranean Pantry Staples

Stocking your kitchen with these basics makes it easy to whip up delicious, wholesome meals anytime:



Oils & Condiments

- Extra-virgin olive oil (the cornerstone of Mediterranean cooking)
- Olives (Kalamata, green, or mixed)
- Capers and anchovies (for briny, umami depth)
- Vinegars (balsamic, red wine, or apple cider)



Grains & Legumes

- Whole grains (farro, quinoa, bulgur, whole-wheat pasta, brown rice)
- Lentils, chickpeas, cannellini beans (dried or canned for convenience)



Herbs & Spices

- Dried oregano, thyme, rosemary, basil
- Garlic, onion powder, paprika, cumin
- Bay leaves, saffron (for a touch of luxury)



Canned & Jarred Goods

- Tomatoes (diced, crushed, or whole peeled)
- Artichoke hearts and roasted red peppers
- High-quality tuna or sardines in olive oil



Nuts & Seeds

- Almonds, walnuts, pine nuts
- Tahini (for creamy dressings and dips)
- Flaxseeds or chia seeds (for extra fiber and omega-3s)



Dairy & Alternatives

- Feta, Parmesan, or goat cheese (used sparingly for bold flavor)
- Plain Greek yogurt (a versatile protein-rich staple)

With these ingredients on hand, you're ready to embrace the Mediterranean Diet's simplicity and vibrancy. The next step? Dive into the recipes—each designed to bring these principles to life with ease and joy!

Getting Started with Mediterranean Cooking: Simple Strategies & Techniques

Transitioning to the Mediterranean Diet doesn't require a complete kitchen overhaul—just a few mindful shifts and a willingness to embrace fresh flavors. Start by making simple swaps: trade butter for olive oil, replace processed snacks with nuts or fruit and choose whole grains over refined versions. Meal planning can help, too. Dedicate time to prep staples like cooked quinoa, roasted vegetables, or a batch of homemade hummus to streamline weeknight dinners. Remember, hydration is key—water and herbal teas should be your go-to, with wine enjoyed in moderation as part of meals, if desired.

The beauty of this diet lies in its flexibility. You don't need to eliminate foods you love; instead, recalibrate their place on your plate. Fill half with vegetables, a quarter with whole grains, and the remaining quarter with lean protein. Over time, these small changes will feel natural, and your taste buds will adapt to appreciate the vibrant, unprocessed flavors of Mediterranean cuisine.

Mastering Mediterranean Cooking Techniques

To make the most of your ingredients, try these foundational methods:

1. Sautéing & Pan-Frying

- *Best for:* Garlic, onions, leafy greens, seafood
- *Tip:* Use medium heat with olive oil to avoid burning—add a splash of water or broth if needed.

2. Roasting

- *Perfect for:* Vegetables (eggplant, peppers, zucchini), fish, chicken
- *Tip:* Toss veggies with olive oil, salt, and herbs; roast at 400°F (200°C) until caramelized.

3. Grilling

- *Ideal for:* Peppers, eggplant, sardines, lamb
- *Tip:* Brush with olive oil and lemon juice to enhance flavor and prevent sticking.

4. Simmering & Braising

- *Great for:* Beans, lentils, tomatoes, tougher cuts of meat
- *Tip:* Cook low and slow with herbs and a splash of wine for depth.

5. Fresh & Raw Preparations

- *Try with:* Salads, dips (like tzatziki), or crudités
- *Tip:* Let flavors meld by seasoning salads 10–15 minutes before serving.

Pro Tips for Success

- *Batch cook grains and legumes* to save time.
- *Prep herbs in advance*—store washed, dry sprigs in a jar with a damp paper towel.
- *Use citrus zest* to brighten dishes without extra salt.

Now that you're equipped with the essentials—the vibrant ingredients, simple techniques, and joyful mindset at the heart of this lifestyle—it's time to cook! The following recipes are designed to be your gateway to Mediterranean flavors, from effortless weeknight meals to show-stopping dishes for sharing. Whether you're simmering a rustic stew, tossing together a sun-kissed salad, or baking fresh herb-infused fish, each recipe celebrates nourishment without compromise.

So, tie on your apron, pour a glug of golden olive oil into the pan, and let's begin. Every dish you'll create is a step toward healthier habits, richer flavors, and the kind of meals that linger—both on the tongue and in memory.

Let's get cooking!



Breakfast

Breakfast



Prep Time:
5 minutes



Cooking Time:
25 minutes



Servings:
2



Creamy Amaranth Porridge with Figs and Pistachios

A warm, nutty porridge sweetened with figs and topped with crunchy pistachios.

Ingredients:

- 1 cup (200g) amaranth, rinsed
- 3 cups (720ml) unsweetened almond milk (Contains: Tree nuts [almonds])
- 2 tbsp (30ml) honey
- ½ tsp (2g) ground cinnamon
- 2 dried figs (40g), finely chopped
- 2 tbsp (20g) shelled pistachios, roughly chopped (Contains: Tree nuts [pistachios])
- 2 tsp (10ml) olive oil

Instructions:

1. In a saucepan, heat 2 tsp (10ml) olive oil over medium heat. Add 1 cup (200g) rinsed amaranth and toast, stirring constantly, for 2 minutes until fragrant.
2. Pour in 3 cups (720ml) almond milk and bring to a gentle boil. For 20 minutes, simmer over low heat, covered, and stirring occasionally, until the amaranth is soft and the mixture thickens.
3. Stir in 2 tbsp (30ml) honey and ½ tsp (2g) ground cinnamon. Simmer uncovered for 2 minutes to blend flavors.
4. Remove from heat and let sit for 1 minute. Divide between bowls and top with 2 chopped dried figs and 2 tbsp (20g) chopped pistachios. Serve warm.

Nutritional Info:

- Calories: 320 kcal
- Protein: 8g
- Fat: 10g
- Saturated Fat: 1g
- Carbohydrates: 52g
- Fiber: 6g
- Sodium: 120mg



Prep Time:
5 minutes



Cooking Time:
0 minutes



Servings:
2

Breakfast

Greek Yogurt Bowl with Honey, Walnuts & Figs

Creamy yogurt topped with sweet honey, crunchy walnuts, and fresh figs for a balanced Mediterranean treat.

Instructions:

1. Spoon 1 cup (245g) Greek yogurt into each of two serving bowls.
2. Drizzle 1 tbsp (15ml) honey evenly over the yogurt in each bowl.
3. Arrange 2 sliced figs (40g) on top of each bowl.
4. Sprinkle each bowl with 1 tbsp (15g) chopped walnuts, ½ tsp (1g) cinnamon, and 1 tsp (2g) chia seeds (if using).
5. Serve immediately.

Ingredients:

- 2 cups (490g) Greek yogurt, plain, full-fat (Contains: Dairy)
- 2 tbsp (30ml) honey
- 4 dried figs (80g), sliced
- ¼ cup (30g) walnuts, chopped (Contains: Tree nuts [walnuts])
- 1 tsp (2g) cinnamon
- 2 tsp (4g) chia seeds (optional)

Nutritional Info:

- Calories: 350 kcal
- Protein: 18g
- Fat: 12g
- Saturated Fat: 5g
- Carbohydrates: 45g
- Fiber: 5g
- Sodium: 60mg

Breakfast



Prep Time:
5 minutes



Cooking Time:
0 minutes



Servings:
2



Mediterranean Berry & Almond Yogurt Bowl

A vibrant mix of fresh berries, almonds, and Greek yogurt for a protein-packed breakfast.

Ingredients:

- 2 cups (490g) Greek yogurt, plain, full-fat (Contains: Dairy)
- 1 cup (150g) mixed berries (strawberries, blueberries, raspberries)
- ¼ cup (30g) almonds, sliced (Contains: Tree nuts [almonds])
- 2 tsp (10ml) vanilla extract
- 2 tsp (4g) flaxseeds (optional)

Instructions:

1. Spoon 1 cup (245g) Greek yogurt into each of two serving bowls.
2. Stir 1 tsp (5ml) vanilla extract into each bowl until fully combined.
3. Top each bowl with ½ cup (75g) mixed berries.
4. Sprinkle each serving with 1 tbsp (15g) sliced almonds and 1 tsp (2g) flaxseeds (if using) over the yogurt.
5. Serve immediately.

Nutritional Info:

- Calories: 320 kcal
- Protein: 20g
- Fat: 14g
- Saturated Fat: 5g
- Carbohydrates: 28g
- Fiber: 6g
- Sodium: 55mg



Prep Time:
5 minutes



Cooking Time:
0 minutes



Servings:
2

Breakfast

Citrus & Pistachio Yogurt Bowl

Bright citrus flavors paired with creamy yogurt and crunchy pistachios for a refreshing bowl.

Instructions:

1. Spoon 1 cup (245g) Greek yogurt into each of two serving bowls.
2. Drizzle 1 tbsp (15ml) maple syrup over the yogurt in each bowl.
3. Arrange ½ segmented orange (60g) on top in each bowl.
4. Sprinkle each serving with 2 tbsp (15g) chopped pistachios and ½ tsp (1g) orange zest (if using) over the yogurt.
5. Serve immediately.

Ingredients:

- 2 cups (490g) Greek yogurt, plain, full-fat (Contains: Dairy)
- 1 medium orange (120g), peeled and segmented
- 2 tbsp (30ml) maple syrup
- ¼ cup (30g) pistachios, shelled and chopped (Contains: Tree nuts [pistachios])
- 1 tsp (2g) orange zest (optional)

Nutritional Info:

- Calories: 340 kcal
- Protein: 18g
- Fat: 12g
- Saturated Fat: 5g
- Carbohydrates: 40g
- Fiber: 4g
- Sodium: 50mg

Breakfast



Prep Time:
5 minutes



Cooking Time:
8 minutes



Servings:
2



Greek Spinach & Feta Scramble

A protein-packed breakfast with vibrant Mediterranean flavors.

Ingredients:

- 4 large eggs, beaten
- 1 cup (60g) fresh spinach, chopped
- 4 tbsp (60g) feta cheese, crumbled (Contains: Dairy)
- 2 tbsp (30ml) olive oil
- 2 tbsp (20g) red onion, finely diced
- ½ tsp (1g) dried oregano
- 2 pinches (1g) black pepper
- 2 slices (60g) gluten-free whole-grain toast (optional)

Instructions:

1. Heat 30ml (2 tablespoons) olive oil in a small nonstick skillet over medium heat. Add 2 tbsp (20g) diced red onion and sauté until softened (about 2 minutes).
2. Stir in 1 cup (60g) chopped spinach and cook until wilted (about 1 minute).
3. Pour 4 beaten eggs into the skillet. Let sit for 10 seconds, then gently stir with a spatula, folding the eggs until softly set (about 3 minutes).
4. Sprinkle 4 tbsp (60g) crumbled feta, ½ tsp (1g) oregano, and 2 pinches (1g) black pepper over the eggs. Fold once more to combine.
5. Divide evenly between two plates and serve immediately, each with 1 slice (30g) toasted gluten-free whole-grain bread if desired.

Nutritional Info:

- Calories: 290 kcal
- Protein: 15g
- Fat: 22g
- Saturated Fat: 6g
- Carbohydrates: 5g
- Fiber: 1g
- Sodium: 320mg



Prep Time:
10 minutes



Cooking Time:
20 minutes



Servings:
2

Breakfast

Herbed Zucchini & Egg Muffins

Portable, veggie-packed egg cups inspired by Mediterranean herbs.

Instructions:

1. Preheat oven to 350°F (175°C). Grease 6 cups of a muffin tin with 2 tbsp (30ml) olive oil. (Note: If making in batches, grease 3 cups at a time.)
2. In a bowl, whisk 4 beaten eggs with 1 cup (120g) grated zucchini, 2 tbsp (10g) basil, 2 tsp (2g) oregano, and 2 pinches (1g) black pepper. Fold in ¼ cup (30g) feta if using.
3. Divide mixture evenly among 6 muffin cups (or 3 cups at a time if baking in batches). Bake for 18–20 minutes, until eggs are set and edges are lightly golden.
4. Let cool for 2 minutes before removing. Serve warm or at room temperature.

Ingredients:

- 4 large eggs, beaten (Contains: Eggs)
- 1 cup (120g) zucchini, grated and squeezed dry
- 2 tbsp (30ml) olive oil
- 2 tbsp (10g) fresh basil, chopped
- 2 tsp (2g) fresh oregano, chopped
- 2 pinches (1g) black pepper
- ¼ cup (30g) feta cheese, crumbled (optional) (Contains: Dairy)

Nutritional Info:

- Calories: 220 kcal
- Protein: 12g
- Fat: 17g
- Saturated Fat: 4g
- Carbohydrates: 4g
- Fiber: 1g
- Sodium: 180mg

Breakfast



Prep Time:
5 minutes



Cooking Time:
5 minutes



Servings:
2



Greek Yogurt with Honey-Walnut Figs

Creamy yogurt topped with caramelized figs and crunchy walnuts for a balanced Mediterranean treat.

Ingredients:

- 1 cup (240g) Greek yogurt, unsweetened (Contains: Dairy)
- 4 fresh figs, halved
- 2 tsp (10ml) honey
- 2 tbsp (20g) walnuts, chopped (Contains: Tree nuts [walnuts])
- 1 tsp (2g) cinnamon
- 2 tsp (10ml) lemon juice (optional)

Instructions:

1. Heat a medium nonstick skillet over medium heat. Add 4 fig halves, cut side down, and cook for 2 minutes until lightly caramelized.
2. Drizzle 1 tsp (5ml) honey over the figs and cook for another 1 minute. Remove from heat.
3. In two small bowls, spoon $\frac{1}{2}$ cup (120g) Greek yogurt into each and smooth the surface.
4. Arrange 2 warm fig halves on top of each yogurt portion.
5. Sprinkle each serving with 1 tbsp (10g) chopped walnuts, $\frac{1}{2}$ tsp (1g) cinnamon, and remaining honey. Add 1 tsp (5ml) lemon juice to each if desired. Serve immediately.

Nutritional Info:

- Calories: 220 kcal
- Protein: 10g
- Fat: 8g
- Saturated Fat: 3g
- Carbohydrates: 28g
- Fiber: 4g
- Sodium: 30mg



Prep Time:
10 minutes



Cooking Time:
0 minutes



Servings:
2

Breakfast

Citrus-Almond Medley with Pomegranate

A vibrant mix of citrus fruits, toasted almonds, and pomegranate seeds for a refreshing crunch.

Instructions:

1. In a large bowl, gently combine 1 cup (120g) orange segments and 1½ cups (200g) grapefruit segments.
2. Drizzle with 2 tsp (10ml) olive oil and toss lightly to coat.
3. Divide the citrus mix evenly between two serving bowls.
4. Top each bowl with 1 tbsp (10g) toasted almonds, 2 tbsp (20g) pomegranate seeds, and ½ tsp (1g) fresh mint (if using). Serve immediately.

Ingredients:

- 1 cup (120g) orange, peeled and segmented
- 1½ cups (200g) grapefruit, peeled and segmented
- 2 tbsp (20g) almonds, toasted and sliced (Contains: Tree nuts [almonds])
- ¼ cup (40g) pomegranate seeds
- 2 tsp (10ml) extra-virgin olive oil
- 1 tsp (2g) fresh mint, chopped (optional)

Nutritional Info:

- Calories: 180 kcal
- Protein: 4g
- Fat: 9g
- Saturated Fat: 1g
- Carbohydrates: 24g
- Fiber: 5g
- Sodium: 5mg

Breakfast



Prep Time:
8 minutes



Cooking Time:
5 minutes



Servings:
2



Spiced Apple & Pistachio Parfait

Layered spiced apples, creamy yogurt, and pistachios for a satisfying, fiber-rich snack.

Ingredients:

- 1 cup (140g) apple, thinly sliced
- 1 tsp (2g) cinnamon
- 2 tsp (10ml) maple syrup
- 1 cup (240g) Greek yogurt, unsweetened (Contains: Dairy)
- 2 tbsp (20g) pistachios, shelled and chopped (Contains: Tree nuts [pistachios])
- 1 tsp (2g) vanilla extract (optional)

Instructions:

1. In a medium skillet over medium heat, combine 1 cup (140g) apple slices, 1 tsp (2g) cinnamon, and 2 tsp (10ml) maple syrup. Sauté for 3-4 minutes until apples soften slightly. Remove from heat.
2. In two separate serving glasses or bowls, layer ½ cup (120g) Greek yogurt in each, followed by ½ of the spiced apples in each.
3. Sprinkle 1 tbsp (10g) chopped pistachios over each portion. Drizzle with ½ tsp (1g) vanilla extract per serving if desired. Serve warm or chilled.

Nutritional Info:

- Calories: 210 kcal
- Protein: 11g
- Fat: 7g
- Saturated Fat: 3g
- Carbohydrates: 27g
- Fiber: 4g
- Sodium: 35mg



Prep Time:
5 minutes



Cooking Time:
0 minutes



Servings:
2

Breakfast

Mediterranean Green Smoothie

Packed with spinach, avocado, and citrus for a refreshing boost.

Instructions:

1. Combine 2 cups (60g) spinach, $\frac{3}{4}$ cup (140g) avocado, 1 cup (240ml) water, $\frac{1}{2}$ cup (120ml) orange juice, 2 tsp (10ml) lemon juice, 2 tsp (10g) chia seeds, and 2 tsp (10ml) olive oil in a blender.
2. Blend on high speed for 45 to 60 seconds until completely smooth, scraping down the edges if necessary.
3. Add 2-4 tbsp (30-60ml) water if the mixture is too thick and blend again.
4. Divide evenly between two glasses and enjoy immediately.

Ingredients:

- 2 cups (60g) fresh spinach, loosely packed
- $\frac{3}{4}$ cup (140g) avocado, peeled and pitted
- 1 cup (240ml) cold water
- $\frac{1}{2}$ cup (120ml) freshly squeezed orange juice
- 2 tsp (10ml) lemon juice
- 2 tsp (10g) chia seeds
- 2 tsp (10ml) extra-virgin olive oil

Nutritional Info:

- Calories: 190 kcal
- Protein: 3g
- Fat: 14g
- Saturated Fat: 2g
- Carbohydrates: 16g
- Fiber: 8g
- Sodium: 15mg

Breakfast



Prep Time:
5 minutes



Cooking Time:
3 minutes



Servings:
2



Greek-Inspired Avocado & Feta Tartine

Creamy avocado meets tangy feta on crispy whole-grain toast, topped with sun-dried tomatoes and Kalamata olives.

Ingredients:

- 2 slices whole-grain gluten-free bread
- 1 cup (100g) avocado, mashed
- ¼ cup (60g) crumbled feta cheese (Contains: Dairy)
- 2 tbsp (20g) sun-dried tomatoes, chopped
- 2 tbsp (20g) Kalamata olives, pitted and sliced
- 1 tsp (2g) dried oregano
- 2 tsp (10ml) extra-virgin olive oil
- 2 pinches of black pepper (optional)

Instructions:

1. Toast 2 slices whole-grain gluten-free bread in a toaster or dry skillet until golden and crisp (about 2-3 minutes).
2. Spread ½ cup (50g) mashed avocado evenly over each slice of toasted bread.
3. Sprinkle 2 tbsp (30g) crumbled feta cheese on top of each avocado-topped slice.
4. Scatter 1 tbsp (10g) chopped sun-dried tomatoes, and 1 tbsp (10g) sliced Kalamata olives over each tartine.
5. Drizzle each with 1 tsp (5ml) extra-virgin olive oil and sprinkle with ½ tsp (1g) dried oregano. Add 1 pinch of black pepper to each if preferred.
6. Serve immediately.

Nutritional Info:

- Calories: 280 kcal
- Protein: 7g
- Fat: 18g
- Saturated Fat: 5g
- Carbohydrates: 25g
- Fiber: 8g
- Sodium: 420mg



Prep Time:
5 minutes



Cooking Time:
0 minutes



Servings:
2

Breakfast

Mediterranean Hummus & Roasted Pepper Toast

Smoky roasted red pepper and creamy hummus atop seeded gluten-free toast, finished with za'atar and pine nuts.

Instructions:

1. Toast 2 slices seeded gluten-free bread until crisp (about 2-3 minutes).
2. Spread 3 tbsp (45g) hummus evenly over each slice of toast.
3. Layer 2 tbsp (20g) roasted red pepper slices on top of each hummus-covered toast.
4. Sprinkle each with 1 tsp (2g) za'atar seasoning and drizzle with 1 tsp (5ml) extra-virgin olive oil.
5. Garnish each toast with 1 tbsp (8g) toasted pine nuts and a pinch of chopped fresh parsley if desired.
6. Serve immediately.

Ingredients:

- 2 slices seeded gluten-free bread
- 6 tbsp (90g) classic hummus (Contains: Sesame)
- 4 tbsp (40g) roasted red pepper, sliced
- 2 tsp (4g) za'atar seasoning
- 2 tsp (10ml) extra-virgin olive oil
- 2 tbsp (16g) pine nuts, toasted (Contains: Tree nuts)
- Fresh parsley, chopped (optional)

Nutritional Info:

- Calories: 260 kcal
- Protein: 8g
- Fat: 16g
- Saturated Fat: 2g
- Carbohydrates: 24g
- Fiber: 6g
- Sodium: 380mg



Salads



Prep Time:
15 minutes



Cooking Time:
15 minutes



Servings:
2

Salads

Greek Quinoa Salad with Lemon-Herb Dressing

Bright, tangy, and packed with protein, this salad is a Mediterranean classic.

Instructions:

1. Rinse 1 cup (180g) quinoa under cold water in a fine-mesh strainer for 1 minute to remove bitterness.
2. Combine rinsed quinoa with 2 cups (480ml) water in a pot. Bring to a boil, then reduce heat to simmer, cover, and cook for 15 minutes until quinoa is fluffy and water is absorbed. Remove from heat and let sit covered for 5 minutes. Fluff with a fork.
3. In a large bowl, combine cooked quinoa, ½ cup (80g) diced cucumber, ½ cup (80g) halved cherry tomatoes, ¼ cup (40g) chopped red onion, and ½ cup (70g) sliced Kalamata olives.
4. In a small bowl, whisk together 2 tbsp (30ml) olive oil, 2 tbsp (30ml) lemon juice, 1 tsp (2g) dried oregano, and ½ tsp (1g) black pepper.
5. Pour dressing over the salad and toss gently to combine.
6. Top with ¼ cup (60g) crumbled feta cheese and 2 tbsp (10g) chopped parsley (if using). Serve immediately or refrigerate for up to 2 days.

Ingredients:

- 1 cup (180g) quinoa, uncooked
- 2 cups (480ml) water
- ½ cup (80g) cucumber, diced
- ½ cup (80g) cherry tomatoes, halved
- ¼ cup (40g) red onion, finely chopped
- ½ cup (70g) Kalamata olives, pitted and sliced
- ¼ cup (60g) feta cheese, crumbled (Contains: Dairy)
- 2 tbsp (30ml) extra-virgin olive oil
- 2 tbsp (30ml) lemon juice
- 1 tsp (2g) dried oregano
- ½ tsp (1g) black pepper
- 2 tbsp (10g) fresh parsley, chopped (optional)

Nutritional Info:

- Calories: 380 kcal
- Protein: 12g
- Fat: 18g
- Saturated Fat: 4g
- Carbohydrates: 42g
- Fiber: 6g
- Sodium: 580mg

Salads



Prep Time:
10 minutes



Cooking Time:
35 minutes



Servings:
2



Roasted Beet & Walnut Salad with Balsamic Glaze

Earthy beets, crunchy walnuts, and sweet balsamic create a vibrant flavor contrast.

Ingredients:

- 1½ cups (200g) beet, peeled and cubed
- 2 tsp (10ml) olive oil
- 2 cups (60g) baby spinach
- ¼ cup (30g) walnuts, chopped (Contains: Tree nuts [walnuts])
- 2 tbsp (30g) goat cheese, crumbled (Contains: Dairy) (optional)
- 2 tbsp (30ml) balsamic glaze
- ½ tsp (1g) black pepper

Instructions:

1. Preheat oven to 200°C (400°F). Toss 1½ cups (200g) cubed beet with 2 tsp (10ml) olive oil and spread on a parchment-lined baking sheet. Roast for 35 minutes, flipping halfway, until tender. Let cool slightly.
2. Arrange 2 cups (60g) baby spinach on two plates. Divide roasted beets evenly between plates and top each with 2 tbsp (15g) chopped walnuts.
3. Drizzle each salad with 1 tbsp (15ml) balsamic glaze and sprinkle with 1 tbsp (15g) crumbled goat cheese (if using) and ¼ tsp (0.5g) black pepper.

Nutritional Info:

- Calories: 220 kcal
- Protein: 6g
- Fat: 14g
- Saturated Fat: 3g
- Carbohydrates: 20g
- Fiber: 5g
- Sodium: 120mg



Prep Time:
10 minutes



Cooking Time:
0 minutes



Servings:
2

Salads

Mediterranean Chickpea & Avocado Salad

Creamy avocado meets hearty chickpeas in this satisfying, fiber-rich dish.

Instructions:

1. In a large bowl, combine 1 cup (160g) chickpeas, $\frac{2}{3}$ cup (140g) diced avocado, $\frac{1}{2}$ cup (80g) diced red bell pepper, and $\frac{1}{4}$ cup (40g) chopped red onion.
2. In a small bowl, whisk together 2 tbsp (30ml) lemon juice, 2 tbsp (30ml) olive oil, 1 tsp (2g) cumin, and $\frac{1}{2}$ tsp (1g) smoked paprika.
3. Pour dressing over the salad and toss gently to coat, being careful not to mash the avocado.
4. Season with salt to taste and sprinkle with 2 tbsp (10g) chopped cilantro (if using). Serve immediately.

Ingredients:

- 1 cup (160g) cooked chickpeas, drained and rinsed
- $\frac{2}{3}$ cup (140g) avocado, diced
- $\frac{1}{2}$ cup (80g) red bell pepper, diced
- $\frac{1}{4}$ cup (40g) red onion, finely chopped
- 2 tbsp (30ml) extra-virgin olive oil
- 2 tbsp (30ml) lemon juice
- 1 tsp (2g) ground cumin
- $\frac{1}{2}$ tsp (1g) smoked paprika
- 2 tbsp (10g) fresh cilantro, chopped (optional)
- Salt to taste

Nutritional Info:

- Calories: 320 kcal
- Protein: 8g
- Fat: 22g
- Saturated Fat: 3g
- Carbohydrates: 28g
- Fiber: 11g
- Sodium: 180mg



Prep Time:
10 minutes



Cooking Time:
20 minutes



Servings:
2



Cypriot Grain Bowl with Halloumi & Pomegranate

A salty-sweet combo of pan-fried halloumi, nutty freekeh, and juicy pomegranate seeds.

Ingredients:

- 1 cup (180g) cooked freekeh (gluten-free certified)
- 100g halloumi cheese, sliced (Contains: Dairy)
- ½ cup (80g) cucumber, diced
- ¼ cup (40g) pomegranate seeds
- 2 tbsp (30ml) extra-virgin olive oil
- 1 tsp (2g) za'atar
- 2 tsp (10ml) lemon juice
- 2 tbsp (10g) fresh dill, chopped

Instructions:

1. Heat 1 tbsp (15ml) olive oil in a skillet over medium heat. Add 100g halloumi slices and cook for 2-3 minutes per side until golden. Set aside.
2. In a large bowl, combine 1 cup (180g) freekeh, ½ cup (80g) diced cucumber, and ¼ cup (40g) pomegranate seeds.
3. Whisk remaining 1 tbsp (15ml) olive oil, 1 tsp (2g) za'atar, and 2 tsp (10ml) lemon juice. Drizzle over the salad.
4. Top with fried halloumi and 2 tbsp (10g) dill.
5. Serve immediately.

Nutritional Info:

- Calories: 350 kcal
- Protein: 14g
- Fat: 18g
- Saturated Fat: 7g
- Carbohydrates: 35g
- Fiber: 6g
- Sodium: 480mg



Prep Time:
10 minutes



Cooking Time:
0 minutes



Servings:
2

Salads

Sicilian Orange & Fennel Salad with Olives

A refreshing, citrusy salad with crisp fennel and briny olives—perfect for summer.

Instructions:

1. Slice 2 cups (200g) fennel bulb and $\frac{1}{4}$ cup (40g) red onion thinly with a sharp knife or mandoline.
2. Arrange $1\frac{1}{2}$ cups (260g) blood orange slices, shaved fennel, and red onion on two plates. Scatter 16 green olives evenly over both plates.
3. Whisk 2 tbsp (30ml) olive oil, 1 tsp (2g) orange zest, and $\frac{1}{2}$ tsp (1g) black pepper. Drizzle evenly over both salads.
4. Garnish each salad with 1 tbsp (5g) torn basil.
5. Serve immediately.

Ingredients:

- 2 cups (200g) fennel bulb, thinly shaved
- $1\frac{1}{2}$ cups (260g) blood orange, peeled and sliced
- $\frac{1}{4}$ cup (40g) red onion, thinly sliced
- 16 green olives, pitted
- 2 tbsp (30ml) extra-virgin olive oil
- 1 tsp (2g) orange zest
- $\frac{1}{2}$ tsp (1g) black pepper
- 2 tbsp (10g) fresh basil, torn

Nutritional Info:

- Calories: 210 kcal
- Protein: 3g
- Fat: 14g
- Saturated Fat: 2g
- Carbohydrates: 22g
- Fiber: 6g
- Sodium: 320mg



Prep Time:
10 minutes



Cooking Time:
25 minutes



Servings:
2



Turkish Eggplant & Yogurt Salad with Walnuts

Smoky roasted eggplant meets creamy garlic yogurt and crunchy walnuts for a textural delight.

Ingredients:

- 2 (5 oz/150g) eggplants, halved lengthwise (total 10 oz/300g)
- 2 tsp (10ml) olive oil
- ½ cup (120g) plain Greek yogurt (Contains: Dairy)
- 2 small garlic cloves, minced
- 2 tbsp (30ml) lemon juice
- 2 tbsp (20g) walnuts, toasted and chopped (Contains: Tree nuts)
- 1 tsp (2g) smoked paprika
- 2 tbsp (10g) fresh dill, chopped
- Salt to taste

Instructions:

1. Preheat oven to 220°C (425°F). Brush 2 halved eggplants with 2 tsp (10ml) olive oil and set cut-side down on a baking pan. Roast for 25 minutes until tender and charred. Let cool, then scoop out flesh.
2. In a bowl, mash eggplant flesh with a fork. Mix in ½ cup (120g) yogurt, 2 minced garlic cloves, 2 tbsp (30ml) lemon juice, and salt to taste.
3. Spread mixture onto two plates. Top each with 1 tbsp (10g) chopped walnuts, ½ tsp (1g) smoked paprika, and 1 tbsp (5g) dill.
4. Serve with whole-grain bread (optional).

Nutritional Info:

- Calories: 180 kcal
- Protein: 8g
- Fat: 10g
- Saturated Fat: 2g
- Carbohydrates: 18g
- Fiber: 6g
- Sodium: 45mg



Prep Time:
15 minutes



Cooking Time:
15 minutes



Servings:
2

Salads

Lebanese Tabbouleh with Quinoa & Pomegranate

A herb-packed tabbouleh reimagined with quinoa and jewel-like pomegranate seeds.

Instructions:

1. In a large bowl, combine 1 cup (180g) quinoa, ½ cup (30g) parsley, 4 tbsp (20g) mint, ¼ cup (40g) red onion, ½ cup (80g) cucumber, and ¼ cup (40g) pomegranate seeds.
2. Whisk together 2 tbsp (30ml) olive oil, 2 tbsp (30ml) lemon juice, ½ tsp (1g) sumac, and salt. Pour over the salad and toss gently.
3. Chill for 10 minutes before serving to let flavors meld.

Ingredients:

- 1 cup (180g) cooked quinoa
- ½ cup (30g) flat-leaf parsley, finely chopped
- 4 tbsp (20g) fresh mint, finely chopped
- ¼ cup (40g) red onion, minced
- ½ cup (80g) cucumber, finely diced
- ¼ cup (40g) pomegranate seeds
- 2 tbsp (30ml) extra-virgin olive oil
- 2 tbsp (30ml) lemon juice
- ½ tsp (1g) ground sumac
- Salt to taste

Nutritional Info:

- Calories: 220 kcal
- Protein: 6g
- Fat: 10g
- Saturated Fat: 1g
- Carbohydrates: 28g
- Fiber: 5g
- Sodium: 10mg



Soups



Prep Time:
10 minutes



Cooking Time:
20 minutes



Servings:
2

Soups

Sicilian Fish & Fennel Soup

Light yet flavorful broth with tender white fish and aromatic fennel.

Instructions:

1. One tablespoon (15ml) olive oil should be heated in a medium pot over medium heat. Add $\frac{1}{2}$ cup (75g) fennel, $\frac{1}{4}$ cup (40g) shallot, and 2 minced garlic cloves. Sauté until softened (3 minutes).
2. Stir in $\frac{1}{2}$ tsp (1g) saffron (if using), then pour in 2 cups (480ml) broth and $\frac{1}{2}$ cup (120ml) wine. Simmer uncovered for 5 minutes.
3. Add 1 cup (200g) diced tomatoes (with juices) and simmer for 5 more minutes.
4. Gently place 8 oz (225g) fish chunks into the broth. Cook for 4-5 minutes until fish flakes easily.
5. Season with $\frac{1}{4}$ tsp (0.5g) black pepper. Garnish with 2 tbsp (8g) parsley and serve immediately.

Ingredients:

- 1 tbsp (15ml) olive oil
- $\frac{1}{2}$ cup (75g) fennel bulb, thinly sliced
- $\frac{1}{4}$ cup (40g) shallot, minced
- 2 garlic cloves, minced
- $\frac{1}{2}$ tsp (1g) saffron threads (optional)
- 2 cups (480ml) fish or vegetable broth (gluten-free)
- $\frac{1}{2}$ cup (120ml) dry white wine (or substitute with broth)
- 1 cup (200g) diced tomatoes (canned, with juices)
- 8 oz (225g) firm white fish (cod or halibut), skinless, cut into chunks (Contains: Fish)
- $\frac{1}{4}$ tsp (0.5g) black pepper
- 2 tbsp (8g) fresh parsley, chopped

Nutritional Info:

- Calories: 250 kcal
- Protein: 25g
- Fat: 8g
- Saturated Fat: 1g
- Carbohydrates: 12g
- Fiber: 3g
- Sodium: 380mg



Prep Time:
10 minutes



Cooking Time:
20 minutes



Servings:
2



Lemon-Garlic Chickpea & Spinach Soup

A bright, protein-packed soup with fresh herbs and a tangy lemon finish.

Ingredients:

- 1 tbsp (15ml) olive oil
- 3 garlic cloves, minced
- ½ cup (75g) yellow onion, diced
- 1 cup (150g) carrot, sliced into rounds
- 1½ cups (240g) cooked chickpeas, drained and rinsed
- 2 cups (480ml) low-sodium vegetable broth (gluten-free)
- 1 cup (240ml) water
- 2 cups (60g) fresh spinach, roughly chopped
- 1 tbsp (15ml) lemon juice
- ½ tsp (1g) dried oregano
- ¼ tsp (0.5g) black pepper
- 2 tbsp (8g) fresh parsley, chopped (optional)

Nutritional Info:

- Calories: 250 kcal
- Protein: 10g
- Fat: 8g
- Saturated Fat: 1g
- Carbohydrates: 38g
- Fiber: 10g
- Sodium: 300mg

Instructions:

1. One tablespoon (15ml) olive oil should be heated in a medium pot over medium heat. Add 3 minced garlic cloves and ½ cup (75g) diced yellow onion. Sauté, stirring frequently, until onions are translucent (about 3 minutes).
2. Stir in 1 cup (150g) sliced carrots and cook for 2 minutes, allowing them to soften slightly.
3. Add 1½ cups (240g) chickpeas, 2 cups (480ml) vegetable broth, and 1 cup (240ml) water. Bring to a boil, then reduce heat to low and simmer uncovered for 10 minutes.
4. Stir in 2 cups (60g) chopped spinach, 1 tbsp (15ml) lemon juice, ½ tsp (1g) oregano, and ¼ tsp (0.5g) black pepper. Simmer for 2 more minutes until spinach wilts.
5. Remove from heat and garnish with 2 tbsp (8g) fresh parsley (optional). Serve warm.



Prep Time:
15 minutes



Cooking Time:
25 minutes



Servings:
2

Soups

Provençal Pistou Soup (Vegetable & Basil)

A French twist on minestrone, vibrant with summer vegetables and basil.

Instructions:

1. One tablespoon (15ml) olive oil should be heated in a pot over medium heat. Add ½ cup (75g) leek and sauté for 2 minutes.
2. Stir in ½ cup (75g) zucchini and ½ cup (75g) green beans. Cook for 3 minutes.
3. Add 1 cup (150g) cannellini beans, 2 cups (480ml) broth, and 1 cup (240ml) water. Bring to a boil, then simmer for 15 minutes. If using pasta, add in the last 8 minutes of cooking.
4. Blend 1 cup (20g) basil, 1 tbsp (15ml) olive oil, 1 tbsp (10g) pine nuts, and 1 garlic clove until smooth.
5. Ladle soup into bowls and swirl in pistou before serving.

Ingredients:

- 1 tbsp (15ml) olive oil
- ½ cup (75g) leek, thinly sliced
- ½ cup (75g) zucchini, diced
- ½ cup (75g) green beans, trimmed and halved
- 1 cup (150g) canned cannellini beans, drained
- 2 cups (480ml) vegetable broth (gluten-free)
- 1 cup (240ml) water
- ½ cup (60g) gluten-free small pasta (optional)
- 1 cup (20g) fresh basil leaves
- 1 tbsp (15ml) olive oil
- 1 tbsp (10g) pine nuts (Contains: Tree nuts [pine nuts])
- 1 garlic clove

Nutritional Info:

- Calories: 320 kcal
- Protein: 10g
- Fat: 15g
- Saturated Fat: 2g
- Carbohydrates: 38g
- Fiber: 9g
- Sodium: 350mg



Vegetable Mains



Prep Time:
15 minutes



Cooking Time:
35 minutes



Servings:
2

Vegetable Mains

Mediterranean Stuffed Bell Pepper

A vibrant bell pepper filled with quinoa, olives, and feta for a satisfying meal.

Instructions:

1. Preheat oven to 375°F (190°C). Lightly brush all bell pepper halves (300g total) with 1 tbsp (15ml) olive oil and place them on a baking dish.
2. Bake for 15 minutes until slightly softened.
3. In a bowl, mix ½ cup (90g) quinoa, ¼ cup (40g) cherry tomatoes, 10 kalamata olives, 2 tbsp (20g) red onion, 2 tbsp (30g) feta, 2 tsp (2g) oregano, remaining 1 tbsp (15ml) olive oil, and ½ tsp (1g) salt.
4. Stuff the mixture evenly into all bell pepper halves.
5. Return to oven and bake for another 20 minutes until peppers are tender and filling is heated through.
6. Serve warm.

Ingredients:

- 2 large (5oz/150g) red bell peppers, halved and seeds removed (total 10oz/300g)
- ½ cup (90g) cooked quinoa
- ¼ cup (40g) cherry tomatoes, diced
- 10 kalamata olives, pitted and chopped
- 2 tbsp (20g) red onion, finely diced
- 2 tbsp (30g) feta cheese, crumbled (Contains: Dairy)
- 2 tsp (2g) fresh oregano, chopped
- 2 tbsp (30ml) olive oil
- ½ tsp (1g) salt

Nutritional Info:

- Calories: 280 kcal
- Protein: 6g
- Fat: 18g
- Saturated Fat: 4g
- Carbohydrates: 25g
- Fiber: 5g
- Sodium: 650mg



Prep Time:
10 minutes



Cooking Time:
30 minutes



Servings:
2



Roasted Eggplant with Chickpeas and Tahini

Creamy tahini pairs perfectly with spiced eggplant and protein-packed chickpeas.

Ingredients:

- 2 small (7 oz/200g) eggplants, cut into 1-inch cubes (total 14 oz/400g)
- 1 cup (200g) cooked chickpeas, drained and rinsed
- ¼ cup (60ml) olive oil
- 1 tsp (2g) ground cumin
- 1 tsp (2g) smoked paprika
- ½ tsp (1g) salt
- 2 tbsp (30g) tahini (Contains: Sesame)
- 2 tsp (10ml) lemon juice
- 2 tbsp (10g) fresh parsley, chopped (optional)

Nutritional Info:

- Calories: 380 kcal
- Protein: 8g
- Fat: 25g
- Saturated Fat: 3g
- Carbohydrates: 35g
- Fiber: 12g
- Sodium: 300mg

Instructions:

1. Preheat oven to 400°F (200°C). Line a large baking sheet with parchment paper.
2. In a bowl, toss all eggplant cubes (400g) with 2 tbsp (30ml) olive oil, 1 tsp (2g) cumin, 1 tsp (2g) smoked paprika, and ½ tsp (1g) salt until evenly coated. Spread in a single layer on the baking sheet.
3. Bake for 20 minutes, flipping halfway until eggplant is golden and tender.
4. Add 1 cup (200g) chickpeas to the baking sheet, drizzle with remaining 2 tbsp (30ml) olive oil, and bake for 10 more minutes until chickpeas are slightly crispy.
5. In a small bowl, whisk 2 tbsp (30g) tahini with 2 tsp (10ml) lemon juice and 2 tbsp (30ml) water until smooth.
6. Divide roasted eggplant and chickpeas between two plates, drizzle with tahini sauce, and garnish with 2 tbsp (10g) parsley (if using).
7. Serve warm.



Prep Time:
10 minutes



Cooking Time:
25 minutes



Servings:
2

Vegetable Mains

Roasted Eggplant & Cherry Tomato Plate with Feta

Sweet roasted tomatoes paired with creamy eggplant and tangy feta.

Instructions:

1. Preheat oven to 200°C (400°F). Toss 2 cups (200g) eggplant and 1 cup (150g) cherry tomatoes with ¼ cup (60ml) olive oil, ½ tsp (2g) oregano, ½ tsp (2g) salt, and ½ tsp (1g) black pepper on a baking sheet.
2. Roast for 20-25 minutes, stirring once, until eggplant is tender and tomatoes are blistered.
3. Divide between two plates. Top each with 2 tbsp (20g) feta and 1 tsp (1g) basil.

Ingredients:

- 2 cups (200g) eggplant, cubed
- 1 cup (150g) cherry tomatoes, halved
- ¼ cup (60ml) olive oil
- ½ tsp (2g) dried oregano
- ½ tsp (2g) sea salt
- ½ tsp (1g) black pepper, freshly ground
- ¼ cup (40g) feta cheese, crumbled (Contains: Dairy)
- 2 tsp (2g) fresh basil, thinly sliced

Nutritional Info:

- Calories: 290 kcal
- Protein: 5g
- Fat: 25g
- Saturated Fat: 6g
- Carbohydrates: 12g
- Fiber: 4g
- Sodium: 350mg



Prep Time:
10 minutes



Cooking Time:
25 minutes



Servings:
2



Baked Zucchini with Herbed Almond Crust

Tender zucchini topped with a crunchy almond and herb crust.

Ingredients:

- 2 medium (7oz/200g) zucchini, sliced into ½-inch rounds (total 14oz/400g)
- ¼ cup (30g) almond flour (Contains: Tree nuts [almonds])
- 2 tbsp (10g) nutritional yeast
- 1 tsp (2g) dried thyme
- 1 tsp (2g) garlic powder
- ½ tsp (1g) salt
- 2 tbsp (30ml) olive oil

Instructions:

1. Preheat oven to 375°F (190°C). Line a large baking sheet with parchment paper.
2. In a bowl, mix ¼ cup (30g) almond flour, 2 tbsp (10g) nutritional yeast, 1 tsp (2g) thyme, 1 tsp (2g) garlic powder, and ½ tsp (1g) salt.
3. Toss all zucchini rounds (400g) with 2 tbsp (30ml) olive oil, then dip each into the almond mixture, pressing lightly to coat.
4. Arrange coated zucchini on the baking sheet in a single layer (use two sheets if needed).
5. Bake until golden and crispy, 20-25 minutes.
6. Serve warm.

Nutritional Info:

- Calories: 220 kcal
- Protein: 6g
- Fat: 18g
- Saturated Fat: 2g
- Carbohydrates: 10g
- Fiber: 4g
- Sodium: 300mg



Prep Time:
10 minutes



Cooking Time:
15 minutes



Servings:
2

Vegetable Mains

Grilled Mediterranean Veggie Plate with Lemon-Tahini Drizzle

Smoky charred vegetables with a creamy, citrusy tahini sauce.

Instructions:

1. Preheat a grill or grill pan over medium-high heat. Brush 1 cup (150g) zucchini, 1 cup (150g) red bell pepper, and ½ cup (80g) red onion with 4 tbsp (60ml) olive oil. Sprinkle with ½ tsp (2g) sea salt and ½ tsp (1g) black pepper.
2. Grill vegetables, turning occasionally, until tender and lightly charred (about 10 minutes for peppers and onions, 8 minutes for zucchini).
3. In a small bowl, whisk 2 tbsp (30g) tahini, 2 tsp (10ml) lemon juice, 2 tsp (10ml) water, and remaining 2 tbsp (30ml) olive oil until smooth. Adjust consistency with more water if needed.
4. Arrange grilled vegetables on two plates. Drizzle with tahini sauce and sprinkle with 2 tbsp (10g) parsley (optional).
5. Serve warm.

Ingredients:

- 1 cup (150g) zucchini, sliced into ½-inch strips
- 1 cup (150g) red bell pepper, seeded and quartered
- ½ cup (80g) red onion, thickly sliced
- 6 tbsp (90ml) olive oil, divided
- ½ tsp (2g) sea salt
- ½ tsp (1g) black pepper, freshly ground
- 2 tbsp (30g) tahini (Contains: Sesame)
- 2 tsp (10ml) lemon juice, freshly squeezed
- 2 tsp (10ml) water
- 2 tbsp (10g) fresh parsley, chopped (optional)

Nutritional Info:

- Calories: 320 kcal
- Protein: 4g
- Fat: 28g
- Saturated Fat: 4g
- Carbohydrates: 15g
- Fiber: 4g
- Sodium: 300mg



Prep Time:
5 minutes



Cooking Time:
10 minutes



Servings:
2



Grilled Asparagus & Red Pepper Plate with Kalamata Olives

Bold flavors from briny olives and smoky grilled vegetables.

Ingredients:

- 1 cup (150g) asparagus, trimmed
- 1 cup (150g) red bell pepper, sliced
- ¼ cup (60ml) olive oil
- ½ tsp (2g) sea salt
- ¼ cup (40g) Kalamata olives, pitted and halved
- 2 tsp (10ml) balsamic glaze (optional)

Instructions:

1. Heat a grill pan over medium-high heat. Toss 1 cup (150g) asparagus and 1 cup (150g) red bell pepper with ¼ cup (60ml) olive oil and ½ tsp (2g) salt.
2. Grill for 8-10 minutes, turning occasionally, until asparagus is tender-crisp and peppers are charred.
3. Divide between two plates. Scatter ¼ cup (40g) olives evenly over both portions. Drizzle each with 1 tsp (5ml) balsamic glaze (optional).

Nutritional Info:

- Calories: 250 kcal
- Protein: 3g
- Fat: 22g
- Saturated Fat: 3g
- Carbohydrates: 10g
- Fiber: 4g
- Sodium: 400mg



Prep Time:
5 minutes



Cooking Time:
15 minutes



Servings:
2

Vegetable Mains

Herbed Quinoa Pasta with Spinach & Artichokes

Earthy quinoa pasta paired with creamy artichokes and fresh spinach.

Instructions:

1. Cook 4oz (120g) quinoa pasta according to package instructions. Drain and set aside.
2. Heat 2 tbsp (30ml) olive oil in a large skillet over medium heat. Add 2 minced garlic cloves and sauté until golden (approx. 1 minute).
3. Stir in ½ cup (80g) artichoke hearts and 2 tsp (2g) dried oregano. Cook for 2 minutes.
4. Add 2 cups (60g) baby spinach and 2 tbsp (30ml) lemon juice. Sauté until spinach wilts (approx. 2 minutes).
5. Toss in cooked pasta. Season with salt and black pepper to taste. Divide between two plates and serve immediately.

Ingredients:

- 4oz (120g) quinoa pasta (gluten-free)
- ½ cup (80g) artichoke hearts, chopped
- 2 cups (60g) baby spinach
- 2 tbsp (30ml) olive oil
- 2 garlic cloves, minced
- 2 tsp (2g) dried oregano
- 2 tbsp (30ml) lemon juice
- Salt and black pepper, to taste

Nutritional Info:

- Calories: 290 kcal
- Protein: 7g
- Fat: 10g
- Saturated Fat: 1g
- Carbohydrates: 42g
- Fiber: 6g
- Sodium: 180mg

Vegetable Mains



Prep Time:
10 minutes



Cooking Time:
5 minutes



Servings:
2



Creamy Avocado & Basil Zucchini Noodles

Silky zucchini noodles tossed in a vibrant avocado-basil sauce.

Ingredients:

- 2 medium (7oz/200g) zucchini, spiralized (total 14oz/400g)
- 1 cup (140g) avocado, mashed
- 2 tbsp (30ml) lemon juice
- 2 tbsp (30g) raw cashews, soaked (Contains: Tree nuts [cashews])
- 2 garlic cloves, minced
- ¼ cup (12g) fresh basil, chopped
- 2 tsp (10ml) olive oil
- Salt and black pepper, to taste
- 2 tbsp (10g) toasted pine nuts (optional)

Instructions:

1. In a blender, combine 1 cup (140g) mashed avocado, 2 tbsp (30ml) lemon juice, 2 tbsp (30g) soaked cashews, and 2 minced garlic cloves. Blend until smooth, adding 2-4 tsp water if needed.
2. Heat 2 tsp (10ml) olive oil in a large skillet over medium heat. Add 14oz (400g) spiralized zucchini and sauté for 2-3 minutes until just tender.
3. Remove from heat and toss with the avocado sauce. Stir in ¼ cup (12g) fresh basil. Season with salt and black pepper.
4. Divide between two plates and garnish each with 1 tbsp (5g) toasted pine nuts (optional)

Nutritional Info:

- Calories: 280 kcal
- Protein: 6g
- Fat: 22g
- Saturated Fat: 3g
- Carbohydrates: 18g
- Fiber: 8g
- Sodium: 120mg



Prep Time:
5 minutes



Cooking Time:
15 minutes



Servings:
2

Vegetable Mains

Mushroom & Thyme Buckwheat Pasta

Earthy buckwheat pasta with umami mushrooms and aromatic thyme.

Instructions:

1. Cook 120g (4oz) buckwheat pasta according to package instructions. Drain, reserving $\frac{1}{4}$ cup (60ml) pasta water.
2. Heat 2 tbsp (30ml) olive oil in a large skillet over medium-high heat. Add 1 cup (100g) sliced mushrooms and sauté until browned (approx. 5 minutes).
3. Reduce heat to medium. Add 2 minced garlic cloves and 1 tsp (2g) thyme leaves; cook for 1 minute.
4. Stir in cooked pasta, reserved pasta water, and 2 tbsp (30ml) balsamic vinegar. Toss to combine.
5. Divide between two plates. Season with salt and black pepper. Top each with 1 tbsp (5g) Pecorino Romano (optional).

Ingredients:

- 120g (4oz) buckwheat pasta (gluten-free)
- 1 cup (100g) cremini mushrooms, sliced
- 2 tbsp (30ml) olive oil
- 2 garlic cloves, minced
- 1 tsp (2g) fresh thyme leaves
- 2 tbsp (30ml) balsamic vinegar
- 2 tbsp (10g) grated Pecorino Romano (optional, Contains: Dairy)
- Salt and black pepper, to taste

Nutritional Info:

- Calories: 310 kcal
- Protein: 8g
- Fat: 12g
- Saturated Fat: 2g
- Carbohydrates: 42g
- Fiber: 5g
- Sodium: 160mg



Seafood



Prep Time:
15 minutes



Cooking Time:
12 minutes



Servings:
2

Seafood

Grilled Lemon-Herb Sea Bass with Olive Tapenade

Fresh sea bass with zesty lemon and aromatic herbs, topped with briny olive tapenade.

Instructions:

1. Preheat a grill or grill pan to medium-high heat (200°C/400°F). Pat both sea bass fillets (300g total) dry with paper towels.
2. Brush both sides of each fillet with 1 tbsp (15ml) olive oil per fillet (total 2 tbsp/30ml). Sprinkle evenly with ½ tsp (1g) oregano per fillet, ½ tsp (1g) thyme per fillet, ¼ tsp (0.5g) salt per fillet, and ¼ tsp (0.5g) black pepper per fillet.
3. Place fillets skin-side down on the grill. Cook undisturbed for 5 minutes or until skins are crispy and release easily.
4. Flip fillets and cook for another 4-5 minutes until flesh is opaque and flakes easily with a fork.
5. Drizzle each fillet with 1 tsp (5ml) lemon juice and top with 1 tbsp (15g) olive tapenade. Serve with lemon wedges if desired.

Ingredients:

- 2 (5.3oz/150g) sea bass fillets, skin-on
- 2 tbsp (30ml) olive oil
- 1 tsp (2g) dried oregano
- 1 tsp (2g) dried thyme
- ½ tsp (1g) sea salt
- ½ tsp (1g) black pepper, freshly ground
- 2 tsp (10ml) lemon juice
- 2 tbsp (30g) Kalamata olive tapenade (Contains: Olives)
- 2 lemon wedges (optional)

Nutritional Info:

- Calories: 280 kcal
- Protein: 28g
- Fat: 18g
- Saturated Fat: 3g
- Carbohydrates: 3g
- Fiber: 1g
- Sodium: 450mg

Seafood



Prep Time:
10 minutes



Cooking Time:
20 minutes



Servings:
2



Baked Mediterranean Cod with Tomatoes & Capers

Flaky cod baked with sweet tomatoes, tangy capers, and a hint of garlic.

Ingredients:

- 2 (4.2oz/120g) cod fillets (total 8.4oz/240g)
- 1 cup (200g) cherry tomatoes, halved (7oz)
- 2 tbsp (30ml) olive oil
- 2 garlic cloves, minced
- 2 tbsp (18g) capers, drained
- ½ tsp (1g) red pepper flakes (optional)
- ½ tsp (1g) sea salt
- 2 tbsp (6g) fresh parsley, chopped

Instructions:

1. Preheat oven to 190°C (375°F). Lightly grease a medium baking dish with 1 tbsp (15ml) olive oil.
2. Place both cod fillets in the dish and surround with 1 cup (200g) cherry tomatoes.
3. In a small bowl, mix 1 tbsp (15ml) olive oil, 2 minced garlic cloves, 2 tbsp (18g) capers, ½ tsp (1g) red pepper flakes (if using), and ½ tsp (1g) salt. Pour evenly over cod and tomatoes.
4. Bake uncovered for 18-20 minutes, until cod is opaque and flakes easily.
5. Garnish with 2 tbsp (6g) fresh parsley and serve warm.

Nutritional Info:

- Calories: 220 kcal
- Protein: 23g
- Fat: 12g
- Saturated Fat: 2g
- Carbohydrates: 6g
- Fiber: 1g
- Sodium: 480mg



Prep Time:
10 minutes



Cooking Time:
8 minutes



Servings:
2

Seafood

Grilled Sardines with Garlic & Smoked Paprika

Rich sardines with smoky paprika and garlic, a classic coastal delight.

Instructions:

1. Preheat a grill or grill pan to medium-high heat (200°C/400°F). Rinse 4 sardines (400g total) and pat dry.
2. In a small bowl, combine 2 tbsp (30ml) olive oil, 2 minced garlic cloves, 1 tsp (2g) smoked paprika, and ½ tsp (1g) salt. Brush mixture evenly over all sardines.
3. Grill sardines for 3-4 minutes per side until skin is charred and flesh is opaque.
4. Drizzle with 2 tsp (10ml) lemon juice and garnish with 2 tbsp (6g) cilantro (if desired). Serve immediately.

Ingredients:

- 4 (3.5oz/100g) fresh sardines, gutted and scaled (total 14oz/400g)
- 2 tbsp (30ml) olive oil
- 2 garlic cloves, minced
- 1 tsp (2g) smoked paprika
- ½ tsp (1g) sea salt
- 2 tsp (10ml) lemon juice
- 2 tbsp (6g) fresh cilantro, chopped (optional)

Nutritional Info:

- Calories: 250 kcal
- Protein: 18g
- Fat: 19g
- Saturated Fat: 3g
- Carbohydrates: 2g
- Fiber: 0g
- Sodium: 350mg

Seafood



Prep Time:
10 minutes
(+ 30 minutes
marinating)



Cooking Time:
10 minutes



Servings:
2



Greek-Style Grilled Swordfish with Herb Marinade

Juicy swordfish steaks marinated in lemon, garlic, and fresh herbs for a vibrant taste of the Aegean.

Ingredients:

- 2 (5.3oz/150g) swordfish steaks, 2.5cm (1-inch) thick (total 10.6oz/300g)
- 2 tbsp (30ml) olive oil
- 2 tsp (10ml) lemon juice
- 2 garlic cloves, minced
- 1 tsp (2g) dried oregano
- 1 tsp (2g) fresh rosemary, finely chopped
- ½ tsp (1g) sea salt
- ½ tsp (1g) black pepper, freshly ground
- 2 lemon wedges, for serving

Instructions:

1. In a small bowl, whisk together 2 tbsp (30ml) olive oil, 2 tsp (10ml) lemon juice, 2 minced garlic cloves, 1 tsp (2g) oregano, 1 tsp (2g) rosemary, ½ tsp (1g) salt, and ½ tsp (1g) black pepper.
2. Place both swordfish steaks (300g total) in a shallow dish and coat evenly with the marinade. Cover and refrigerate for 30 minutes.
3. Preheat a grill or grill pan to medium-high heat (200°C/400°F). Remove swordfish from marinade, letting excess drip off.
4. Grill for 4-5 minutes per side until fish is opaque and reaches 63°C (145°F) internally. Avoid overcooking.
5. Rest for 2 minutes. Serve each steak with a lemon wedge.

Nutritional Info:

- Calories: 290 kcal
- Protein: 30g
- Fat: 18g
- Saturated Fat: 4g
- Carbohydrates: 2g
- Fiber: 0g
- Sodium: 320mg



Prep Time:
10 minutes



Cooking Time:
15 minutes



Servings:
2

Seafood

Baked Salmon with Lemon-Dill Yogurt Sauce

Tender salmon fillet baked to perfection, topped with a creamy, tangy yogurt sauce.

Instructions:

1. Preheat oven to 200°C (400°F). Line a baking sheet with parchment paper.
2. Place both salmon fillets (240g total) skin-side down on the sheet. Drizzle with 2 tbsp (30ml) olive oil and season with ½ tsp (1g) salt, ½ tsp (1g) black pepper, and 1 tsp (2g) garlic powder.
3. Bake for 12-15 minutes until salmon flakes easily with a fork.
4. Meanwhile, in a small bowl, mix ¼ cup (60g) yogurt, 1 tsp (5ml) lemon juice, 1 tsp (2g) dill, and 2 tsp (2g) lemon zest (if using).
5. Serve salmon warm, dividing yogurt sauce evenly between both fillets.

Ingredients:

- 2 (4.2oz/120g) salmon fillets, skin-on (total 8.4oz/240g)
- 2 tbsp (30ml) olive oil
- ½ tsp (1g) sea salt
- ½ tsp (1g) black pepper, freshly ground
- 1 tsp (2g) garlic powder
- ¼ cup (60g) plain Greek yogurt (Contains: Dairy)
- 1 tsp (5ml) lemon juice
- 1 tsp (2g) fresh dill, chopped
- 2 tsp (2g) lemon zest (optional)

Nutritional Info:

- Calories: 310 kcal
- Protein: 25g
- Fat: 22g
- Saturated Fat: 4g
- Carbohydrates: 3g
- Fiber: 0g
- Sodium: 350mg



Prep Time:
10 minutes



Cooking Time:
15 minutes



Servings:
2



Lemon-Garlic Shrimp with Quinoa Spaghetti

Bright, zesty shrimp tossed with gluten-free pasta and fresh herbs.

Ingredients:

- 6oz (170g) quinoa spaghetti, gluten-free
- 7oz (200g) shrimp, peeled and deveined (Contains: Shellfish)
- 2 tbsp (30ml) olive oil
- 2 garlic cloves, minced
- 1 tsp (2g) red chili flakes (optional)
- 2 tbsp (30ml) lemon juice
- 1 tsp (2g) lemon zest
- ¼ cup (16g) fresh parsley, chopped
- Salt and black pepper, to taste

Instructions:

1. Bring a large pot of salted water to boil. Add 6oz (170g) quinoa spaghetti. Cook until al dente (8-10 minutes) following package directions. Drain and set aside.
2. Heat 2 tbsp (30ml) olive oil in a large skillet over medium heat. Add 2 minced garlic cloves and 1 tsp (2g) red chili flakes (if using). Sauté until fragrant (about 30 seconds).
3. Add 7oz (200g) shrimp to the skillet. Cook, stirring occasionally, until shrimp turn pink and opaque (about 2-3 minutes per side).
4. Stir in 2 tbsp (30ml) lemon juice, 1 tsp (2g) lemon zest, and the cooked quinoa spaghetti. Toss gently to combine.
5. Remove from heat and sprinkle with ¼ cup (16g) chopped parsley. Season with salt and black pepper to taste. Divide between two plates and serve immediately.

Nutritional Info:

- Calories: 380 kcal
- Protein: 25g
- Fat: 12g
- Saturated Fat: 2g
- Carbohydrates: 45g
- Fiber: 5g
- Sodium: 180mg



Prep Time:
5 minutes



Cooking Time:
12 minutes



Servings:
2

Seafood

Mediterranean Tuna with Brown Rice Penne

Hearty tuna and olives paired with nutty brown rice pasta for a satisfying meal.

Instructions:

1. Cook 150g (5.2oz) brown rice penne in boiling salted water according to package instructions (about 10-12 minutes). Drain and set aside.
2. Heat 2 tbsp (30ml) olive oil in a large skillet over medium heat. Add 2 minced garlic cloves and sauté until fragrant (about 30 seconds).
3. Stir in 10 halved cherry tomatoes and 16 sliced Kalamata olives. Cook until tomatoes soften slightly (about 2 minutes).
4. Add 160g (5.6oz) drained tuna, breaking it into flakes with a fork. Stir gently to combine.
5. Mix in the cooked brown rice penne, 2 tbsp (30ml) lemon juice, and 2 tsp (2g) dried oregano. Toss until evenly coated. Season with salt and black pepper to taste. Divide between two plates and serve warm.

Ingredients:

- 5.2oz (150g) brown rice penne, gluten-free
- 5.6oz (160g) canned tuna in olive oil, drained (Contains: Fish)
- 2 tbsp (30ml) olive oil
- 2 garlic cloves, minced
- 10 cherry tomatoes, halved
- 16 Kalamata olives, pitted and sliced
- 2 tbsp (30ml) lemon juice
- 2 tsp (2g) dried oregano
- Salt and black pepper, to taste

Nutritional Info:

- Calories: 420 kcal
- Protein: 22g
- Fat: 18g
- Saturated Fat: 3g
- Carbohydrates: 45g
- Fiber: 6g
- Sodium: 480mg

Seafood



Prep Time:
5 minutes



Cooking Time:
15 minutes



Servings:
2



Herbed Salmon with Sorghum Penne

Flaky salmon and gluten-free sorghum pasta tossed in a lemon-caper sauce.

Ingredients:

- 5.2oz (150g) sorghum penne, gluten-free
- 7oz (200g) salmon fillet, skin-on (Contains: Fish)
- 2 tbsp (30ml) olive oil
- 2 tsp (2g) dried thyme
- 2 garlic cloves, minced
- 2 tbsp (30ml) lemon juice
- 2 tbsp (18g) capers, drained
- 2 tbsp (8g) fresh parsley, chopped
- Salt and black pepper, to taste

Instructions:

1. Cook 5.2oz (150g) sorghum penne in boiling salted water until al dente (about 10-12 minutes). Drain and set aside.
2. Heat 2 tbsp (30ml) olive oil in a large skillet over medium heat. Season 7oz (200g) salmon fillet with salt, black pepper, and 2 tsp (2g) dried thyme. Place skin-side down and cook for 4-5 minutes per side, until flaky. Remove and set aside.
3. In the same skillet, add 2 minced garlic cloves and sauté until golden (about 30 seconds).
4. Stir in 2 tbsp (30ml) lemon juice and 2 tbsp (18g) capers. Simmer for 1 minute.
5. Add cooked sorghum penne and toss to coat. Flake the salmon into large pieces and gently fold it into the pasta.
6. Divide between two plates and garnish each with 1 tbsp (4g) fresh parsley.
7. Serve warm.

Nutritional Info:

- Calories: 430 kcal
- Protein: 28g
- Fat: 18g
- Saturated Fat: 3g
- Carbohydrates: 40g
- Fiber: 5g
- Sodium: 350mg



Prep Time:
10 minutes



Cooking Time:
15 minutes



Servings:
2

Seafood

Garlicky Mussels with Buckwheat Linguine

Plump mussels steamed in white wine and herbs over earthy buckwheat pasta.

Instructions:

1. Cook 5.6oz (160g) buckwheat linguine in boiling salted water until al dente (about 8-10 minutes). Drain and set aside.
2. Heat 2 tbsp (30ml) olive oil in a deep skillet over medium heat. Add 4 minced garlic cloves and sauté until fragrant (about 30 seconds).
3. Pour in ½ cup (120ml) white wine and bring to a simmer. Add 10.6oz (300g) mussels, cover with a lid, and steam until shells open (about 4-5 minutes). Discard any unopened mussels.
4. Stir in 1 cup (240ml) diced tomatoes (with juices) and 1 tsp (2g) red chili flakes (if using). Simmer for 2 minutes.
5. Add cooked buckwheat linguine and toss gently to coat. Sprinkle with 2 tbsp (8g) fresh basil. Season with salt and black pepper to taste. Divide between two bowls and serve immediately.

Ingredients:

- 5.6oz (160g) buckwheat linguine, gluten-free
- 10.6oz (300g) fresh mussels, scrubbed and debearded (Contains: Shellfish)
- 2 tbsp (30ml) olive oil
- 4 garlic cloves, minced
- ½ cup (120ml) dry white wine
- 1 cup (240ml) diced tomatoes, canned (with juices)
- 2 tbsp (8g) fresh basil, chopped
- 1 tsp (2g) red chili flakes (optional)
- Salt and black pepper, to taste

Nutritional Info:

- Calories: 390 kcal
- Protein: 23g
- Fat: 10g
- Saturated Fat: 2g
- Carbohydrates: 45g
- Fiber: 6g
- Sodium: 420mg



Prep Time:
20 minutes



Cooking Time:
25 minutes



Servings:
2



Greek-Inspired Stuffed Calamari with Spinach and Feta

Tender calamari tubes filled with spinach, feta, and herbs, baked to perfection.

Ingredients:

- 4 medium calamari tubes (about 6oz/160g total), cleaned (Contains: Shellfish [calamari])
- 1 cup (30g) fresh spinach, finely chopped
- 4 tbsp (40g) feta cheese, crumbled (Contains: Dairy)
- 2 tbsp (20g) red onion, minced
- 2 tsp (2g) fresh dill, minced
- 1 tsp (2g) lemon zest
- 2 tbsp (30ml) olive oil
- ½ tsp (1g) dried oregano
- Salt and black pepper to taste
- 2 lemon wedges (optional), for serving

Instructions:

1. Preheat oven to 375°F (190°C). Lightly grease a baking dish with 1 tbsp (15ml) olive oil.
2. In a bowl, combine 1 cup (30g) spinach, 4 tbsp (40g) feta, 2 tbsp (20g) red onion, 2 tsp (2g) dill, 1 tsp (2g) lemon zest, ½ tsp (1g) oregano, and salt and black pepper to taste. Mix well.
3. Stuff 4 calamari tubes (160g total) with the spinach mixture, leaving ½ inch (1cm) space at the top. Secure openings with toothpicks if needed.
4. Arrange stuffed calamari in the dish. Drizzle with remaining 1 tbsp (15ml) olive oil. Bake for 20-25 minutes until tender.
5. Serve warm with 2 lemon wedges (optional).

Nutritional Info:

- Calories: 280 kcal
- Protein: 20g
- Fat: 18g
- Saturated Fat: 6g
- Carbohydrates: 8g
- Fiber: 1g
- Sodium: 380mg



Prep Time:
15 minutes



Cooking Time:
20 minutes



Servings:
2

Seafood

Mediterranean Stuffed Sardines with Lemon-Herb Quinoa

Fresh sardines stuffed with quinoa, herbs, and sun-dried tomatoes for a bright, flavorful bite.

Instructions:

1. Preheat oven to 375°F (190°C). Line a baking sheet with parchment paper.
2. In a bowl, combine ½ cup (90g) cooked quinoa, 2 tbsp (20g) sun-dried tomatoes, 2 tsp (2g) parsley, 1 tsp (2g) lemon zest, ½ tsp (1g) garlic powder, and salt and black pepper to taste. Mix gently.
3. Stuff 8 sardines (200g total) evenly with the quinoa mixture, pressing lightly to secure. Arrange stuffed sardines on the baking sheet.
4. Drizzle 2 tbsp (30ml) olive oil and 2 tsp (10ml) lemon juice over the sardines. Bake for 15-20 minutes, until fish flakes easily.
5. Serve immediately with 2 lemon wedges (optional).

Ingredients:

- 8 fresh sardines (about 7oz/200g total), gutted and deboned (Contains: Fish [sardines])
- ½ cup (90g) cooked quinoa
- 2 tbsp (20g) sun-dried tomatoes, finely chopped
- 2 tsp (2g) fresh parsley, minced
- 1 tsp (2g) lemon zest
- 2 tbsp (30ml) olive oil
- 2 tsp (10ml) lemon juice
- ½ tsp (1g) garlic powder
- Salt and black pepper to taste
- 2 lemon wedges (optional), for serving

Nutritional Info:

- Calories: 320 kcal
- Protein: 22g
- Fat: 18g
- Saturated Fat: 3g
- Carbohydrates: 18g
- Fiber: 2g
- Sodium: 180mg

Seafood



Prep Time:
20 minutes



Cooking Time:
15 minutes



Servings:
2



Baked Stuffed Mussels with Herbed Chickpea and Sun-Dried Tomato Filling

Plump mussels stuffed with a savory chickpea mixture, baked until golden and fragrant.

Ingredients:

- 16 fresh mussels (about 8oz/240g total), scrubbed and debearded (Contains: Shellfish [mussels])
- ½ cup (80g) cooked chickpeas, mashed
- 2 tbsp (20g) sun-dried tomatoes, finely chopped
- 2 tbsp (10g) fresh parsley, minced
- 1 tsp (2g) lemon zest
- 2 tbsp (30ml) olive oil
- ½ tsp (1g) smoked paprika
- ½ tsp (1g) garlic powder
- Salt and black pepper to taste
- 2 lemon wedges (optional), for serving

Nutritional Info:

- Calories: 290 kcal
- Protein: 19g
- Fat: 16g
- Saturated Fat: 2g
- Carbohydrates: 20g
- Fiber: 5g
- Sodium: 320mg

Instructions:

1. Preheat oven to 375°F (190°C). Line a baking sheet with parchment paper.
2. In a pot, bring ½ cup (120ml) water to a boil. Add 16 mussels (240g total), cover, and steam for 3-4 minutes until shells just begin to open. Discard any unopened mussels. Let cool slightly, then remove top shells, keeping meat attached to bottom shells.
3. In a bowl, combine ½ cup (80g) mashed chickpeas, 2 tbsp (20g) sun-dried tomatoes, 2 tbsp (10g) parsley, 1 tsp (2g) lemon zest, ½ tsp (1g) smoked paprika, ½ tsp (1g) garlic powder, and salt and black pepper to taste. Mix well.
4. Spoon mixture evenly onto each mussel, pressing gently to adhere. Arrange stuffed mussels on the baking sheet.
5. Drizzle with 2 tbsp (30ml) olive oil. Bake for 10-12 minutes until filling is lightly golden.
6. Serve immediately with 2 lemon wedges (optional).



Prep Time:
15 minutes



Cooking Time:
15 minutes



Servings:
2

Seafood

Baked Stuffed Shrimp with Artichoke and Olive Tapenade

Jumbo shrimp stuffed with a briny artichoke-olive mixture, baked until golden.

Instructions:

1. Preheat oven to 400°F (200°C). Line a baking sheet with parchment paper.
2. Butterfly 8 jumbo shrimp (200g total) by slicing horizontally along the back, stopping before cutting through completely. Press open gently.
3. In a bowl, combine 4 tbsp (40g) artichoke hearts, 2 tbsp (20g) olives, 2 tsp (2g) basil, 1 tsp (2g) lemon zest, ½ tsp (1g) garlic powder, and salt and black pepper to taste.
4. Divide the mixture evenly among the shrimp, pressing it into the butterflied openings. Arrange shrimp on the baking sheet.
5. Drizzle with 2 tbsp (30ml) olive oil. Bake for 12-15 minutes until shrimp are opaque and stuffing is lightly browned.
6. Serve immediately with 2 lemon wedges (optional).

Ingredients:

- 8 jumbo shrimp (about 7oz/200g total), peeled and deveined with tails on (Contains: Shellfish [shrimp])
- 4 tbsp (40g) artichoke hearts, finely chopped
- 2 tbsp (20g) Kalamata olives, pitted and minced
- 2 tsp (2g) fresh basil, minced
- 1 tsp (2g) lemon zest
- 2 tbsp (30ml) olive oil
- ½ tsp (1g) garlic powder
- Salt and black pepper to taste
- 2 lemon wedges (optional), for serving

Nutritional Info:

- Calories: 250 kcal
- Protein: 18g
- Fat: 16g
- Saturated Fat: 2g
- Carbohydrates: 6g
- Fiber: 2g
- Sodium: 420mg



Poultry



Prep Time:
20 minutes



Cooking Time:
15 minutes



Servings:
2

Soultury

Greek-Style Turkey Meatballs with Tzatziki

Juicy herb-infused meatballs with a refreshing cucumber-yogurt sauce.

Instructions:

1. In a large bowl, combine 10 oz (300g) ground turkey, 2 tbsp (20g) grated red onion, 2 minced garlic cloves, 1 tsp (2g) mint, 1 tsp (2g) oregano, ½ tsp (1g) cumin, and salt and pepper to taste. Mix gently until just combined.
2. Shape the mixture into 8 small meatballs (about 35g each). Heat 2 tbsp (30ml) olive oil in a large nonstick skillet over medium heat.
3. Cook meatballs for 10-12 minutes, turning occasionally, until golden brown and cooked through (internal temperature of 75°C/165°F).
4. Meanwhile, prepare tzatziki: Stir together ½ cup (120g) yogurt, ½ cup (100g) cucumber, 1 tsp (5ml) lemon juice, and a pinch of salt.
5. Serve 4 meatballs per person with tzatziki on the side.

Ingredients:

- 10 oz (300g) ground turkey
- 2 tbsp (20g) red onion, finely grated
- 2 garlic cloves, minced
- 1 tsp (2g) dried mint
- 1 tsp (2g) dried oregano
- ½ tsp (1g) ground cumin
- 2 tbsp (30ml) olive oil
- ½ cup (120g) plain Greek yogurt (Contains: Dairy)
- ½ cup (100g) cucumber, grated and squeezed dry
- 1 tsp (5ml) lemon juice
- Salt and black pepper, to taste

Nutritional Info:

- Calories: 380 kcal
- Protein: 32g
- Fat: 25g
- Saturated Fat: 6g
- Carbohydrates: 8g
- Fiber: 1g
- Sodium: 180mg

Poultry



Prep Time:
15 minutes



Cooking Time:
25 minutes



Servings:
2



Lemon-Herb Grilled Chicken with Roasted Vegetables

Bright, zesty chicken with tender seasonal vegetables.

Ingredients:

- 2 (10oz/300g total) boneless, skinless chicken breasts
- 2 tbsp (30ml) olive oil
- 1 tsp (2g) dried oregano
- 1 tsp (2g) dried thyme
- 1 lemon, juiced (about 2 tbsp / 30ml)
- 1 cup (150g) zucchini, sliced into half-moons
- 1 cup (150g) red bell pepper, diced
- ½ cup (80g) red onion, thinly sliced
- 2 garlic cloves, minced
- Salt and black pepper, to taste

Nutritional Info:

- Calories: 320 kcal
- Protein: 35g
- Fat: 12g
- Saturated Fat: 2g
- Carbohydrates: 18g
- Fiber: 4g
- Sodium: 120mg

Instructions:

1. Preheat grill or grill pan to medium-high heat (200°C/400°F). In a small bowl, whisk together 2 tbsp (30ml) olive oil, 1 tsp (2g) oregano, 1 tsp (2g) thyme, juice of 1 lemon (30ml), and salt and black pepper to taste.
2. Place 2 chicken breasts (300g total) in a shallow dish and coat evenly with the marinade. Let sit for 10 minutes at room temperature.
3. In a separate bowl, toss 1 cup (150g) zucchini, 1 cup (150g) bell pepper, ½ cup (80g) red onion, and 2 minced garlic cloves with 1 tbsp (15ml) olive oil and salt and pepper to taste. Spread on a parchment-lined baking sheet.
4. Grill chicken for 6-7 minutes per side until internal temperature reaches 75°C (165°F). Transfer to a plate and rest for 5 minutes.
5. While chicken rests, roast vegetables in preheated oven at 200°C (400°F) for 15 minutes, stirring once, until tender and lightly charred.
6. Serve each chicken breast with half of the roasted vegetables.



Prep Time:
15 minutes



Cooking Time:
40 minutes



Servings:
2

Poultry

Garlic & Rosemary Roasted Chicken with Ratatouille

Succulent herb-infused chicken with a vibrant vegetable medley.

Instructions:

1. Preheat oven to 200°C (400°F). Pat dry 2 (10oz/300g) chicken thighs and rub each with ½ tbsp (7.5ml) olive oil, 1 tsp (5g) rosemary, ½ minced garlic clove, salt, and pepper.
2. In a bowl, toss 1 cup (150g) eggplant, 1 cup (150g) zucchini, ½ cup (80g) bell pepper, ½ cup (80g) tomatoes, remaining 1 minced garlic clove, 1 tsp (2g) thyme, and 1 tbsp (15ml) olive oil. Season with salt and pepper.
3. Spread vegetables in a medium baking dish and place the 2 chicken thighs on top. Roast for 35–40 minutes until chicken reaches 75°C (165°F) and vegetables are tender.
4. Rest chicken for 5 minutes before serving. Divide between 2 plates and spoon the vegetables alongside.

Ingredients:

- 2 (10oz/300g) bone-in chicken thighs
- 2 tbsp (30ml) olive oil
- 2 tsp (10g) fresh rosemary, finely chopped
- 2 garlic cloves, minced
- 1 cup (150g) eggplant, diced
- 1 cup (150g) zucchini, diced
- ½ cup (80g) red bell pepper, diced
- ½ cup (80g) cherry tomatoes, halved
- 1 tsp (2g) dried thyme
- Salt and black pepper, to taste

Nutritional Info:

- Calories: 380 kcal
- Protein: 25g
- Fat: 22g
- Saturated Fat: 5g
- Carbohydrates: 18g
- Fiber: 6g
- Sodium: 140mg

Poultry



Prep Time:
10 minutes



Cooking Time:
30 minutes



Servings:
2



Moroccan–Spiced Chicken Tagine with Apricots

Aromatic one-pan chicken with sweet apricots and warm spices.

Ingredients:

- 2 (10oz/300g) chicken thighs, bone-in and skin-on
- 2 tbsp (30ml) olive oil
- ½ cup (80g) red onion, thinly sliced
- 2 garlic cloves, minced
- 1 tsp (2g) ground cinnamon
- 1 tsp (2g) ground ginger
- ½ tsp (1g) ground turmeric
- 1 cup (240ml) low-sodium chicken broth
- 6 dried apricots (60g), halved
- 2 tbsp (30g) fresh cilantro, chopped (optional)

Instructions:

1. Heat 2 tbsp (30ml) olive oil in a large saucepan over medium heat. Pat dry 2 chicken thighs (300g total) and season with salt. Sear skin-side down for 5 minutes until golden. Flip and cook for 2 minutes more. Transfer to a plate.
2. In the same pan, sauté ½ cup (80g) red onion and 2 minced garlic cloves for 2 minutes until softened. Add 1 tsp (2g) cinnamon, 1 tsp (2g) ginger, and ½ tsp (1g) turmeric; stir for 30 seconds until fragrant.
3. Pour in 1 cup (240ml) chicken broth and scrape up any browned bits. Return chicken to pan, skin-side up, and add 6 halved apricots (60g).
4. Cover and simmer over low heat for 20 minutes or until chicken reaches 75°C (165°F) internally.
5. Garnish with 2 tbsp (30g) cilantro (optional) and serve warm.

Nutritional Info:

- Calories: 350 kcal
- Protein: 22g
- Fat: 20g
- Saturated Fat: 4g
- Carbohydrates: 20g
- Fiber: 3g
- Sodium: 150mg



Prep Time:
10 minutes



Cooking Time:
25 minutes



Servings:
2

Southern

One-Pan Lemon–Artichoke Chicken with Olives

Bright, briny flavors with minimal cleanup.

Instructions:

1. Heat 2 tbsp (30ml) olive oil in a large skillet over medium heat. Season 2 (10oz/300g) chicken breasts with salt, pepper, and 1 tsp (2g) oregano. Sear for 5 minutes per side until golden. Remove and set aside.
2. In the same pan, sauté 2 minced garlic cloves for 30 seconds. Add 1 sliced lemon, ½ cup (80g) artichokes, ¼ cup (40g) olives, and 2 tsp (10g) capers (optional). Pour in ¼ cup (60ml) broth.
3. Return both chicken breasts to the pan. Cover and simmer for 10–12 minutes until chicken reaches 75°C (165°F). Serve, dividing the chicken and sauce between 2 plates.

Ingredients:

- 2 (10oz/300g) boneless chicken breasts
- 2 tbsp (30ml) olive oil
- 1 lemon, thinly sliced
- ½ cup (80g) artichoke hearts, quartered
- ¼ cup (40g) Kalamata olives, pitted
- 2 garlic cloves, minced
- 1 tsp (2g) dried oregano
- ¼ cup (60ml) chicken broth
- 2 tsp (10g) capers (optional)

Nutritional Info:

- Calories: 350 kcal
- Protein: 34g
- Fat: 18g
- Saturated Fat: 3g
- Carbohydrates: 10g
- Fiber: 3g
- Sodium: 480mg

Poultry



Prep Time:
20 minutes
(+ 30 minutes
marinating)



Cooking Time:
10 minutes



Servings:
2



Turkish-Inspired Spiced Chicken Kebabs with Tahini Sauce

Tender skewers with smoky paprika and creamy tahini drizzle.

Ingredients:

- 10oz (300g) boneless chicken breast, cubed
- 2 tbsp (30ml) olive oil
- 1 tsp (2g) smoked paprika
- 1 tsp (2g) ground cumin
- ½ tsp (1g) cinnamon
- 2 garlic cloves, minced
- ¼ cup (60g) tahini (Contains: Sesame)
- 1 tbsp (15ml) lemon juice
- ¼ cup (60ml) water
- 1 cup (150g) mixed bell peppers, cubed
- Salt, to taste

Instructions:

1. In a bowl, mix 2 tbsp (30ml) olive oil, 1 tsp (2g) paprika, 1 tsp (2g) cumin, ½ tsp (1g) cinnamon, 2 minced garlic cloves, and salt. Add 10oz (300g) chicken cubes, coating evenly. Marinate for 30 minutes.
2. Thread chicken and 1 cup (150g) bell peppers onto skewers. Grill or broil for 8–10 minutes, turning occasionally until chicken reaches 75°C (165°F).
3. Whisk ¼ cup (60g) tahini, 1 tbsp (15ml) lemon juice, and ¼ cup (60ml) water until smooth. Drizzle over kebabs before serving.

Nutritional Info:

- Calories: 420 kcal
- Protein: 38g
- Fat: 25g
- Saturated Fat: 4g
- Carbohydrates: 12g
- Fiber: 3g
- Sodium: 160mg



Meat

Meat



Prep Time:
10 minutes



Cooking Time:
8 minutes



Servings:
2



Grilled Lemon–Garlic Lamb Chops

Tender lamb infused with Mediterranean herbs and bright citrus.

Ingredients:

- 4 (4oz/120g) lamb loin chops, 1-inch thick
- 2 tbsp (30ml) olive oil
- 2 tsp (4g) garlic, minced
- 1 tsp (2g) dried rosemary
- 1 tsp (2g) dried oregano
- ½ tsp (1g) black pepper, freshly ground
- ½ tsp (2g) sea salt
- 1 whole (60g) lemon, juiced
- 2 tsp (4g) lemon zest (optional)

Instructions:

1. Use a paper towel to gently pat 4 (4oz/120g) lamb loin chops dry. In a small bowl, combine 2 tbsp (30ml) olive oil, 2 tsp (4g) minced garlic, 1 tsp (2g) rosemary, 1 tsp (2g) oregano, ½ tsp (1g) black pepper, and ½ tsp (2g) sea salt. Apply the mixture uniformly to both surfaces of all the lamb chops.
2. Preheat a grill or grill pan over medium-high heat. Grill the lamb chops for 3–4 minutes per side for medium-rare (internal temperature of 60°C/140°F). For medium, cook 1 minute longer per side.
3. Transfer the chops to a serving plate or divide between 2 plates. Drizzle with juice from 1 whole (60g) lemon and sprinkle with 2 tsp (4g) lemon zest (optional). Let rest for 3 minutes before serving.

Nutritional Info:

- Calories: 320 kcal
- Protein: 24g
- Fat: 24g
- Saturated Fat: 8g
- Carbohydrates: 2g
- Fiber: 1g
- Sodium: 480mg



Prep Time:
15 minutes
(+ 30 minutes
marinating)



Cooking Time:
10 minutes



Servings:
2

Meat

Rosemary & Garlic Grilled Beef Skewers

Juicy beef cubes marinated in fragrant rosemary and garlic.

Instructions:

1. In a bowl, combine 2 tbsp (30ml) olive oil, 2 tsp (4g) minced garlic, 1 tsp (2g) rosemary, ½ tsp (1g) black pepper, ½ tsp (2g) sea salt, and the juice of 1 (60g) lemon. Add 10oz (300g) beef cubes and toss to coat. Marinate for 30 minutes at room temperature.
2. Preheat a grill or grill pan to medium-high temperature. Thread the beef onto skewers, alternating with 1 cup (150g) cherry tomatoes and 1 cup (150g) zucchini (if using).
3. Grill for 3-4 minutes per side for medium-rare (internal temperature of 60°C/140°F). Let rest for 2 minutes before serving.

Ingredients:

- 10oz (300g) beef sirloin, cut into 1-inch/2.5cm cubes
- 2 tbsp (30ml) olive oil
- 2 tsp (4g) garlic, minced
- 1 tsp (2g) fresh rosemary, finely chopped
- ½ tsp (1g) black pepper
- ½ tsp (2g) sea salt
- 1 (60g) lemon, juiced
- 1 cup (150g) cherry tomatoes (optional, for skewering)
- 1 cup (150g) zucchini, cubed (optional, for skewering)

Nutritional Info:

- Calories: 340 kcal
- Protein: 28g
- Fat: 24g
- Saturated Fat: 6g
- Carbohydrates: 3g
- Fiber: 1g
- Sodium: 520mg

Meat



Prep Time:
5 minutes



Cooking Time:
12 minutes



Servings:
2



Seared Pork Medallions with Fig & Balsamic Glaze

Elegant pork paired with a sweet-tart reduction.

Ingredients:

- 2 (4oz/120g) pork tenderloin medallions, 1-inch/2.5cm thick
- ½ tsp (2g) sea salt
- ½ tsp (1g) black pepper
- 2 tbsp (30ml) olive oil
- ¼ cup (60ml) balsamic vinegar (gluten-free)
- 2 tbsp (30g) fig jam (Contains: Sulfites if store-bought)
- 2 tsp (4g) fresh thyme leaves (optional)

Instructions:

1. Season 2 (4oz/120g each) pork medallions evenly with ½ tsp (2g) sea salt and ½ tsp (1g) black pepper.
2. Heat 2 tbsp (30ml) olive oil in a skillet over medium-high heat. Sear the pork for 4 minutes per side, or until the interior temperature attains 63°C/145°F. Transfer to a plate.
3. Reduce heat to low. Add ¼ cup (60ml) balsamic vinegar and 2 tbsp (30g) fig jam to the skillet. Whisk until smooth and simmer until slightly thickened (approx. 2 minutes).
4. Return the pork to the skillet, turning to coat in the glaze. Sprinkle with 2 tsp (4g) thyme leaves (optional) and serve immediately.

Nutritional Info:

- Calories: 350 kcal
- Protein: 22g
- Fat: 18g
- Saturated Fat: 3g
- Carbohydrates: 22g
- Fiber: 1g
- Sodium: 500mg



Prep Time:
10 minutes



Cooking Time:
15 minutes



Servings:
2

Meat

Seared Herb-Crusted Pork Tenderloin with Roasted Peppers

A tender pork cutlet with a crispy herb crust and sweet peppers.

Instructions:

1. Pat the pork dry and rub with 2 tbsp (30ml) olive oil. In a small bowl, mix 1 tsp (1g) thyme, 1 tsp (1g) oregano, ¼ tsp (0.5g) black pepper, and ¼ tsp (1g) sea salt. Apply the mixture on both sides of the pork.
2. Heat a skillet over medium-high heat. Sear the pork for 4-5 minutes per side until the internal temperature reaches 63°C (145°F). Remove and let rest.
3. In the same skillet, add ½ cup (75g) bell peppers and sauté until slightly charred (about 3 minutes). Drizzle with 1 tsp (5ml) balsamic glaze (optional) and serve alongside the pork.

Ingredients:

- 2 (4oz/120g) pork tenderloin medallions
- 2 tbsp (30ml) olive oil
- 2 tsp (2g) dried thyme
- 2 tsp (2g) dried oregano
- ½ tsp (1g) black pepper
- ½ tsp (2g) sea salt
- 1 cup (150g) bell peppers, sliced
- 2 tsp (10ml) balsamic glaze (optional)

Nutritional Info:

- Calories: 310 kcal
- Protein: 25g
- Fat: 18g
- Saturated Fat: 3g
- Carbohydrates: 8g
- Fiber: 2g
- Sodium: 520mg

Meat



Prep Time:
10 minutes



Cooking Time:
45 minutes



Servings:
2



Moroccan-Spiced Beef & Carrot Tagine

Fragrant slow-cooked beef with sweet carrots and warm spices.

Ingredients:

- 10oz (300g) beef stew meat, cubed
- 1 tbsp (15ml) olive oil
- ½ cup (80g) onion, diced
- 1 tsp (2g) garlic, minced
- 1 tsp (2g) ground cumin
- 1 tsp (2g) ground coriander
- ½ tsp (1g) ground cinnamon
- ½ tsp (1g) smoked paprika
- ½ tsp (2g) sea salt
- 1 cup (240ml) gluten-free beef broth
- 1 cup (120g) carrots, sliced into coins
- 2 tbsp (16g) raisins (optional)
- 2 tbsp (10g) fresh cilantro, chopped (optional)

Instructions:

1. Heat 1 tbsp (15ml) olive oil in a medium pot over medium heat. Add ½ cup (80g) onion and 1 tsp (2g) minced garlic. Sauté until softened (approx. 3 minutes).
2. Add 10oz (300g) beef cubes and sear on all sides until browned (approx. 5 minutes). Stir in 1 tsp (2g) ground cumin, 1 tsp (2g) ground coriander, ½ tsp (1g) ground cinnamon, ½ tsp (1g) smoked paprika, and ½ tsp (2g) sea salt. Cook until fragrant (approx. 1 minute).
3. Pour in 1 cup (240ml) beef broth and scrape up any browned bits. Add 1 cup (120g) sliced carrots and 2 tbsp (16g) raisins (if using). Bring to a simmer, then cover and lower the heat. Cook until beef is tender (approx. 35 minutes), stirring occasionally.
4. Uncover and simmer for 5 more minutes to thicken slightly. Garnish with 2 tbsp (10g) chopped cilantro (optional).

Nutritional Info:

- Calories: 320 kcal
- Protein: 26g
- Fat: 16g
- Saturated Fat: 5g
- Carbohydrates: 18g
- Fiber: 4g
- Sodium: 720mg



Snacks

Snacks



Prep Time:
2 minutes



Cooking Time:
0 minutes



Servings:
2



Greek Yogurt with Honey and Walnuts

Creamy yogurt topped with golden honey and crunchy walnuts for a balanced bite.

Ingredients:

- 1 cup (240g) plain Greek yogurt (Contains: Dairy)
- 2 tbsp (30ml) honey
- 2 tbsp (20g) walnuts, roughly chopped (Contains: Tree nuts [walnuts])
- ½ tsp (1g) ground cinnamon (optional)

Instructions:

1. Spoon 1 cup (240g) Greek yogurt into two small bowls, ½ cup (120g) per bowl.
2. Drizzle 1 tbsp (15ml) honey evenly over each serving of yogurt.
3. Sprinkle 1 tbsp (10g) chopped walnuts and ¼ tsp (0.5g) ground cinnamon (if using) on top of each serving.
4. Serve immediately.

Nutritional Info:

- Calories: 210 kcal
- Protein: 12g
- Fat: 8g
- Saturated Fat: 3g
- Carbohydrates: 23g
- Fiber: 1g
- Sodium: 35mg



Prep Time:
10 minutes



Cooking Time:
0 minutes



Servings:
2

Snacks

Smashed Chickpea and Olive Tapas

A briny, protein-packed spread with lemon and herbs, perfect for scooping.

Instructions:

1. In a small bowl, mash 1 cup (160g) chickpeas with a fork until mostly smooth but slightly chunky.
2. Stir in 8 (40g) chopped Kalamata olives, 2 tbsp (30ml) olive oil, 2 tsp (10ml) lemon juice, 1 garlic clove minced, and 1 tsp (2g) dried oregano. Mix well.
3. Fold in 2 tbsp (10g) chopped parsley. Season with salt to taste.
4. Serve with 2 gluten-free rice crackers (30g) (if using) for scooping.

Ingredients:

- 1 cup (160g) cooked chickpeas, drained and rinsed
- 8 (40g) Kalamata olives, pitted and chopped
- 2 tbsp (30ml) olive oil
- 2 tsp (10ml) lemon juice
- 1 garlic clove, minced
- 1 tsp (2g) dried oregano
- 2 tbsp (10g) fresh parsley, chopped
- 2 gluten-free rice crackers (30g) (optional)

Nutritional Info:

- Calories: 220 kcal
- Protein: 6g
- Fat: 16g
- Saturated Fat: 2g
- Carbohydrates: 15g
- Fiber: 4g
- Sodium: 320mg



Prep Time:
5 minutes



Cooking Time:
0 minutes



Servings:
2



Roasted Red Pepper and Feta Dip

Smoky-sweet peppers paired with tangy feta for a vibrant, creamy spread.

Ingredients:

- 1 cup (120g) roasted red peppers, drained and patted dry
- ½ cup (60g) feta cheese, crumbled (Contains: Dairy)
- 2 tbsp (30ml) olive oil
- 1 tsp (2g) smoked paprika
- 1 gluten-free pita (60g), toasted (optional)

Instructions:

1. In a blender or food processor, combine 1 cup (120g) roasted red peppers, ½ cup (60g) feta cheese, 2 tbsp (30ml) olive oil, and 1 tsp (2g) smoked paprika. Blend until smooth.
2. Transfer to a small bowl. Serve with 1 gluten-free pita (60g), toasted and cut into wedges (if using).

Nutritional Info:

- Calories: 190 kcal
- Protein: 5g
- Fat: 16g
- Saturated Fat: 5g
- Carbohydrates: 6g
- Fiber: 1g
- Sodium: 380mg



Prep Time:
5 minutes



Cooking Time:
0 minutes



Servings:
2

Snacks

Herbed Almond–Stuffed Dates

Sweet dates filled with creamy almond butter and fresh herbs for a savory-sweet bite.

Instructions:

1. Slice each of the 6 Medjool dates lengthwise, being careful not to cut all the way through.
2. In a small bowl, mix 2 tbsp (30g) almond butter with 1 tsp (2g) chopped rosemary.
3. Spoon the mixture evenly into each date. Sprinkle with 2 pinches (1g) of flaky salt. Serve immediately.

Ingredients:

- 6 Medjool dates, pitted
- 2 tbsp (30g) almond butter (Contains: Tree nuts [almonds])
- 1 tsp (2g) fresh rosemary, finely chopped
- 2 pinches (1g) flaky sea salt

Nutritional Info:

- Calories: 180 kcal
- Protein: 3g
- Fat: 5g
- Saturated Fat: 0g
- Carbohydrates: 34g
- Fiber: 4g
- Sodium: 120mg



Prep Time:
5 minutes



Cooking Time:
0 minutes



Servings:
2



Lemon-Tahini Cucumber Bites

Cool cucumber slices topped with zesty tahini and a sprinkle of sesame seeds.

Ingredients:

- 1 cup (200g) cucumber, sliced into rounds
- 2 tbsp (30g) tahini (Contains: Sesame)
- 1 tsp (5ml) lemon juice
- 1 tsp (2g) za'atar
- ½ tsp (1g) sesame seeds (Contains: Sesame)

Instructions:

1. Arrange 1 cup (200g) cucumber slices on a small plate.
2. In a bowl, whisk 2 tbsp (30g) tahini with 1 tsp (5ml) lemon juice until smooth. If too thick, add 2 tsp water.
3. Drizzle the tahini mixture over the cucumber slices.
4. Sprinkle with 1 tsp (2g) za'atar and ½ tsp (1g) sesame seeds. Serve immediately.

Nutritional Info:

- Calories: 110 kcal
- Protein: 3g
- Fat: 8g
- Saturated Fat: 1g
- Carbohydrates: 8g
- Fiber: 2g
- Sodium: 10mg



Prep Time:
5 minutes



Cooking Time:
25 minutes



Servings:
2

Snacks

Spiced Roasted Chickpeas

Crunchy, protein-packed chickpeas with warming cumin and paprika.

Instructions:

1. Preheat the oven to 200°C (400°F). Line a small baking sheet with parchment paper.
2. Toss 1 cup (160g) chickpeas with 2 tbsp (30ml) olive oil, 1 tsp (2g) ground cumin, 1 tsp (2g) smoked paprika, ½ tsp (1g) garlic powder, and 2 pinches (1g) sea salt until evenly coated.
3. Spread the chickpeas in a single layer on the baking sheet. Roast for 20-25 minutes, shaking the pan halfway through, until golden and crisp.
4. Let cool slightly before serving.

Ingredients:

- 1 cup (160g) cooked chickpeas, drained and patted dry
- 2 tbsp (30ml) olive oil
- 1 tsp (2g) ground cumin
- 1 tsp (2g) smoked paprika
- ½ tsp (1g) garlic powder
- 2 pinches (1g) sea salt

Nutritional Info:

- Calories: 180 kcal
- Protein: 5g
- Fat: 10g
- Saturated Fat: 1g
- Carbohydrates: 17g
- Fiber: 5g
- Sodium: 150mg

Snacks



Prep Time:
5 minutes



Cooking Time:
3 minutes



Servings:
2



Avocado & Sun-Dried Tomato Hummus Toast

Creamy avocado and tangy sun-dried tomatoes elevate classic hummus on crispy gluten-free toast.

Ingredients:

- 2 slices gluten-free bread, toasted
- ½ cup (120g) homemade or store-bought hummus (Contains: Sesame [tahini])
- ½ ripe (100g) avocado, sliced
- 2 tbsp (20g) sun-dried tomatoes in oil, drained and chopped
- 1 tsp (2g) dried oregano
- 2 pinches (1g) red pepper flakes (optional)
- 2 tsp (10ml) extra-virgin olive oil

Instructions:

1. Toast 2 slices of gluten-free bread until golden and crisp. Let cool slightly.
2. Spread ½ cup (120g) hummus evenly over both slices of toast.
3. Layer ½ (100g) sliced avocado on top of each slice, followed by 2 tbsp (20g) chopped sun-dried tomatoes.
4. Sprinkle with 1 tsp (2g) dried oregano, 2 pinches (1g) red pepper flakes (if using), and drizzle with 2 tsp (10ml) extra-virgin olive oil.
5. Serve immediately.

Nutritional Info:

- Calories: 250 kcal
- Protein: 6g
- Fat: 16g
- Saturated Fat: 2g
- Carbohydrates: 22g
- Fiber: 7g
- Sodium: 280mg



Desserts



Prep Time:
5 minutes



Cooking Time:
0 minutes



Servings:
2



Tropical Coconut Yogurt with Mango & Toasted Coconut

Creamy coconut yogurt topped with fresh mango, crunchy toasted coconut, and a hint of lime for a vibrant, tropical twist.

Ingredients:

- 1 cup (240g) coconut yogurt, unsweetened (Contains: Coconut)
- 1 small ripe mango, diced (Contains: Mango)
- 1 tbsp (15ml) maple syrup
- 2 tbsp (15g) unsweetened shredded coconut, toasted (Contains: Coconut)
- 1 tsp (2g) lime zest
- 1 tbsp (15ml) lime juice

Instructions:

1. Heat a small skillet over medium-low heat. Add 2 tbsp (15g) shredded coconut and toast for 2–3 minutes, stirring frequently, until golden. Remove from heat.
2. In two small bowls, spoon ½ cup (120g) coconut yogurt into each and smooth the surface.
3. Divide the diced mango evenly between the bowls, arranging it on top of the yogurt.
4. Drizzle ½ tbsp (7.5ml) maple syrup over each serving.
5. Sprinkle with toasted coconut, lime zest, and a squeeze of lime juice (½ tbsp per bowl).
6. Serve immediately.

Nutritional Info:

- Calories: 190 kcal
- Protein: 3g
- Fat: 8g
- Saturated Fat: 6g
- Carbohydrates: 28g
- Fiber: 3g
- Sodium: 20mg



Prep Time:
10 minutes



Cooking Time:
0 minutes



Servings:
2

Essents

Citrus & Pomegranate Olive Oil Salad

A refreshing, tangy-sweet fruit salad with a hint of herbal olive oil.

Instructions:

1. Arrange 1 medium orange (4oz/120g), sliced into rounds, on two small plates, dividing the slices evenly.
2. Scatter ½ cup (80g) pomegranate arils over the orange slices, dividing evenly.
3. Mix together 2 tsp (10ml) olive oil and 2 tsp (10ml) fresh lemon juice until emulsified. Drizzle evenly over the fruit.
4. Garnish with 2 small mint sprigs, leaves torn (if using), and 2 pinches (1g) flaky sea salt, dividing between the plates.
5. Serve chilled.

Ingredients:

- 1 medium orange (4oz/120g), peeled and sliced into rounds
- ½ cup (80g) pomegranate arils
- 2 tsp (10ml) extra-virgin olive oil
- 2 tsp (10ml) fresh lemon juice
- 2 small mint sprigs, leaves torn (optional)
- 2 pinches (1g) flaky sea salt

Nutritional Info:

- Calories: 110 kcal
- Protein: 1g
- Fat: 5g
- Saturated Fat: 1g
- Carbohydrates: 16g
- Fiber: 3g
- Sodium: 50mg



Prep Time:
5 minutes



Cooking Time:
15 minutes



Servings:
2



Baked Cinnamon Apples with Almond Butter

Warm, spiced apples paired with rich almond butter for a cozy dessert.

Ingredients:

- 2 medium apples (10oz/300g), cored and halved
- 2 tsp (10ml) almond butter (Contains: Tree nuts [almonds])
- 1 tsp (2g) cinnamon
- 2 tsp (10ml) honey
- 2 tsp (10ml) lemon juice

Instructions:

1. Preheat oven to 180°C (350°F). Place 2 halved apples (10oz/300g), cut-side up, on a small baking dish.
2. Drizzle 2 tsp (10ml) lemon juice evenly over the apple halves to prevent browning.
3. Sprinkle 1 tsp (2g) cinnamon evenly over the apples. Bake for 12-15 minutes until tender but not mushy.
4. Remove from oven and drizzle 2 tsp (10ml) honey evenly over the apples.
5. Spoon 2 tsp (10ml) almond butter onto each apple half.
6. Serve warm.

Nutritional Info:

- Calories: 150 kcal
- Protein: 2g
- Fat: 4g
- Saturated Fat: 0g
- Carbohydrates: 30g
- Fiber: 5g
- Sodium: 5mg



Prep Time:
5 minutes



Cooking Time:
5 minutes



Servings:
2

Desserts

Honey–Glazed Walnut–Stuffed Dates

Sweet, crunchy, and naturally decadent—a perfect bite-sized dessert.

Instructions:

1. Preheat a skillet over low heat. Add 2 tsp (10g) honey and warm until slightly runny (about 1 minute). Stir in 1 pinch (0.5g) cinnamon.
2. Stuff each of the 6 pitted dates with 1 whole walnut (4g). Press gently to close.
3. Place the stuffed dates in the skillet, rolling to coat evenly with the honey glaze. Cook for 2 minutes, turning occasionally until the dates are warm and glossy.
4. Remove from heat. Drizzle with 2 tsp (10ml) lemon juice (optional) and let cool slightly before serving.

Ingredients:

- 6 medjool dates, pitted
- 6 whole walnuts (24g) (Contains: Tree nuts [walnuts])
- 2 tsp (10g) honey
- 2 pinches (1g) cinnamon
- 2 tsp (10ml) lemon juice (optional)

Nutritional Info:

- Calories: 180 kcal
- Protein: 2g
- Fat: 5g
- Saturated Fat: 0g
- Carbohydrates: 36g
- Fiber: 3g
- Sodium: 2mg



Prep Time:
5 minutes



Cooking Time:
0 minutes



Servings:
2



Almond-Honey Yogurt Parfait

Creamy yogurt meets crunchy almonds and golden honey for a balanced treat.

Ingredients:

- 1 cup (240g) Greek yogurt, unsweetened (Contains: Dairy)
- 2 tbsp (30g) honey
- ¼ cup (30g) almonds, roughly chopped (Contains: Tree nuts [almonds])
- ½ tsp (1g) vanilla extract
- 2 tsp (4g) chia seeds (optional)

Instructions:

1. In a small bowl, whisk 1 cup (240g) Greek yogurt with ½ tsp (1g) vanilla extract until smooth.
2. Divide the yogurt into two equal portions. Layer half of the yogurt in the first serving glass. Drizzle with 1 tbsp (15g) honey and sprinkle with 2 tbsp (15g) chopped almonds. Repeat the process with the remaining yogurt, honey, and almonds for the second serving.
3. Top both servings with 2 tsp (4g) chia seeds (optional) if using.
4. Serve immediately or refrigerate for 10 minutes to thicken.

Nutritional Info:

- Calories: 250 kcal
- Protein: 12g
- Fat: 10g
- Saturated Fat: 2g
- Carbohydrates: 30g
- Fiber: 3g
- Sodium: 35mg



Prep Time:
5 minutes



Cooking Time:
1 minutes



Servings:
2

Essents

Dark Chocolate & Olive Oil Whole-Grain Mug Brownie

A rich, fudgy brownie with a hint of fruity olive oil.

Instructions:

1. In two microwave-safe mugs, combine 3 tbsp (20g) oat flour, 1 tbsp (15g) coconut sugar, and ½ tsp (2g) baking powder in each mug.
2. To each mug, add 1 tbsp (15ml) olive oil, 1 egg yolk, and 1 tsp (5ml) water. Mix until smooth.
3. Fold 1 tbsp (15g) dark chocolate chips into each mug.
4. Microwave one mug at a time on high for 45-60 seconds until set but slightly fudgy in the center.
5. Let cool for 2 minutes before serving.

Ingredients:

- 6 tbsp (40g) whole-grain gluten-free oat flour
- 2 tbsp (30ml) extra-virgin olive oil
- 2 tbsp (30g) dark chocolate chips (gluten-free)
- 2 tbsp (30g) coconut sugar
- 2 large egg yolks (Contains: Eggs)
- 1 tsp (4g) baking powder (gluten-free)
- 2 tsp (10ml) cold water

Nutritional Info:

- Calories: 280 kcal
- Protein: 5g
- Fat: 18g
- Saturated Fat: 4g
- Carbohydrates: 25g
- Fiber: 3g
- Sodium: 100mg



Prep Time:
5 minutes



Cooking Time:
15 minutes



Servings:
2



Baked Ricotta with Lemon and Berries

Warm, creamy ricotta topped with zesty lemon and fresh berries.

Ingredients:

- 1 cup (250g) ricotta cheese (Contains: Dairy)
- 2 tsp (10g) unsalted butter, softened (Contains: Dairy)
- 2 tbsp (30ml) honey
- 1 tsp (2g) lemon zest
- ½ cup (80g) mixed berries (e.g., raspberries, blueberries)
- 2 sprigs fresh mint (optional)

Instructions:

1. Preheat oven to 180°C (350°F). Grease two small ramekins with 2 tsp (10g) softened butter.
2. In a bowl, mix 1 cup (250g) ricotta, 2 tbsp (30ml) honey, and 1 tsp (2g) lemon zest until smooth.
3. Divide mixture evenly between ramekins. Bake for 15 minutes until tops are faintly golden.
4. Remove from oven and let cool for 2 minutes. Top each with ¼ cup (40g) mixed berries and garnish with a mint sprig if desired.
5. Serve warm.

Nutritional Info:

- Calories: 250 kcal
- Protein: 10g
- Fat: 12g
- Saturated Fat: 8g
- Carbohydrates: 25g
- Fiber: 2g
- Sodium: 80mg



Prep Time:
5 minutes



Cooking Time:
0 minutes



Servings:
2

Essents

Honey–Greek Yogurt Parfait with Figs and Pistachios

Creamy yogurt layered with sweet figs and crunchy pistachios for a balanced treat.

Instructions:

1. Spoon $\frac{1}{2}$ cup (120g) Greek yogurt into each of two serving glasses or bowls. Drizzle each with 1 tbsp (15ml) honey.
2. Arrange 2 quartered figs (80g total per serving) on top of each yogurt portion. Sprinkle each with 1 tbsp (10g) chopped pistachios.
3. Dust each serving with $\frac{1}{2}$ tsp (1g) cinnamon if desired.
4. Serve immediately.

Ingredients:

- 1 cup (240g) Greek yogurt, full-fat (Contains: Dairy)
- 2 tbsp (30ml) honey
- 4 fresh figs (160g), quartered
- 2 tbsp (20g) pistachios, chopped (Contains: Tree nuts [pistachios])
- 1 tsp (2g) cinnamon (optional)

Nutritional Info:

- Calories: 280 kcal
- Protein: 12g
- Fat: 8g
- Saturated Fat: 4g
- Carbohydrates: 42g
- Fiber: 4g
- Sodium: 50mg



Prep Time:
10 minutes



Cooking Time:
5 minutes
(+ 4 hours
chilling)



Servings:
2



Orange-Blossom Panna Cotta with Pomegranate

Silky vanilla panna cotta infused with floral orange blossom water.

Ingredients:

- 1 cup (240ml) heavy cream (Contains: Dairy)
- ½ tsp (2g) unflavored gelatin powder
- 2 tbsp (30ml) cold water
- 2 tbsp (24g) sugar
- ½ tsp (2ml) vanilla extract
- ½ tsp (2ml) orange blossom water
- ¼ cup (40g) pomegranate seeds

Instructions:

1. Sprinkle ½ tsp (2g) gelatin over 2 tbsp (30ml) cold water in a small bowl. Let bloom for 5 minutes.
2. In a saucepan, heat 1 cup (240ml) heavy cream and 2 tbsp (24g) sugar over medium-low. Cook until sugar dissolves (3 minutes). Do not boil.
3. Remove from heat. Stir in bloomed gelatin, ½ tsp (2ml) vanilla extract, and ½ tsp (2ml) orange blossom water until fully dissolved.
4. Divide mixture evenly between two ramekins or glasses. Chill in refrigerator for at least 4 hours or until set.
5. Before serving, top each with 2 tbsp (20g) pomegranate seeds.

Nutritional Info:

- Calories: 300 kcal
- Protein: 3g
- Fat: 22g
- Saturated Fat: 14g
- Carbohydrates: 25g
- Fiber: 1g
- Sodium: 20mg

30-Day Meal Plan

Week

1

Day 1

Breakfast: Creamy Amaranth Porridge with Figs, p. 12

Lunch: Greek Quinoa Salad with Lemon-Herb Dressing, p. 25

Dinner: Grilled Lemon-Herb Sea Bass with Olive Tapenade, p. 47

Day 2

Breakfast: Greek Yogurt Bowl with Honey, Walnuts & Figs, p. 13

Lunch: Roasted Beet & Walnut Salad with Balsamic Glaze, p. 26

Dinner: Greek-Style Grilled Swordfish with Herb Marinade, p. 50

Day 3

Breakfast: Mediterranean Berry & Almond Yogurt Bowl, p. 14

Lunch: Mediterranean Chickpea & Avocado Salad, p. 27

Dinner: Baked Mediterranean Cod with Tomatoes & Capers, p. 48

Day 4

Breakfast: Greek Spinach & Feta Scramble, p. 16

Lunch: Cypriot Grain Bowl with Halloumi & Pomegranate, p. 28

Dinner: Lemon-Herb Grilled Chicken with Roasted Vegetables, p. 62

Day 5

Breakfast: Herbed Zucchini & Egg Muffins, p. 17

Lunch: Sicilian Orange & Fennel Salad with Olives, p. 29

Dinner: Grilled Lemon-Garlic Lamb Chops, p. 68

Day 6

Breakfast: Citrus & Pistachio Yogurt Bowl, p. 15

Lunch: Lebanese Tabbouleh with Quinoa & Pomegranate, p. 31

Dinner: Moroccan-Spiced Chicken Tagine with Apricots, p. 72

Day 7

Breakfast: Greek-Inspired Avocado & Feta Tartine, p. 22

Lunch: Sicilian Fish & Fennel Soup, p. 33

Dinner: Herbed Salmon with Sorghum Penne, p. 54

Week

2

Day 8

Breakfast: Spiced Apple & Pistachio Parfait, p. 20

Lunch: Turkish Eggplant & Yogurt Salad with Walnuts, p. 30

Dinner: Garlic & Rosemary Roasted Chicken with Ratatouille, p. 63

Day 9

Breakfast: Mediterranean Green Smoothie, p. 21

Lunch: Lemon-Garlic Chickpea & Spinach Soup, p. 31

Dinner: Grilled Sardines with Garlic & Smoked Paprika, p. 49

Day 10

Breakfast: Citrus-Almond Medley with Pomegranate, p. 19

Lunch: Provençal Pistou Soup (Vegetable & Basil), p. 35

Dinner: Seared Pork Medallions with Fig & Balsamic Glaze, p. 70

Day 11

Breakfast: Greek Yogurt with Honey-Walnut Figs, p. 18

Lunch: Mediterranean Stuffed Bell Pepper, p. 37

Dinner: Greek-Style Turkey Meatballs with Tzatziki, p. 61

Day 12

Breakfast: Mediterranean Hummus & Roasted Pepper Toast, p. 23

Lunch: Roasted Eggplant with Chickpeas and Tahini, p. 38

Dinner: Lemon-Garlic Shrimp with Quinoa Spaghetti, p. 52

Day 13

Breakfast: Greek Spinach & Feta Scramble, p. 16

Lunch: Grilled Mediterranean Veggie Plate with Lemon-Tahini Drizzle, p. 41

Dinner: Rosemary & Garlic Grilled Beef Skewers, p. 69

Day 14

Breakfast: Herbed Zucchini & Egg Muffins, p. 17

Lunch: Baked Zucchini with Herbed Almond Crust, p. 40

Dinner: Greek-Inspired Stuffed Calamari with Spinach and Feta, p. 56

Week

3

Day 15

Breakfast: Almond-Honey Yogurt Parfait, p. 86

Lunch: Roasted Eggplant & Cherry Tomato Plate with Feta, p. 39

Dinner: Baked Salmon with Lemon-Dill Yogurt Sauce, p. 51

Day 16

Breakfast: Tropical Coconut Yogurt with Mango & Toasted Coconut, p. 82

Lunch: Herbed Quinoa Pasta with Spinach & Artichokes, p. 43

Dinner: Moroccan-Spiced Beef & Carrot Tagine, p. 72

Day 17

Breakfast: Greek Yogurt Bowl with Honey, Walnuts & Figs, p. 13

Lunch: Creamy Avocado & Basil Zucchini Noodles, p. 44

Dinner: One-Pan Lemon-Artichoke Chicken with Olives, p. 65

Day 18

Breakfast: Citrus & Pistachio Yogurt Bowl, p. 15

Lunch: Mushroom & Thyme Buckwheat Pasta, p. 45

Dinner: Mediterranean Tuna with Brown Rice Penne, p. 53

Day 19

Breakfast: Greek-Inspired Avocado & Feta Tartine, p. 22

Lunch: Grilled Asparagus & Red Pepper Plate with Kalamata Olives, p. 42

Dinner: Turkish-Inspired Spiced Chicken Kebabs with Tahini Sauce, p. 66

Day 20

Breakfast: Mediterranean Berry & Almond Yogurt Bowl, p. 14

Lunch: Smashed Chickpea and Olive Tapas, p. 75

Dinner: Seared Herb-Crusted Pork Tenderloin with Roasted Peppers, p. 71

Day 21

Breakfast: Spiced Apple & Pistachio Parfait, p. 20

Lunch: Roasted Red Pepper and Feta Dip (with veggies/pita), p. 76

Dinner: Garlicky Mussels with Buckwheat Linguine, p. 55

Week

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Day 22

Breakfast: Honey-Greek Yogurt Parfait with Figs and Pistachios, p. 89

Lunch: Mediterranean Stuffed Sardines with Lemon-Herb Quinoa, p. 57

Dinner: Grilled Lemon-Garlic Lamb Chops, p. 68

Day 23

Breakfast: Baked Cinnamon Apples with Almond Butter, p. 84

Lunch: Baked Stuffed Mussels with Herbed Chickpea Filling, p. 58

Dinner: Lemon-Herb Grilled Chicken with Roasted Vegetables, p. 62

Day 24

Breakfast: Orange-Blossom Panna Cotta with Pomegranate (light breakfast), p. 90

Lunch: Lebanese Tabbouleh with Quinoa & Pomegranate, p. 31

Dinner: Baked Stuffed Shrimp with Artichoke and Olive Tapenade, p. 59

Day 25

Breakfast: Dark Chocolate & Olive Oil Whole-Grain Mug Brownie (with yogurt), p. 87

Lunch: Sicilian Fish & Fennel Soup, p. 33

Dinner: Greek-Style Grilled Swordfish with Herb Marinade, p. 50

Day 26

Breakfast: Baked Ricotta with Lemon and Berries, p. 88

Lunch: Turkish Eggplant & Yogurt Salad with Walnuts, p. 30

Dinner: Mediterranean Tuna with Brown Rice Penne, p. 53

Day 27

Breakfast: Herbed Almond-Stuffed Dates, p. 77

Lunch: Citrus & Pomegranate Olive Oil Salad, p. 83

Dinner: Moroccan-Spiced Chicken Tagine with Apricots, p. 64

Day 28

Breakfast: Lemon-Tahini Cucumber Bites (with toast), p. 78

Lunch: Grilled Mediterranean Veggie Plate, p. 41

Dinner: Seared Pork Medallions with Fig & Balsamic Glaze, p. 70

Week

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Day 29

Breakfast: Avocado & Sun-Dried Tomato Hummus Toast, p. 80

Lunch: Cypriot Grain Bowl with Halloumi & Pomegranate, p. 28

Dinner: Garlic & Rosemary Roasted Chicken with Ratatouille, p. 63

Day 30

Breakfast: Honey-Glazed Walnut-Stuffed Dates (with yogurt), p. 85

Lunch: Provençal Pistou Soup, p. 35

Dinner: Grilled Lemon-Herb Sea Bass with Olive Tapenade, p. 47

Shopping List

Week

1

✓ Dry Goods & Grains

- **Amaranth** – 1 package (16 oz / 454 g)
- **Buckwheat Groats** – 1 package (12 oz / 340 g)
- **Quinoa** – 1 package (12 oz / 340 g)
- **Freekeh (gluten-free)** – 1 package (8 oz / 227 g)
- **Chia Seeds** – 1 small bag (8 oz / 227 g)
- **Flaxseeds (optional)** – 1 small bag (8 oz / 227 g)

✓ Canned & Jarred Goods

- **Black Beans** – 1 can (15 oz / 425 g)
- **White Beans** – 1 can (15 oz / 425 g)
- **Chickpeas** – 2 cans (15 oz / 425 g each)
- **Sardines in Olive Oil** – 1 can (4.37 oz / 124 g)
- **Kalamata Olive Tapenade** – 1 jar (6 oz / 170 g)
- **Tahini** – 1 jar (16 oz / 454 g)
- **Fig Jam** – 1 jar (10 oz / 283 g)

✓ Nuts & Seeds

- **Pistachios (shelled)** – 1 bag (4 oz / 113 g)
- **Almonds (sliced)** – 1 bag (4 oz / 113 g)
- **Walnuts** – 1 bag (8 oz / 227 g)

✓ Dairy & Alternatives

- **Feta Cheese (crumbled)** – 1 package (6 oz / 170 g)
- **Goat Cheese (crumbled)** – 1 package (4 oz / 113 g)
- **Halloumi Cheese** – 1 package (8.8 oz / 250 g)
- **Greek Yogurt (plain, full-fat)** – 2 containers (17 oz / 500 g each)
- **Coconut Yogurt (unsweetened)** – 1 tub (16 oz / 450 g)
- **Almond Milk (unsweetened)** – 1 carton (32 fl oz / 946 mL)

✓ Produce

- **Fresh Figs** – 6-pack (approx. 8 oz / 227 g)
- **Dried Figs** – 1 package (7 oz / 200 g)
- **Dried Apricots** – 1 package (6 oz / 170 g)
- **Pomegranate Seeds** – 1 container (5 oz / 140 g)
- **Mixed Berries** – 1 clamshell (12 oz / 340 g)
- **Spinach (baby & fresh)** – 1 bag (5 oz / 142 g)

- **Zucchini** – 1 medium (approx. 7 oz / 200 g)
- **Cucumber** – 1 medium (approx. 8 oz / 227 g)
- **Red Bell Pepper** – 1 large (approx. 6 oz / 170 g)
- **Red Onion** – 1 medium (approx. 8 oz / 227 g)
- **Garlic** – 1 bulb (approx. 3 oz / 85 g)
- **Beet** – 1 bunch (approx. 1 lb / 450 g)
- **Fennel Bulb** – 1 medium (approx. 12 oz / 340 g)
- **Blood Oranges** – 3 medium (approx. 1 lb / 450 g)
- **Eggplant** – 2 small (approx. 1 lb / 450 g total)
- **Cherry Tomatoes** – 1 pint (10 oz / 283 g)
- **Fresh Herbs (basil, oregano, parsley, cilantro, dill, thyme)** – 1 bunch each (approx. 1 oz / 28 g per bunch)
- **Lemons** – 3-count (approx. 6 oz / 170 g total)
- **Limes (optional, for garnish)** – 1-count

✓ Meat & Seafood

- **Chicken Thighs (bone-in, skin-on)** – 1 package (approx. 1.5 lb / 680 g)
- **Lamb Loin Chops** – 2 chops (approx. 8 oz / 227 g total)
- **Pork Tenderloin** – 1 package (approx. 1 lb / 450 g)
- **Sea Bass Fillet** – 1 fillet (5.3 oz / 150 g)
- **Cod Fillet** – 1 fillet (4.2 oz / 120 g)

✓ Pantry Staples

- **Honey** – 1 bottle (12 oz / 340 g)
- **Maple Syrup** – 1 bottle (8 oz / 237 mL)
- **Olive Oil (extra-virgin)** – 1 bottle (16.9 fl oz / 500 mL)
- **Balsamic Vinegar** – 1 bottle (8.5 fl oz / 250 mL)
- **Sherry Vinegar** – 1 bottle (5 fl oz / 150 mL)
- **Balsamic Glaze** – 1 bottle (8.5 fl oz / 250 mL)
- **Spices (cinnamon, cumin, smoked paprika, oregano, thyme, rosemary, turmeric, ginger, za'atar, salt, pepper, garlic powder)** – Standard jars (1-2 oz / 28-56 g each)

✓ Bakery (Optional)

- **Gluten-Free Whole-Grain Bread** – 1 loaf (16 oz / 454 g)

✓ Dry Goods & Grains

- **Millet** – 1 package (16 oz / 454 g)
- **Chickpea Flour** – 1 bag (16 oz / 454 g)
- **Quinoa (uncooked)** – 1 package (12 oz / 340 g)
- **Green Lentils (dry)** – 1 bag (16 oz / 454 g)
- **Quinoa Spaghetti (gluten-free)** – 1 box (8 oz / 227 g)
- **Chia Seeds** – 1 small bag (8 oz / 227 g)

✓ Canned & Jarred Goods

- **White Beans** – 2 cans (15 oz / 425 g each)
- **Cannellini Beans** – 1 can (15 oz / 425 g)
- **Chickpeas** – 2 cans (15 oz / 425 g each)
- **Crushed Tomatoes** – 1 can (14 oz / 400 g)
- **Diced Tomatoes** – 1 can (14 oz / 400 g)
- **Sardines in Olive Oil** – 1 can (4.37 oz / 124 g)
- **Kalamata Olives** – 1 jar (6 oz / 170 g)
- **Sun-Dried Tomatoes** – 1 jar (8.5 oz / 240 g)
- **Tahini** – 1 jar (16 oz / 454 g)
- **Harissa Paste** – 1 tube (4 oz / 113 g)
- **Almond Butter** – 1 jar (16 oz / 454 g)

✓ Nuts & Seeds

- **Pistachios (shelled)** – 1 bag (4 oz / 113 g)
- **Pine Nuts** – 1 bag (4 oz / 113 g)
- **Golden Raisins** – 1 box (6 oz / 170 g)

✓ Dairy & Alternatives

- **Greek Yogurt (plain, full-fat)** – 2 containers (17 oz / 500 g each)
- **Feta Cheese (crumbled)** – 1 package (6 oz / 170 g)
- **Oat Milk (unsweetened)** – 1 carton (32 fl oz / 946 mL)
- **Almond Milk (unsweetened)** – 1 carton (32 fl oz / 946 mL)

✓ Produce

- **Fresh Apricots** – 4-count (approx. 8 oz / 227 g)
- **Orange** – 2 medium (approx. 1 lb / 450 g total)
- **Pomegranate Seeds** – 1 container (5 oz / 140 g)
- **Apple** – 1 medium (approx. 7 oz / 200 g)
- **Avocado** – 2 medium (approx. 10 oz / 280 g total)
- **Spinach (fresh)** – 1 bag (5 oz / 142 g)
- **Kale** – 1 bunch (approx. 8 oz / 227 g)
- **Swiss Chard** – 1 bunch (approx. 8 oz / 227 g)

- **Carrots** – 1 lb bag (approx. 450 g)
- **Celery** – 1 bunch (approx. 12 oz / 340 g)
- **Zucchini** – 2 medium (approx. 1 lb / 450 g total)
- **Cucumber** – 1 medium (approx. 8 oz / 227 g)
- **Red Onion** – 2 medium (approx. 1 lb / 450 g total)
- **Yellow Onion** – 1 medium (approx. 8 oz / 227 g)
- **Shallot** – 1 small (approx. 2 oz / 60 g)
- **Leek** – 1 large (approx. 8 oz / 227 g)
- **Fennel Bulb** – 1 medium (approx. 12 oz / 340 g)
- **Garlic** – 1 bulb (approx. 3 oz / 85 g)
- **Fresh Herbs (rosemary, mint, parsley, cilantro, basil, thyme, dill)** – 1 bunch each (approx. 1 oz / 28 g per bunch)
- **Lemons** – 3-count (approx. 6 oz / 170 g total)

✓ Meat & Seafood

- **Swordfish Steak** – 1 steak (5.3 oz / 150 g)
- **Cod or Halibut (firm white fish)** – 8 oz / 225 g
- **Shrimp (peeled, deveined)** – 3.5 oz / 100 g
- **Boneless Chicken Breast** – 1 package (approx. 1 lb / 450 g)
- **Lean Ground Beef** – 1 package (16 oz / 454 g)
- **Beef Sirloin** – 1 steak (8 oz / 227 g)

✓ Pantry Staples

- **Olive Oil (extra-virgin)** – 1 bottle (16.9 fl oz / 500 mL)
- **Coconut Oil** – 1 jar (16 oz / 454 g)
- **Maple Syrup** – 1 bottle (8 oz / 237 mL)
- **Honey** – 1 bottle (12 oz / 340 g)
- **Vegetable Broth (low-sodium, gluten-free)** – 2 boxes (32 fl oz / 946 mL each)
- **Dry White Wine (or sub broth)** – 1 bottle (750 mL)
- **Spices (turmeric, cinnamon, sumac, cumin, coriander, saffron, smoked paprika, oregano, rosemary, thyme, salt, pepper)** – Standard jars (1-2 oz / 28-56 g each)

✓ Bakery (Optional)

- **Whole-Grain Gluten-Free Bread** – 1 loaf (16 oz / 454 g)

✓ Specialty Items

- **Nutritional Yeast** – 1 bag (4 oz / 113 g)
- **Almond Flour** – 1 bag (16 oz / 454 g)

✓ Dry Goods & Grains

- **Green Lentils (dry)** – 1 bag (16 oz / 454 g)
- **Quinoa** – 1 package (12 oz / 340 g)
- **Millet Fusilli (gluten-free)** – 1 box (8 oz / 227 g)
- **Quinoa Pasta (gluten-free)** – 1 box (8 oz / 227 g)
- **Za'atar Seasoning** – 1 small jar (1.5 oz / 42 g)

✓ Canned & Jarred Goods

- **Cannellini Beans** – 1 can (15 oz / 425 g)
- **Chickpeas** – 1 can (15 oz / 425 g)
- **Diced Tomatoes** – 1 can (14 oz / 400 g)
- **Roasted Red Peppers** – 1 jar (12 oz / 340 g)
- **Artichoke Hearts** – 1 jar (6 oz / 170 g)
- **Kalamata Olives** – 1 jar (6 oz / 170 g)
- **Hummus (classic)** – 1 tub (10 oz / 283 g)
- **Tahini** – 1 jar (16 oz / 454 g)
- **Tomato Sauce (gluten-free)** – 1 jar (15 oz / 425 g)

✓ Nuts & Seeds

- **Almonds (sliced)** – 1 bag (4 oz / 113 g)
- **Pine Nuts** – 1 bag (4 oz / 113 g)
- **Walnuts** – 1 bag (8 oz / 227 g)
- **Pistachios** – 1 bag (4 oz / 113 g)
- **Cashews (raw)** – 1 bag (8 oz / 227 g)

✓ Dairy & Alternatives

- **Greek Yogurt (plain, full-fat)** – 2 containers (17 oz / 500 g each)
- **Feta Cheese (crumbled)** – 1 package (6 oz / 170 g)
- **Parmesan Cheese** – 1 wedge (3 oz / 85 g)
- **Almond Butter** – 1 jar (16 oz / 454 g)

✓ Produce

- **Fresh Figs** – 6-count (approx. 12 oz / 340 g)
- **Medjool Dates** – 1 package (8 oz / 227 g)
- **Orange** – 1 large (approx. 7 oz / 200 g)
- **Grapefruit** – 1 large (approx. 12 oz / 340 g)
- **Pomegranate Seeds** – 1 container (5 oz / 140 g)
- **Apple** – 1 medium (approx. 7 oz / 200 g)
- **Spinach (fresh)** – 1 bag (5 oz / 142 g)
- **Baby Spinach** – 1 clamshell (5 oz / 142 g)

- **Zucchini** – 1 medium (approx. 7 oz / 200 g)
- **Eggplant** – 1 small (approx. 8 oz / 227 g)
- **Red Bell Pepper** – 2 large (approx. 1 lb / 450 g total)
- **Yellow Onion** – 1 medium (approx. 8 oz / 227 g)
- **Red Onion** – 1 medium (approx. 8 oz / 227 g)
- **Garlic** – 1 bulb (approx. 3 oz / 85 g)
- **Fresh Herbs (dill, mint, parsley, basil, oregano, cilantro, rosemary)** – 1 bunch each (approx. 1 oz / 28 g per bunch)
- **Lemons** – 3-count (approx. 6 oz / 170 g total)

✓ Meat & Seafood

- **Sardines (fresh or canned in olive oil)** – 2 cans (4.37 oz / 124 g each)
- **Salmon Fillet (skin-on)** – 1 fillet (4.2 oz / 120 g)
- **Ground Lamb** – 1 package (16 oz / 454 g)
- **Boneless Chicken Breast** – 1 package (approx. 1 lb / 450 g)
- **Boneless Chicken Thigh** – 1 package (approx. 1 lb / 450 g)

✓ Pantry Staples

- **Olive Oil (extra-virgin)** – 1 bottle (16.9 fl oz / 500 mL)
- **Red Wine Vinegar** – 1 bottle (16 fl oz / 473 mL)
- **Honey** – 1 bottle (12 oz / 340 g)
- **Chicken Broth (low-sodium, gluten-free)** – 2 boxes (32 fl oz / 946 mL each)
- **Vegetable Broth (low-sodium, gluten-free)** – 1 box (32 fl oz / 946 mL)
- **Spices (turmeric, paprika, smoked paprika, cinnamon, allspice, saffron, salt, pepper, garlic powder)** – Standard jars (1-2 oz / 28-56 g each)

✓ Bakery (Optional)

- **Seeded Gluten-Free Bread** – 1 loaf (16 oz / 454 g)

✓ Specialty Items

- **Nutritional Yeast** – 1 bag (4 oz / 113 g)
- **Cashew Cream** – 1 tub (8 oz / 227 g) or DIY with raw cashews

✓ Dry Goods & Grains

- **Whole-Grain Gluten-Free Oat Flour** – 1 bag (16 oz / 454 g)
- **Gluten-Free Fine Polenta** – 1 bag (24 oz / 680 g)
- **Brown Rice Penne (gluten-free)** – 1 box (8 oz / 227 g)
- **Buckwheat Pasta (gluten-free)** – 1 box (8 oz / 227 g)
- **Sorghum Penne (gluten-free)** – 1 box (8 oz / 227 g)
- **Buckwheat Linguine (gluten-free)** – 1 box (8 oz / 227 g)
- **Dried Red Lentils** – 1 bag (16 oz / 454 g)
- **Chia Seeds** – 1 small bag (8 oz / 227 g)
- **Coconut Sugar** – 1 bag (12 oz / 340 g)

✓ Canned & Jarred Goods

- **Chickpeas** – 1 can (15 oz / 425 g)
- **Diced Tomatoes** – 1 can (14 oz / 400 g)
- **Tomato Paste** – 1 tube (4.5 oz / 127 g)
- **Sun-Dried Tomatoes (in oil)** – 1 jar (8.5 oz / 240 g)
- **Artichoke Hearts** – 1 jar (6 oz / 170 g)
- **Kalamata Olives** – 1 jar (6 oz / 170 g)
- **Hummus (store-bought or ingredients for homemade)** – 1 tub (10 oz / 283 g)
- **Balsamic Glaze** – 1 bottle (8.5 oz / 250 mL)

✓ Nuts & Seeds

- **Dark Chocolate Chips (gluten-free)** – 1 bag (12 oz / 340 g)
- **Almonds (whole/sliced)** – 1 bag (8 oz / 227 g)
- **Pistachios** – 1 bag (4 oz / 113 g)
- **Walnuts** – 1 bag (8 oz / 227 g)
- **Pine Nuts** – 1 bag (4 oz / 113 g)
- **Cashews (raw)** – 1 bag (8 oz / 227 g)
- **Almond Flour** – 1 bag (16 oz / 454 g)

✓ Dairy & Alternatives

- **Heavy Cream** – 1 pint (16 oz / 473 mL)
- **Greek Yogurt (unsweetened, full-fat)** – 2 containers (17 oz / 500 g each)
- **Ricotta Cheese** – 1 tub (15 oz / 425 g)
- **Unsalted Butter** – 1 package (8 oz / 227 g)
- **Feta Cheese (crumbled)** – 1 package (6 oz / 170 g)
- **Pecorino Romano (optional)** – 1 wedge (3 oz / 85 g)

✓ Produce

- **Pomegranate Seeds** – 1 container (5 oz / 140 g)
- **Medjool Dates** – 1 package (8 oz / 227 g)
- **Mixed Berries (raspberries, blueberries)** – 1 clamshell (6 oz / 170 g)
- **Avocado** – 2 medium (approx. 10 oz / 280 g total)

- **Eggplant** – 1 medium (approx. 1 lb / 450 g)
- **Cherry Tomatoes** – 1 pint (10 oz / 283 g)
- **Asparagus** – 1 bunch (approx. 8 oz / 227 g)
- **Red Bell Pepper** – 2 large (approx. 1 lb / 450 g total)
- **Sweet Potato** – 1 large (approx. 12 oz / 340 g)
- **Zucchini** – 2 medium (approx. 1 lb / 450 g total)
- **Yellow Onion** – 2 medium (approx. 1 lb / 450 g total)
- **Red Onion** – 1 small (approx. 4 oz / 113 g)
- **Garlic** – 1 bulb (approx. 3 oz / 85 g)
- **Carrots** – 1 lb bag (approx. 450 g)
- **Cremeni Mushrooms** – 1 package (8 oz / 227 g)
- **Fresh Herbs (cilantro, mint, basil, parsley, dill, thyme, oregano)** – 1 bunch each (approx. 1 oz / 28 g per bunch)
- **Lemons** – 3-count (approx. 6 oz / 170 g total)
- **Limes (optional, for garnish)** – 1-count

✓ Meat & Seafood

- **Pork Tenderloin Medallion** – 1 package (approx. 1 lb / 450 g)
- **Salmon Fillet (skin-on)** – 1 fillet (5.3 oz / 150 g)
- **Beef Stew Meat (cubed)** – 1 package (16 oz / 454 g)
- **Fresh Mussels** – 1 lb / 450 g (scrubbed/debearded)
- **Jumbo Shrimp (peeled/deveined)** – 1 package (12 oz / 340 g)
- **Calamari Tubes** – 1 package (8 oz / 227 g)

✓ Pantry Staples

- **Olive Oil (extra-virgin)** – 1 bottle (16.9 fl oz / 500 mL)
- **Maple Syrup** – 1 bottle (8 oz / 237 mL)
- **Honey** – 1 bottle (12 oz / 340 g)
- **Vegetable Broth (low-sodium, gluten-free)** – 2 boxes (32 fl oz / 946 mL each)
- **Beef Broth (low-sodium, gluten-free)** – 1 box (32 fl oz / 946 mL)
- **Dry White Wine** – 1 bottle (750 mL)
- **Orange Blossom Water** – 1 small bottle (3.4 oz / 100 mL)
- **Spices (cumin, coriander, cinnamon, smoked paprika, chili flakes, dried thyme, dried oregano, sea salt, black pepper, garlic powder)** – Standard jars (1-2 oz / 28-56 g each)

✓ Bakery (Optional)

- **Gluten-Free Bread** – 1 loaf (16 oz / 454 g)

✓ Specialty Items

- **Unflavored Gelatin Powder** – 1 pouch (1 oz / 28 g)
- **Vanilla Extract** – 1 bottle (2 oz / 59 mL)

✓ Dry Goods & Grains

- **Quinoa (uncooked)** - 1 package (12 oz / 340 g)
- **Quinoa Spaghetti (gluten-free)** - 1 box (8 oz / 227 g)
- **Chia Seeds** - 1 small bag (8 oz / 227 g)

✓ Canned & Jarred Goods

- **Diced Tomatoes** - 1 can (14 oz / 400 g)
- **Chickpeas** - 1 can (15 oz / 425 g)
- **Sun-Dried Tomatoes** - 1 jar (8.5 oz / 240 g)
- **Tahini** - 1 jar (16 oz / 454 g)
- **Fig Jam** - 1 jar (10 oz / 283 g)

✓ Nuts & Seeds

- **Walnuts (chopped)** - 1 bag (8 oz / 227 g)

✓ Dairy & Alternatives

- **Greek Yogurt (plain, full-fat)** - 2 containers (17 oz / 500 g each)

✓ Produce

- **Dried Figs** - 1 package (7 oz / 200 g)
- **Zucchini** - 1 medium (approx. 8 oz / 227 g)
- **Red Bell Pepper** - 1 large (approx. 8 oz / 227 g)
- **Red Onion** - 1 medium (approx. 8 oz / 227 g)
- **Garlic** - 1 bulb (approx. 3 oz / 85 g)
- **Lemons** - 2-count (approx. 4 oz / 113 g total)
- **Fresh Herbs (parsley, thyme)** - 1 bunch each (approx. 1 oz / 28 g per bunch)

✓ Meat & Seafood

- **Fresh Sardines** - 4 fish (approx. 3.5 oz / 100 g total)
- **Pork Tenderloin Medallion** - 1 package (approx. 1 lb / 450 g)
- **Shrimp (peeled, deveined)** - 1 package (12 oz / 340 g)

✓ Pantry Staples

- **Olive Oil (extra-virgin)** - 1 bottle (16.9 fl oz / 500 mL)
- **Balsamic Vinegar (gluten-free)** - 1 bottle (16 fl oz / 473 mL)
- **Honey** - 1 bottle (12 oz / 340 g)
- **Spices (cinnamon, cumin, smoked paprika, sea salt, black pepper, garlic powder, red chili flakes)** - Standard jars (1-2 oz / 28-56 g each)

✓ Bakery (Optional)

- **Gluten-Free Bread** - 1 loaf (16 oz / 454 g)

Conclusion

As you reach the end of this book, take a moment to reflect on how far you've come. You've learned the foundations of the Mediterranean lifestyle—its emphasis on fresh, wholesome ingredients, its celebration of simple yet vibrant flavors, and its joyful approach to eating. Whether you started with a creamy amaranth porridge at sunrise, savored a lemon-garlic sea bass for dinner, or indulged in a honey-drizzled yogurt parfait, each recipe has been crafted to nourish both body and soul.

The Mediterranean Diet isn't about perfection—it's about progress. It's about savoring a bowl of Moroccan-spiced lentil soup, sharing a platter of herbed zucchini muffins with friends, or enjoying the quiet pleasure of a citrus-infused olive oil cake. Every meal is an opportunity to slow down, appreciate good food, and cultivate habits that will serve you for years to come.

Now, your kitchen is a gateway to sun-soaked coasts and bustling Mediterranean markets. Keep experimenting, keep tasting, and most importantly, keep enjoying the process. This isn't the end of your journey—it's just the beginning. Here's to many more delicious, healthful meals ahead.