

The Ultimate Diet Cookbook for Busy People of
All Ages:
Quick, Delicious, Healthy – Easy Recipes to Boost
Your Energy and Productivity for an Active
Lifestyle.

Miranda Flowers



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The Ultimate Diet Cookbook for Busy People of All Ages: Quick, Delicious, Healthy – Easy Recipes to Boost Your Energy and Productivity for an Active Lifestyle
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Welcome to a Healthier, Happier You!

Welcome! If you've picked up this book, it means you're looking for a way to eat better, feel more energized, and make healthy eating a natural part of your busy life. And guess what? You're already on the right track!

Healthy eating doesn't have to be complicated, time-consuming, or boring. The key is **finding balance**—meals that fuel your body, fit into your schedule, and, most importantly, taste amazing. Whether you're juggling work, family, studies, or simply a fast-paced lifestyle, the right food choices can give you **more energy, better focus, and greater overall well-being**.

I created this cookbook to make healthy eating **easy, enjoyable, and accessible** for everyone—no matter how much time you have to cook. Inside, you'll find over **140 quick, delicious, and nutrient-packed recipes** that will help you stay active, productive, and satisfied without spending hours in the kitchen. These meals are designed to **boost your energy, support your body, and bring joy to every bite**.

So, let's get started! Turn the page, explore new flavors, and discover how simple and rewarding healthy eating can be. I'm excited to join you on this journey toward a **happier, healthier, and more vibrant life!**

Miranda Flowers





“You are what you eat. What you put into your body affects your energy, clarity, and potential.”
Steve Jobs

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Perfect Plate



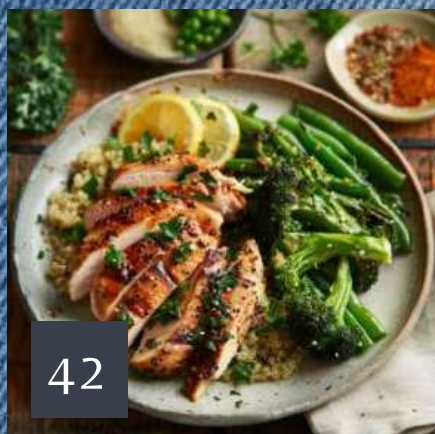
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Quick Breakfasts



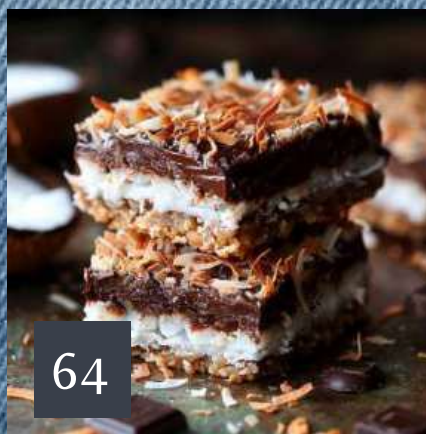
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Introduction: Your Journey to the Perfect Plate

Ready to whip up something truly awesome in the kitchen? No long-winded speeches here: you're tired, you're hungry, and instead of Googling another "quick recipes that won't kill me," you've landed on this book. Great choice, by the way. No boring lectures or overly complicated recipes here. Just simple solutions that'll make you say, "Wow, I'm a genius!" Ready? Let's dive in!

1. Why Healthy Eating Matters

Let's be honest: you want to juggle it all—work, hangouts with friends, hitting the gym, and that guilty pleasure TV show before bed, right? But how can you pull that off if you feel like a drained battery by lunchtime? That's where healthy eating steps in.

This isn't about boring salads. It's about food that fuels you with energy, sharpens your mind, and keeps your body moving without complaining about your overly ambitious schedule. It's not "just another to-do list item"; it's your secret weapon for tackling the day. Want proof? Remember those days when lunch was just coffee and something sugary? And by 4 PM, you were sitting there thinking, "That's it. I'm done." Healthy eating makes sure those days are history.

Here's the kicker: healthy food doesn't just make you feel great now; it also ensures you won't regret your choices a decade down the line. Because let's face it, no one wants to spend time or money fixing health issues caused by a lifetime romance with potato chips.

What Really Matters?

- **Food = Energy.** The right fuel lasts longer.
- **Food = Mood.** No more sluggish afternoons or heavy crashes.
- **Food = You.** Yes, you're literally made of what you eat.

If you're thinking, "But it's hard, it's time-consuming, I'm not a chef!"—relax. We've got you. Cooking fast, delicious, and healthy meals is easier than you think. Ready to see for yourself? Let's get to the recipes and start changing your game!

2. Kitchen Ninja: Secrets to Quick Cooking

Think cooking is long and tedious? Nope! Get ready to unlock your kitchen superpowers. No endless stirring marathons or mountains of dirty dishes here. Just simple, speedy, and brilliant solutions.

Here's your cheat sheet of life-changing hacks—save it, and the kitchen will become your domain of mastery:

Problem	Ninja Solution
Avocado is hard as a rock	Wrap it in a paper bag with a banana or apple. The gases will speed up ripening.
Peeling ginger with a knife is tricky	Use a teaspoon for precise peeling.
Need to boil an egg quickly	Boil for exactly 7 minutes for a perfect soft-boiled egg.
Cutting onions makes you cry	Chill onions in the freezer for 10 minutes or cut them near a running vent.
Freezing fresh herbs	Chop and freeze in ice cube trays with olive oil or water.
Meat takes too long to defrost	Use a metal pan to speed up defrosting.
Cutting tomatoes evenly	Sandwich them between two lids and slice through in one motion.
Too much dirty cookware	Cook everything—meat and veggies—in one skillet.
Cooking grains takes time	Soak grains overnight to cut cooking time by 50%.
Peeling garlic is frustrating	Place a whole garlic head in a bowl, cover with another bowl, and shake for 10 seconds.
Need a quick salad dressing	Shake olive oil, mustard, honey, and lemon juice in a jar with a lid.
Quick meat marinade	Use lemon juice, olive oil, and spices for a 10-minute marinade.
Want tender meat	Soak in yogurt or kefir before cooking.
Boiling potatoes takes too long	Cut them into quarters before boiling.
Butter is too hard	Microwave for 10 seconds to soften without melting.

Super-Speed Trick: Your Kitchen Survival Kit

Keep these staples on hand, and you'll always be just 10 minutes away from something delicious and healthy:

- A jar of hummus
- Frozen vegetables
- A bag of quinoa or bulgur
- Canned tuna
- A lime or lemon

Using just these basic ingredients, it's easy to prepare a wholesome and speedy meal, even when your schedule is packed..

Now, you're armed and ready to take on kitchen chaos. Apron on (or not—who's going to stop you?), and let's get to it!

Top 3 Super Tips for the Busiest Folks:

1. **Use a Timer:** Set it for even 3 minutes, so you don't forget what's boiling or baking.
2. **Cook Ahead:** Keep essentials like chicken breasts, grains, and boiled eggs ready in the fridge.
3. **Divide and Conquer:** Chop veggies while pasta cooks or meat marinates—no “empty waiting” allowed!

Now you're not just cooking faster, but you're also the ruler of your kitchen. Let's get cooking!

3. The Basics of Balanced Eating (Made Simple)

Imagine your plate as a circle split into three parts. No need for tricky calculations—just straightforward logic!

Half the Plate: Vegetables and Greens

Don't panic, this isn't all about lettuce. Think vibrant, juicy, and crunchy champions of health: broccoli, carrots, tomatoes, peppers, spinach.

✓ **Why it matters:** Fiber for fullness, vitamins for energy.

✗ **Common mistake:** French fries or veggies drowning in mayo. Stick to fresh, wholesome choices.

A Quarter of the Plate: Proteins

These are your building blocks: chicken, fish, eggs, tofu, or beans. Even if you're not a bodybuilder, protein keeps your muscles and energy levels strong.

✓ **Why it matters:** Long-lasting fullness, muscle repair, sustained energy.

✗ **Common mistake:** Processed meats like sausage. Sure, it has protein, but let's be honest—it's more harm than good.

A Quarter of the Plate: Carbs

Relax, carbs aren't the enemy. They're your fuel. Just pick the smart ones: quinoa, brown rice, or whole-grain pasta.

✓ **Why it matters:** Steady energy for your day.

✗ **Common mistake:** White bread or pastries—quick energy hits that leave you napping an hour later.

Dressings, Sauces, and Extras

Let's keep it real: oil is amazing but in moderation. Want nuts, seeds, or avocado? Go for it! These healthy fats are your body's best friends.

Drinks

Water is your MVP. Tea or coffee? Totally fine. Soda? Hmm, maybe once a month and sugar-free, okay?

Example of a Perfect Lunch:

- **Vegetables:** Salad mix with cucumbers and tomatoes, drizzled with olive oil.
- **Proteins:** Baked chicken breast.
- **Carbs:** A portion of quinoa with fresh herbs.
- **Dressing:** A squeeze of lemon juice and a pinch of spices.

This isn't rocket science. It's simple! Your plate is ready to fuel you without the post-lunch crash. Eat up and enjoy life!

Cooking Measures Chart: US and UK Unit Equivalents

	US Unit	UK Unit	Conversion Formula
1	teaspoon (tsp)	5 ml	1 tsp = 5 ml
2	tablespoon (tbsp)	15 ml	tbsp = 15 ml
3	fluid ounce (fl oz)	28.4 ml	1 fl oz = 28.4 ml
4	cup (c)	240 ml	1 c = 240 ml
5	pint (pt)	568 ml	1 pt = 568 ml

6	quart (qt)	1.14 l	1 qt = 1.14 l
7	gallon (gal)	4.54 l	1 gal = 4.54 l
8	ounce (oz)	28.35 g	1 oz = 28.35 g
9	pound (lb)	0.45 kg	1 lb = 0.45 kg
10	inch (in)	2.54 cm	1 in = 2.54 cm
11	Fahrenheit (°F)	Celsius (°C)	$^{\circ}\text{C} = (^{\circ}\text{F} - 32) \times 5/9$

SECTION 2: QUICK BREAKFASTS

- 1. Energy in a Glass: Smoothies and Drinks*
- 2. Healthy Toasts*
- 3. Quick and Unusual Porridges*
- 4. Protein Breakfasts with Meat and Fish*





Berry smoothie with yogurt and honey.

Serves: 2 persons Prep Time: 5 minutes Cooking Time: None Ready In: 5 minutes

Ingredients

1 cup (150 g) fresh or frozen mixed berries
 1 medium banana, sliced
 ¾ cup (180 ml) unsweetened Greek yogurt
 ½ cup (120 ml) almond milk (unsweetened)
 1 tbsp honey
 1 tbsp chia seeds
 1 tsp pure vanilla extract
 Ice cubes (optional, for a thicker texture).

Method

Blend mixed berries, banana, Greek yogurt, almond milk, honey, chia seeds, and vanilla extract until smooth. Adjust thickness with more almond milk or ice. Pour into a glass and garnish with fresh berries, chia seeds, or honey if desired.

Calories: 220 kcal, Protein: 10 g
 Carbohydrates: 34 g, Fiber: 6 g
 Sugar: 20 g (natural sugars from fruits), Fat: 4 g, Saturated Fat: 1 g
 Calcium: 20% DV, Iron: 4% DV



Green Smoothie with Spinach and Avocado

Serves: 2 persons Prep Time: 5 minutes Cooking Time: None Ready In: 5 minutes

Ingredients

1 cup (30 g) fresh spinach leaves
 ½ medium avocado
 1 medium banana, sliced
 ½ cup (120 ml) unsweetened almond milk
 ½ cup (120 ml) water
 1 tbsp chia seeds
 1 tsp fresh lemon juice
 Ice cubes .

Method

Rinse spinach, remove avocado pit, and slice banana. Blend with almond milk, water, chia seeds, and lemon juice until smooth. Adjust consistency with ice or water. Pour into glasses and garnish with chia seeds or lemon.

Calories: 200 kcal, Protein: 5 g
 Carbohydrates: 25 g, Fiber: 8 g
 Sugar: 10 g (natural sugars from banana). Fat: 9 g, Saturated Fat: 1.5 g
 Calcium: 15% DV, Iron: 10% DV



Orange Protein Shake

Serves: 2 persons Prep Time: 5 minutes Cooking Time: None Ready In: 5 minutes

Ingredients

2 medium oranges, peeled and segmented
 1 medium banana, frozen
 1 scoop (30 g) vanilla protein powder
 1 cup (240 ml) unsweetened almond milk
 ½ cup (120 ml) fresh orange juice
 1 tbsp ground flaxseeds
 ½ tsp pure vanilla extract
 Ice cubes

Method

Peel and segment the orange, remove seeds, and freeze the banana if desired. Blend with protein powder, almond milk, orange juice, flaxseeds, and vanilla extract until smooth. Adjust thickness with almond milk or ice. Pour into glasses and garnish as desired.

Calories: 220 kcal, Protein: 15 g
 Carbohydrates: 30 g, Fiber: 5 g
 Sugar: 20 g (natural sugars from fruits). Fat: 5 g, Saturated Fat: 0.5 g
 Vitamin C: ~90% DV



Chocolate Banana Peanut Butter Smoothie

Serves: 2 persons Prep Time: 5 minutes Cooking Time: None Ready In: 5 minutes

Ingredients

2 medium ripe bananas, frozen
 2 tbsp natural peanut butter
 1 tbsp unsweetened cocoa powder
 1 cup (240 ml) unsweetened almond milk
 1 scoop (30 g) chocolate protein powder
 1 tbsp ground flaxseeds
 1 tsp pure vanilla extract
 Ice cubes

Method

Peel and freeze bananas. Blend with peanut butter, cocoa powder, almond milk, protein powder, flaxseeds, and vanilla extract until smooth. Adjust thickness with almond milk or ice. Serve in glasses, garnished as desired.

Calories: ~300 kcal, Protein: ~10 g
 Carbohydrates: ~40 g, Fiber: ~6 g
 Sugar: ~20 g (natural sugars from bananas). Fat: ~10 g,
 Saturated Fat: ~2 g, Calcium: ~20% DV
 Iron: ~6% DV
 This smoothie blends potassium-rich bananas, heart-healthy peanut butter, antioxidant cocoa, fiber-packed flaxseeds, and calcium-rich almond milk for balanced energy and nourishment.



Toast with Avocado and Poached Egg

Serves: 2 persons Prep Time: 5 minutes Cooking Time: 5 minutes Ready In: 10 minutes

Ingredients

2 slices whole-grain bread
1 medium avocado
2 large eggs
1 tsp fresh lemon juice
¼ tsp salt
¼ tsp freshly ground black pepper.
Optional toppings: chili flakes, micro greens, or everything bagel seasoning.

Method

Mash avocado with lemon juice, salt, and pepper.
Poach eggs in simmering water with vinegar for 3–4 minutes, then drain. Toast bread until golden. Spread avocado, top with poached eggs, and season as desired.

Calories: ~250 kcal, Protein: ~10 g
Carbohydrates: ~20 g, Fiber: ~6 g
Sugar: ~2 g (natural sugars from avocado). Fat: ~16 g
Saturated Fat: ~3 g, Calcium: ~8% DV
Iron: ~10% DV

This avocado toast with poached egg offers fiber, healthy fats, and protein for a balanced, nutritious meal that provides sustained energy and great taste.



Whole Grain Toast with Cottage Cheese and Berries

Serves: 2 persons Prep Time: 5 minutes Cooking Time: None Ready In: 5 minutes

Ingredients

2 slices whole-grain bread
½ cup (120 g) low-fat cottage cheese
½ cup (75 g) fresh mixed berries
1 tsp honey
1 tsp chia seeds or ground flaxseeds

Method

Toast bread until golden.
Mix cottage cheese with cinnamon or vanilla (optional). Spread on toast, top with berries, and drizzle with honey if desired. Garnish with chia or flax seeds and serve.

Calories: ~200 kcal, Protein: ~10 g
Carbohydrates: ~25 g, Fiber: ~5 g
Sugar: ~8 g, Fat: ~4 g,
Saturated Fat: ~1 g, Calcium: ~15% DV
Iron: ~8% DV

This whole-grain toast with cottage cheese and berries offers fiber, protein, and antioxidants for a balanced, energizing, and heart-healthy meal.



Hearty Toast with Smoked Salmon and Cream Cheese

Serves: 2 persons Prep Time: 5 minutes Cooking Time: None Ready In: 5 minutes

Ingredients

2 slices whole-grain bread
2 oz (60 g) smoked salmon
¼ cup (60 g) low-fat cream cheese
½ small avocado, sliced
1 tsp fresh lemon juice
1 tbsp chopped fresh dill
A pinch of freshly ground black pepper

Method

Toast bread until golden.
Mix cream cheese with lemon juice and dill (optional), then spread on toast.
Top with avocado, smoked salmon, and black pepper.
Garnish as desired and serve.

Calories: ~250 kcal, Protein: ~14 g
Carbohydrates: ~20 g, Fiber: ~5 g
Sugar: ~2 g, Fat: ~13 g
Saturated Fat: ~3 g, Omega-3 Fatty Acids: ~1 g, Calcium: ~8% DV
Iron: ~10% DV

This smoked salmon and cream cheese toast combines whole-grain bread, avocado, and lemon for a nutritious, balanced, and flavorful meal.



Toast with Hummus, Vegetables, and Sesame Seeds

Serves: 2 persons Prep Time: 5 minutes Cooking Time: None Ready In: 5 minutes

Ingredients

2 slices whole-grain bread
¼ cup (60 g) hummus
½ medium cucumber sliced thinly
½ small red bell pepper, julienned
4 cherry tomatoes, halved
1 tsp sesame seeds
1 tsp olive oil
A pinch of salt and black pepper
Optional garnish: fresh parsley or cilantro.

Method

Toast bread until golden, spread with hummus, and top with cucumber, bell pepper, and cherry tomato. Sprinkle sesame seeds, season with salt and pepper, drizzle with olive oil (optional), garnish with herbs, and serve.

Calories: ~180 kcal, Protein: ~6 g
Carbohydrates: ~20 g, Fiber: ~5 g
Sugar: ~2 g, Fat: ~8 g
Saturated Fat: ~1 g, Calcium: ~6% DV
Iron: ~10% DV

This hummus and vegetable toast combines whole grains, fresh veggies, and sesame seeds for a nutritious, balanced, and flavorful meal.



Microwave Oatmeal with Nuts and Honey

Serves: 2 persons Prep Time: 5 minutes Cooking Time: 3 minutes Ready In: 5 minutes

Ingredients

½ cup (40 g) rolled oats
1 cup (240 ml) unsweetened almond milk
1 tbsp chopped mixed nuts
1 tsp honey
½ tsp ground cinnamon
A pinch of salt
Optional toppings: fresh fruits (e.g., berries, banana slices)
or a sprinkle of chia seeds.

Method

Mix oats, almond milk, cinnamon, and salt.
Microwave for 2–3 minutes, stirring halfway.
Let sit, then add honey, nuts, and optional fruit or seeds. Serve warm.

Calories: ~220 kcal, Protein: ~6 g
Carbohydrates: ~35 g, Fiber: ~5 g
Sugar: ~8 g, Fat: ~7 g
Saturated Fat: ~1 g, Calcium: ~20% DV
Iron: ~8% DV

This microwave oatmeal with nuts and honey offers whole grains, fiber, and natural sweetness for a quick, nutritious breakfast.



Quinoa with Coconut Milk and Mango

Serves: 2 persons Prep Time: 5 minutes Cooking Time: 15 minutes Ready In: 20 minutes

Ingredients

½ cup (90 g) quinoa
1 cup (240 ml) unsweetened coconut milk
1 tbsp honey or maple syrup
½ tsp vanilla extract
1 medium ripe mango, diced
1 tbsp shredded unsweetened coconut
A pinch of salt (to enhance flavors).

Method

Simmer quinoa with vanilla, salt, coconut milk, and honey until tender.
Dice mango while cooking.
Fluff quinoa, divide into bowls, and top with mango and shredded coconut. Serve warm or chilled.

This quinoa with coconut milk and mango offers a balanced, nutrient-rich meal with a delicious tropical flavor.



Buckwheat Porridge with Mushrooms and Herbs

Serves: 2 persons Prep Time: 5 minutes Cooking Time: 15 minutes Ready In: 20 minutes

Ingredients

½ cup (90 g) raw buckwheat groats
1 cup (240 ml) water or vegetable broth
1 tbsp olive oil
1 cup (100 g) mushrooms, sliced
1 small onion, finely chopped
1 clove garlic, minced
2 tbsp fresh parsley or dill, chopped
Salt and black pepper, to taste.

Method

Simmer buckwheat in water or broth until tender.
Sauté onion, garlic, and mushrooms in olive oil, then season.
Mix with buckwheat, garnish with herbs, and serve hot.

~210 kcal,
6 g protein,
30 g carbohydrates,
8 g fat, and 4 g fiber.

This buckwheat porridge with mushrooms and herbs offers a hearty, nutrient-rich meal that's flavorful, balanced, and wholesome.



Rice Porridge with Raisins and Cinnamon

Serves: 2 persons Prep Time: 5 minutes Cooking Time: 20 minutes Ready In: 25 minutes

Ingredients

½ cup (90 g) white or brown rice
1 cup (240 ml) plain almond milk.
1 cup (240 ml) water
2 tbsp raisins
1 tsp ground cinnamon
1 tsp Honey or maple nectar.
1 tbsp chopped almonds or walnuts
A pinch of salt (to enhance flavors).

Method

Simmer rice until tender, then stir in almond milk, raisins, and cinnamon.
Cook for 5 minutes, sweeten if desired, and serve warm with chopped nuts.

~200 kcal,
5 g protein,
35 g carbohydrates,
5 g fat, and 2 g fiber.

This rice porridge with raisins and cinnamon offers a warm, wholesome, and energizing meal with natural sweetness and antioxidant benefits.



Simple Vegetable Omelette

Serves: 2 persons Prep Time: 5 minutes Cooking Time: 5 minutes Ready In: 10 minutes

Ingredients

2 large eggs
2 tbsp milk
¼ cup (30 g) diced bell pepper
¼ cup (30 g) chopped spinach
1 tbsp grated cheese
1 tsp olive oil or butter
Salt and black pepper, to taste.

Method

Whisk eggs with milk, salt, and pepper.
Sauté bell peppers and spinach in butter or oil,
then pour in eggs and cook until set.
Add cheese if desired, fold, and serve.

~200 kcal,
12 g protein,
3 g carbohydrates,
15 g fat, and 1 g fiber.

This vegetable omelet offers protein, healthy fats, and nutrients for a balanced and nourishing start to the day.



Mini Turkey Burgers on a Whole Grain Bun

Serves: 2 persons Prep Time: 5 minutes Cooking Time: 15 minutes Ready In: 20 minutes

Ingredients

200 g (7 oz) ground turkey
¼ cup (30 g) finely chopped onion
1 clove garlic, minced
1 tsp Dijon mustard
½ tsp smoked paprika
Salt and black pepper, to taste.
1 tbsp olive oil
4 tiny whole-grain buns
1 cup (60 g) mixed greens
4 slices tomato
4 slices avocado

Method

Mix ground turkey with onion, garlic, mustard, and spices, then form into mini patties.
Cook for 4–5 minutes per side.
Toast buns if desired, assemble with tomato, avocado, and greens, then serve hot.

~250 kcal,
20 g protein,
20 g carbohydrates,
10 g fat, and 4 g fiber.



Scrambled Eggs with Chicken and Vegetables

Serves: 2 persons Prep Time: 5 minutes Cooking Time: 10 minutes Ready In: 20 minutes

Ingredients

4 large eggs
1 cup (100 g) cooked chicken breast, shredded or diced
½ cup (50 g) diced bell peppers
½ cup (30 g) chopped spinach
1 small onion, diced
1 tbsp olive oil or butter
Salt and black pepper, to taste.

Method

Whisk eggs with salt and pepper. Sauté onion and bell peppers in oil, then add spinach and cook until wilted. Stir in chicken and warm for 1–2 minutes. Pour in eggs, stirring on low heat until set but creamy. Serve immediately.

~250 kcal, 25 g protein,
6 g carbohydrates,
12 g fat, and 2 g fiber.

This scrambled eggs with chicken and vegetables provides protein, fiber, and healthy fats for a balanced, nutritious meal.



Omelette with Broccoli and Cheddar Cheese

Serves: 2 persons Prep Time: 5 minutes Cooking Time: 10 minutes Ready In: 15 minutes

Ingredients

2 large eggs (high-quality protein).
1 tbsp milk
¼ cup (30 g) steamed broccoli florets
2 tbsp (15 g) shredded cheddar cheese
1 tsp olive oil or butter (healthy fats).
Salt and black pepper, to taste.

Method

Steam broccoli for 3–4 minutes. Whisk eggs with milk, salt, and pepper. Heat oil in a skillet, pour in eggs, and cook until edges firm up. Add broccoli and cheese on one side, fold, and cook until set. Serve warm.

~200 kcal, 12 g protein,
3 g carbohydrates,
15 g fat, and 1 g fiber.

This broccoli and cheddar omelet provides protein, calcium, and fiber for a nutritious and satisfying meal any time of the day.



Chicken Fillet with Avocado and Green Salad

Serves: 2 persons Prep Time: 5 minutes Cooking Time: 15 minutes Ready In: 25 minutes

Ingredients

2 medium chicken fillets (200 g each)
 1 tbsp olive oil
 ½ tsp garlic powder
 ½ tsp smoked paprika
 Salt and black pepper, to taste.
 4 cups (100 g) mixed greens (spinach, arugula, or lettuce).
 1 medium avocado, sliced
 ½ small cucumber, sliced
 6 cherry tomatoes, halved
 2 tbsp fresh lemon juice
 1 tbsp olive oil

Method

Season chicken with spices, then cook in olive oil for 6–7 minutes per side until done.

Let rest, then slice.

Combine greens, avocado, cucumber, and tomatoes in a bowl.

Mix lemon juice, olive oil, salt, and pepper for dressing, then drizzle over salad. Top with chicken and serve immediately.

~300 kcal, 30 g protein,
 12 g carbohydrates,
 16 g fat, and 5 g fiber.

This chicken fillet with avocado and greens provides lean protein, healthy fats, and fiber for a balanced, nutritious meal.



Salmon with Soft Egg and Spinach

Serves: 2 persons Prep Time: 5 minutes Cooking Time: 15 minutes Ready In: 20 minutes

Ingredients

2 salmon fillets (150 g each)
 1 tbsp olive oil
 2 large eggs
 4 cups (120 g) fresh spinach leaves
 1 clove garlic, minced
 1 tsp fresh lemon juice
 Salt and black pepper, to taste.

Method

Pat salmon dry, season with salt and pepper, and cook in olive oil for 4–5 minutes skin-side down, then flip and cook for 2–3 minutes.

Boil eggs for 6 minutes, transfer to an ice bath for 1–2 minutes, then peel. In the same skillet, sauté garlic for 30 seconds, add spinach, and cook for 1–2 minutes with salt and lemon juice.

Plate spinach, top with salmon, add sliced eggs, and serve immediately.

~350 kcal, 30 g protein,
 2 g carbohydrates,
 25 g fat, and 2 g fiber.

This salmon with soft egg and spinach provides protein, healthy fats, and iron for a nutritious and satisfying meal.



Turkey and Vegetable Sandwich

Serves: 2 persons Prep Time: 5 minutes Cooking Time: None Ready In: 5 minutes

Ingredients

4 slices whole-grain bread
200 g (7 oz) cooked turkey breast, thinly sliced
½ medium avocado, mashed
4 slices tomato
½ medium cucumber, thinly sliced
1 cup (30 g) mixed greens
1 tsp Dijon mustard
Salt and black pepper, to taste.

Method

Mash avocado with salt and pepper. Spread on two slices of bread. Layer turkey, tomato, cucumber, and greens. Spread Dijon mustard (if using) on the remaining slices and place on top. Slice sandwiches in half and serve immediately.

~300 kcal,
25 g protein,
25 g carbohydrates,
10 g fat, and 5 g fiber.

This turkey and vegetable sandwich provides protein, fiber, and essential vitamins for a balanced and nutritious meal.



Tuna with Egg and Lettuce

Serves: 2 persons Prep Time: 5 minutes Cooking Time: 10 minutes Ready In: 15 minutes

Ingredients

1 can (150 g) tuna in water, drained
2 large eggs
4 cups (120 g) mixed lettuce leaves
½ medium cucumber, sliced
6 cherry tomatoes, halved
1 tbsp olive oil
1 tsp fresh lemon juice
Salt and black pepper, to taste.

Method

Boil eggs for 8 minutes, cool under cold water, peel, and slice. Arrange lettuce, cucumber, and tomatoes on two plates. Flake tuna over the salad, then add sliced eggs. Whisk olive oil, lemon juice, salt, and pepper for dressing. Drizzle over salad and serve immediately.

~250 kcal,
22 g protein,
7 g carbohydrates,
15 g fat, and 2 g fiber.

This tuna with egg and lettuce salad offers lean protein, healthy fats, and nutrients for a light, balanced, and wholesome meal.

SECTION 3: LIGHT LUNCHES FOR WORK AND STUDY

- 1. Hearty Salads*
- 2. Homemade Lunch Boxes*
- 3. Healthy Soups*
- 4. Quick Pasta and Grains*





Quinoa, Chicken, and Avocado Salad

Serves: 2 persons Prep Time: 10 minutes Cooking Time: 15 minutes Ready In: 25 minutes

Ingredients

½ cup (90 g) quinoa
1 cup (240 ml) water or low-sodium chicken broth
1 medium chicken breast (200 g), grilled or baked, diced
1 medium avocado, diced
1 cup (30 g) mixed greens
½ cup (75 g) cherry tomatoes, halved
2 tbsp olive oil (healthy fats).
1 tbsp fresh lemon juice
Salt and black pepper, to taste.

Method

Rinse quinoa and simmer for 12–15 minutes until tender, then let cool slightly.
Grill or bake chicken until fully cooked, let rest for 5 minutes, then dice.
Dice avocado, halve tomatoes, and rinse greens.
Combine all ingredients in a bowl.
Whisk olive oil, lemon juice, salt, and pepper for dressing.
Drizzle over salad, toss gently, and serve immediately.

~400 kcal, 30 g protein, 20 g carbohydrates, 22 g fat, 6 g fiber.

This quinoa, chicken, and avocado salad offers protein, healthy fats, and fiber for a nutritious, balanced, and satisfying meal.



Warm Salad with Beef and Vegetables

Serves: 2 persons Prep Time: 10 minutes Cooking Time: 15 minutes Ready In: 25 minutes

Ingredients

200 g (7 oz) lean beef steak
1 tbsp olive oil
1 cup (150 g) cherry tomatoes, halved
1 medium zucchini, sliced into half-moons
½ medium red bell pepper, sliced
1 clove garlic, minced
2 cups (60 g) mixed greens
1 tsp fresh lemon juice
Salt and black pepper, to taste.

Method

Season steak with salt and pepper, then sear for 3–4 minutes per side. Let rest for 5 minutes, then slice thinly. In the same skillet, sauté garlic for 30 seconds, add zucchini, bell pepper, and tomatoes, and cook for 3–5 minutes.
Arrange mixed greens on plates, top with vegetables and beef, drizzle with lemon juice and pan juices, and serve immediately.

~350 kcal, 30 g protein, 10 g carbohydrates, 20 g fat, 4 g fiber.

This warm beef and vegetable salad provides protein, healthy fats, and fiber for a nutritious and satisfying meal.



Mediterranean Salad with Tuna and Vegetables

Serves: 2 persons Prep Time: 5 minutes Cooking Time: None Ready In: 10 minutes

Ingredients

1 can (150 g) tuna in olive oil or water, drained
 2 cups (60 g) mixed greens (spinach, arugula, or romaine).
 ½ medium cucumber, diced
 ½ cup (75 g) cherry tomatoes, halved
 ¼ cup (40 g) black or green olives, pitted and sliced
 ¼ medium red onion, thinly sliced
 2 tbsp crumbled feta cheese
 1 tbsp olive oil
 1 tsp fresh lemon juice
 Salt and black pepper, to taste.

Method

Rinse and dry greens, then dice cucumber, halve tomatoes, slice onion and olives.
 Combine in a bowl, add flaked tuna and feta.
 Whisk olive oil, lemon juice, salt, and pepper for dressing.
 Drizzle over salad, toss gently, and serve immediately.

~250 kcal, 20 g protein, 10 g carbohydrates, 15 g fat, and 4 g fiber.
 This Mediterranean salad with tuna and vegetables offers protein, healthy fats, and antioxidants for a fresh, balanced meal.



Cabbage Salad with Carrots and Baked Turkey

Serves: 2 persons Prep Time: 10 minutes Cooking Time: 20 minutes Ready In: 10 minutes

Ingredients

200 g (7 oz) turkey breast, baked and sliced
 2 cups (150 g) shredded green cabbage
 1 medium carrot, grated
 2 tbsp fresh parsley or dill, chopped
 1 tbsp olive oil
 1 tsp apple cider vinegar or lemon juice
 ½ tsp Dijon mustard
 Salt and black pepper, to taste.

Method

Preheat oven to 375°F (190°C), season turkey, and bake for 20 minutes until it reaches 165°F (74°C).
 Let cool, then slice. Shred cabbage and grate carrot into a bowl.
 Whisk olive oil, apple cider vinegar (or lemon juice), Dijon mustard (if using), salt, and pepper for dressing.
 Add turkey to vegetables, drizzle with dressing, toss, garnish with parsley or dill, and serve immediately.

~250 kcal, 28 g protein, 10 g carbohydrates, 8 g fat, and 4 g fiber.
 This cabbage salad with carrots and baked turkey provides protein, healthy fats, and fiber for a nutritious and satisfying meal.



Tabbouleh Salad with Bulgur and Herbs

Serves: 2 persons Prep Time: 10 minutes Cooking Time: 10 minutes Ready In: 20 minutes

Ingredients

½ cup (90 g) dry bulgur wheat
1 cup (240 ml) boiling water
1 cup (60 g) finely chopped fresh parsley
½ cup (30 g) finely chopped fresh mint leaves
1 medium tomato, finely diced
½ medium cucumber, finely diced
2 tbsp fresh lemon juice
1 tbsp olive oil
Salt and black pepper, to taste.

Method

Pour boiling water over bulgur, cover, and let sit for 10 minutes until tender, then fluff and cool.
Finely chop parsley, mint, tomato, and cucumber.
Whisk lemon juice, olive oil, salt, and pepper for dressing.
Combine all ingredients, drizzle with dressing, toss gently, and serve immediately or chill for 15–20 minutes.

~180 kcal, 5 g protein,
24 g carbohydrates,
7 g fat, and 4 g fiber.

This tabbouleh salad with bulgur and herbs offers fiber, antioxidants, and fresh flavors for a light and nutritious meal.



Salad of Baked Beets, Nuts, and Chicken

Serves: 2 persons Prep Time: 10 minutes Cooking Time: 40 minutes for baking beets and chicken)

Ingredients

2 medium beets, peeled and cubed
1 tbsp olive oil
200 g (7 oz) chicken breast, baked and sliced
2 cups (60 g) mixed greens (spinach, arugula, or kale).
2 tbsp chopped walnuts
2 tbsp crumbled feta cheese
1 tbsp balsamic vinegar
1 tsp honey or maple syrup
Salt and black pepper, to taste.

Method

Preheat oven to 400°F (200°C).
Toss cubed beets with olive oil, salt, and pepper, then roast for 30–40 minutes, stirring halfway.
Season chicken, bake for 20–25 minutes until 165°F (74°C), then rest for 5 minutes and slice.
Arrange greens in a bowl, add beets, chicken, walnuts, and feta (if using).
Whisk balsamic vinegar, honey (if using), salt, and pepper for dressing.
Drizzle over salad, toss gently, and serve immediately.

~300 kcal, 25 g protein,
15 g carbohydrates,
12 g fat, and 4 g fiber.

This baked beet, nut, and chicken salad offers protein, healthy fats, and fiber for a balanced and nutritious meal.



Nicoise Salad with Egg and Green Beans

Serves: 2 persons Prep Time: 10 minutes Cooking Time: 10 minutes Ready In: 20 minutes

Ingredients

2 large eggs
100 g (3.5 oz) green beans, trimmed
1 cup (30 g) mixed greens (spinach, arugula, or lettuce).
½ cup (75 g) cherry tomatoes, halved
½ medium cucumber, sliced
1 can (150 g) tuna in water, drained
6 black olives
1 tbsp olive oil
1 tsp Dijon mustard
1 tsp fresh lemon juice
Salt and black pepper, to taste.

Method

Boil eggs for 8 minutes, cool under cold water, peel, and cut. Boil green beans for 2–3 minutes, then transfer to ice water, drain, and set aside. Arrange greens on plates, then top with tomatoes, cucumber, green beans, tuna, and eggs. Add olives if using. Whisk olive oil, Dijon mustard, lemon juice, salt, and pepper for dressing. Drizzle over salad and serve.

~300 kcal, 25 g protein,
12 g carbohydrates,
18 g fat, and 4 g fiber.

This Nicoise salad with egg and green beans offers protein, healthy fats, and fiber for a balanced and nutritious meal.



Salad with Chickpeas, Spinach, and Smoked Fish

Serves: 2 persons Prep Time: 10 minutes Cooking Time: None Ready In: 10 minutes

Ingredients

1 cup (150 g) cooked or canned chickpeas, drained and rinsed
2 cups (60 g) fresh spinach leaves
100 g (3.5 oz) smoked fish flaked
½ medium cucumber, sliced
½ cup (75 g) cherry tomatoes, halved
1 tbsp olive oil
1 tsp fresh lemon juice
1 tsp Dijon mustard
Salt and black pepper, to taste.

Method

Rinse and drain chickpeas, wash spinach, slice cucumber, and halve tomatoes. Remove bones from smoked fish and flake into pieces. Combine all ingredients in a bowl. Whisk olive oil, lemon juice, Dijon mustard (if using), salt, and pepper for dressing. Drizzle over salad, toss gently, and serve immediately.

~300 kcal, 20 g protein,
15 g carbohydrates,
15 g fat, and 6 g fiber.

This salad with chickpeas, spinach, and smoked fish provides protein, omega-3s, and nutrients for a balanced and satisfying meal.



Salad with Green Peas, Mint, and Chicken Meatballs

Serves: 2 persons Prep Time: 10 minutes Cooking Time: 15 minutes Ready In: 25 minutes

Ingredients

For the Chicken Meatballs:

200 g (7 oz) ground chicken breast

1 clove garlic, minced

1 tbsp chopped fresh parsley

¼ tsp salt.

¼ tsp black pepper.

1 tbsp olive oil

For the Salad:

1 cup (150 g) green peas, steamed

2 cups (60 g) mixed greens (spinach, arugula, or lettuce).

½ medium cucumber, sliced

6–8 fresh mint leaves, chopped

1 tbsp olive oil

1 tsp fresh lemon juice

Salt and black pepper, to taste.

Method

Mix ground chicken with garlic, parsley, salt, and pepper. Form 1-inch meatballs and cook in olive oil for 3–4 minutes per side until golden and 165°F (74°C) inside.

Steam fresh peas for 2–3 minutes or thaw frozen ones. Combine greens, peas, cucumber, and mint in a bowl. Whisk olive oil, lemon juice, salt, and pepper for dressing.

Drizzle over salad, toss, top with meatballs, and serve immediately.

This salad with green peas, mint, and chicken meatballs offers protein, healthy fats, and fiber for a fresh and balanced meal.



Mixed Salad with Grapefruit, Avocado, and Salmon

Serves: 2 persons Prep Time: 10 minutes Cooking Time: 10 minutes Ready In: 20 minutes

Ingredients

For the Salad:

200 g (7 oz) salmon fillet, cooked or smoked

1 medium grapefruit, segmented

½ medium avocado, sliced

2 cups (60 g) mixed greens (spinach, arugula, or kale)

½ medium cucumber, thinly sliced

For the Dressing:

1 tbsp olive oil

1 tsp fresh lemon juice

1 tsp honey

Salt and black pepper, to taste.

Method

Season salmon with salt and pepper, cook for 3–4 minutes per side, let cool, then flake.

Peel and segment grapefruit. Arrange greens on plates, add cucumber and avocado.

Top with salmon and grapefruit.

Whisk olive oil, lemon juice, honey (if using), salt, and pepper for dressing.

Drizzle over salad, toss gently, and serve immediately.

~350 kcal, 25 g protein,
15 g carbohydrates,
20 g fat, and 5 g fiber.

This salad with grapefruit, avocado, and salmon offers protein, healthy fats, and vitamins for a refreshing and balanced meal.



Baked Chicken Fillet with Quinoa and Green Vegetables

Serves: 2 persons Prep Time: 10 minutes Cooking Time: 25 minutes Ready In: 35 minutes

Ingredients

2 medium chicken fillets (200 g each)
 1 cup (180 g) cooked quinoa
 1 cup (100 g) broccoli florets
 1 cup (100 g) green beans
 2 tbsp olive oil
 1 tsp garlic powder
 1 tsp smoked paprika
 Salt and black pepper, to taste.
 1 tbsp fresh lemon juice

Method

Preheat oven to 400°F (200°C) and line a baking tray.
 Rub chicken with olive oil, garlic powder, paprika, salt, and pepper, then bake for 20–25 minutes until 165°F (74°C) inside.
 While baking, blanch broccoli and green beans in boiling water for 2–3 minutes, then drain.
 Rinse quinoa, cook in 1 cup water for 12–15 minutes, then fluff. Divide quinoa onto plates, top with chicken and vegetables, and drizzle with olive oil and lemon juice.

~350 kcal, 35 g protein,
 25 g carbohydrates,
 12 g fat, and 5 g fiber.

This baked chicken with quinoa and green vegetables provides protein, fiber, and vitamins for a balanced and nutritious meal.



Buckwheat Noodles with Chicken and Vegetables

Serves: 2 persons Prep Time: 10 minutes Cooking Time: 15 minutes Ready In: 25 minutes

Ingredients

150 g (5 oz) buckwheat noodles
 200 g (7 oz) chicken breast, sliced into thin strips
 1 tbsp olive oil or sesame oil
 1 small carrot, julienned
 ½ cup (50 g) bell peppers, thinly sliced
 1 cup (100 g) broccoli florets
 2 tbsp soy sauce (low sodium)
 1 clove garlic, minced
 1 tsp grated ginger
 1 tbsp sesame seeds

Method

Boil buckwheat noodles for 5–7 minutes, drain, rinse under cold water, and set aside. Heat 1 tsp oil in a skillet, cook chicken for 5–6 minutes, then remove. In the same skillet, add remaining oil, sauté garlic and ginger for 1 minute, then cook carrot, bell peppers, and broccoli for 3–4 minutes. Return chicken, add noodles and soy sauce, and mix over low heat for 2–3 minutes. Divide into bowls, garnish with sesame seeds if desired, and serve warm.

~350 kcal, 30 g protein,
 30 g carbohydrates,
 8 g fat, and 5 g fiber.

This buckwheat noodle dish with chicken and vegetables provides protein, fiber, and vitamins for a balanced and nourishing meal.



Turkey and Vegetable Burrito

Serves: 2 persons Prep Time: 10 minutes Cooking Time: 15 minutes Ready In: 25 minutes

Ingredients

200 g (7 oz) ground turkey
2 large whole-grain tortillas
½ cup (50 g) black beans
½ cup (50 g) diced bell peppers
½ cup (50 g) diced zucchini
¼ cup (30 g) diced red onion
1 tsp olive oil
1 clove garlic, minced
1 tsp ground cumin
1 tbsp fresh lime juice
2 tbsp salsa or diced tomatoes
1 tbsp plain Greek yogurt
Salt and black pepper, to taste.

Method

Heat olive oil in a skillet over medium heat, cook turkey with garlic, cumin, salt, and pepper for 5–7 minutes. Push to one side, sauté onion, bell peppers, and zucchini for 3–4 minutes, then mix with turkey and add black beans, cooking for 1–2 minutes. Warm tortillas in a dry skillet for 30 seconds per side. Spread salsa on each tortilla, add turkey mixture, top with Greek yogurt (if using) and lime juice. Fold, roll into burritos, and serve warm.

~320 kcal, 30 g protein,
35 g carbohydrates, 8 g fat,
and 7 g fiber.

This turkey and vegetable burrito provides protein, fiber, and vitamins for a balanced, nutritious, and satisfying meal.



Whole Grain Rice with Salmon and Broccoli

Serves: 2 persons Prep Time: 10 minutes Cooking Time: 20 minutes Ready In: 30 minutes

Ingredients

1 cup (200 g) cooked whole-grain rice
200 g (7 oz) salmon fillet
1 cup (100 g) broccoli florets
1 tbsp olive oil
1 clove garlic, minced
1 tsp fresh lemon juice
Salt and black pepper, to taste.
1 tsp sesame seeds

Method

Rinse ½ cup (100 g) rice, cook in 1 cup (240 ml) water with salt, simmer for 15–20 minutes, then fluff. Preheat oven to 375°F (190°C), place salmon on a lined baking sheet, drizzle with ½ tbsp olive oil, season with salt, pepper, and lemon juice, and bake for 12–15 minutes. While baking, steam broccoli for 5–7 minutes. (Optional: Sauté garlic in ½ tbsp olive oil for 1–2 minutes and toss with broccoli.) Divide rice onto plates, top with salmon and broccoli, garnish with sesame seeds (if using) and lemon juice, and serve.

~350 kcal, 28 g protein,
25 g carbohydrates,
14 g fat, and 4 g fiber.

This turkey and vegetable burrito provides protein, fiber, and vitamins for a balanced, nutritious, and satisfying meal.



Chicken Cutlets with Cauliflower Purée

Serves: 2 persons Prep Time: 10 minutes Cooking Time: 20 minutes Ready In: 30 minutes

Ingredients

For the Chicken Cutlets:

200 g (7 oz) ground chicken breast
1 small onion, finely grated
1 clove garlic, minced
1 tbsp fresh parsley, chopped
1 tbsp oat flour or breadcrumbs
1 egg
½ tsp paprika
Salt and black pepper, to taste.
1 tbsp olive oil

For the Cauliflower Purée:

2 cups (200 g) cauliflower florets
½ cup (120 ml) unsweetened almond milk
1 tsp olive oil or butter
Salt and black pepper, to taste.

Method

Mix ground chicken, grated onion, garlic, parsley, oat flour, egg, paprika, salt, and pepper. Shape into 4–6 patties. Heat olive oil in a skillet and cook for 3–4 minutes per side until golden and 165°F (74°C) inside. While cooking, steam cauliflower for 8–10 minutes until tender. Blend with almond milk, olive oil (or butter), salt, and pepper until smooth. Divide purée onto plates, top with cutlets, garnish if desired, and serve.



Vegetable Stew with Beans and Chicken

Serves: 2 persons Prep Time: 10 minutes Cooking Time: 25 minutes Ready In: 35 minutes

Ingredients

200 g (7 oz) chicken breast, diced
1 tbsp olive oil
1 medium onion, diced
2 garlic cloves, minced
1 medium zucchini, diced
1 medium carrot, diced
1 cup (150 g) green beans, trimmed
1 cup (240 g) canned or cooked white beans
1 cup (240 ml) low-sodium chicken broth
1 can (400 g) diced tomatoes
1 tsp smoked paprika
1 tsp dried oregano or thyme
Salt and black pepper, to taste.
Fresh parsley, chopped

Method

Heat olive oil in a pot over medium heat, cook chicken for 4–5 minutes, then set aside. In the same pot, sauté onion and garlic for 2–3 minutes, add zucchini, carrot, and green beans, and cook for 5 minutes. Return chicken, add white beans, diced tomatoes, broth, paprika, oregano, salt, and pepper, then stir. Simmer for 10–15 minutes until vegetables are tender and chicken is fully cooked. Divide into bowls, garnish with parsley if desired, and serve warm.



Grilled Chicken with Vegetable Salad and Nuts

Serves: 2 persons Prep Time: 10 minutes Cooking Time: 15 minutes Ready In: 10 minutes

Ingredients

For the Chicken:

2 medium chicken breasts (200 g each)

1 tbsp olive oil

1 tsp garlic powder

1 tsp smoked paprika

Salt and black pepper, to taste.

For the Salad:

2 cups (100 g) mixed salad greens

½ cup (75 g) cherry tomatoes, halved

½ medium cucumber, sliced

¼ cup (30 g) shredded carrots

2 tbsp mixed nuts (almonds, walnuts, or pecans)

1 tbsp lemon juice

1 tbsp olive oil

Salt and black pepper, to taste.

Method

Preheat a grill pan over medium heat. Brush chicken with olive oil, season, and grill for 5–7 minutes per side until 165°F (74°C) inside.

Let rest for 5 minutes, then slice. In a bowl, combine greens, tomatoes, cucumber, and carrots. Toss with lemon juice, olive oil, salt, and pepper, then sprinkle with nuts. Divide salad onto plates, top with sliced chicken, and serve.

This grilled chicken salad with nuts provides protein, vitamins, and healthy fats for a balanced and nutritious meal.



Baked Cod with Potatoes and Spinach

Serves: 2 persons Prep Time: 10 minutes Cooking Time: 25 minutes Ready In: 35 minutes

Ingredients

For the Cod and Potatoes:

2 cod fillets (150 g each)

200 g (7 oz) baby potatoes, halved

1 tbsp olive oil

1 tsp garlic powder

½ tsp smoked paprika

Salt and black pepper, to taste.

½ lemon, sliced

For the Spinach:

2 cups (60 g) fresh spinach

1 clove garlic, minced

1 tsp olive oil

Salt and black pepper, to taste.

Method

Preheat oven to 400°F (200°C).

Toss potatoes with ½ tbsp olive oil, garlic powder, paprika, salt, and pepper, then roast for 10 minutes.

Push potatoes aside, place cod on the sheet, drizzle with ½ tbsp olive oil, season, and top with lemon slices.

Bake for 15 minutes until cod flakes and potatoes are golden. While

baking, heat 1 tsp olive oil in a skillet, sauté garlic for 1 minute, then cook spinach for 2–3 minutes until wilted.

Divide potatoes and spinach onto plates, add cod, garnish with lemon slices if desired, and serve.

This baked cod with potatoes and spinach provides protein, energy, and essential nutrients for a balanced and wholesome meal.



Bell Peppers Stuffed with Beef and Quinoa

Serves: 2 persons Prep Time: 10 minutes Cooking Time: 35 minutes Ready In: 45 minutes

Ingredients

For the Stuffed Peppers:

4 medium bell peppers (any color)
200 g (7 oz) lean ground beef
1 cup (180 g) cooked quinoa
1 small onion, diced
1 clove garlic, minced
1 cup (240 g) diced tomatoes
1 tsp smoked paprika
1 tsp dried oregano or Italian seasoning
½ tsp salt and ¼ tsp black pepper
1 tbsp olive oil

Optional Garnish:

Fresh parsley, chopped
1 tbsp grated Parmesan cheese

Method

Preheat oven to 375°F (190°C).
Cut tops off bell peppers, remove seeds, brush with ½ tbsp olive oil, and place in a baking dish. Heat ½ tbsp olive oil in a skillet, cook ground beef for 4–5 minutes, add onion and garlic, and cook for 2–3 minutes. Stir in quinoa, diced tomatoes, paprika, oregano, salt, and pepper, and cook for 2–3 minutes. Fill peppers with the mixture, cover with foil, and bake for 25 minutes. Remove foil and bake for 10 more minutes until tender. Garnish if desired and serve warm.



Omelette with Vegetables and Chicken Fillet

Serves: 2 persons Prep Time: 10 minutes Cooking Time: 10 minutes Ready In: 20 minutes

Ingredients

2 large eggs
2 egg whites
100 g (3.5 oz) cooked chicken breast, diced
½ cup (50 g) diced bell peppers
½ cup (30 g) chopped spinach
¼ cup (30 g) diced mushrooms
1 tbsp olive oil or butter
Salt and black pepper, to taste.
Optional garnish: fresh parsley or a sprinkle of cheese.

Method

Whisk eggs with salt and pepper. Dice chicken and vegetables. Heat ½ tbsp olive oil in a skillet, sauté bell peppers, mushrooms, and spinach for 2–3 minutes, then set aside. Add remaining ½ tbsp oil, pour in eggs, and cook for 1–2 minutes until set. Add vegetables and chicken to one side, fold, and cook for 1–2 minutes until fully set. Slide onto a plate, garnish if desired, and serve immediately.

This omelette with vegetables and chicken provides protein, healthy fats, and nutrients for a balanced and satisfying meal.



Creamy Pumpkin Soup with Shrimps

Serves: 4 persons Prep Time: 10 minutes Cooking Time: 20 minutes Ready In: 30 minutes

Ingredients

500 g (1 lb) pumpkin, peeled and diced
 1 medium onion, diced
 2 garlic cloves, minced
 2 cups (480 ml) low-sodium chicken or vegetable broth
 1 cup (240 ml) unsweetened coconut milk
 200 g (7 oz) shrimp, peeled and deveined
 1 tbsp olive oil
 1 tsp smoked paprika
 Salt and black pepper, to taste.
 Optional garnish: fresh parsley, pumpkin seeds, or a drizzle of coconut milk.

Method

Heat olive oil in a pot over medium heat, sauté onion and garlic for 2–3 minutes. Add pumpkin and broth, bring to a boil, then simmer for 15 minutes until tender. Blend the soup until smooth, stir in coconut milk, salt, black pepper, and smoked paprika, and simmer for 2–3 minutes. In a skillet over medium heat, season shrimp with salt and paprika, cook for 2–3 minutes on each side until pink. Serve soup with shrimp on top, garnish with parsley, pumpkin seeds, or coconut milk if desired. Serve warm.



Chicken Soup with Quinoa and Herbs

Serves: 4 persons Prep Time: 10 minutes Cooking Time: 25 minutes Ready In: 35 minutes

Ingredients

200 g (7 oz) chicken breast, diced or shredded
 ½ cup (90 g) quinoa, rinsed
 1 medium onion, diced
 2 carrots, diced
 2 celery stalks, diced
 3 cups (720 ml) low-sodium chicken broth
 2 cups (480 ml) water
 1 tbsp olive oil
 1 tsp minced garlic
 1 tsp dried thyme or oregano
 Salt and black pepper, to taste.
 2 tbsp fresh parsley or dill, chopped

Method

Heat olive oil in a pot over medium heat, add onion, carrots, celery, and garlic, sauté for 3–4 minutes until soft. Add diced chicken breast, cook for 5 minutes until lightly browned. Stir in broth, water, quinoa, thyme or oregano, salt, and pepper. Bring to a boil, reduce heat, and simmer for 15–20 minutes until quinoa is tender and chicken is cooked. Stir in parsley or dill, serve warm.



Light Soup with Beef Meatballs and Vegetables

Serves: 4 persons Prep Time: 15 minutes Cooking Time: 25 minutes Ready In: 40 minutes

Ingredients

For the Meatballs:

200 g (7 oz) lean ground beef
1 small onion, finely grated
1 clove garlic, minced
1 tbsp fresh parsley, chopped
1 tbsp oat flour or breadcrumbs
1 egg

Salt and black pepper, to taste.

For the Soup:

1 tbsp olive oil
1 medium onion, diced
1 medium carrot, diced
1 cup (100 g) green beans, trimmed and chopped
1 small zucchini, diced
1 cup (240 g) canned diced tomatoes
4 cups (960 ml) low-sodium beef or vegetable broth

Salt and black pepper, to taste.

Optional garnish: fresh parsley or dill.

Method

Mix ground beef, grated onion, garlic, parsley, oat flour, egg, salt, and pepper, then form 1-inch meatballs. Heat olive oil in a pot over medium heat, sauté onion and carrot for 3–4 minutes. Add diced tomatoes, green beans, zucchini, and broth, bring to a gentle boil. Drop in meatballs, reduce heat, and simmer for 15–20 minutes until meatballs are cooked and vegetables are tender. Adjust seasoning, serve warm with parsley or dill.



Tomato Soup with White Beans and Chicken

Serves: 4 persons Prep Time: 10 minutes Cooking Time: 25 minutes Ready In: 35 minutes

Ingredients

200 g (7 oz) cooked chicken breast, shredded
1 cup (240 g) canned or cooked white beans, drained and rinsed
2 cups (480 ml) low-sodium chicken broth

1 cup (240 g) canned diced tomatoes

1 medium onion, diced

2 cloves garlic, minced

1 tbsp olive oil

½ tsp dried basil

½ tsp smoked paprika

Salt and black pepper, to taste.

Fresh parsley or basil leaves, for garnish

Method

Heat olive oil in a pot over medium heat, sauté onion and garlic for 2–3 minutes. Add diced tomatoes, chicken broth, basil, smoked paprika, salt, and pepper, bring to a gentle boil, then simmer for 10 minutes. Stir in shredded chicken and white beans, simmer for another 10 minutes. Optionally, blend partially for a smoother texture or leave chunky. Serve warm, garnished with parsley or basil.



Broccoli and Chicken Soup

Serves: 4 persons Prep Time: 10 minutes Cooking Time: 25 minutes Ready In: 35 minutes

Ingredients

200 g (7 oz) chicken breast, cooked and shredded
 2 cups (150 g) fresh broccoli florets
 1 medium onion, diced
 2 medium carrots, diced
 2 celery stalks, sliced
 3 cups (720 ml) low-sodium chicken broth
 1 tbsp olive oil
 1 tsp dried thyme
 Salt and black pepper, to taste.
 Optional garnish: fresh parsley or grated Parmesan cheese.

Method

Heat olive oil in a pot over medium heat, sauté onion, carrots, and celery for 3–4 minutes.
 Add chicken broth, thyme, salt, and pepper, bring to a gentle boil.
 Stir in broccoli florets and shredded chicken, reduce heat, and simmer for 10–12 minutes until broccoli is tender.
 Optionally, blend half the soup for a creamy texture or leave it chunky.
 Serve warm, garnished with parsley or Parmesan if desired.



Fish Soup with Cod and Potatoes

Serves: 4 persons Prep Time: 10 minutes Cooking Time: 25 minutes Ready In: 35 minutes

Ingredients

300 g (10 oz) cod fillets, cut into chunks
 3 medium potatoes, diced
 1 medium onion, diced
 2 medium carrots, diced
 2 celery stalks, sliced
 3 cups (720 ml) low-sodium fish or vegetable broth
 1 tbsp olive oil
 1 bay leaf
 Salt and black pepper, to taste.
 1 tbsp fresh dill or parsley, chopped

Method

Heat olive oil in a pot over medium heat, sauté onion, carrots, and celery for 3–4 minutes.
 Add potatoes, broth, bay leaf, salt, and black pepper, bring to a boil, then reduce heat and simmer for 12–15 minutes until potatoes are tender.
 Gently add cod chunks, simmer for 5–7 minutes until cooked through.
 Remove bay leaf, adjust seasoning, and serve warm, garnished with dill or parsley if desired.



Mediterranean Soup with Chickpeas and Vegetables

Serves: 4 persons Prep Time: 10 minutes Cooking Time: 25 minutes Ready In: 35 minutes

Ingredients

1 cup (240 g) cooked or canned chickpeas, drained and rinsed
 1 medium onion, diced
 2 cloves garlic, minced
 1 medium zucchini, diced
 1 cup (150 g) diced bell peppers (red, yellow, or orange)
 2 medium tomatoes, diced
 1 medium carrot, diced
 3 cups (720 ml) low-sodium vegetable broth
 1 tbsp olive oil
 1 tsp dried oregano
 1 tsp smoked paprika
 Salt and black pepper, to taste.
 Optional garnish: fresh parsley or a wedge of lemon.

Method

Heat olive oil in a pot over medium heat, sauté onion and garlic for 2–3 minutes. Add zucchini, bell peppers, carrot, and tomatoes, cook for 5 minutes, stirring occasionally. Stir in chickpeas, vegetable broth, oregano, smoked paprika, salt, and black pepper, bring to a boil, then reduce heat and simmer for 15–20 minutes until vegetables are tender. Adjust seasoning, serve warm, garnished with parsley or a squeeze of lemon if desired.



Green Pea Soup with Salmon

Serves: 4 persons Prep Time: 10 minutes Cooking Time: 20 minutes Ready In: 30 minutes

Ingredients

200 g (7 oz) fresh or frozen green peas
 150 g (5 oz) salmon fillet, cut into small pieces
 1 medium onion, diced
 1 medium potato, diced
 2 cups (480 ml) low-sodium vegetable or fish broth
 1 tbsp olive oil
 1 clove garlic, minced
 1 tsp dried dill or fresh dill
 Salt and black pepper, to taste.
 Optional garnish: a dollop of Greek yogurt or a squeeze of lemon.

Method

Heat olive oil in a pot over medium heat, sauté onion and garlic for 2–3 minutes. Add diced potato and broth, bring to a boil, then reduce heat and simmer for 10 minutes until tender. Stir in green peas and simmer for 5 minutes. Optionally, blend for a creamy texture or leave chunky. Add salmon pieces, simmer for 3–5 minutes until cooked through. Stir in dill, season with salt and black pepper, and serve warm, garnished with Greek yogurt, lemon, or extra dill if desired.



Light Mushroom Soup with Chicken

Serves: 4 persons Prep Time: 10 minutes Cooking Time: 20 minutes Ready In: 30 minutes

Ingredients

200 g (7 oz) cooked chicken breast, shredded or diced
 150 g (5 oz) mushrooms, sliced (button, cremini, or shiitake)
 1 medium onion, diced
 2 medium carrots, diced
 2 celery stalks, sliced
 3 cups (720 ml) low-sodium chicken broth
 1 cup (240 ml) water
 1 tbsp olive oil
 1 tsp dried thyme or rosemary
 Salt and black pepper, to taste.
 Optional garnish: fresh parsley or dill.

Method

Heat olive oil in a pot over medium heat, sauté onion, carrots, celery, and mushrooms for 5–7 minutes. Add chicken broth, water, thyme, salt, and black pepper, bring to a gentle boil. Stir in cooked chicken, reduce heat, and simmer for 10 minutes. Adjust seasoning, serve warm, garnished with parsley or dill if desired.

~180 kcal, 20 g protein,
 10 g carbohydrates,
 6 g fat, and 2 g fiber.

This light mushroom soup with chicken is a nutrient-dense, satisfying meal with lean protein, antioxidants, and fiber, perfect for a healthy lifestyle.



Minestrone with Vegetables and Whole Grain Pasta

Serves: 4 persons Prep Time: 10 minutes Cooking Time: 25 minutes Ready In: 35 minutes

Ingredients

1 tbsp olive oil
 1 medium onion, diced
 2 garlic cloves, minced
 2 medium carrots, diced
 2 celery stalks, sliced
 1 medium zucchini, diced
 1 cup (150 g) canned or cooked white beans, drained and rinsed
 1 cup (240 g) canned diced tomatoes
 4 cups (960 ml) low-sodium vegetable broth
 ½ cup (60 g) whole grain pasta (such as penne or macaroni)
 1 tsp dried Italian herbs (basil, oregano, or thyme)
 Salt and black pepper, to taste.
 Optional garnish: fresh parsley or grated Parmesan cheese.

Method

Heat olive oil in a pot over medium heat, sauté onion and garlic for 2–3 minutes. Add carrots, celery, and zucchini, cook for 5 minutes, stirring occasionally. Stir in white beans, diced tomatoes, vegetable broth, and Italian herbs, bring to a boil. Add whole grain pasta, reduce heat, and simmer for 10–12 minutes until pasta is al dente and vegetables are tender. Adjust seasoning, serve warm, garnished with parsley or Parmesan if desired.



Whole Grain Pasta with Chicken and Spinach

Serves: 4 persons Prep Time: 10 minutes Cooking Time: 20 minutes Ready In: 30 minutes

Ingredients

200 g (7 oz) whole grain pasta (penne, spaghetti, or fusilli)
 200 g (7 oz) chicken breast, diced
 2 cups (60 g) fresh spinach leaves
 2 tbsp olive oil
 2 cloves garlic, minced
 ½ cup (120 ml) low-sodium chicken broth
 1 tbsp fresh lemon juice
 ½ tsp dried Italian herbs (basil or oregano)
 Salt and black pepper, to taste.
 Optional garnish: grated Parmesan cheese or fresh parsley.

Method

Cook pasta in salted boiling water for 8–10 minutes until al dente, reserving ½ cup of pasta water before draining. Heat 1 tbsp olive oil in a skillet over medium heat, sauté diced chicken with salt and pepper for 5–7 minutes until fully cooked, then set aside. In the same skillet, heat remaining 1 tbsp olive oil, cook garlic for 1 minute, then sauté spinach for 2–3 minutes until wilted. Return chicken to the skillet, add pasta, broth, Italian herbs, and lemon juice, tossing to combine; add reserved pasta water if needed. Serve warm, garnished with Parmesan or parsley if desired.



Asian-Style Rice with Egg, Chicken, and Vegetables

Serves: 4 persons Prep Time: 10 minutes Cooking Time: 20 minutes Ready In: 30 minutes

Ingredients

2 cups (400 g) cooked brown rice
 200 g (7 oz) chicken breast, diced
 2 large eggs, beaten
 1 cup (100 g) mixed vegetables (carrots, peas, and bell peppers)
 2 tbsp low-sodium soy sauce
 1 tbsp sesame oil or olive oil
 2 green onions, sliced
 1 clove garlic, minced
 1 tsp grated ginger
 Salt and black pepper, to taste.

Method

Cool cooked rice in advance. Dice chicken and prepare vegetables. Sauté chicken in ½ tbsp sesame oil for 5–7 minutes, then remove. Quickly scramble eggs in the same pan, then remove. Add remaining oil, sauté garlic and ginger for 1 minute, then vegetables for 3–4 minutes. Return chicken and eggs, add rice, pour in soy sauce, and cook for 2–3 minutes. Serve with green onions if desired.



Pasta with Shrimp and Zucchini Sauce

Serves: 4 persons Prep Time: 10 minutes Cooking Time: 20 minutes Ready In: 30 minutes

Ingredients

200 g (7 oz) whole grain pasta (spaghetti, penne, or fettuccine)
200 g (7 oz) shrimp, peeled and deveined
2 medium zucchinis, grated
1 medium onion, finely chopped
2 garlic cloves, minced
1 tbsp olive oil
½ cup (120 ml) unsweetened almond milk or low-fat milk
2 tbsp grated Parmesan cheese
Salt and black pepper, to taste.
1 tsp dried oregano or Italian seasoning
Optional garnish: fresh parsley or lemon zest.

Method

Cook pasta in salted boiling water for 8–10 minutes, reserve ½ cup pasta water, then drain. Heat ½ tbsp olive oil, season shrimp with salt and pepper, sauté 2–3 minutes per side until pink, then remove. In the same skillet, heat remaining oil, sauté onion and garlic for 3–4 minutes, add grated zucchini, cook 5 minutes, then stir in almond milk and oregano, simmer 2–3 minutes. Toss pasta with zucchini sauce, add shrimp and Parmesan, adjusting consistency with reserved pasta water if needed. Serve warm, garnished with parsley or lemon zest.



Bulgur with Beef and Vegetables

Serves: 4 persons Prep Time: 10 minutes Cooking Time: 25 minutes Ready In: 35 minutes

Ingredients

200 g (7 oz) lean ground beef
1 cup (180 g) bulgur
1 medium onion, diced
2 medium carrots, diced
1 medium zucchini, diced
1 cup (150 g) diced bell peppers (red or yellow)
2 cups (480 ml) low-sodium beef or vegetable broth
1 tbsp olive oil
1 tsp smoked paprika
1 tsp dried oregano or thyme
Salt and black pepper, to taste.
Optional garnish: fresh parsley or lemon wedges.

Method

Cook bulgur in boiling broth over low heat for 12–15 minutes, then fluff with a fork. Sauté ground beef in ½ tbsp olive oil with salt and pepper for 5–7 minutes until browned, then remove. In the same skillet, sauté onion, carrots, zucchini, and bell peppers in remaining oil for 5–7 minutes. Return beef, add bulgur, smoked paprika, and oregano, cook for 2–3 minutes. Serve warm, garnished with parsley and lemon wedges if desired.



Noodles with Tofu and Vegetables in Teriyaki Sauce

Serves: 4 persons Prep Time: 10 minutes Cooking Time: 20 minutes Ready In: 30 minutes

Ingredients

For the Noodles:

200 g (7 oz) whole grain noodles (soba, udon, or rice noodles)

For the Tofu and Vegetables:

200 g (7 oz) firm tofu, cubed

1 tbsp sesame oil or olive oil

1 cup (100 g) broccoli florets

1 medium carrot, julienned

1 medium red bell pepper, thinly sliced

2 green onions, sliced

For the Teriyaki Sauce:

¼ cup (60 ml) low-sodium soy sauce or tamari (for gluten-free)

1 tbsp honey or maple syrup

1 tbsp rice vinegar

1 tsp grated ginger

1 tsp cornstarch mixed with 2 tbsp water

Method

Cook noodles in boiling water for 6–8 minutes, drain, rinse with cold water, and set aside. Whisk soy sauce, honey, rice vinegar, ginger, and cornstarch slurry in a bowl. Heat ½ tbsp sesame oil, cook tofu for 5–7 minutes until golden, then remove. In the same skillet, heat remaining oil, stir-fry broccoli, carrots, and bell peppers for 5–7 minutes. Return tofu, add teriyaki sauce, toss to coat, and cook for 2–3 minutes until thickened. Serve over noodles, garnished with green onions if desired.



Quinoa with Pumpkin and Turkey

Serves: 4 persons Prep Time: 10 minutes Cooking Time: 25 minutes Ready In: 35 minutes

Ingredients

1 cup (180 g) quinoa, rinsed

2 cups (480 ml) low-sodium chicken or vegetable broth

200 g (7 oz) turkey breast, diced

2 cups (200 g) pumpkin, diced

1 small onion, finely chopped

1 tbsp olive oil

1 tsp garlic powder

½ tsp smoked paprika or cumin

Salt and black pepper, to taste.

Optional garnish: fresh parsley or a sprinkle of toasted pumpkin seeds.

Method

Cook quinoa in broth over low heat for 12–15 minutes until tender, then fluff with a fork.

Heat ½ tbsp olive oil, sauté turkey with salt, pepper, and garlic powder for 5–7 minutes, then remove.

In the same skillet, heat remaining oil, sauté pumpkin and onion for 8–10 minutes until tender. Return turkey, add quinoa, smoked paprika, salt, and pepper, cook for 2–3 minutes. Serve warm, garnished with parsley or pumpkin seeds if desired.



Pasta with Salmon and Creamy Lemon Sauce

Serves: 4 persons Prep Time: 10 minutes Cooking Time: 20 minutes Ready In: 30 minutes

Ingredients

200 g (7 oz) whole grain pasta (spaghetti, fettuccine, or penne)
200 g (7 oz) salmon fillet, cut into bite-sized pieces
1 tbsp olive oil
1 small onion, finely chopped
2 cloves garlic, minced
½ cup (120 ml) unsweetened almond milk or low-fat milk
2 tbsp plain Greek yogurt
1 tsp grated lemon zest
2 tbsp fresh lemon juice
1 tbsp chopped fresh dill or parsley
Salt and black pepper, to taste.

Method

Cook pasta in salted boiling water for 8–10 minutes until al dente, reserve ½ cup pasta water, then drain. Heat ½ tbsp olive oil, cook salmon with salt and pepper for 2–3 minutes per side, then remove. In the same skillet, heat remaining oil, sauté onion and garlic for 2–3 minutes, then add almond milk, Greek yogurt, lemon zest, juice, salt, and pepper, simmer for 2–3 minutes. Return salmon and pasta, toss to coat, adding pasta water if needed. Serve warm, garnished with dill or parsley.



Bulgur Pilaf with Chicken and Carrots

Serves: 4 persons Prep Time: 10 minutes Cooking Time: 25 minutes Ready In: 35 minutes

Ingredients

1 cup (180 g) bulgur wheat
200 g (7 oz) chicken breast, diced
2 medium carrots, julienned or grated
1 small onion, finely chopped
2 cups (480 ml) low-sodium chicken broth or water
2 tbsp olive oil
1 tsp ground cumin or smoked paprika
Salt and black pepper, to taste.
Optional garnish: chopped fresh parsley or a squeeze of lemon.

Method

Heat 1 tbsp olive oil, cook chicken with salt and pepper for 5–7 minutes until browned, then remove. In the same skillet, heat remaining oil, sauté onion and carrots for 5–7 minutes. Add bulgur, toast for 1–2 minutes, then pour in broth, add cumin or paprika if using, bring to a boil, reduce heat, cover, and simmer for 12–15 minutes until liquid is absorbed. Return chicken, stir, and cook for 2–3 minutes. Serve warm, garnished with parsley or lemon.



Risotto with Mushrooms and Chicken Fillet

Serves: 4 persons Prep Time: 10 minutes Cooking Time: 30 minutes Ready In: 40 minutes

Ingredients

1 cup (200 g) Arborio or short-grain brown rice
200 g (7 oz) chicken breast, diced
1 cup (100 g) mushrooms, sliced (button, cremini, or shiitake)
1 small onion, finely chopped
2 garlic cloves, minced
4 cups (960 ml) low-sodium chicken broth, warmed
2 tbsp olive oil
½ cup (120 ml) unsweetened almond milk or low-fat milk
2 tbsp grated Parmesan cheese
Salt and black pepper, to taste.
Optional garnish: chopped parsley or thyme.

Method

Heat 1 tbsp olive oil, cook chicken with salt and pepper for 5–7 minutes until golden, then remove. In the same skillet, heat remaining oil, sauté mushrooms for 5 minutes, then set aside. Sauté onion and garlic for 2–3 minutes. Stir in rice, toast for 1–2 minutes, then gradually add warm broth, stirring until absorbed, for 20–25 minutes until creamy. Return chicken and mushrooms, add almond milk and Parmesan if using, cook for 2–3 minutes. Serve warm, garnished with parsley or thyme.



Orzo with Baked Fish and Green Vegetables

Serves: 4 persons Prep Time: 10 minutes Cooking Time: 20 minutes Ready In: 30 minutes

Ingredients

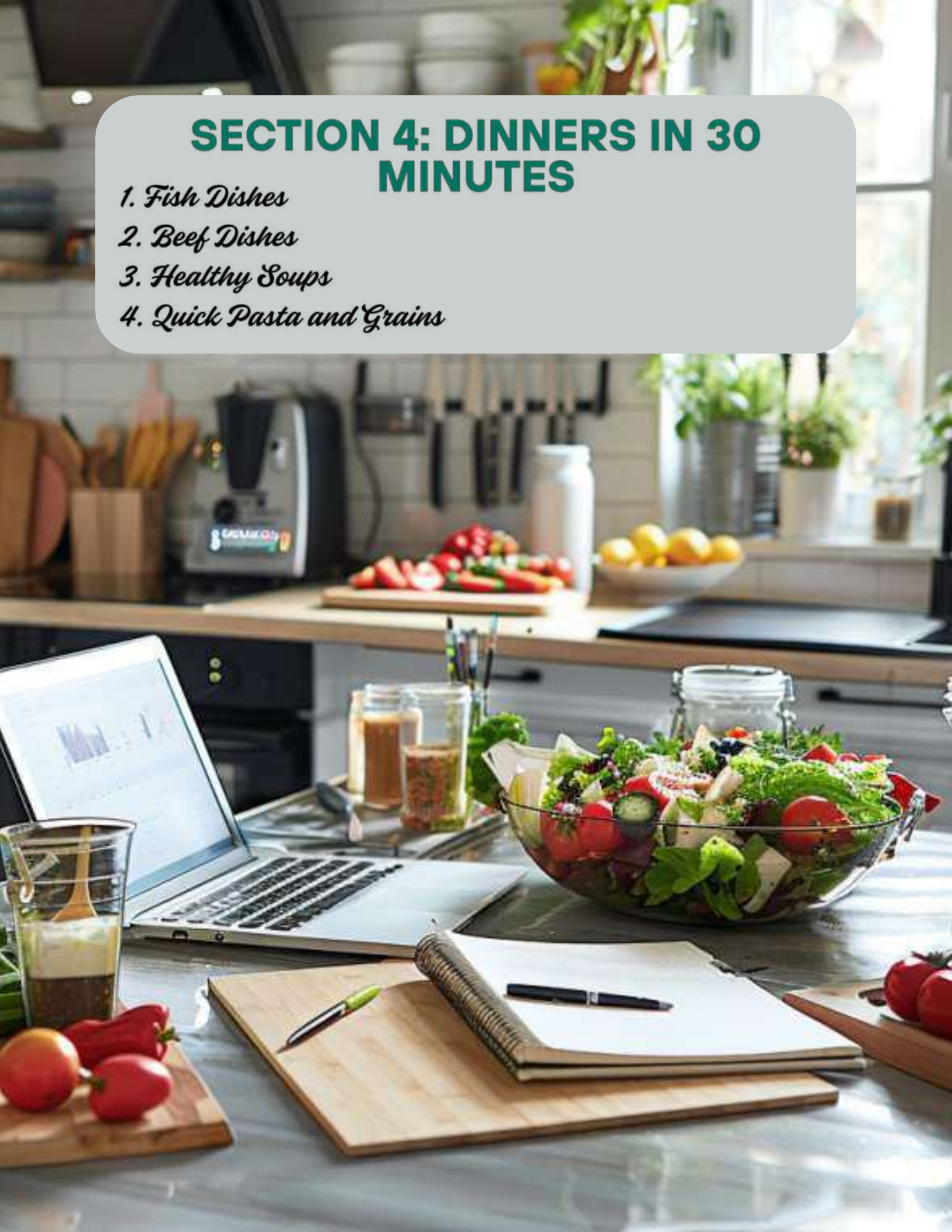
For the Fish:
200 g (7 oz) white fish fillets (cod, haddock, or tilapia)
1 tbsp olive oil
1 tsp lemon zest
Salt and black pepper, to taste.
For the Orzo and Vegetables:
1 cup (200 g) whole grain orzo
1 cup (100 g) broccoli florets
1 cup (100 g) green beans, trimmed and halved
1 small zucchini, diced
2 tbsp olive oil
1 clove garlic, minced
1 tbsp fresh lemon juice
Salt and black pepper, to taste.
Optional garnish: chopped fresh parsley or dill.

Method

Preheat oven to 375°F (190°C), place fish on a lined baking sheet, drizzle with olive oil, season with lemon zest, salt, and pepper, then bake for 12–15 minutes. Cook orzo in salted boiling water for 8–10 minutes, drain. Heat 1 tbsp olive oil, sauté garlic (if using) for 1 minute, then add broccoli, green beans, and zucchini, cooking for 5–7 minutes. Stir cooked orzo into the vegetables, add remaining olive oil, lemon juice, salt, and pepper, and heat through. Serve warm, topping with baked fish and garnishing with parsley or dill if desired.

SECTION 4: DINNERS IN 30 MINUTES

- 1. Fish Dishes*
- 2. Beef Dishes*
- 3. Healthy Soups*
- 4. Quick Pasta and Grains*





Baked Salmon with Lemon and Asparagus

Serves: 4 persons Prep Time: 10 minutes Cooking Time: 15 minutes Ready In: 25 minutes

Ingredients

4 salmon fillets (150 g each)
1 bunch (400 g) asparagus, trimmed
2 tbsp olive oil
1 lemon (zest and juice)
Salt and black pepper, to taste.
Optional garnish: fresh dill or parsley.

Method

Preheat oven to 400°F (200°C), place salmon and asparagus on a lined baking sheet.

Drizzle with olive oil, sprinkle with lemon zest, salt, and pepper, then squeeze lemon juice over.

Bake for 12–15 minutes until salmon flakes easily and asparagus is tender-crisp. Serve warm, garnished with dill or parsley and a lemon wedge if desired.

~280 kcal, 25 g protein,
5 g carbohydrates, 18 g fat, 3 g fiber.

This dish provides lean protein from salmon, healthy fats from olive oil, and fiber-rich asparagus, making it a balanced, nutrient-dense meal perfect for a clean eating lifestyle.



Cod in Tomato and Basil Sauce

Serves: 4 persons Prep Time: 10 minutes Cooking Time: 20 minutes Ready In: 30 minutes

Ingredients

4 cod fillets (150 g each)
1 tbsp olive oil
1 medium onion, finely chopped
2 cloves garlic, minced
2 cups (480 ml) canned diced tomatoes
½ cup (120 ml) low-sodium vegetable or fish broth
1 tsp dried oregano
1 tsp smoked paprika
Salt and black pepper, to taste.
¼ cup fresh basil leaves, chopped (for garnish).

Method

Heat olive oil over medium heat, sauté onion and garlic for 2–3 minutes. Add diced tomatoes, broth, oregano, smoked paprika, salt, and pepper, then simmer for 8–10 minutes until slightly thickened. Nestle cod fillets into the sauce, cover, and cook for 8–10 minutes until opaque and flaky. Serve warm, garnished with fresh basil.

~220 kcal, 28 g protein,
10 g carbohydrates, 7 g fat, 2 g fiber.

This dish combines lean protein from cod, antioxidants from tomatoes, and healthy fats from olive oil, making it a nutrient-dense, balanced option perfect for a clean eating lifestyle.



Grilled Trout with Vegetable Garnish

Serves: 4 persons Prep Time: 10 minutes Cooking Time: 20 minutes Ready In: 30 minutes

Ingredients

For the Trout:

4 trout fillets (150 g each)
2 tbsp olive oil
1 tsp lemon zest
Salt and black pepper, to taste.
Optional garnish: fresh dill or parsley.

For the Vegetable Garnish:

2 medium zucchinis, sliced
1 medium red bell pepper, sliced
1 medium carrot, julienned
1 cup (100 g) cherry tomatoes, halved
1 tbsp olive oil
1 tsp dried Italian herbs
Salt and black pepper, to taste.

Method

Preheat a grill over medium heat, brush trout with olive oil, lemon zest, salt, and pepper. Grill skin-side down for 4–5 minutes per side until flaky, then keep warm. Meanwhile, heat olive oil, sauté zucchini, bell pepper, carrot, and cherry tomatoes with Italian herbs, salt, and pepper for 8–10 minutes until tender-crisp. Serve warm with trout, garnished with dill or parsley if desired.

This dish offers lean protein from trout, healthy fats from olive oil, and a medley of nutrient-rich vegetables, making it a balanced, wholesome meal ideal for clean eating.



Fish Cutlets from White Fish and Greens

Serves: 4 persons Prep Time: 10 minutes Cooking Time: 15 minutes Ready In: 25 minutes

Ingredients

400 g (14 oz) white fish fillets (cod, haddock, or pollock)
1 small onion, finely chopped
1 garlic clove, minced
2 tbsp fresh parsley or dill, finely chopped
1 large egg
2 tbsp oat flour or breadcrumbs
1 tbsp olive oil
Salt and black pepper, to taste.

Method

Pulse fish fillets in a food processor until minced, then mix with onion, garlic, parsley or dill, egg, oat flour, salt, and pepper.

Shape into 8 cutlets. Heat olive oil, cook cutlets for 3–4 minutes per side until golden and fully cooked. Drain on paper towels and serve warm with steamed vegetables, salad, or whole-grain bread.

These fish cutlets provide lean protein, healthy fats, and a touch of greens, making them a nutrient-dense, balanced option for a wholesome meal.



Sea Bass Fillet with Rice and Spinach

Serves: 4 persons Prep Time: 10 minutes Cooking Time: 20 minutes Ready In: 30 minutes

Ingredients

4 sea bass fillets (150 g each)
1 cup (200 g) brown rice
2 cups (60 g) fresh spinach leaves
2 tbsp olive oil
1 garlic clove, minced
1 lemon (zest and juice)
2 cups (480 ml) low-sodium vegetable
or chicken broth
Salt and black pepper, to taste.

Method

Rinse rice, bring broth to a boil, add rice, reduce heat, cover, and simmer for 20–25 minutes until tender. Meanwhile, heat 1 tbsp olive oil, season sea bass with salt, pepper, and lemon zest, cook skin-side down for 3–4 minutes, flip, and cook 2–3 minutes until flaky, then keep warm. In the same skillet, heat remaining oil, sauté garlic for 1 minute, add spinach, cook for 2–3 minutes until wilted, then season with salt and lemon juice. Serve rice topped with sea bass and spinach, with lemon wedges if desired.

This dish provides lean protein from sea bass, whole grains from brown rice, and essential vitamins from spinach, making it a balanced, nutrient-dense meal perfect for clean eating.



Sesame Crusted Tuna with Arugula Salad

Serves: 4 persons Prep Time: 10 minutes Cooking Time: 10 minutes Ready In: 20 minutes

Ingredients

For the Tuna:
4 tuna steaks (150 g each)
3 tbsp sesame seeds (white or black,
or a mix)
1 tbsp olive oil
Salt and black pepper, to taste.
For the Salad:
4 cups (120 g) fresh arugula
1 cup (150 g) cherry tomatoes, halved
½ red onion, thinly sliced
2 tbsp olive oil
1 tbsp balsamic vinegar
Salt and black pepper, to taste.

Method

Pat tuna dry, season with salt and pepper, then coat with sesame seeds. Heat olive oil, sear tuna for 1–2 minutes per side for rare to medium-rare, then let rest. In a bowl, mix arugula, cherry tomatoes, and red onion, drizzle with olive oil and balsamic vinegar, then season. Serve salad topped with tuna steak.

This dish combines lean tuna for protein and omega-3s, arugula for antioxidants, and sesame seeds for healthy fats, making it a nutrient-dense, balanced meal ideal for clean eating.



Mackerel Baked with Potatoes and Garlic

Serves: 4 persons Prep Time: 10 minutes Cooking Time: 30 minutes Ready In: 40 minutes

Ingredients

4 whole mackerel, cleaned and gutted (150 g each)
 600 g (1.3 lbs) baby potatoes, halved
 4 cloves garlic, minced
 2 tbsp olive oil
 1 tbsp fresh lemon juice
 1 tsp dried thyme or rosemary
 Salt and black pepper, to taste.
 Optional garnish: fresh parsley or dill.

Method

Preheat oven to 400°F (200°C). Toss potatoes with 1 tbsp olive oil, half the garlic, thyme or rosemary, salt, and pepper, then spread on a lined baking sheet. Score mackerel skin, rub with remaining oil, garlic, salt, and pepper, squeeze lemon juice over, and place next to potatoes. Bake for 25–30 minutes, turning potatoes halfway, until fish flakes easily and potatoes are golden. Serve warm, garnished with parsley or dill if desired.

This dish combines omega-3-rich mackerel, fiber from potatoes, and healthy fats from olive oil, making it a balanced, nutrient-dense meal perfect for a clean eating lifestyle.



Grilled Garlic Lemon Shrimp

Serves: 4 persons Prep Time: 10 minutes Cooking Time: 5 minutes Ready In: 15 minutes

Ingredients

500 g (1 lb) large shrimp, peeled and deveined
 2 tbsp olive oil
 2 garlic cloves, minced
 1 lemon (zest and juice)
 1 tsp paprika
 Salt and black pepper, to taste.
 Optional garnish: fresh parsley or dill.

Method

Mix olive oil, garlic, lemon zest, lemon juice, paprika, salt, and pepper. Toss shrimp in marinade and let sit for 10–15 minutes. Preheat grill to medium-high heat. Thread shrimp onto skewers if using, then grill for 2–3 minutes per side until pink and slightly charred. Serve immediately, garnished with parsley or dill and a lemon wedge.

~150 kcal, 20 g protein,
 2 g carbohydrates, 7 g fat, 1 g fiber.

This dish provides lean protein from shrimp, healthy fats from olive oil, and antioxidants from garlic and lemon, making it a nutrient-dense and balanced meal perfect for clean eating.



Salmon in Creamy Lemon Sauce with Broccoli

Serves: 4 persons Prep Time: 10 minutes Cooking Time: 15 minutes Ready In: 25 minutes

Ingredients

4 salmon fillets (150 g each)
1 tbsp olive oil
2 cups (300 g) broccoli florets
1 small onion, finely chopped
2 garlic cloves, minced
½ cup (120 ml) unsweetened almond milk or low-fat milk
2 tbsp plain Greek yogurt
1 lemon (zest and juice)
1 tsp dried dill or parsley
Salt and black pepper, to taste.

Method

Steam or blanch broccoli for 3–4 minutes until tender-crisp. Heat olive oil, season salmon with salt and pepper, sear for 3–4 minutes per side, then keep warm. In the same skillet, sauté onion and garlic for 2–3 minutes, then whisk in almond milk, Greek yogurt, lemon zest, juice, and dill, simmering for 2–3 minutes. Return salmon, spoon sauce over, and cook for 2 minutes. Serve with broccoli, garnished with parsley or dill if desired.

~320 kcal, 25 g protein,
10 g carbohydrates, 20 g fat, 3 g fiber.

This dish offers lean protein from salmon, healthy fats from olive oil, and fiber-rich broccoli, making it a balanced, nutrient-dense meal perfect for clean eating.



White Fish Ceviche with Avocado and Lime

Serves: 4 persons Prep Time: 15 minutes Cooking Time: None Ready In: 15 minutes

Ingredients

400 g (14 oz) white fish fillets (snapper, cod, or tilapia), diced
½ cup (120 ml) fresh lime juice
1 medium avocado, diced
1 medium tomato, diced
1 small red onion, finely chopped
1 small jalapeño, finely chopped
2 tbsp fresh cilantro, chopped
1 tbsp olive oil
Salt and black pepper, to taste.
Optional garnish: lime wedges or tortilla chips.

Method

Place diced fish in a glass or ceramic bowl, cover with lime juice, and refrigerate for 20–30 minutes until opaque. Meanwhile, mix avocado, tomato, onion, jalapeño, and cilantro. Drain excess liquid from fish, add to vegetables, drizzle with olive oil, season with salt and pepper, and toss gently. Serve immediately, garnished with cilantro and lime wedges if desired.

~220 kcal, 20 g protein,
8 g carbohydrates, 12 g fat, 3 g fiber.

This dish combines lean protein from white fish, healthy fats from avocado and olive oil, and vitamins from fresh vegetables, making it a light, nutrient-dense meal perfect for clean eating.



Fish Steak with Corn Purée and Herbs

Serves: 4 persons Prep Time: 10 minutes Cooking Time: 20 minutes Ready In: 30 minutes

Ingredients

For the Fish Steak:

4 fish steaks (salmon, cod, or halibut; 150 g each)

1 tbsp olive oil

1 tsp lemon zest

Salt and black pepper, to taste.

For the Corn Purée:

2 cups (300 g) cooked sweet corn kernels

½ cup (120 ml) unsweetened almond milk or low-fat milk

1 tbsp olive oil

Salt and black pepper, to taste.

For the Garnish:

2 tbsp fresh parsley or cilantro, finely chopped

Optional garnish: chili flakes for heat.

Method

Pat fish steaks dry, season with salt, pepper, and lemon zest. Heat olive oil, sear for 3–4 minutes per side until golden and cooked through, then set aside. Blend cooked corn, almond milk, olive oil, salt, and pepper until smooth, then warm over low heat. Spread corn purée on plates, top with fish, and garnish with parsley or cilantro, adding chili flakes if desired.

This dish combines lean fish for protein and omega-3s, corn for fiber and energy, and olive oil for healthy fats, creating a nutrient-dense, balanced meal ideal for clean eating.



Mussels in White Wine Sauce with Whole Grain Bread

Serves: 4 persons Prep Time: 10 minutes Cooking Time: 15 minutes Ready In: 25 minutes

Ingredients

For the Mussels:

1 kg (2.2 lbs) fresh mussels, cleaned and debearded

2 tbsp olive oil

1 small onion, finely chopped

2 garlic cloves, minced

1 cup (240 ml) dry white wine

1 cup (240 ml) low-sodium vegetable or fish broth

2 tbsp fresh parsley, chopped

Salt and black pepper, to taste.

For Serving:

4 slices (120 g) whole grain bread

Optional garnish: lemon wedges.

Method

Rinse mussels under cold water, discarding any that are cracked or don't close when tapped. Heat olive oil, sauté onion and garlic for 2–3 minutes. Pour in white wine and broth, season with salt and pepper, and bring to a simmer. Add mussels, cover, and cook for 5–7 minutes, shaking occasionally, until they open; discard any closed ones. Serve with sauce, parsley, toasted whole grain bread, and lemon wedges if desired.

This dish combines mussels for lean protein and omega-3s, olive oil for healthy fats, and whole grain bread for fiber, making it a balanced and nutrient-rich meal.



Beef Curry with Coconut Milk

Serves: 4 persons Prep Time: 15 minutes Cooking Time: 25 minutes Ready In: 40 minutes

Ingredients

For the Curry:

400 g (14 oz) lean beef, cut into bite-sized pieces

1 tbsp coconut oil

1 medium onion, finely chopped

2 garlic cloves, minced

1 tsp grated ginger

2 tbsp curry powder

1 tsp ground turmeric

1 can (400 ml) coconut milk (unsweetened)

1 cup (240 ml) low-sodium vegetable or beef broth

1 medium sweet potato, diced

1 cup (150 g) green beans, trimmed

Salt and black pepper, to taste.

For Serving:

2 cups (300 g) cooked brown rice or quinoa Optional garnish: chopped

Method

Heat coconut oil, sear beef for 2–3 minutes until browned, then set aside. In the same skillet, sauté onion, garlic, and ginger for 2–3 minutes, stir in curry powder and turmeric, and cook for 1 minute. Add coconut milk, broth, and sweet potato, simmer for 10 minutes. Return beef, add green beans, and simmer for 5–7 minutes until tender. Season with salt and pepper, garnish with cilantro or lime juice if desired, and serve warm with brown rice or quinoa.



Warm Salad with Beef and Quinoa

Serves: 4 persons Prep Time: 15 minutes Cooking Time: 20 minutes Ready In: 30 minutes

Ingredients

200 g (7 oz) lean beef, thinly sliced

1 cup (180 g) quinoa, rinsed

2 cups (480 ml) low-sodium vegetable or beef broth

1 cup (150 g) cherry tomatoes, halved

1 cup (60 g) arugula or baby spinach

½ medium red onion, thinly sliced

2 tbsp olive oil

1 tbsp balsamic vinegar

Salt and black pepper, to taste.

Optional garnish: fresh parsley or cilantro.

Method

Bring broth to a boil, add quinoa, reduce heat, cover, and simmer for 12–15 minutes until tender, then fluff with a fork. Heat 1 tbsp olive oil, season beef with salt and pepper, sear for 2–3 minutes per side, then set aside. In the same skillet, heat remaining oil, sauté onion for 2–3 minutes, add cherry tomatoes, and cook for 2 more minutes. Combine quinoa, beef, onions, tomatoes, and arugula or spinach in a bowl, drizzle with balsamic vinegar, season, and toss. Serve warm, garnished with parsley or cilantro if desired.

This dish combines lean beef for protein, quinoa for fiber and energy, and fresh vegetables for vitamins, making it a balanced, nutrient-dense meal perfect for clean eating.



Beef Steaks with Mushroom Sauce

Serves: 4 persons Prep Time: 10 minutes Cooking Time: 20 minutes Ready In: 30 minutes

Ingredients

For the Steaks:

4 beef steaks (150 g each, sirloin or tenderloin)

1 tbsp olive oil

Salt and black pepper, to taste.

For the Mushroom Sauce:

2 cups (150 g) mushrooms, sliced (button or cremini)

1 small onion, finely chopped

2 garlic cloves, minced

½ cup (120 ml) low-sodium vegetable or beef broth

½ cup (120 ml) unsweetened almond milk or low-fat milk

1 tbsp olive oil

1 tsp dried thyme or parsley

Salt and black pepper, to taste.

Method

Heat 1 tbsp olive oil, season steaks with salt and pepper, sear for 3–4 minutes per side, then cover with foil and let rest. In the same skillet, heat 1 tbsp oil, sauté onion and garlic for 2–3 minutes, add mushrooms, and cook for 5–7 minutes until golden.

Stir in broth and almond milk, scrape the skillet, add thyme or parsley, and simmer for 3–4 minutes until slightly thickened. Serve steaks with mushroom sauce, alongside steamed vegetables or quinoa if desired.



Roasted Beef with Sweet Potato and Rosemary

Serves: 4 persons Prep Time: 10 minutes Cooking Time: 30 minutes Ready In: 40 minutes

Ingredients

For the Beef:

500 g (1.1 lbs) beef sirloin or tenderloin, trimmed

1 tbsp olive oil

1 tsp dried rosemary or 2 sprigs fresh rosemary

Salt and black pepper, to taste.

For the Sweet Potato:

600 g (1.3 lbs) sweet potatoes, peeled and cubed

1 tbsp olive oil

1 tsp garlic powder

Salt and black pepper, to taste.

Method

Preheat oven to 400°F (200°C).

Toss sweet potatoes with 1 tbsp olive oil, garlic powder (if using), rosemary, salt, and pepper, then spread on a lined baking sheet. Pat beef dry, rub with 1 tbsp olive oil, season with rosemary, salt, and pepper.

Roast sweet potatoes for 10 minutes. Meanwhile, sear beef for 2–3 minutes per side, then transfer to the baking sheet and roast for 15–20 minutes until desired doneness. Let beef rest for 5 minutes, then slice and serve with sweet potatoes, garnished with rosemary if desired.



Wok Noodles with Beef and Vegetables

Serves: 4 persons Prep Time: 10 minutes Cooking Time: 15 minutes Ready In: 25 minutes

Ingredients

For the Beef:

300 g (10 oz) lean beef, thinly sliced

1 tbsp soy sauce (low-sodium)

1 tsp sesame oil

1 tsp garlic, minced

1 tsp ginger, grated

For the Noodles:

200 g (7 oz) whole grain or rice noodles

For the Vegetables:

1 medium carrot, julienned

1 cup (100 g) broccoli florets

1 small red bell pepper, sliced

1 cup (60 g) snap peas or green beans

2 tbsp olive oil or sesame oil

For the Sauce:

3 tbsp soy sauce (low-sodium)

1 tbsp honey or maple syrup

1 tsp sesame oil

1 tbsp rice vinegar or lemon juice

Method

Marinate beef in soy sauce, sesame oil, garlic, and ginger for 10 minutes.

Cook noodles according to package instructions, then drain. Heat 1 tbsp oil, stir-fry beef for 2–3 minutes until browned, then set aside. Add remaining oil, stir-fry carrots, broccoli, bell pepper, and snap peas for 3–5 minutes. Return beef, add noodles, pour sauce, and toss to combine, cooking for 2–3 minutes. Serve warm, garnished with sesame seeds or green onions if desired.



Beef Cutlets with Cauliflower Purée

Serves: 4 persons Prep Time: 15 minutes Cooking Time: 20 minutes Ready In: 35 minutes

Ingredients

For the Beef Cutlets:

400 g (14 oz) lean ground beef

1 small onion, finely chopped

1 garlic clove, minced

1 large egg

2 tbsp oat flour or breadcrumbs

Salt and black pepper, to taste.

1 tbsp olive oil

For the Cauliflower Purée:

1 medium head of cauliflower, cut into florets (about 500 g/1.1 lbs)

½ cup (120 ml) unsweetened almond milk or low-fat milk

1 tbsp olive oil or unsalted butter

Salt and black pepper, to taste.

Method

Mix ground beef, onion, garlic, egg, oat flour, salt, and pepper, then form 8 cutlets. Heat olive oil, cook cutlets for 4–5 minutes per side until browned and fully cooked, then set aside. Steam or boil cauliflower for 8–10 minutes, drain, blend with almond milk, olive oil or butter, salt, and pepper until smooth. Serve cutlets over cauliflower purée, garnished with parsley if desired.



Beef Meatballs in Tomato Sauce

Serves: 4 persons Prep Time: 15 minutes Cooking Time: 25 minutes Ready In: 40 minutes

Ingredients

For the Meatballs:

400 g (14 oz) lean ground beef
1 small onion, finely chopped
1 garlic clove, minced
1 large egg
2 tbsp oat flour or breadcrumbs
Salt and black pepper, to taste.
1 tbsp olive oil

For the Tomato Sauce:

2 cups (480 ml) canned crushed tomatoes
1 small onion, finely chopped
2 garlic cloves, minced
1 tsp dried oregano
1 tbsp olive oil
Salt and black pepper, to taste.

Method

Mix ground beef, onion, garlic, egg, oat flour, salt, and pepper, then form 12 meatballs. Heat 1 tbsp olive oil, sear meatballs for 3–4 minutes per side until browned, then set aside. In the same skillet, heat 1 tbsp oil, sauté onion and garlic for 2–3 minutes, add crushed tomatoes, oregano, salt, and pepper, and simmer for 5 minutes. Return meatballs, cover, and simmer for 10–12 minutes, turning halfway. Serve with whole-grain pasta, quinoa, or zucchini noodles, garnished with basil or parsley.



Beef with Vegetables and Aromatic Spices Cooked in a Wok

Serves: 4 persons Prep Time: 10 minutes Cooking Time: 15 minutes Ready In: 25 minutes

Ingredients

300 g (10 oz) lean beef, thinly sliced
2 tbsp soy sauce (low-sodium)
1 tsp sesame oil
1 tsp garlic, minced
1 tsp ginger, grated

For the Vegetables:

1 medium carrot, julienned).
1 small red bell pepper, sliced
1 cup (100 g) broccoli florets
1 cup (60 g) snap peas or green beans
2 tbsp olive oil or sesame oil

For the Sauce:

3 tbsp soy sauce (low-sodium)
1 tbsp honey or maple syrup
1 tsp sesame oil
1 tbsp rice vinegar or lemon juice

Method

Mix soy sauce, sesame oil, garlic, and ginger, add beef, toss, and marinate for 5–10 minutes. Heat 1 tbsp oil in a wok over medium-high heat. Stir-fry beef for 2–3 minutes until browned, then set aside. Add remaining oil, stir-fry carrot, bell pepper, broccoli, and snap peas for 3–5 minutes. Return beef, pour sauce, toss, and stir-fry for 2–3 minutes. Serve warm, plain or over brown rice or quinoa, garnished with sesame seeds or green onions if desired.



Beef Stir-Fry with Broccoli and Sesame Sauce

Serves: 4 persons Prep Time: 10 minutes Cooking Time: 15 minutes Ready In: 25 minutes

Ingredients

For the Beef:

300 g (10 oz) lean beef, thinly sliced
2 tbsp soy sauce (low-sodium)
1 tsp sesame oil

For the Vegetables:

2 cups (200 g) broccoli florets
1 medium carrot, julienned
1 small red bell pepper, sliced
1 tbsp olive oil or sesame oil

For the Sesame Sauce:

3 tbsp soy sauce (low-sodium)
1 tbsp tahini or sesame paste
1 tbsp honey or maple syrup
1 tsp rice vinegar or lemon juice
1 tsp grated ginger

Method

Marinate beef in soy sauce and sesame oil for 5 minutes. Heat oil, stir-fry broccoli, carrot, and bell pepper for 4–5 minutes, then set aside. In the same wok, stir-fry beef for 2–3 minutes until browned. Return vegetables, pour in whisked sesame sauce, toss to coat, and cook for 2 minutes. Serve as is or over brown rice or quinoa, garnished with sesame seeds or green onions if desired.



Beef Kebabs with Spicy Yogurt Sauce

Serves: 4 persons Prep Time: 15 minutes Cooking Time: 15 minutes Ready In: 30 minutes

Ingredients

For the Kebabs:

400 g (14 oz) lean beef, cubed
1 tbsp olive oil
1 tsp smoked paprika
1 tsp ground cumin
1 garlic clove, minced
Salt and black pepper, to taste.

For the Vegetables:

1 red bell pepper, cut into chunks
1 yellow bell pepper, cut into chunks
1 small red onion, quartered
1 small zucchini, sliced into thick rounds

For the Spicy Yogurt Sauce:

½ cup (120 g) plain Greek yogurt
1 tsp harissa paste or sriracha
1 tsp lemon juice
1 tbsp fresh cilantro, chopped
Salt, to taste.

Method

Mix olive oil, smoked paprika, cumin, garlic, salt, and pepper, then toss with beef cubes. Thread beef and vegetables onto skewers. Preheat grill to medium-high heat, cook kebabs for 10–12 minutes, turning occasionally. Whisk Greek yogurt, harissa, lemon juice, cilantro, and salt for sauce. Serve kebabs with sauce, alongside whole grain pita or quinoa if desired.



Grilled Beefsteak with Vegetables

Serves: 4 persons Prep Time: 10 minutes Cooking Time: 15 minutes Ready In: 25 minutes

Ingredients

For the Beefsteak:

4 beef steaks (150 g each, sirloin or ribeye)

1 tbsp olive oil

1 tsp garlic powder

Salt and black pepper, to taste.

For the Vegetables:

1 medium zucchini, sliced into rounds

1 medium red bell pepper, sliced

1 medium yellow bell pepper, sliced

1 cup (150 g) cherry tomatoes

1 small red onion, quartered

1 tbsp olive oil

1 tsp dried Italian herbs (or fresh rosemary)

Salt and black pepper, to taste.

Optional Garnish:

Fresh parsley or basil.

Lemon wedges.

Method

Rub steaks with olive oil, garlic powder (if using), salt, and pepper, then let sit for 10 minutes. Toss zucchini, bell peppers, cherry tomatoes, and onion with olive oil, Italian herbs, salt, and pepper. Preheat grill to medium-high and oil the grates. Grill vegetables for 8–10 minutes, turning occasionally, then set aside. Grill steaks for 4–6 minutes per side until desired doneness, then rest for 5 minutes. Serve with vegetables, garnished with parsley or basil and lemon wedges.



Pasta with Minced Beef and Tomatoes

Serves: 4 persons Prep Time: 10 minutes Cooking Time: 20 minutes Ready In: 30 minutes

Ingredients

For the Pasta:

300 g (10 oz) whole grain pasta (penne, spaghetti, or fusilli)

Salt, for boiling water.

For the Sauce:

400 g (14 oz) lean ground beef

1 tbsp olive oil

1 medium onion, finely chopped

2 garlic cloves, minced

1 can (400 g/15 oz) diced tomatoes (no added salt)

2 tbsp tomato paste

1 tsp dried basil or 1 tbsp fresh basil, chopped

1 tsp dried oregano

Salt and black pepper, to taste.

Optional Garnish:

2 tbsp Parmesan cheese, grated

Fresh basil leaves or parsley.

Method

Cook pasta in salted boiling water until al dente, reserve $\frac{1}{2}$ cup pasta water, then drain. Heat olive oil, cook ground beef for 5–7 minutes until browned. Add onion and garlic, sauté for 2–3 minutes, then stir in diced tomatoes, tomato paste, basil, oregano, salt, and pepper. Simmer for 10 minutes until thickened. Add pasta to the sauce, toss to coat, adjusting consistency with reserved pasta water if needed. Serve warm, garnished with Parmesan and basil if desired.



Baked Beef with Green Beans

Serves: 4 persons Prep Time: 10 minutes Cooking Time: 25 minutes Ready In: 35 minutes

Ingredients

400 g (14 oz) lean beef, cut into strips
 2 cups (200 g) fresh green beans, trimmed
 1 medium red bell pepper, sliced
 1 medium onion, thinly sliced
 2 garlic cloves, minced
 1 tbsp olive oil
 1 tsp dried thyme or rosemary
 Salt and black pepper, to taste.
 1 tbsp balsamic vinegar

Method

Preheat oven to 400°F (200°C) and line a baking sheet. In a bowl, toss beef strips, green beans, bell pepper, onion, and garlic with olive oil, thyme, salt, and pepper. Spread on the baking sheet and bake for 20–25 minutes, stirring halfway, until beef is cooked and vegetables are tender. Drizzle with balsamic vinegar if desired and serve warm, with quinoa or brown rice if preferred.

~280 kcal, 25 g protein,
 10 g carbohydrates, 12 g fat, 4 g fiber.

This dish combines lean beef for protein, green beans for fiber and vitamins, and olive oil for healthy fats, creating a balanced, nutrient-dense meal perfect for clean eating.



Chicken Skewers with Teriyaki Sauce and Vegetables

Serves: 4 persons Prep Time: 15 minutes Cooking Time: 15 minutes Ready In: 30 minutes

Ingredients

For the Chicken Skewers:
 400 g (14 oz) chicken breast, cut into 2-inch cubes
 1 medium red bell pepper, cut into chunks
 1 medium yellow bell pepper, cut into chunks
 1 medium zucchini, sliced into thick rounds
 1 small red onion, quartered
 1 tbsp olive oil
 Salt and black pepper, to taste.
 For the Teriyaki Sauce:
 3 tbsp low-sodium soy sauce (or tamari for gluten-free)
 1 tbsp honey or maple syrup
 1 tbsp rice vinegar
 1 tsp sesame oil
 1 tsp grated ginger
 1 garlic clove, minced

Method

Whisk soy sauce, honey, rice vinegar, sesame oil, ginger, and garlic. Marinate chicken in half the sauce for 10–15 minutes, reserving the rest. Thread chicken, bell peppers, zucchini, and onion onto skewers, brush with olive oil, and season. Preheat grill to medium-high, cook skewers for 10–15 minutes, turning and brushing with reserved sauce until chicken reaches 165°F (74°C). Serve warm, drizzled with remaining sauce, optionally with brown rice or quinoa.



Turkey with Pumpkin and Green Peas

Serves: 4 persons Prep Time: 10 minutes Cooking Time: 25 minutes Ready In: 35 minutes

Ingredients

For the Dish:

400 g (14 oz) turkey breast, diced
2 cups (300 g) pumpkin, peeled and cubed
1 cup (150 g) green peas (fresh or frozen)
1 small onion, finely chopped
2 garlic cloves, minced
1 tbsp olive oil
1 tsp dried thyme or rosemary
½ cup (120 ml) low-sodium chicken or vegetable broth
Salt and black pepper, to taste.
Optional Garnish:
Fresh parsley, chopped

Method

Heat olive oil, cook turkey for 4–5 minutes until browned, then set aside. In the same skillet, sauté onion and garlic for 2–3 minutes, add pumpkin and thyme, stir, then pour in broth. Cover and simmer for 10 minutes until pumpkin is tender. Return turkey, add peas, stir, and cook for 5 minutes until heated through. Season with salt and pepper, serve warm with parsley, optionally with quinoa, rice, or salad.

This dish combines lean turkey for protein, pumpkin for vitamins and fiber, and peas for plant-based nutrients, creating a balanced, nutrient-rich meal perfect for clean eating.



Chicken Cutlets with Broccoli and Cheese

Serves: 4 persons Prep Time: 10 minutes Cooking Time: 20 minutes Ready In: 30 minutes

Ingredients

For the Cutlets:

400 g (14 oz) ground chicken breast
1 cup (150 g) broccoli florets, finely chopped
½ cup (50 g) shredded cheese (cheddar or mozzarella)
1 large egg
2 tbsp oat flour or breadcrumbs
1 garlic clove, minced
Salt and black pepper, to taste.
For Cooking:
1 tbsp olive oil

Method

Mix ground chicken, broccoli, cheese, egg, oat flour, garlic, salt, and pepper. Shape into 8 patties, about 1 inch thick. Heat olive oil, cook cutlets for 4–5 minutes per side until golden and cooked through (165°F/74°C). Serve warm with mixed greens, quinoa, or roasted sweet potatoes.

~280 kcal, 28 g protein, 10 g carbohydrates, 12 g fat, 3 g fiber.

These cutlets combine lean chicken for protein, broccoli for fiber and vitamins, and olive oil for healthy fats, making them a nutrient-dense and balanced choice for clean eating.



Baked Chicken Drumsticks with Vegetables

Serves: 4 persons Prep Time: 10 minutes Cooking Time: 40 minutes Ready In: 50 minutes

Ingredients

For the Chicken:

8 chicken drumsticks (skin-on or skinless, about 800 g/1.7 lbs)

2 tbsp olive oil

1 tsp paprika

1 tsp garlic powder

Salt and black pepper, to taste.

For the Vegetables:

2 medium carrots, cut into sticks

2 medium zucchini, sliced into rounds

1 medium red bell pepper, cut into chunks

1 medium yellow onion, quartered

1 cup (150 g) cherry tomatoes

1 tbsp olive oil

1 tsp dried thyme or rosemary

Salt and black pepper, to taste.

Method

Preheat oven to 400°F (200°C) and line a baking tray. Mix olive oil, paprika, garlic powder, salt, and pepper, then rub onto chicken. Toss carrots, zucchini, bell pepper, onion, and tomatoes with olive oil, thyme, salt, and pepper. Arrange chicken on the tray, spread vegetables around, and bake for 35–40 minutes, turning halfway, until chicken is golden and reaches 165°F (74°C). Serve warm, garnished with parsley if desired.



Turkey in a Creamy Lemon Sauce with Pasta

Serves: 4 persons Prep Time: 10 minutes Cooking Time: 20 minutes Ready In: 30 minutes

Ingredients

For the Turkey and Sauce:

400 g (14 oz) turkey breast, cut into bite-sized pieces

1 tbsp olive oil

1 garlic clove, minced

1 cup (240 ml) light cream or coconut cream

1 medium lemon (zest and juice)

1 tsp Dijon mustard

Salt and black pepper, to taste.

1 tbsp fresh parsley, chopped

For the Pasta:

300 g (10 oz) whole grain pasta (penne or fettuccine)

Salt, for boiling water.

Optional Additions:

1 cup (150 g) spinach, lightly wilted

Method

Cook pasta in salted boiling water until al dente, reserve ½ cup pasta water, then drain. Heat olive oil, cook turkey for 5–7 minutes until golden and fully cooked (165°F/74°C), then set aside. In the same skillet, sauté garlic for 1 minute, add cream, lemon zest, and juice, and simmer for 3–4 minutes. Stir in Dijon mustard (if using), salt, and pepper. Return turkey, add pasta, and mix, adding reserved pasta water if needed. Serve immediately, garnished with parsley.



Asian Chicken with Sesame Rice

Serves: 4 persons Prep Time: 10 minutes Cooking Time: 20 minutes Ready In: 30 minutes

Ingredients

For the Chicken:

400 g (14 oz) chicken breast, cut into bite-sized pieces
1 tbsp sesame oil
2 tbsp low-sodium soy sauce
1 tbsp honey or maple syrup
1 tsp grated ginger
1 garlic clove, minced
1 tbsp sesame seeds

For the Sesame Rice:

1 cup (200 g) brown rice
2 cups (480 ml) water
1 tbsp sesame oil
1 green onion, finely chopped

For the Vegetables:

1 cup (150 g) broccoli florets
1 medium carrot, julienned
1 red bell pepper, sliced
1 tbsp sesame oil or olive oil

Method

Rinse rice, combine with water, bring to a boil, then simmer covered for 20 minutes. Stir in sesame oil, fluff with a fork, and set aside. Mix soy sauce, honey, ginger, and garlic. Heat sesame oil, cook chicken for 5–7 minutes until golden, then add sauce and cook for 1–2 minutes until thickened. In another skillet, heat sesame oil, stir-fry broccoli, carrots, and bell pepper for 5–7 minutes, season with salt and pepper. Serve rice topped with chicken and vegetables, garnished with sesame seeds and green onion if desired.



Chicken Steaks with Cabbage Salad

Serves: 4 persons Prep Time: 10 minutes Cooking Time: 15 minutes Ready In: 25 minutes

Ingredients

For the Chicken Steaks:

4 chicken breast fillets (about 400 g/14 oz total)
1 tbsp olive oil
1 tsp smoked paprika
½ tsp garlic powder
Salt and black pepper, to taste.

For the Cabbage Salad:

2 cups (200 g) shredded green cabbage
1 medium carrot, grated
1 small red onion, thinly sliced
2 tbsp fresh parsley, chopped
2 tbsp olive oil
1 tbsp apple cider vinegar or lemon juice
Salt and black pepper, to taste.

Method

Pound chicken to 1-inch thickness, rub with olive oil, smoked paprika, garlic powder (if using), salt, and pepper. Heat a grill pan over medium-high heat, cook chicken for 4–5 minutes per side until it reaches 165°F (74°C), then let rest for 5 minutes. Mix cabbage, carrot, onion, and parsley in a bowl. Whisk olive oil, vinegar, salt, and pepper, pour over salad, and toss. Serve chicken with cabbage salad.



Turkey in Coconut Milk with Spices

Serves: 4 persons Prep Time: 10 minutes Cooking Time: 25 minutes Ready In: 35 minutes

Ingredients

For the Turkey and Sauce:

400 g (14 oz) turkey breast, diced
1 tbsp coconut oil or olive oil
1 medium onion, finely chopped
2 garlic cloves, minced
1 tsp grated ginger
1 can (400 ml/13.5 oz) coconut milk (unsweetened)
1 tsp ground turmeric
1 tsp ground cumin
1 tsp ground coriander
½ tsp chili flakes (optional)
Salt and black pepper, to taste.
For Serving:
2 cups (300 g) cooked brown rice or quinoa
Fresh cilantro, chopped

Method

Heat coconut oil, cook turkey for 5–7 minutes until lightly browned, then set aside. In the same skillet, sauté onion, garlic, and ginger for 2–3 minutes. Stir in turmeric, cumin, coriander, and chili flakes, cook for 1 minute, then add coconut milk and mix well. Return turkey, reduce heat, and simmer for 15 minutes until cooked through and sauce thickens. Season with salt and pepper, serve over brown rice or quinoa, garnished with cilantro if desired.



Chicken and Vegetable Fajitas

Serves: 4 persons Prep Time: 10 minutes Cooking Time: 20 minutes Ready In: 30 minutes

Ingredients

For the Chicken and Vegetables:

400 g (14 oz) chicken breast, cut into thin strips
1 tbsp olive oil
1 medium red bell pepper, sliced
1 medium yellow bell pepper, sliced
1 medium zucchini, sliced into rounds
1 medium red onion, sliced
1 tsp ground cumin
1 tsp smoked paprika
½ tsp chili powder (optional)
Salt and black pepper, to taste.
For Serving:
4 whole grain tortillas (8-inch size)
1 avocado, sliced
1 lime, cut into wedges
Fresh cilantro, chopped

Method

Toss chicken strips with olive oil, cumin, paprika, chili powder, salt, and pepper, then let sit. Heat a skillet over medium-high heat, cook chicken for 6–8 minutes until golden and cooked through (165°F/74°C), then set aside. In the same skillet, cook bell peppers, zucchini, and onion for 5–7 minutes until tender-crisp. Return chicken, toss to combine, and heat through. Warm tortillas in a dry skillet for 1–2 minutes per side or in a 350°F (175°C) oven for 5 minutes. Fill tortillas with chicken and vegetables, top with avocado, garnish with cilantro, and serve with lime wedges.



Chicken Wings with Spicy Glaze

Serves: 4 persons Prep Time: 10 minutes Cooking Time: 30 minutes Ready In: 40 minutes

Ingredients

For the Chicken Wings:

800 g (1.75 lbs) chicken wings, tips removed

1 tbsp olive oil

1 tsp smoked paprika

1 tsp garlic powder

Salt and black pepper, to taste.

For the Spicy Glaze:

3 tbsp honey or maple syrup

2 tbsp low-sodium soy sauce or tamari (for gluten-free)

1 tbsp hot sauce (e.g., Sriracha)

1 tsp grated ginger

1 tbsp apple cider vinegar

For Serving:

Fresh cilantro or green onion, chopped

Lime wedges

Method

Preheat oven to 400°F (200°C) and line a baking sheet. Pat chicken wings dry, toss with olive oil, smoked paprika, garlic powder, salt, and pepper, then arrange in a single layer. Bake for 20 minutes, turning halfway. In a saucepan, simmer honey, soy sauce, hot sauce, ginger, and vinegar for 2–3 minutes. Brush wings with glaze, bake for another 8–10 minutes until caramelized. Serve garnished with cilantro or green onion, with lime wedges if desired.



Chicken with Baked Potatoes and Garlic

Serves: 4 persons Prep Time: 10 minutes Cooking Time: 40 minutes Ready In: 50 minutes

Ingredients

For the Chicken and Potatoes:

4 chicken thighs or drumsticks (about 600 g/1.3 lbs)

4 medium potatoes, cut into wedges

6 garlic cloves, peeled and smashed

2 tbsp olive oil

1 tsp smoked paprika

1 tsp dried thyme or rosemary

Salt and black pepper, to taste.

Optional Garnish:

Fresh parsley, chopped

Lemon wedges

Method

Preheat oven to 400°F (200°C) and line a baking dish. Mix olive oil, smoked paprika, thyme, salt, and pepper, then toss with chicken thighs. Add potato wedges and garlic to the same bowl, coating with seasoning. Arrange chicken and potatoes in a single layer, distributing garlic evenly. Bake for 35–40 minutes, flipping potatoes halfway, until chicken reaches 165°F (74°C) and potatoes are golden. Serve garnished with parsley and lemon wedges if desired.

This dish combines lean chicken for protein, potatoes for fiber-rich carbohydrates, and olive oil for healthy fats, creating a balanced and nutrient-dense meal.



Turkey with Green Vegetables and Quinoa

Serves: 4 persons Prep Time: 10 minutes Cooking Time: 25 minutes Ready In: 35 minutes

Ingredients

For the Turkey and Vegetables:
 400 g (14 oz) turkey breast, diced
 1 tbsp olive oil
 1 cup (150 g) broccoli florets
 1 medium zucchini, sliced into rounds
 1 cup (150 g) green beans, trimmed
 1 garlic clove, minced
 1 tsp dried thyme or rosemary
 Salt and black pepper, to taste.
 For the Quinoa:
 1 cup (180 g) quinoa
 2 cups (480 ml) water or low-sodium vegetable broth
 ½ tsp salt
 For Garnish:
 Fresh parsley or cilantro, chopped
 Lemon wedges

Method

Rinse quinoa, cook in boiling water or broth with salt, then simmer covered for 15 minutes until tender. Heat olive oil, cook turkey for 5–7 minutes until golden and fully cooked (165°F/74°C), then set aside. In the same skillet, sauté broccoli, zucchini, green beans, and garlic for 5–7 minutes until tender-crisp, then season with thyme, salt, and pepper. Return turkey, toss to combine, and heat through. Serve over quinoa, garnished with parsley and lemon if desired.



Vegetable Stew with Beans and Herbs

Serves: 4 persons Prep Time: 10 minutes Cooking Time: 30 minutes Ready In: 40 minutes

Ingredients

1 tbsp olive oil
 1 medium onion, diced
 2 garlic cloves, minced
 2 medium carrots, sliced into rounds
 2 celery stalks, chopped
 1 medium zucchini, diced
 1 red bell pepper, diced
 1 can (400 g/14 oz) diced tomatoes
 1 can (400 g/14 oz) cooked cannellini or kidney beans, rinsed and drained
 1 cup (240 ml) vegetable broth or water
 1 tsp dried thyme or rosemary
 ½ tsp smoked paprika
 Salt and black pepper, to taste.
 For Garnish:
 2 tbsp fresh parsley or cilantro, chopped
 1 tsp lemon zest

Method

Heat olive oil, sauté onion and garlic for 2–3 minutes. Add carrots and celery, cook for 5 minutes, then stir in zucchini and bell pepper, sautéing for 3–4 minutes. Add diced tomatoes, beans, broth, thyme, and smoked paprika, bring to a boil, then simmer covered for 15 minutes until vegetables are tender. Season with salt and pepper, adjust consistency if needed. Serve garnished with parsley, cilantro, or lemon zest if desired.



Baked Eggplant with Nut Sauce

Serves: 4 persons Prep Time: 10 minutes Cooking Time: 25 minutes Ready In: 35 minutes

Ingredients

For the Eggplant:

2 medium eggplants (about 500 g/1 lb), sliced lengthwise

2 tbsp olive oil

½ tsp smoked paprika

Salt and black pepper, to taste.

For the Nut Sauce:

½ cup (60 g) walnuts or almonds, toasted

1 garlic clove

2 tbsp tahini (sesame paste)

2 tbsp lemon juice

3 tbsp water

1 tsp ground cumin

Salt and black pepper, to taste.

For Garnish:

1 tbsp fresh parsley, chopped

Pomegranate seeds

Method

Preheat oven to 400°F (200°C) and line a baking sheet. Brush eggplant slices with olive oil, season with smoked paprika, salt, and pepper, then bake for 20–25 minutes, flipping halfway. Blend toasted nuts, garlic, tahini, lemon juice, cumin, and water until smooth, seasoning with salt and pepper. Arrange eggplant on a plate, drizzle with sauce, and garnish with parsley and pomegranate seeds if desired.



Pasta with Mushrooms and Spinach

Serves: 4 persons Prep Time: 10 minutes Cooking Time: 20 minutes Ready In: 30 minutes

Ingredients

For the Pasta:

300 g (10 oz) whole grain pasta (e.g., penne or fettuccine)

Salt, for boiling water.

For the Mushroom and Spinach Sauce:

1 tbsp olive oil

1 medium onion, finely chopped

2 garlic cloves, minced

200 g (7 oz) button or cremini mushrooms, sliced

150 g (5 oz) fresh spinach leaves

½ cup (120 ml) light cream or coconut cream

2 tbsp grated Parmesan cheese (optional)

Salt and black pepper, to taste.

For Garnish:

1 tbsp fresh parsley, chopped

Red chili flakes (optional, for heat).

Method

Cook pasta in salted boiling water until al dente, reserving ½ cup pasta water, then drain. Heat olive oil, sauté onion for 2–3 minutes, add garlic and mushrooms, cook for 5–7 minutes, then stir in spinach and cook for 1–2 minutes. Lower heat, add cream, and simmer for 2–3 minutes, seasoning with salt and pepper. Toss pasta with sauce, adding reserved pasta water if needed, then stir in Parmesan if using. Serve immediately, garnished with parsley and chili flakes if desired.



Pumpkin Risotto with Parmesan

Serves: 4 persons Prep Time: 10 minutes Cooking Time: 25 minutes Ready In: 35 minutes

Ingredients

For the Risotto:

1 cup (200 g) Arborio rice
2 tbsp olive oil
1 medium onion, finely chopped
2 garlic cloves, minced
2 cups (450 g) pumpkin, peeled and diced
4 cups (1 L) low-sodium vegetable or chicken broth
½ cup (120 ml) dry white wine (optional)
½ cup (50 g) grated Parmesan cheese
1 tbsp unsalted butter
Salt and black pepper, to taste.
For Garnish:
1 tbsp fresh parsley, chopped
1 tbsp pumpkin seeds, toasted

Method

Heat olive oil, sauté onion and garlic for 2–3 minutes. Add pumpkin and Arborio rice, cook for 2 minutes. Pour in white wine (if using) and stir until absorbed. Gradually add warm broth, stirring frequently, letting rice absorb liquid before adding more. Cook for 18–20 minutes until rice is creamy and pumpkin is soft. Stir in Parmesan and butter (if using), season with salt and pepper. Serve immediately, garnished with parsley and pumpkin seeds if desired.



Noodles with Vegetables in Coconut Sauce

Serves: 4 persons Prep Time: 10 minutes Cooking Time: 20 minutes Ready In: 30 minutes

Ingredients

For the Noodles and Vegetables:

200 g (7 oz) rice noodles or whole grain noodles
1 tbsp olive oil or coconut oil
1 medium carrot, julienned
1 red bell pepper, thinly sliced
1 cup (100 g) broccoli florets
1 cup (100 g) snap peas
2 garlic cloves, minced
1 tsp grated ginger
For the Coconut Sauce:
1 can (400 ml/13.5 oz) coconut milk (unsweetened)
1 tbsp low-sodium soy sauce or tamari (for gluten-free)
1 tsp curry powder or turmeric
1 tbsp lime juice
Salt and black pepper, to taste.

For Garnish:

1 tbsp sesame seeds
Fresh cilantro, chopped
Lime wedges

Method

Cook noodles according to package instructions, drain. Heat oil, sauté garlic and ginger for 1–2 minutes. Add carrots, bell pepper, broccoli, and snap peas, stir-fry for 5–7 minutes. Pour in coconut milk, soy sauce, curry powder (if using), and lime juice, simmer for 3–4 minutes, season with salt and pepper. Add noodles, toss to coat, and cook for 2 minutes. Serve garnished with sesame seeds and cilantro, with lime wedges if desired.

SECTION 5: GUILT-FREE SWEETS





Dark Chocolate Coconut Bars

Serves: 12 persons Prep Time: 10 minutes Cooking Time: 30 minutes Ready In: 40 minutes

Ingredients

Coconut Layer:

1 ½ cups (120 g) unsweetened shredded coconut
½ cup (120 ml) coconut cream
2 tbsp honey or maple syrup
1 tsp vanilla extract

Chocolate Layer:

¾ cup (120 g) dark chocolate (70% cocoa or higher), melted
1 tsp coconut oil

Method

Preheat oven to 375°F (190°C). Heat 1 tbsp olive oil, sauté onion and garlic for 2–3 minutes, add eggplant, and cook for 5 minutes. Spread diced tomatoes in a baking dish, layer eggplant, zucchini, squash, and bell peppers. Drizzle with remaining olive oil, season with thyme, oregano, basil, salt, and pepper, then cover with foil. Bake for 25–30 minutes, uncovering for the last 10 minutes. Let cool slightly, garnish with parsley or basil, and serve warm.



Banana Bread with Nuts and Cinnamon

Serves: 8 persons Prep Time: 10 minutes Cooking Time: 30 minutes Ready In: 40 minutes

Ingredients

For the Banana Bread:

3 ripe bananas, mashed (about 300 g)
2 large eggs
¼ cup (60 ml) olive oil or melted coconut oil
¼ cup (60 ml) honey or maple syrup
1 tsp vanilla extract
1 ½ cups (180 g) whole wheat flour or gluten-free flour mix
1 tsp baking soda
½ tsp salt
1 tsp ground cinnamon
½ cup (50 g) chopped nuts (e.g., walnuts or pecans)

Optional Garnish:

Extra nuts for topping.

Instructions:

Method

Preheat oven to 350°F (175°C), grease or line a 9x5-inch loaf pan. Mash bananas, whisk in eggs, olive oil, honey, and vanilla. In another bowl, mix flour, baking soda, salt, and cinnamon. Gradually add dry ingredients to wet, stir until combined, then fold in nuts. Pour batter into pan, smooth the top, and sprinkle with nuts if desired. Bake for 30–35 minutes until a toothpick comes out clean. Cool in pan for 10 minutes, then transfer to a rack to cool completely. Slice and serve.



Oatmeal Cookies with Cranberries and Coconut

Serves: 12 persons Prep Time: 10 minutes Cooking Time: 15 minutes Ready In: 25 minutes

Ingredients

For the Cookies:

1 cup (100 g) rolled oats
 ¾ cup (90 g) whole wheat flour or gluten-free flour mix
 ½ tsp baking soda
 ½ tsp ground cinnamon
 ¼ tsp salt
 ½ cup (120 ml) coconut oil or olive oil, melted
 ¼ cup (60 ml) honey or maple syrup
 1 large egg or flax egg
 1 tsp vanilla extract
 ½ cup (50 g) dried cranberries
 ¼ cup (20 g) unsweetened shredded coconut

Optional Add-Ins:

2 tbsp chopped nuts (e.g., almonds or pecans)

Method

Preheat oven to 350°F (175°C) and line a baking sheet. In a bowl, mix oats, flour, baking soda, cinnamon, and salt. In another bowl, whisk coconut oil, honey, egg, and vanilla. Combine wet and dry ingredients, then fold in cranberries and shredded coconut (add nuts if desired). Scoop dough onto the baking sheet, flatten slightly, and bake for 12–15 minutes until golden. Cool for 5 minutes, then transfer to a wire rack.



Avocado Chocolate Truffles

Serves: 12 persons Prep Time: 10 minutes Cooking Time: 20 minutes Ready In: 30 minutes

Ingredients

For the Truffles:

1 ripe avocado (about 150 g), peeled and mashed
 100 g (3.5 oz) dark chocolate (70% cocoa or higher), melted
 2 tbsp unsweetened cocoa powder
 1 tbsp maple syrup or honey
 ½ tsp vanilla extract

Optional Toppings:

1 tbsp shredded coconut
 1 tbsp finely chopped nuts (e.g., almonds or hazelnuts)

Method

Mash avocado until smooth, then mix in melted dark chocolate, maple syrup, and vanilla (if using) until glossy. Cover and refrigerate for 20–30 minutes until firm. Scoop and roll into bite-sized balls. Coat in cocoa powder, shredded coconut, or nuts. Chill for 10 minutes or serve immediately.

~70 kcal, 1 g protein,
 4 g carbohydrates, 5 g fat, 1 g fiber.

These truffles combine heart-healthy avocado, antioxidant-rich dark chocolate, and natural sweeteners for a nutrient-dense, indulgent treat with balanced macronutrients.



Mango and Pineapple Smoothie Bowl

Serves: 2 persons Prep Time: 5 minutes Cooking Time: minutes Ready In: 5 minutes

Ingredients

1 cup (150 g) frozen mango chunks
 1 cup (150 g) frozen pineapple chunks
 ½ cup (120 ml) coconut water or almond milk
 1 tbsp lime juice
 1 tsp honey or maple syrup (optional)
 Optional Toppings:
 2 tbsp granola
 1 tbsp shredded coconut
 Fresh fruit slices (e.g., kiwi, berries)

Method

Blend frozen mango, pineapple, coconut water, and lime juice until smooth, adding more liquid if needed. Divide into bowls, top with granola, coconut, and fresh fruit. Serve immediately.

~120 kcal, 2 g protein,
 28 g carbohydrates, 1 g fat, 3 g fiber.

This smoothie bowl is a refreshing and nutrient-dense option, full of vitamins, antioxidants, and fiber from tropical fruits.



Apple Crumble with Oatmeal Topping

Serves: 6 persons Prep Time: 10 minutes Cooking Time: 20 minutes Ready In: 30 minutes

Ingredients

For the Apple Filling:
 4 medium apples (about 500 g), peeled, cored, and sliced
 2 tbsp honey or maple syrup
 1 tsp ground cinnamon
 1 tsp lemon juice
 For the Oatmeal Crumble:
 ¾ cup (75 g) rolled oats
 ¼ cup (30 g) whole wheat flour or almond flour
 3 tbsp coconut oil or unsalted butter, melted
 2 tbsp honey or maple syrup
 1 tsp vanilla extract
 1 pinch of salt

Method

Preheat oven to 375°F (190°C) and grease a baking dish. Toss apples with honey or maple syrup, cinnamon, and lemon juice, then spread in the dish. In a bowl, mix oats, flour, coconut oil, honey or syrup, vanilla, and salt until crumbly. Sprinkle over apples and bake for 20–25 minutes until apples are tender and topping is golden. Cool for 5 minutes and serve warm, optionally with yogurt.

This dessert is rich in fiber from apples and oats, contains natural sweeteners, and uses healthy fats, making it a nutritious and satisfying treat.



Blueberry Almond Protein Muffins

Serves: 12 persons Prep Time: 10 minutes Cooking Time: 20 minutes Ready In: 30 minutes

Ingredients

Dry Ingredients:

1 ½ cups (150 g) almond flour
 ½ cup (50 g) rolled oats or oat flour
 1 scoop (30 g) vanilla protein powder
 1 tsp baking powder
 ½ tsp baking soda
 ¼ tsp salt

Wet Ingredients:

2 large eggs (protein and structure).
 ⅓ cup (80 ml) unsweetened almond milk
 ¼ cup (60 ml) maple syrup or honey
 2 tbsp coconut oil or olive oil, melted
 1 tsp vanilla extract

Add-Ins:

1 cup (150 g) fresh or frozen blueberries
 2 tbsp slivered almonds

Method

Preheat oven to 350°F (175°C) and line a 12-cup muffin tin. In a bowl, whisk almond flour, oats, protein powder, baking powder, baking soda, and salt. In another bowl, whisk eggs, almond milk, maple syrup, coconut oil, and vanilla. Gradually mix wet ingredients into dry, then fold in blueberries and almonds, reserving some for topping. Divide batter into muffin cups, filling $\frac{3}{4}$ full, top with reserved blueberries and almonds. Bake for 18–20 minutes until a toothpick comes out clean. Cool in the tin for 5 minutes, then transfer to a wire rack.



Sugar-Free Sweet Potato Chocolate Brownies

Serves: 12 persons Prep Time: 15 minutes Cooking Time: 25 minutes Ready In: 40 minutes

Ingredients

Wet Ingredients:

1 cup (240 g) mashed cooked sweet potato
 2 large eggs or flax eggs
 ¼ cup (60 ml) melted coconut oil or olive oil
 1 tsp vanilla extract

Dry Ingredients:

½ cup (50 g) almond flour
 ¼ cup (30 g) unsweetened cocoa powder
 ¼ cup (30 g) oat flour or whole wheat flour
 1 tsp baking powder
 ¼ tsp salt

Add-Ins (Optional):

¼ cup (40 g) dark chocolate chips
 2 tbsp chopped nuts (e.g., walnuts or almonds)

Method

Preheat oven to 350°F (175°C) and line or grease an 8x8-inch pan. In a bowl, mix mashed sweet potato, eggs, coconut oil, and vanilla until smooth. In another bowl, whisk almond flour, cocoa powder, oat flour, baking powder, and salt. Gradually combine wet and dry ingredients, then fold in chocolate chips and nuts if using. Spread batter in the pan and bake for 20–25 minutes until a toothpick comes out with a few moist crumbs. Cool for 10 minutes, transfer to a wire rack, then cut into 12 squares and serve.



Energy Balls with Dates and Cocoa

Serves: 12 persons Prep Time: 15 minutes Cooking Time: minutes Ready In: 15 minutes

Ingredients

1 cup (150 g) pitted Medjool dates
 ½ cup (50 g) rolled oats
 2 tbsp (15 g) unsweetened cocoa powder
 2 tbsp (30 g) almond butter or peanut butter
 1 tbsp (15 g) chia seeds
 1 tbsp (15 ml) coconut oil, melted
 1 tsp vanilla extract
 Pinch of salt
 Optional Coating:
 2 tbsp unsweetened shredded coconut or cocoa powder

Method

Soak dates in warm water for 10 minutes if firm, then drain. Blend dates, oats, cocoa powder, almond butter, chia seeds, coconut oil, vanilla, and salt until a sticky dough forms. Roll into tablespoon-sized balls. Coat in shredded coconut or cocoa powder if desired. Chill for at least 30 minutes before serving.

~90 kcal, 2 g protein, 12 g carbohydrates, 4 g fat, 2 g fiber.
 These energy balls are packed with fiber from dates and oats, healthy fats from almond butter, and antioxidants from cocoa, making them a nutritious snack for sustained energy.



Chia Pudding with Coconut Milk and Berries

Serves: 2 persons Prep Time: 5 minutes Chill Time: 4 hours (or overnight)

Ingredients

½ cup (120 ml) unsweetened coconut milk
 ½ cup (120 ml) water
 ¼ cup (40 g) chia seeds
 1 tbsp maple syrup or honey
 ½ tsp vanilla extract
 ½ cup (75 g) fresh berries (e.g., strawberries, blueberries, raspberries)
 Optional Toppings:
 1 tbsp shredded coconut
 1 tbsp chopped nuts or seeds (e.g., almonds, sunflower seeds)

Method

Whisk together coconut milk, water, chia seeds, maple syrup, and vanilla. Cover and refrigerate for at least 4 hours, stirring after 10 minutes to prevent clumping. Once set, stir again and divide into bowls. Top with berries, coconut, and nuts or seeds as desired.

~180 kcal, 5 g protein, 14 g carbohydrates, 11 g fat, 8 g fiber.
 This chia pudding is high in fiber, healthy fats, and antioxidants, providing a nutrient-dense, satisfying, and energy-sustaining breakfast or snack.



Baked Pears with Honey and Nuts

Serves: 4 persons Prep Time: 5 minutes Cooking Time: 20 minutes Ready In: 25 minutes

Ingredients

2 large ripe pears, halved and cored
2 tbsp honey or maple syrup
¼ cup (30 g) chopped nuts (e.g., walnuts, almonds, or pecans)
½ tsp ground cinnamon
1 tsp coconut oil or butter, melted
Optional Toppings:
1 tbsp unsweetened shredded coconut
1 tbsp plain Greek yogurt or coconut yogurt

Method

Preheat oven to 375°F (190°C) and line or grease a baking dish. Place pear halves cut-side up, drizzle with honey or maple syrup, sprinkle with nuts and cinnamon, and optionally add melted coconut oil or butter. Bake for 18–20 minutes until tender and golden. Let cool slightly, then serve warm with shredded coconut or yogurt if desired.

~150 kcal, 2 g protein, 20 g carbohydrates, 8 g fat, 3 g fiber.

This dessert is high in fiber from pears, healthy fats from nuts, and natural sweetness, making it a balanced and satisfying clean-eating option.



Mini Carrot Cupcakes with Yogurt Glaze

Serves: 12 persons Prep Time: 10 minutes Cooking Time: 20 minutes Ready In: 30 minutes

Ingredients

For the Cupcakes:
¾ cup (90 g) whole wheat flour or almond flour
½ tsp baking soda
½ tsp baking powder
½ tsp ground cinnamon
¼ tsp ground nutmeg
¼ tsp salt
1 cup (100 g) grated carrots
¼ cup (60 ml) coconut oil, melted
¼ cup (60 ml) honey or maple syrup
1 large egg or flax egg
1 tsp vanilla extract
For the Yogurt Glaze:
½ cup (120 g) plain Greek yogurt or dairy-free yogurt
1 tbsp honey or maple syrup
1 tsp lemon juice

Method

Preheat oven to 350°F (175°C) and line or grease a mini muffin tin. In one bowl, whisk flour, baking soda, baking powder, cinnamon, nutmeg, and salt. In another bowl, whisk coconut oil, honey, egg, and vanilla, then stir in grated carrots. Gradually mix dry ingredients into wet until just combined. Divide batter into muffin cups, filling ¾ full, and bake for 18–20 minutes until a toothpick comes out clean. Cool in the tin for 5 minutes, then transfer to a rack. Whisk yogurt, honey, and lemon juice for glaze, then drizzle over cooled cupcakes.

SECTION 6: RECIPES FOR ALL OCCASIONS

- 1. Convenient and Versatile Recipes for Any Occasion.*
- 2. Ethnic Dishes for Gourmets*





Greek Moussaka with Eggplant and Beef

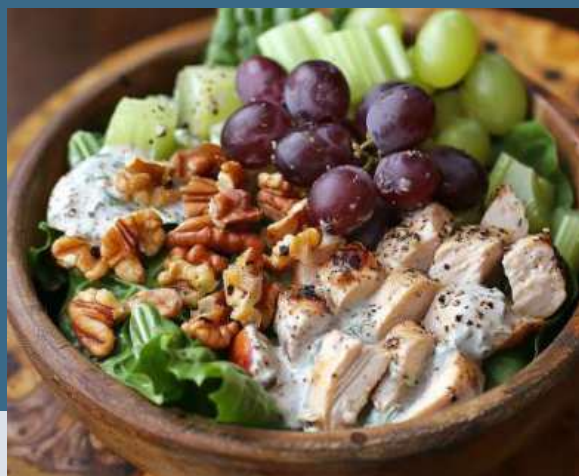
Serves: 4 persons Prep Time: 20 minutes Cooking Time: 30 minutes Ready In: 50 minutes

Ingredients

2 large eggplants (600 g), sliced into 1 cm thick rounds.
 2 tbsp olive oil.
 ½ tsp salt.
 For the Beef Layer:
 300 g lean ground beef.
 1 small onion (100 g), finely chopped.
 2 cloves garlic, minced.
 1 can (400 g) diced tomatoes.
 2 tbsp tomato paste.
 ½ tsp cinnamon (optional).
 ½ tsp dried oregano.
 ¼ tsp ground black pepper.
 1 tbsp olive oil.
 For the Topping:
 1 cup (250 ml) Greek yogurt.
 1 egg, beaten.
 ½ cup (50 g) grated Parmesan cheese.
 ¼ tsp nutmeg.

Method

Bake eggplant at 200°C (400°F) for 10 minutes, flipping halfway. Sauté onion and garlic, add beef, cook for 5 minutes. Stir in tomatoes, paste, spices, and simmer for 10 minutes. Mix yogurt, egg, Parmesan, and nutmeg. Reduce oven to 180°C (350°F), layer eggplant, beef, more eggplant, and pour yogurt topping. Bake for 20 minutes, let rest for 5 minutes before serving.



Chicken Salad with Yogurt Dressing and Grapes

Serves: 4 persons Prep Time: 15 minutes Cooking Time: None Ready In: 15 minutes

Ingredients

For the Salad:
 2 cups (250 g) cooked chicken breast, diced or shredded
 1 cup (150 g) seedless grapes, halved
 ½ cup (75 g) diced celery
 ¼ cup (30 g) chopped walnuts or almonds
 2 cups (60 g) mixed greens or baby spinach
 For the Yogurt Dressing:
 ½ cup (120 g) plain Greek yogurt
 1 tbsp olive oil
 1 tsp Dijon mustard
 1 tsp honey or maple syrup
 1 tbsp lemon juice
 Salt and black pepper, to taste

Method

Whisk together Greek yogurt, olive oil, Dijon mustard, honey, lemon juice, salt, and pepper. In a bowl, combine chicken, grapes, celery, and nuts. Pour dressing over salad and toss to coat. Serve over mixed greens.

~220 kcal, 20 g protein, 12 g carbohydrates, 10 g fat, 3 g fiber.

This chicken salad is a balanced meal, rich in lean protein, healthy fats, and antioxidants, making it a nutritious and satisfying option for any occasion.



Baked Mini Peppers with Cheese and Herbs

Serves: 4 persons Prep Time: 10 minutes Cooking Time: 15 minutes Ready In: 25 minutes

Ingredients

12 mini sweet peppers, halved and seeded
 ½ cup (100 g) ricotta or cream cheese
 ¼ cup (30 g) grated Parmesan cheese
 2 tbsp chopped fresh herbs (e.g., parsley, basil, or dill)
 1 garlic clove, minced
 1 tbsp olive oil
 Salt and black pepper, to taste

Method

Preheat oven to 400°F (200°C) and line a baking sheet.
 Mix ricotta or cream cheese, Parmesan, herbs, garlic, olive oil, salt, and pepper.
 Arrange halved peppers cut side up, fill with cheese mixture.
 Bake for 12–15 minutes until peppers are tender and cheese is golden.
 Let cool slightly and serve warm.

~120 kcal, 5 g protein, 7 g carbohydrates, 8 g fat, 2 g fiber.

These baked mini peppers are rich in vitamins, protein, and healthy fats, making them a flavorful and nutritious choice for any meal or occasion.



Pasta with Shrimps in Garlic Sauce

Serves: 4 persons Prep Time: 10 minutes Cooking Time: 15 minutes Ready In: 25 minutes

Ingredients

For the Pasta:
 8 oz (225 g) whole grain or gluten-free pasta
 For the Garlic Shrimp Sauce:
 1 lb (450 g) large shrimp, peeled and deveined
 3 tbsp olive oil
 4 garlic cloves, minced
 ½ cup (120 ml) vegetable or chicken broth
 ¼ cup (60 ml) fresh lemon juice
 ¼ tsp red pepper flakes (optional)
 Salt and black pepper, to taste
 2 tbsp chopped fresh parsley

Method

Cook pasta in salted boiling water until al dente, reserving ½ cup pasta water, then drain. Heat 2 tbsp olive oil, cook shrimp for 1–2 minutes per side until pink, then set aside. In the same skillet, heat 1 tbsp olive oil, sauté garlic for 1 minute, then add broth, lemon juice, red pepper flakes, and pasta water, simmering for 2–3 minutes. Return shrimp, toss to coat, then mix in pasta. Adjust seasoning, garnish with parsley, and serve warm.

This dish provides a balance of lean protein, fiber-rich carbs, and healthy fats, making it both nutritious and satisfying.



Eggplant Rolls with Cream Cheese and Nuts

Serves: 4 persons Prep Time: 15 minutes Cooking Time: 10 minutes Ready In: 25 minutes

Ingredients

For the Eggplant:

2 medium eggplants, sliced lengthwise into ¼-inch thick slices

2 tbsp olive oil

Salt and black pepper, to taste

For the Filling:

½ cup (120 g) cream cheese or dairy-free alternative

¼ cup (30 g) finely chopped walnuts or almonds

1 garlic clove, minced

1 tbsp chopped fresh parsley or basil

1 tsp lemon juice

Salt and black pepper, to taste.

Optional Garnish:

1 tbsp pomegranate seeds or finely chopped fresh herbs

Method

Preheat a grill pan over medium heat. Brush eggplant slices with olive oil, season with salt and pepper, and grill for 3–4 minutes per side until tender. Mix cream cheese, nuts, garlic, parsley or basil, lemon juice, salt, and pepper. Place filling on one end of each slice, roll up, and secure if needed. Arrange on a platter, garnish with pomegranate seeds or herbs, and serve.



Greek Salad with Grilled Chicken

Serves: 4 persons Prep Time: 10 minutes Cooking Time: 10 minutes Ready In: 20 minutes

Ingredients

For the Salad:

2 medium chicken breasts (about 12 oz / 340 g)

4 cups (120 g) mixed greens (e.g., spinach, arugula, or baby kale)

1 cucumber, sliced

1 cup (150 g) cherry tomatoes, halved

½ red onion, thinly sliced

½ cup (80 g) Kalamata olives, pitted

1 cup (150 g) diced feta cheese (or dairy-free alternative)

For the Dressing:

2 tbsp olive oil

1 tbsp red wine vinegar

1 tsp dried oregano

1 clove garlic, minced

Salt and pepper to taste

Method

Preheat grill to medium-high, season chicken with salt, pepper, and olive oil, then grill for 5–6 minutes per side until cooked through (165°F/75°C). Let rest, then slice. In a bowl, combine mixed greens, cucumber, tomatoes, onion, olives, and feta. Whisk olive oil, vinegar, garlic, oregano, salt, and pepper for dressing. Toss salad with dressing, top with chicken, and serve immediately.



Baked Cod with Lemon and Herbs

Serves: 4 persons Prep Time: 5 minutes Cooking Time: 15 minutes Ready In: 20 minutes

Ingredients

4 cod fillets (about 6 oz / 170 g each)
2 tbsp olive oil
2 tbsp fresh lemon juice
2 garlic cloves, minced
2 tbsp chopped fresh parsley or dill
1 tsp dried oregano or thyme
½ tsp paprika
Salt and black pepper, to taste
Lemon slices, for garnish.

Method

Preheat oven to 400°F (200°C) and line or grease a baking dish. Pat cod fillets dry and place in the dish. Mix olive oil, lemon juice, garlic, parsley or dill, oregano or thyme, paprika (if using), salt, and pepper. Brush marinade over fillets. Bake for 12–15 minutes until opaque and flaky. Garnish with lemon slices and herbs, then serve immediately.

~220 kcal, 32 g protein, 2 g carbohydrates, 9 g fat, 0 g fiber.

This baked cod dish is low in calories and high in lean protein, with omega-3 fatty acids that support heart health. The herbs and lemon add antioxidants and refreshing flavors, making it a perfect clean-eating option.



Risotto with Lemon and Parmesan

Serves: 4 persons Prep Time: 10 minutes Cooking Time: 20 minutes Ready In: 30 minutes

Ingredients

1 cup (200 g) Arborio rice
2 tbsp olive oil
1 small onion, finely chopped
2 garlic cloves, minced
4 cups (1 liter) low-sodium vegetable or chicken broth
½ cup (120 ml) dry white wine (optional)
2 tbsp fresh lemon juice
1 tbsp lemon zest
½ cup (40 g) freshly grated Parmesan cheese (or vegan alternative)
2 tbsp chopped fresh parsley
Salt and black pepper, to taste.

Method

Keep broth warm over low heat. In a skillet, heat olive oil, sauté onion for 2–3 minutes, then add garlic for 1 minute. Stir in Arborio rice and cook for 1–2 minutes. Pour in wine (if using) and let absorb. Gradually add broth, ½ cup at a time, stirring until absorbed, for about 15–18 minutes until creamy and tender. Stir in lemon juice, zest, Parmesan, and parsley. Season with salt and pepper. Let sit for 1–2 minutes, then serve warm with extra parsley and Parmesan if desired.



Chicken Cutlets with Vegetable Sauce

Serves: 4 persons Prep Time: 15 minutes Cooking Time: 20 minutes Ready In: 35 minutes

Ingredients

For the Chicken Cutlets:

1 lb (450 g) ground chicken
1 small onion, finely chopped
1 garlic clove, minced
1 egg
3 tbsp breadcrumbs or gluten-free alternative

1 tsp dried parsley or fresh parsley, chopped

½ tsp paprika

Salt and black pepper, to taste

1 tbsp olive oil for frying

For the Vegetable Sauce:

1 medium zucchini, diced
1 bell pepper, diced
1 cup (200 g) canned or fresh tomatoes, chopped

½ cup (120 ml) low-sodium chicken or vegetable broth

1 garlic clove, minced

1 tsp dried basil or Italian seasoning

Salt and black pepper, to taste.

Method

Mix ground chicken, onion, garlic, egg, breadcrumbs, parsley, paprika, salt, and pepper. Form 8 small or 4 large patties. Cook in olive oil for 4–5 minutes per side until golden and done (165°F/75°C), then set aside. In the same skillet, sauté zucchini, bell pepper, and garlic for 3–4 minutes. Add tomatoes, broth, basil, salt, and pepper; simmer 5–7 minutes. Return cutlets, simmer 3 more minutes. Serve warm with herbs.



Beef in Asian Sauce with Vegetables

Serves: 4 persons Prep Time: 10 minutes Cooking Time: 20 minutes Ready In: 30 minutes

Ingredients

For the Beef:

1 lb (450 g) lean beef (sirloin or flank steak), thinly sliced
2 tbsp low-sodium soy sauce
1 tbsp sesame oil
1 tsp cornstarch or arrowroot powder

For the Sauce:

3 tbsp low-sodium soy sauce
1 tbsp rice vinegar
1 tbsp honey or maple syrup
1 tsp sesame oil

1 tsp grated fresh ginger

1 garlic clove, minced

½ tsp chili flakes (optional)

For the Vegetables:

1 red bell pepper, thinly sliced

1 cup (150 g) broccoli florets

1 medium carrot, julienned

2 green onions, chopped

Optional:

1 tbsp sesame seeds

Steamed brown rice or quinoa for serving

Method

Marinate beef in soy sauce, sesame oil, and cornstarch for 10 minutes. Mix sauce ingredients and set aside. Cook beef in batches for 2–3 minutes, then remove. Stir-fry broccoli, bell pepper, and carrot for 3–4 minutes. Return beef, add sauce, and cook 2–3 minutes until thickened. Garnish with green onions and sesame seeds. Serve hot over rice or quinoa.



Thai Curry with Shrimp and Coconut Milk

Serves: 4 persons Prep Time: 10 minutes Cooking Time: 20 minutes Ready In: 30 minutes

Ingredients

For the Curry:

1 lb (450 g) shrimp, peeled and deveined
 1 tbsp coconut oil
 1 cup (240 ml) coconut milk (unsweetened)
 1 tbsp red curry paste
 1 cup (150 g) red bell pepper, thinly sliced
 1 cup (150 g) zucchini, sliced into half-moons
 1 cup (150 g) broccoli florets
 2 tbsp fish sauce
 1 tbsp fresh lime juice
 1 tsp grated fresh ginger
 1 tsp minced garlic
 ½ tsp chili flakes (optional)

For Garnish:

2 tbsp fresh cilantro, chopped.
 1 tbsp lime zest.
 Optional: 1 tbsp sesame seeds.

For Serving:

Steamed jasmine rice or brown rice

Method

Pat shrimp dry, season with salt. In coconut oil, sauté garlic and ginger for 30 seconds, then cook bell pepper, zucchini, and broccoli for 3–4 minutes; set aside. In the same skillet, sauté curry paste for 1 minute, add coconut milk, fish sauce, and lime juice. Cook shrimp for 3–4 minutes until pink, return vegetables, and simmer 2–3 minutes. Garnish with cilantro, lime zest, and sesame seeds. Serve hot over rice or alone.



Mexican Tacos with Chicken and Avocado

Serves: 4 persons Prep Time: 15 minutes Cooking Time: 15 minutes Ready In: 30 minutes

Ingredients

For the Chicken:

1 lb (450 g) boneless, skinless chicken breast
 1 tbsp olive oil
 1 tsp chili powder
 ½ tsp cumin powder
 ½ tsp smoked paprika
 ½ tsp garlic powder
 Salt and black pepper, to taste.

For the Tacos:

8 small whole-grain or corn tortillas
 1 cup (150 g) shredded lettuce
 1 cup (150 g) diced tomatoes
 ½ cup (75 g) red onion, thinly sliced
 1 large avocado, sliced
 1 cup (150 g) shredded cheddar or cotija cheese

For the Sauce:

½ cup (120 g) plain Greek yogurt or sour cream
 1 tbsp fresh lime juice
 1 tbsp chopped cilantro

Method

Slice chicken and toss with spices and olive oil. Cook in a skillet over medium heat for 8–10 minutes until golden. Whisk together Greek yogurt, lime juice, and cilantro for the sauce. Warm tortillas, then fill with lettuce, tomatoes, onion, chicken, and avocado. Drizzle with sauce, garnish with cheese and cilantro if desired, and serve immediately.



Mediterranean Hummus with Vegetables and Pita

Serves: 4 persons Prep Time: 10 minutes Cooking Time: 5 minutes Ready In: 15 minutes

Ingredients

For the Hummus:

1 (15 oz / 400 g) can chickpeas, rinsed and drained.
2 tbsp tahini
2 tbsp freshly squeezed lemon juice.
1 clove garlic, minced.
3 tbsp olive oil, plus more for garnish.
 $\frac{1}{4}$ tsp salt.
 $\frac{1}{2}$ tsp ground cumin.

2–3 tbsp water, as needed for consistency.

For Serving:

4 whole-grain or gluten-free pitas, quartered.
1 cup (150 g) carrot sticks.
1 cup (150 g) cucumber slices.
1 cup (150 g) bell pepper strips.
1 tbsp fresh parsley, chopped, for garnish.

Method

Blend chickpeas, tahini, lemon juice, garlic, olive oil, salt, and cumin until smooth, adding water as needed. Warm pitas in a skillet or oven for 2–3 minutes. Transfer hummus to a bowl, drizzle with olive oil, and garnish with parsley. Serve with pita slices and vegetable sticks.



Italian Caprese with Mozzarella, Tomatoes, and Basil

Serves: 4 persons Prep Time: 10 minutes Cooking Time: None Ready In: 10 minutes

Ingredients

4 medium ripe tomatoes, sliced (~500 g).
200 g fresh mozzarella, sliced into rounds.
1 cup (25 g) fresh basil leaves.
3 tbsp extra virgin olive oil.
1 tbsp balsamic glaze (optional).
 $\frac{1}{2}$ tsp sea salt.
 $\frac{1}{4}$ tsp freshly ground black pepper.

Method

Slice tomatoes and mozzarella, wash basil leaves. Arrange on a plate, alternating slices. Drizzle with olive oil and optionally balsamic glaze. Sprinkle with salt and pepper. Serve immediately.

~210 kcal, 10 g protein,
5 g carbohydrates, 16 g fat, 1 g fiber.

This dish is rich in protein from mozzarella, antioxidants from tomatoes, and healthy fats from olive oil, offering a simple yet balanced option for clean eating.



Japanese Ramen with Chicken and Vegetables

Serves: 4 persons Prep Time: 15 minutes Cooking Time: 30 minutes Ready In: 45 minutes

Ingredients

Broth:

6 cups (1.5 L) chicken stock
1 tbsp soy sauce
1 tbsp miso paste.
1 tbsp sesame oil.
1 clove garlic, minced.
1 tsp grated ginger.

Noodles:

200 g ramen noodles

Toppings:

2 chicken breasts (300 g), grilled or poached and sliced.
1 cup (100 g) sliced mushrooms
1 cup (150 g) julienned carrots.
1 cup (150 g) chopped bok choy or spinach.
2 boiled eggs, halved.
2 green onions, sliced.
1 tbsp sesame seeds for garnish.

Method

Heat sesame oil, sauté garlic and ginger (1–2 min), add stock, soy sauce, and miso, stir, bring to a boil, then simmer. Cook ramen, drain, and set aside. Grill or poach chicken, slice thinly. Sauté mushrooms (2–3 min), blanch bok choy (1 min). Divide noodles into bowls, pour broth, top with chicken, mushrooms, carrots, bok choy, and eggs. Garnish with green onions and sesame seeds, serve immediately.



French Quiche with Vegetables and Cheese

Serves: 6 persons Prep Time: 15 minutes Cooking Time: 35 minutes Ready In: 45 minutes

Ingredients

Crust:

1 ½ cups (180 g) whole wheat flour.
1/3 cup (75 g) cold unsalted butter, cubed (use vegan butter for dairy-free).
3–4 tbsp cold water.

Filling:

1 cup (150 g) zucchini, thinly sliced.
1 cup (150 g) cherry tomatoes, halved.
1/2 cup (75 g) red bell pepper, diced.
1/4 cup (25 g) chopped red onion.
3 large eggs.
1 cup (240 ml) milk (use almond or oat milk for dairy-free).
1 cup (100 g) shredded cheese (Gruyère or cheddar, or vegan cheese for dairy-free).
1/2 tsp salt.
1/4 tsp black pepper.
1/2 tsp dried thyme or fresh thyme leaves.

Method

Preheat oven to 375°F (190°C). Mix flour and butter until crumbly, add water gradually, form dough, roll out, press into a 9-inch pie dish, prick with a fork, and pre-bake (10 min). Sauté zucchini, bell pepper, and onion (3–4 min). Whisk eggs, milk, salt, pepper, and thyme. Sprinkle half the cheese on crust, add vegetables and tomatoes, pour egg mixture, top with remaining cheese. Bake (25–30 min) until set. Cool (5–10 min) before serving.



Moroccan Couscous with Vegetables and Spices

Serves: 4 persons Prep Time: 15 minutes Cooking Time: 15 minutes Ready In: 30 minutes

Ingredients

For the Couscous:

1 cup (175 g) whole grain couscous.
1 cup (240 ml) vegetable broth or water.

1 tbsp olive oil.

For the Vegetables:

1 small zucchini, diced.
1 small carrot, peeled and diced.
1/2 red bell pepper, diced.
1 small onion, finely chopped.
1 cup (150 g) cooked chickpeas
1/2 cup (75 g) raisins.

For the Spices:

1 tsp ground cumin.
1/2 tsp ground cinnamon.
1/2 tsp turmeric.
1/4 tsp paprika.
1/4 tsp cayenne pepper (optional).
Salt and black pepper to taste.

Garnish:

2 tbsp chopped fresh parsley or cilantro.
2 tbsp slivered almonds, toasted.

Method

Bring vegetable broth to a boil, remove from heat, stir in couscous and olive oil, cover, and let sit (5 min). Fluff with a fork. Heat olive oil in a skillet over medium heat, sauté onion, zucchini, carrot, and bell pepper (5–7 min). Add chickpeas, raisins, and spices, cook (2–3 min). Mix couscous with vegetables, adjust seasoning, and garnish with parsley or toasted almonds.



Spanish Paella with Seafood

Serves: 4 persons Prep Time: 15 minutes Cooking Time: 30 minutes Ready In: 45 minutes

Ingredients

Base:

1 cup (200 g) brown rice or arborio rice.
2 cups (480 ml) low-sodium seafood broth.
1/4 tsp saffron threads, soaked in 2 tbsp warm water.

Vegetables:

1 small onion, finely chopped.
1 small red bell pepper, diced.
1 medium tomato, finely chopped.
2 cloves garlic, minced.
1/2 cup (75 g) green peas, fresh or frozen.

Seafood:

8 large shrimp, peeled and deveined.
6 mussels, cleaned.
6 clams, cleaned.
4 oz (120 g) calamari rings.

Spices & Seasoning:

1 tsp smoked paprika.
1/2 tsp ground turmeric (if saffron is unavailable).
Salt and black pepper to taste.
2 tbsp olive oil.

Garnish:

1 tbsp fresh parsley, chopped.
1 lemon, cut into wedges.

Method

Heat olive oil in a paella pan over medium heat. Sauté onion, garlic, and bell pepper (3–4 min), then add tomato, paprika, and saffron (2 min). Stir in rice, pour in broth, simmer on low (15–20 min), stirring occasionally. Add shrimp, mussels, clams, and calamari in the last 10 min, covering until seafood is cooked. Add peas for the final 5 min. Let rest (5 min), garnish with parsley, and serve with lemon wedges.

Conclusion

You've already taken a huge step forward—opening this book, finding inspiration, and, most importantly, rethinking your approach to food. This isn't just about cooking; it's about caring for yourself, your body, and your mind. Here's the truth: it works not because it's perfect, but because you're trying.

Let's be honest: it won't always be easy. There will be days when you look at broccoli and think, "Nope, not today." And that's okay! The key is to remember that every small step matters. You don't have to be perfect. You don't have to cook masterpieces every day. You're doing the best you can, and that's more than enough.

Think back to why you started. Maybe you want more energy to tackle everything that's important to you. Or perhaps you want to feel better in your skin. Remember, healthy eating isn't a diet—it's a lifestyle you choose. And this choice isn't for anyone else; it's for you.

Mistakes? They're inevitable. But so what? If something burns, gets under-seasoned, or doesn't taste as great as you hoped, that's experience, not failure. Cooking is an experiment, and no one is judging you for imperfection. Even the world's best chefs started with meals that fell flat or ended up on the floor.

Healthy eating isn't punishment—it's a privilege. It's a way to treat yourself, care for your future, and improve every day. Remember that you're already doing more than most when you're standing in your kitchen. You're winning, even if it doesn't always feel like it. And most importantly, don't forget to enjoy the process. Cooking isn't a race; it's a chance to be creative. Turn up the music, sing, dance—who says your kitchen can't be your happy place?

You've got this. You're already on the path. And if things ever feel tough, this book will always remind you: you're amazing.

How to Balance an Active Life and Healthy Eating

Balance isn't about achieving the perfect picture from a magazine—it's about finding what works for you. You may have a jam-packed schedule with no time for a coffee break, but maintaining healthy eating habits isn't as complicated. Here are some practical tips to help you stay on track without compromising your busy life.

1. Meal Prep Like a Pro

The secret of successful people? Planning. And this doesn't just apply to work. If you know what you'll eat tomorrow, the chances of grabbing junk food go way down. Set aside a couple of hours on the weekend to prep some basics: cook quinoa, chop veggies, and bake chicken.

2. Make Snacks Your Allies

Snacks can be your best friend! Grab a handful of nuts, a piece of fruit, whole-grain snack bars, or even a boiled egg. These will keep your energy levels up and help you resist the lure of fast food.

3. Keep Your Fridge in Check

Stock your fridge with the right ingredients. If you open it to find chicken breast, avocado, and fresh greens, pizza will be the last thing on your mind.

4. Don't Overcomplicate It

Balance doesn't mean gourmet meals. A simple baked fish with veggies and rice? That's a win! Healthy eating doesn't have to be expensive or require Michelin-star skills.

5. Divide and Conquer (On Your Plate)

Stick to the "perfect plate" rule: half veggies, one-quarter protein, one-quarter carbs. You can ask for something like grilled chicken with a side salad and rice at a restaurant.

6. Hydration Is Key

Drink water—lots of it—all the time. Sometimes, fatigue and hunger are just dehydration in disguise.

7. Make Meals a Reset Moment

Don't treat meals as another chore. Take a break. Even 15 minutes to eat calmly can make you more productive afterward.

8. Learn to Say “No”

Life throws cakes at parties, pizza at the office, and vending machines full of candy at you. You don't have to say “yes” every time. Know your limits and stick to them.

9. Move for Joy, Not Just for Burning Calories

Don't turn eating and exercising into obligations. A healthy lifestyle should bring joy, not feel like punishment.

10. Embrace Flexibility

You're not a robot, and perfection isn't the goal. Don't stress over “doing it right” all the time. Sometimes, a burger or ice cream isn't a crime—it's self-care.

Balancing an active life and healthy eating isn't about being perfect; it's about being authentic. You don't have to get it right daily, but every small step brings you closer to a better version of yourself.

BONUS 1 Seasonal Calendar of Stress-Relieving Foods by Season

Season	Category	Products
Spring (March - May)	Fruits	Strawberries, blueberries, raspberries
	Vegetables	Asparagus, artichokes, young spinach, radishes
	Greens	Cilantro, parsley, basil
	Extras	Fresh eggs, lean chicken, young cheese
Summer (June - August)	Fruits	Watermelon, peaches, apricots, blueberries, cherries
	Vegetables	Cucumbers, tomatoes, corn, zucchini
	Greens	Arugula, romaine lettuce, green onions
	Extras	Grilled fish, lean meat dishes
Autumn (September - November)	Fruits	Apples, pears, grapes, cranberries
	Vegetables	Pumpkin, sweet potatoes, cabbage, Brussels sprouts
	Greens	Sage, thyme, rosemary
	Extras	Nuts, pomegranate seeds, quinoa
Winter (December - February)	Fruits	Oranges, tangerines, lemons, pomegranates
	Vegetables	Carrots, parsnips, beets, winter squash
	Greens	Spinach, kale
	Extras	Ginger root, honey, oats

BONUS 2

Sometimes, all you need is to hit pause and breathe—it sounds cliché, but it works like magic. Breathing exercises are like a tiny "reset" button for your body and mind. They help release tension, bring back mental clarity, and recharge your energy in just a few minutes. The best part? No equipment or gym is required. Find a comfortable spot, take a deep breath, and let your breath work wonders.

Exercise	Duration	Steps	Benefits
Category Stress Relief			
Deep Inhale-Exhale	2 minutes	1. Inhale through your nose for 4 seconds. 2. Hold your breath for 2 seconds. 3. Exhale slowly through your mouth for 6 seconds.	Relieves tension and calms the nervous system.
"4-7-8 Breathing"	3 minutes	1. Inhale through your nose for 4 seconds. 2. Hold your breath for 7 seconds. 3. Exhale through your mouth for 8 seconds.	Helps quickly relax and improves sleep quality
"Lateral Breathing"	2 minutes	1. Place your palms on your ribs to feel the movement. 2. Inhale, expanding your ribcage outward. 3. Exhale, compressing the ribs.	Enhances respiratory flexibility and lung capacity.
Category "Energy in 5 Minutes"			
Box Breathing	3 minutes	1. Inhale for 4 seconds. 2. Hold your breath for 4 seconds. 3. Exhale for 4 seconds. 4. Hold your breath again for 4 seconds.	Enhances focus and boosts brain function.
Cleansing Breath	2 minutes	1. Take a deep breath through your nose. 2. Forcefully exhale through your mouth (as if blowing out a candle). 3. Repeat 10 times.	Increases oxygen flow and relieves fatigue.
Active Inhale-Exhale	1 minutes	1. Inhale through your nose for 2 seconds. 2. Forcefully exhale through your mouth for 1 second. 3. Repeat quickly 10 times.	Energizes and stimulates blood circulation.

Category Deep Relaxation" with a Focus on Calmness and Relaxation			
4-7-8 Breathing	3 minutes	1. Inhale through your nose for 4 seconds. 2. Hold your breath for 7 seconds. 3. Slowly exhale through your mouth for 8 seconds.	Calms the nervous system, aids in falling asleep.
Relaxing Breath	2 minutes	1. Close your eyes and take a deep breath through your nose. 2. Slowly exhale through your mouth, imagining tension leaving your body.	Reduces stress, relaxes muscles.
Progressive Relaxation	5 minutes	1. Inhale deeply and tense the muscles in your feet for 5 seconds. 2. Exhale and relax those muscles.3. Repeat the process for legs, arms, shoulders, and neck.	Releases built-up tension, improves well-being.

How to Use the Table Effectively

Quick Recovery: Choose one exercise and practice it for 1–3 minutes to refresh yourself during the workday.

Morning Boost: Start your day with "Box Breathing" to clear your mind.

Shake Off Fatigue: Try "Cleansing Breath" after long hours at your desk or an exhausting commute.

Before Bed: The "4-7-8 Breathing" technique will help you fall asleep faster.

During Stress: "Relaxing Breath" is perfect for quick office breaks.

After a Long Workday: "Progressive Relaxation" helps relieve fatigue and restore energy. Choose the right exercise for your situation and use it for maximum effect!