

Super Easy Mediterranean Diet Cookbook for Beginners

**100+ Budget-Friendly Recipes for Weight
Loss, Heart Health & a No-Fuss 30-Day
Challenge**

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Chapter 1: Introduction



Our life is led by a balance between upper and lower extremes. Without this equilibrium, the dream of a long life, with super health, is unimaginable. From following various workouts to adapting to different diets, we're expected to do a lot to maintain a healthy lifestyle. For a long time, the concept of diet has been intertwined with restrictions and, hence, comes with the challenges of consistency.

But no more! The Mediterranean diet transcends all bland eating ideas. Instead, it's a way of life, a tradition passed down for centuries—true nostalgia!

The Mediterranean diet is called due to the beautiful, vast areas it's followed in. The regions stretch from the coasts of Spain and Italy to Greece, Turkey, and even parts of North Africa and the Middle East. All these regions take pride in a diet rich in fresh vegetables, whole grains, healthy fats, and lean proteins. No fake reviews- The Mediterranean diet is the genuine secret to longevity embraced by cultures along the sun-drenched shores of the Mediterranean Sea.

Chapter 2: Discovering the Mediterranean Secret



In today's rushing world, the Mediterranean diet is a lifestyle catering to each of us. This diet feels like healing to the body against the hectic loads of everyday survival. All the meals are designed explicitly with healthy ingredients, ensuring a savory boost of nutrition. Mediterranean food is more than just fuel for the body; it's a deep connection with our roots and tradition- things that matter. Deepening the bond with our healthy heritage, Mediterranean dishes are heavenly for us on all levels: Physically, emotionally, and soulfully. Sharing healthy meals with friends and family is the secret behind the reduced stress levels attached to this diet.

What makes the Mediterranean diet truly special is how effortlessly it balances health and enjoyment. The bright, fresh, and nutritious ingredients add so much flavor to the diet that following it religiously seems like a breeze. Despite its powerful effects on health, there are no strict rules or cutting of the entire food groups. Instead, it's all about balance, variety, and savoring real, wholesome meals that are as satisfying as they suit you. This is a rewarding Mediterranean secret that contributes to overall vitality.

Food traditions aren't easy to make and honor. This is another rewarding Mediterranean secret. The Mediterranean diet has stood the test of time owing to two main factors: its nutrient density and its golden elixir—olive oil! The benefits of omegas offered by olive oil are nothing new. The choice of oil extracted from olives is the outstanding feature of this diet, imparting healthy fats to your body and energizing you inside out in a nutritious way.

Care has to be the most important element of the Mediterranean diet. Unlike the prevalent, highly processed fast food industry, Mediterranean meals use healthy, wholesome ingredients, providing a vast range of benefits for heart health and maintaining cognition and blood sugar. Owing to the endless health advantages, it's indeed one of the healthiest diets known to humankind. Start following the Mediterranean lifestyle today and experience this diet's long-running healthy and flavorful claims for yourself. So, why wait? Give your heart a healthy dose starting today!

Chapter 3: Planning the Mediterranean Pantry



If you want to adapt to the Mediterranean lifestyle from “TOMORROW,” but your pantry isn’t stocked with the basics of this diet today, trust me that tomorrow will never come. Planning your pantry is the first step of many to get religious with this diet. Here’s a simple and brief step-by-step game changer to get consistent with Mediterranean meals.

1. Start by making a list of Mediterranean staples that are of daily use.
2. Then, plan your meal for the week or month, however, is convenient to you.
3. Next, plan a trip to your nearby mart and make sure to stock up all the ingredients you require for the whole week/month.

That’s all, and you’re now all set to make the exact same Mediterranean breakfast that you originally planned to make “TOMORROW!”

Shopping for Mediterranean Essentials

While visiting the mart, make sure to fill your cart with fresh stocks of fruits and veggies. Moreover, keep a check on expiry dates and focus on supplemented or added nutritional ingredients.

The basic core food groups of the Mediterranean diet are given below for guidance and assistance:

- **Whole-Grains:** The Mediterranean lifestyle asks to let go of processed and refined grains. Opt for whole-grain and multi-grain options that are enriched with fiber and all the essential nutrients that refined grains lack.
- **Healthy Fats:** Replace the unhealthy fatty dressings and drizzles with heart-healthy Extra Virgin Olive Oil. Other healthy fat options include nuts and seeds.
- **Fresh Produce:** Always choose the newest stocks of fruits and vegetables. The fresher the fruits and veggies are, the more nourishment they contain.
- **Legumes:** Beans and legumes are the best part of the Mediterranean diet. These food groups are light on the pocket, but highly fulfilling for the body, reducing the cravings.
- **Dairy & Cheese:** The diet that restricts cheese is automatically off the plan! But don’t worry, choose feta cheese for your Mediterranean meals. For dairy, always choose high-protein Greek yogurt filled with probiotics.
- **Meat:** Fish like Salmon and others are the best options for fulfilling the protein content in the Mediterranean diet. Lean poultry is another flavorful choice.
- **Herbs and Spices –** Fresh or dried, herbs like oregano, basil, thyme, and rosemary bring Mediterranean flavors to life. Don’t forget garlic, cumin, and paprika for depth

Stock your pantry with these essential Mediterranean ingredients and take a vow to a healthy lifestyle.

Chapter 4: 30-Day Meal Plan





Week 1

Day	Breakfast	Lunch	Dinner	Snack
Day 1	Fig Toast with Walnuts	Whole Wheat Vegetable Pasta	Thyme Seasoned Salmon Streak	Black Pepper Flavored Chickpeas
Day 2	Cherry Berry Smoothie Bowl	Grilled Rosemary Chicken Skewers	Mediterranean Hummus Wrap	Baked Butternut Squash
Day 3	Pomegranate Yogurt Parfait	Baked Garlic cod with Parsley	Steamed Lemon Cod	Healthy Rainbow Fruit Skewers
Day 4	Peachy Chia Pudding	Baked Herbed Salmon	Grilled Juicy Beef Steak	Citrus Berry Fruit Skewers
Day 5	Banana Flax Overnight Oats	Grilled Lemon Chicken + Cucumber Dill Salad	Zaatar and Olive Mini Pizza	Roasted Carrot Salad
Day 6	Spinach and Tomato Frittata	Grilled Tilapia fish Steak + Greek Olive Salad	Mediterranean Flatbread Pizza	Spinach & Pomegranate Salad
Day 7	Banana Oats Pancakes with Blueberries	Pan Seared Scallops + Citrus Fennel Salad	Grilled Mustard and Lemon Chicken Steak	Greens Pear Salad



Week 2

Day	Breakfast	Lunch	Dinner	Snack
Day 1	Pumpkin Quinoa Bowl with Raspberries	Paprika Seasoned Chicken + Roasted Bell Pepper Salad	Healthy Chickpea and Zucchini Soup	Roasted Mixed Seeds Bowl
Day 2	Healthy Millet Pancakes	Grilled Buttery Garlic Chicken + Garlic Roasted Potatoes	Garlic and Herbed Shrimps	Spinach and Strawberry Delight
Day 3	Healthy Peanut Butter Toast with Blueberries	Cannellini Bean Salad	Brussels Chia Salad	Mediterranean Deviled Eggs
Day 4	Mediterranean Red Lentil Pancakes	Healthy Vegetable Hazelnut Salad + Grilled Ribeye Beef Steak	Mediterranean Chicken and Vegetable Stir Fry	Banana Oatmeal cookies
Day 5	Almond Berry Smoothie + Fresh Mediterranean bowl	Green Beans and Chickpea Salad	Herbed Vegan Skewers + Mediterranean Stuffed Mushrooms	Mediterranean Skewers
Day 6	Fresh Mixed Berry Bowl + Banana Flax Overnight Oats	Mediterranean Chickpea Wrap	Sweet Potato Salad with Feta	Spicy Roasted Cauliflower
Day 7	Avocado Toast with Arugula + Greek Yogurt with Walnuts	Zesty Shrimp Salad	Tofu Veggie Skewers + Mediterranean Bruschetta	Cucumber Greek Yogurt Salad



Week 3

Day	Breakfast	Lunch	Dinner	Snack
Day 1	Healthy Peanut Butter Toast + Frozen Greek Yogurt with Cherries	Zucchini Feta Salad + Grilled Eggplant Slices	Sweet Potato Salad with Feta + Paprika Seasoned Chicken	Garlic Bean Hummus
Day 2	Mediterranean Deviled Eggs + Spinach Pomegranate Salad	Grilled Sesame Tuna Steak	Chicken and Vegetable Stir Fry	Citrus Fennel Salad
Day 3	Mediterranean Bruschetta + Healthy Rainbow Fruit Skewers	Roasted Cod with Lime Cilantro Sauce	Grilled Black Pepper White Fish + Cucumber Dill Salad	Green Pear Salad
Day 4	Peachy Chia Pudding	Grilled Lemon Seasoned Beef Steak	Chickpea and Zucchini Soup + Tofu Veggie Skewers	Roasted Sweet Potato with Herbs
Day 5	Mediterranean Blueberry and Walnut Muffins	Grilled Juicy Beef Steak + Roasted Carrot Salad	Mediterranean Stuffed Mushrooms + Arugula Avocado Salad	Baked Honey Glazed Pear with Pistachio Topping
Day 6	Oats Carrot Cake with Vanilla Sauce	Mediterranean Cabbage Salad + Greek Style Lemon Potatoes	Brazilian Fish Stew Recipe	Watermelon and Feta Cheese Skewers
Day 7	Almond Berry Smoothie + Quinoa Beets Salad	Mediterranean Tabouleh + White Beans Lemon Salad	Fish Fillet with Coconut Milk Sauce	Fiber-rich Almond Chocolate Smoothie Bowl



Week 4

Day	Breakfast	Lunch	Dinner	Snack
Day 1	Fresh Mixed Berry Bowl + Roasted Mixed Seeds Bowl	Steamed Lemon Cod + Avocado Tomato Salad	Whole Wheat Pasta with Basil Seasoned Chicken and Feta Cheese	Black Pepper Flavored Chickpeas
Day 2	Fig Tost with Walnuts+ Cannellini Bean Salad	Grilled Tilapia Fish Steak with Sauteed Green Beans	Pan Seared Halibut with Lemon Butter Sauce	Mediterranean Lime Sorbet
Day 3	Banana Flax Overnight Oats	Mediterranean Skewers + Mediterranean Chickpea Wrap	Roasted Cod with Lime Cilantro Sauce	Frozen Nutty Berry Greek Yogurt Bars
Day 4	Spinach and Strawberry Delight + Quinoa Beets Salad	Quinoa Beets Salad + Zaatar and Olive Mini Pizza	Mediterranean Hummus Wrap + Sweet Potato Salad with Feta	Mediterranean Chilled Peach Sorbet
Day 5	Brussels Chia Salad + Almond Berry Smoothie	Roasted Sweet Potatoes with Herbs + Grilled Lemon Chicken	Greek Zucchini Fritters + Cucumber Dill Salad	Garlic Roasted Potatoes
Day 6	Pomegranate Yogurt Parfait + Avocado Toast with Arugula	Pan Seared Garlic Beef Steak	Grilled Mustard and Lemon Chicken Steak + Greek Olive Salad	Paprika Roasted Cauliflower
Day 7	Healthy Millet Pancakes + Green Pear Salad	Roasted Black Pepper Herbed Chicken + Zucchini Feta Salad	Lemon Roasted Salmon + Mediterranean Cabbage Salad	Citrus Berry Fruit Sticks

Shopping List

A hand is holding a small white card with a handwritten shopping list. The card is tilted slightly to the right. The background shows a grocery store aisle with shelves stocked with various products, including bags of chips and other packaged goods. A shopping cart is visible in the lower left corner. The lighting is bright, typical of a supermarket.

Shopping list

- milk
- butter
- meat
- rice
- eggs
- juice
- bread
- fruits
- onion



Week 1: Shopping List

Protein:

Chicken breast (18-20 oz)
Salmon fillet (12 oz)
Cod fillet (12 oz)
Beef steak (6 oz)
Tilapia fillet (5 oz)
Scallops (4 large)
Eggs (3 large, 1 small)

Pantry:

Whole wheat penne pasta (1 cup)
Whole wheat tortilla (1)
Whole grain pita (1)
Whole grain flatbread (1)
Oats (1 cup)
Granola Hummus
Za'atar seasoning
Cumin (1 tsp)
Coriander powder
Paprika powder
Garlic powder
Mustard powder
Ginger powder
Kosher salt
Black pepper
Apple cider vinegar
Balsamic vinegar

Nuts/Seeds:

Chopped Walnuts (100g)
Almonds (7)
Chia seeds (2 tbsp.)
Sesame seeds (1 tsp)
Flax seeds (1 tbsp)

Dairy/Alternatives:

Ricotta cheese (2 tbsp)
Feta cheese (1 $\frac{3}{4}$ cups)
Greek yogurt (1 $\frac{1}{2}$ cups)
Almond or oat milk (2 cups)

Fruits/Vegetables:

Apples (2)
Bananas (3)
Berries (raspberries, cherries, blueberries, strawberries) (2 cups)
Broccoli (1 cup)
Butternut squash (1 cup)
Carrots (2)
Cherry tomatoes (3 cups)
Cucumber (1)
Fennel bulb (1)
Figs (2-3)
Garlic (3 cloves)
Grapes (6-8)
Kiwi (2)
Leafy greens (spinach, mixed greens) (2 cups)
Oranges (2)
Peach (1)
Pears (2)
Pomegranate seeds (1 cup)
Sweet potatoes (1)
Zucchini (1)



Week 2: Shopping List

Protein:

Chicken Breast: 4 oz+150 g+120
Shrimps: 6 medium+ 1/4 lb.
Beef: 8 oz
Tofu: 100g
Egg: 2 (1 small+ 1 medium)

Pantry:

Whole wheat penne pasta (1 cup)
Whole wheat tortilla (1)
Whole grain pita (1)
Whole grain flatbread (1)
Oats (1 cup)
Granola Hummus
Za'atar seasoning
Cumin (1 tsp)
Coriander powder
Paprika powder
Garlic powder
Mustard powder
Ginger powder
Kosher salt
Black pepper
Apple cider vinegar
Balsamic vinegar

Nuts/Seeds:

Pumpkin Seeds: 2.5 tbsp+ 1/4 cup+1 tsp
Sunflower Seeds: 1/4 cup
Sesame Seeds: 1/4 cup
Flax seeds: 1/2 tsp+1/2 tsp
Almonds: 1 tbsp
Walnuts: 1 tbsp
Hazelnuts: 1 tbsp
White Sesame Seeds: 1 tsp
Chia seeds: 1 tbsp

Dairy/Alternatives:

Almond milk 2 (1/4 cup+1/4 cup+1 cup + 1/2 cup)
Feta Cheese: 1/4 cup
Greek Yogurt: 1/4 cup+1/2 cup+1/2 cup+1 tbsp
Mozzarella Cheese: 3 balls
Low-fat Cottage Cheese: 1 tbsp

Fruits/Vegetables:

Raspberries: 1/4 cup
Mixed Berries: 1 cup (1/2 cup + 1/2 cup)
Red Bell Peppers: 2.5 fresh+ 1/2 small+ 1/2 small+ 1/2 small
Yellow Bell Pepper: 1/2
Green Beans: 1 (1/2 cup + 1/2 cup)
Zucchini: 2 (1/2 medium+ 1/2 medium+ 1/2 medium +1/2 small)
Potato: 1 medium
Strawberries: 1/2 cup
Spinach: 2 cups
Cucumber: 1/2 cup+ 1 medium (1/4 cup+1/4 cup)
Banana: 1 (1/2+1/2+1/2+1/2)
Kiwi: 1/2
Navel Orange: 1/2
Watermelon: 1/2 cup
Pomegranate seeds: 2 tbsp
Strawberries: 1/2 cup
Blueberries: 1/4 cup
Onion: 1 small
Cherry Tomatoes: 7.5+1/4 cup
(3 fresh + 1/2 cup+ 4 fresh+ 1/4 cup)
Arugula leaves: 1/2 cup (1/4 cup+ 1/4 cup)
Brussels sprouts: 1 cup
Kohlrabi: 1/2 cup
Radish: 1
Green Apple: 1/2 small
Sweet Potato: 1 medium
Lettuce Leaves
Cauliflower Florets: 1/2 cup
Garlic: 5 clove
Avocado: 1 (1/2 small+ 1/2 small)
Mixed Greens: 1/2 cup
Orange: 1 medium
Parsley: 3 chopped



Week 3: Shopping List

Protein:

Chicken breast (12 oz)
Cod fillet (6 oz)
Salmon (1 cup)
Tofu (100g)
Trout fish fillet (150g)
Tuna steak (6 oz)
White fish fillet (6 oz)

Pantry:

Apple cider vinegar (1 cup)
Balsamic vinegar (2 cups)
Cinnamon powder (2 1/4 tsp)
Coconut oil (1 cup)
Garlic powder (1 tsp)
Gluten-free baking powder (1 tsp)
Kosher salt (1 tsp)
Lemon juice (6 cups)
Manuka honey (1 cup)
Oregano (2 cups)
Paprika (1 cup)
Raw honey (1 cup)
Red chilli flakes (1 tsp)
Turmeric powder (1 tsp)

Nuts/Seeds:

Almonds (2 cups)
Chia seeds (2 tbsp)
Flax seeds (1 tsp)
Olive oil (14 tbsp)
Pistachios (1 cup)
Pumpkin seeds (2 cups)
Sesame seeds (2 cups)
Walnuts (4 cups)

Dairy/Alternatives:

Almond milk (3 1/2 cups)
Coconut milk (1 cup)
Feta cheese (3 cups)
Greek yogurt (2 1/2 cups)
Low-fat cottage cheese (1 cup)
Parmesan cheese (1 cup)
Unsweetened almond yogurt (1 cup)

Fruits/Vegetables:

Bananas (2)
Beetroot (1)
Blueberries (1 1/4 cups)
Cabbage (1 cup)
Carrots (4)
Cherries (1 cup)
Cucumber (2)
Fennel bulb (1)
Garlic (8-10 cloves)
Green beans (1 cup)
Kale (1 cup)
Kiwi (1)
Lettuce (2 cups)
Mint leaves (1 cup)
Mushrooms (3)
Onion (4)
Orange (1)
Peaches (1)
Pears (2)
Peppers (4)
Pomegranate seeds (1 cup)
Potatoes (3)
Pumpkin (1 cup)
Raspberries (1 cup)
Red chard leaves (1 cup)
Spinach (1 cup)
Strawberries (1 cup)
Sweet potatoes (3)
Tomatoes (2 cups)
Watermelon (1 cup)
Zucchini (6)



Week 4: Shopping List

Protein:

Chicken breast (14-18 oz)
Cod fillet (12 oz)
Salmon fillet (6 oz)
Tilapia fillet (5 oz)
Beef steak (6 oz)
Scallops (4 large)
Eggs (1 small)
Tofu (1/3 cup)
Black Pepper Flavored Chickpeas (1 cup)
Cannellini beans (1 cup)
Lentils (1/2 cup)

Pantry:

Whole wheat penne pasta (1 cup)
Whole wheat tortilla (2)
Whole grain pita (1)
Whole grain flatbread (1)
Oats (1 cup)
Granola (2 tbsp)
Hummus (2 tbsp)
Za'atar seasoning (1 tbsp)
Cumin (1 tsp)
Coriander powder (1 tsp)
Paprika powder (1 tsp)
Garlic powder (2 tsp)
Mustard powder (1 tsp)
Ginger powder (1 tsp)
Kosher salt (1 tsp)
Black pepper (2 tsp)
Apple cider vinegar (2 tbsp)
Balsamic vinegar (2 tbsp)
Olive oil (30 tbsp)
Avocado oil (1 tsp)
Unsalted butter (1 tbsp)
Millet flour (1/4 cup)
Chickpea flour (2 tbsp)

Nuts/Seeds:

Almonds (2 tbsp)
Walnuts (4 tbsp)
Chia seeds (2 tbsp)
Sesame seeds (1 tsp)
Flax seeds (1 tbsp)
Pumpkin seeds (1 tbsp)
Sunflower seeds (1/4 cup)

Dairy/Alternatives:

Ricotta cheese (2 tbsp)
Feta cheese (3 cups)
Greek yogurt (2 cups)
Almond milk (1 cup)
Oat milk (1/4 cup)
Mozzarella cheese (3 mini balls)

Fruits/Vegetables:

Apples (2)
Bananas (3)
Berries (raspberries, blueberries, strawberries) (2 cups)
Avocados (2)
Beetroot (1)
Broccoli (1 cup)
Butternut squash (1 cup)
Cabbage (1 cup)
Carrots (2)
Cauliflower (1 cup)
Cherry tomatoes (3 cups)
Cucumber (2)
Fennel bulb (1)
Figs (2-3)
Garlic (3 cloves)
Grapes (6-8)
Kiwi (2)
Leafy greens (spinach, mixed greens) (2 cups)
Lettuce (1 cup)
Oranges (2)
Peach (1)
Pears (2)
Peas (1 cup)
Pomegranate seeds (1 cup)
Potatoes (2)
Pumpkin (1 cup)
Sweet potatoes (2)
Zucchini (1)
Arugula (1 cup)
Brussels sprouts (1 cup)
Cilantro (1 cup)
Parsley (1 cup)
Rosemary (1 cup)
Thyme (1 cup)

Chapter 5: Breakfast and Light Meals



Servings:

1

Prep Time: 7 minutes

Cook Time: 2-3 minutes



Figs Toast with Walnuts

Ingredients:

- 1 slice of whole-grain or sourdough bread
- 2-3 fresh figs, cut in slices
- 2 tbsp. ricotta cheese
- 1 tbsp. walnuts in chopped form
- 1 tsp. raw or manuka honey

Instructions:

- 1 Toast the slice of bread until it gets a golden color and a crispy texture.
- 2 Spread the layer of ricotta cheese over the toasted slice.
- 3 Place the sliced figs on the toast.
- 4 Garnish the chopped walnuts on top and pour a layer of honey on it.

Nutritional value: Calories: 261 | Carbohydrates: 41 g | Protein: 9 g | Fat: 8 g.

Servings:

1

Prep Time: 7 minutes

Cook Time: 0 minutes



Almond Berry Smoothie

Ingredients:

- ½ cup fresh or frozen strawberries
- ½ small banana, sliced
- ¼ cup Greek yogurt
- 1 cup unsweetened almond milk
- 1 tbsp. almonds, chopped
- 1 tsp. raw or manuka honey
- 1 tsp flax seeds

Instructions:

- 1 Combine all the ingredients.
- 2 Add all the ingredients to a blender. Pulse at high speed until you achieve a smooth consistency.
- 3 Transfer the smoothie into a serving glass and enjoy.

Nutritional value: Calories: 247 | Carbohydrates: 45 g | Protein: 5 g | Fat: 8 g.



Servings: 1

Prep Time: 7 minutes

Cook Time: 0 minutes

Cherry Berry Smoothie Bowl

Ingredients:

- ½ cup fresh or frozen raspberries
- ½ cup fresh or frozen cherries
- ½ small banana, cut into slices
- ¼ cup almond or oat milk
- ¼ cup Greek yogurt
- 1 tbsp walnuts, crushed
- 1 tsp sesame seeds

Instructions:

- 1 Blend all the ingredients quickly until you achieve a creamy consistency.
- 2 Shift the smoothie mixture into a serving bowl. Garnish with crushed walnuts and sesame seeds.

Nutritional value: Calories: 204 | Carbohydrates: 36 g | Protein: 5 g | Fat: 6 g.



Servings: 1

Prep Time: 75 minutes

Cook Time: 0 minutes

Pomegranate Yogurt Parfait

Ingredients:

- ½ cup Greek yogurt
- ¼ cup pomegranate seeds
- 2 tbsp. granola, preferably gluten-free
- 1 tsp. raw honey
- 1 tsp crushed almonds

Instructions:

- 1 Add half of the Greek yogurt to a serving bowl, followed by a layer of 1/8 cup of pomegranate seeds.
- 2 Add 1 tbsp. of granola over it. Repeat the same layer.
- 3 Drizzle a layer of honey on top. Garnish with

Nutritional value: Calories: 199 | Carbohydrates: 26 g | Protein: 14 g | Fat: 5 g.

Servings: 1

Prep Time: 5 minutes

Cook Time: 10 minutes



Spinach and Tomato Frittata

Ingredients:

- 2 large-sized eggs
- ½ cup baby spinach leaves
- ½ cup cherry tomatoes, cut in halves
- 1 tbsp. extra virgin olive oil
- 1 tbsp. feta cheese
- ½ tsp. black pepper
- ¼ tsp. coriander powder
- ¼ tsp. cumin
- Fresh parsley leaves for garnish

Instructions:

- 1 Whisk two eggs with black pepper, coriander powder, and cumin in a bowl.
- 2 Heat the saucepan greased with olive oil on medium heat. Sauté the baby spinach leaves and the tomatoes for 1 minute. Shift the egg mixture over the sautéed vegetables. Cook for 3-4 minutes for each side.
- 3 Garnish with fresh parsley leaves and serve.

Nutritional value: Calories: 265 | Carbohydrates: 5 g | Protein: 14 g | Fat: 25 g.

Servings: 1

Prep Time: 5 minutes

Cook Time: 10 minutes



Peachy Chia Pudding

Ingredients:

- 2 tbsp. chia seeds
- ½ cup almond milk
- ½ small peach, cut into cubes
- ½ tbsp. raw honey
- ¼ tsp. cinnamon powder

Instructions:

- 1 Add chia seeds, almond milk, raw honey, and cinnamon powder in a small bowl or jar. Mix it thoroughly so that chia seeds don't clump together.
- 2 Cover the jar or bowl by placing a lid over it and refrigerate for 2 hours or overnight.
- 3 Decorate with cubed peaches and serve.

Nutritional value: Calories: 160 | Carbohydrates: 18 g | Protein: 4 g | Fat: 8 g.



Servings: 1

Prep Time: 7 minutes

Cook Time: 0 minutes

Banana Flax Overnight Oats

Ingredients:

- ½ cup rolled oats
- ½ cup almond milk
- ½ small banana, peeled and cut into slices
- ½ tbsp. raw honey
- ½ tbsp. ground flax seeds

Instructions:

- 1 Add rolled oats, almond milk, raw honey, and flax seeds in a small bowl or jar. Mix it well.
- 2 Cover the jar or bowl with a lid and refrigerate for 2-3 hours or overnight.
- 3 Decorate with sliced bananas and mixed nuts of your choice.

Nutritional value: Calories: 225 | Carbohydrates: 39 g | Protein: 6 g | Fat: 6 g.



Servings: 1

Prep Time: 10 minutes

Cook Time: 0 minutes

Fresh Mediterranean Bowl

Ingredients:

- ½ cup watermelon, cut into cubes
- ½ kiwi, peeled and cut into slices
- ½ banana, cut into slices
- 2 tbsp. fresh pomegranate seeds
- ½ navel orange, peeled and segmented
- 1 tbsp. lime juice

Instructions:

- 1 Assemble all the ingredients in a serving bowl.
- 2 Drizzle lime juice over it and mix.

Nutritional value: Calories: 149 | Carbohydrates: 37 g | Protein: 3 g | Fat: 1 g.

Servings:

1

Prep Time: 7 minutes

Cook Time: 0 minutes



Fresh Mixed Berry Bowl

Ingredients:

- ½ cup Greek yogurt
- ½ cup fresh or frozen mixed berries (Raspberries, Blueberries and blackberries)
- 1 tbsp. almonds in crushed form
- 1 tsp. raw honey
- ⅛ tsp. cinnamon powder

Instructions:

- 1 Add Greek yogurt to a serving bowl.
- 2 Garnish fresh or frozen mixed berries over it. Sprinkle crushed almonds to get a crunchy touch.
- 3 Serve.

Nutritional value: Calories: 172 | Carbohydrates: 19 g | Protein: 14 g | Fat: 5 g.

Servings:

1

Prep Time: 5 minutes

Cook Time: 10 minutes



Banana Oats Pancakes with Blueberries

Ingredients:

- ¼ cup rolled oats
- 1 small banana, mashed
- 1 small-sized egg
- ¼ cup almond milk
- ¼ cup fresh blueberries

Instructions:

- 1 Add mashed banana, rolled oats, egg, and almond milk in a small bowl. Mix until a smooth consistency is achieved. Heat a non-stick pan greased with olive oil on medium heat.
- 2 Transfer 1/8 cup of the mixture into the pan and spread into a round pancake with the back of the spoon. Cook for 2-3 minutes on each side. Flip the pancake when it turns golden from one side.
- 3 Repeat the process till the whole mixture is finished. Shift the pancakes to a serving plate. Garnish with fresh blueberries and serve.

Nutritional value: Calories: 202 | Carbohydrates: 44 g | Protein: 4 g | Fat: 2 g.

Chapter 6: Grains, Beans, and Vegetables



Servings:

1

Prep Time: 5 minutes

Cook Time: 15 minutes



Pumpkin Quinoa Bowl with Raspberries

Ingredients:

- ½ cup quinoa in cooked form
- ¼ cup almond milk or any plant-based milk of your choice
- ¼ cup fresh raspberries
- ½ tbsp. pumpkin seeds
- 1 tsp. raw honey

Instructions:

- 1 Cook the quinoa according to the given packaged instructions.
- 2 Add the cooked quinoa, honey, and almond milk to a serving bowl. Stir it gently.
- 3 Decorate with fresh raspberries and pumpkin seeds.

Nutritional value: Calories: 171 | Carbohydrates: 32 g | Protein: 5 g | Fat: 3 g.

Servings:

1

Prep Time: 5 minutes

Cook Time: 10 minutes



Avocado Toast with Arugula

Ingredients:

- 1 slice of whole-grain or sourdough bread
- ½ small ripe avocado, pitted and mashed
- ¼ cup fresh arugula
- 1 tsp. lemon juice
- 1/8 tsp. black pepper

Instructions:

- 1 Toast the slice of bread until it gets a golden color and a crispy texture.
- 2 Prepare the avocado mixture by mixing mashed avocado and lemon juice.
- 3 Spread the avocado mixture over the toasted bread.
- 4 Garnish with fresh arugula and sprinkle black pepper over it.

Nutritional value: Calories: 241 | Carbohydrates: 22 g | Protein: 6 g | Fat: 16 g.



Servings: 1

Prep Time: 5 minutes

Cook Time: 5 minutes

Healthy Millet Pancakes

Ingredients:

- ¼ cup millet flour, preferably gluten-free
- ¼ cup almond milk
- 1 small egg
- ½ tbsp. raw honey
- ¼ tsp. cinnamon powder
- 1 tsp. extra virgin olive oil
- ½ tsp flax seeds

Instructions:

- 1 Combine millet flour, egg, almond milk, and raw honey in a small bowl. Mix until smooth. Heat a non-stick pan greased with olive oil over medium heat.
- 2 Transfer 1/8 cup of the mixture into the pan and spread to make a round pancake with the back of the spoon. Cook for 2-3 minutes on each side. Flip the pancake when it's cooked from one side.
- 3 Repeat the process until the mixture is finished. Shift the millet pancakes to a serving dish.
- 4 Decorate with flaxseeds and serve.

Nutritional value: Calories: 281 | Carbohydrates: 31 g | Protein: 10 g | Fat: 11 g.



Servings: 1

Prep Time: 5 minutes

Cook Time: 15 minutes

Whole-Wheat Vegetable Pasta

Ingredients:

- ½ cup whole wheat penne pasta, cooked
- ½ cup broccoli florets
- ½ cup cherry tomatoes, cut in halves
- 1 clove of garlic, chopped
- ¼ tsp. black pepper

Instructions:

- 1 Boil the pasta as per the packaged instructions.
- 2 Sauté the chopped garlic in a non-stick pan greased with olive oil over medium heat for about 30 seconds.
- 3 Add the broccoli florets, cherry tomatoes, and black pepper. Sauté for 2-3 minutes. Add the cooked penne pasta to the sauteed vegetables and cook for 2-3 minutes.
- 4 Shift the pasta into a serving dish. Garnish with green spring onion and serve.

Nutritional value: Calories: 137 | Carbohydrates: 27 g | Protein: 6 g | Fat: 1 g.

Servings:

1

Prep Time: 5 minutes

Cook Time: 2 minutes



Healthy Peanut Butter Toast

Ingredients:

- 1 slice of whole-grain or sourdough bread
- 1 tbsp peanut butter
- ½ small banana, cut into slices
- ¼ cup fresh blueberries
- ⅛ tsp cinnamon powder

Instructions:

- 1 Toast the slice of bread until golden.
- 2 Spread a layer of peanut butter on the toasted bread.
- 3 Garnish with sliced banana and fresh blueberries.
- 4 Sprinkle cinnamon powder over it and serve.

Nutritional value: Calories: 241 | Carbohydrates: 34 g | Protein: 8 g | Fat: 9 g.

Servings:

1

Prep Time: 5 minutes

Cook Time: 20 minutes



Baked Butternut Squash

Ingredients:

- 1 cup of butternut squash, cut into cubes
- 1 tsp. extra virgin oil
- ¼ tsp. paprika powder
- ¼ tsp. cinnamon powder
- ⅛ tsp. black pepper, optional

Instructions:

- 1 Preheat the oven to 400 F.
- 2 In a small bowl, combine the cubed butternut squash, olive oil, cinnamon powder, paprika powder, and black pepper. Toss well.
- 3 Line the baking sheet with parchment paper and arrange the cubed butternut squash on it.
- 4 Bake for 20-25 minutes.

Nutritional value: Calories: 123 | Carbohydrates: 22 g | Protein: 2 g | Fat: 5 g.



Servings:

1

Prep Time: 5 minutes

Cook Time: 20 minutes

Garlic Roasted Potatoes

Ingredients:

- 1 medium potato, cut into cubes
- ¼ tsp. garlic powder
- ½ tbsp. extra virgin olive oil
- ¼ tsp. black pepper
- 1 tsp. lime juice

Instructions:

- 1 Preheat the oven to 400 F. Combine the cubed potatoes, olive oil, garlic powder, and black pepper in a small bowl. Toss them well.
- 2 Prepare the baking sheet by lining it with parchment paper. Arrange the cubed potato on it.
- 3 Bake for 20-25 minutes until it turns golden and crispy.
- 4 Transfer the roasted potatoes to a serving dish.
- 5 Drizzle lemon juice over it and serve.

Nutritional value: Calories: 223 | Carbohydrates: 37 g | Protein: 4 g | Fat: 7 g.



Servings:

1

Prep Time: 5 minutes

Cook Time: 8 minutes

Herbed Vegan Skewers

Ingredients:

- ½ medium zucchini, cubed
- ½ red bell pepper, cut into cubes
- 3-4 cherry tomatoes
- 1 radish, thinly sliced
- ¼ tsp. fresh dill, for garnish

Instructions:

- 1 Arrange the vegetables onto wooden skewers.
- 2 Preheat the grill pan for 2-3 minutes, greased with olive oil over medium heat.
- 3 Grill the vegetable skewers for 3-4 minutes.
- 4 Shift them to a serving plate.
- 5 Garnish with fresh dill and serve.

Nutritional value: Calories: 44 | Carbohydrates: 9 g | Protein: 2 g | Fat: 1 g.

Servings: 1

Prep Time: 5 minutes

Cook Time: 20 minutes



Paprika Roasted Cauliflower

Ingredients:

- 1 cup cauliflower florets
- ¼ tsp. garlic powder
- ½ tbsp. extra virgin olive oil
- ¼ tsp. black pepper
- ½ tsp. paprika powder

Instructions:

- 1 Preheat the oven to 400 F.
- 2 Combine the cauliflower florets, olive oil, garlic powder, black pepper, and paprika powder in a small bowl. Toss well.
- 3 Arrange the cauliflower florets on the baking sheet.
- 4 Bake for 20-25 minutes until it turns golden and crispy.
- 5 Transfer the paprika-roasted cauliflower florets to a serving dish.

Nutritional value: Calories: 90 | Carbohydrates: 5 g | Protein: 2 g | Fat: 8 g.

Servings: 1

Prep Time: 10 minutes

Cook Time: 0 minutes



Healthy Vegetable Hazelnut Salad

Ingredients:

- ½ cup kohlrabi, cut into slices
- ½ small green apple, peeled and sliced
- 1 radish, cut into slices
- 1 tbsp. hazelnuts, in chopped or crushed form
- 1 tsp. lime juice

Instructions:

- 1 Cut all the ingredients into their desired sizes.
- 2 Combine all the ingredients in a serving bowl. Drizzle lemon juice over the salad and mix.
- 3 Garnish with chopped or crushed hazelnuts and serve.

Nutritional value: Calories: 117 | Carbohydrates: 18 g | Protein: 3 g | Fat: 5 g.



Servings: 1

Prep Time: 7 minutes

Cook Time: 10 minutes

Red Lentil Pancakes

Ingredients:

- ½ cup red lentils, soaked for 2-3 hours
- ¼ cup filtered water
- ¼ tsp cumin powder
- ¼ tsp turmeric powder
- ¼ tsp red chili powder
- ¼ tsp coriander powder
- 1 tbsp. chickpea flour
- 1 tsp. olive oil

Instructions:

- 1 Add all the ingredients into a blender. Blend quickly until you achieve a smooth consistency.
- 2 Heat a non-stick pan greased with olive oil over medium heat for 2 minutes.
- 3 Spread 1/8 cup of the batter into a pan to form a round pancake. Cook for 3-4 minutes on each side.
- 4 Repeat the same process till the batter is finished. Shift the pancakes to a serving plate. Garnish with freshly chopped parsley or cilantro leaves. Serve.

Nutritional value: Calories: 176 | Carbohydrates: 23 g | Protein: 10 g | Fat: 5 g.



Servings: 2

Prep Time: 5 minutes

Cook Time: 40 minutes

Garlic Bean Hummus

Ingredients:

- ½ cup white beans, soaked
- 1 tbsp. tahini
- 1 tbsp. lemon juice
- ½ tsp. garlic, in minced form
- ½ tsp. olive or avocado oil

Instructions:

- 1 In a non-stick pot, boil the white beans for 30-40 minutes.
- 2 Combine all the ingredients.
- 3 Blend all the ingredients quickly until a smooth consistency is achieved.
- 4 Add a few drops of water if needed.
- 5 Transfer the hummus to a serving bowl. Garnish with freshly chopped cilantro leaves.

Nutritional value: Calories: 275 | Carbohydrates: 26 g | Protein: 11 g | Fat: 15 g.

Servings: 1

Prep Time: 7 minutes

Cook Time: 0 minutes



Green Beans & Chickpeas Salad

Ingredients:

- ½ cup green beans, finely trimmed
- ½ cup red kidney beans
- ½ cup garbanzo beans
- 1 tbsp. fresh parsley, chopped
- 1 tbsp. lemon juice

Instructions:

- 1 Boil the kidney beans and garbanzo beans separately.
- 2 Combine all the ingredients in a serving bowl.
- 3 Drizzle lemon juice over the bean salad. Mix well.
- 4 Garnish with fresh parsley and serve.

Nutritional value: Calories: 269 | Carbohydrates: 48 g | Protein: 16 g | Fat: 3 g

Servings: 1

Prep Time: 5 minutes

Cook Time: 0 minutes



Cannellini Bean Salad

Ingredients:

- 1 cup cannellini beans, soaked and boiled
- 1 small onion, chopped
- ½ cup cherry tomatoes, cut in halves
- ½ tsp black pepper
- ¼ cup fresh arugula leaves

Instructions:

- 1 Combine all the ingredients in a serving bowl.
- 2 Sprinkle black pepper over the salad.
- 3 Garnish with fresh arugula leaves and serve.

Nutritional value: Calories: 289 | Carbohydrates: 54 g | Protein: 19 g | Fat: 1



Servings:

1

Prep Time: 5 minutes

Cook Time: 0 minutes

Black Pepper Flavored Chickpeas

Ingredients:

- 1 cup chickpeas, soaked overnight
- ½ tsp black pepper
- ¼ tsp garlic powder
- ½ tsp olive oil
- Fresh cilantro leaves for garnish

Instructions:

- 1 Boil the chickpeas in a non-stick pot for 40-50 minutes until soft. Combine all the ingredients in a serving bowl.
- 2 Give it a good mix.
- 3 Garnish with fresh cilantro leaves and serve.

Nutritional value: Calories: 190 | Carbohydrates: 30 g | Protein: 9 g | Fat: 8 g.

Chapter 7: Poultry and Lean Meats





Grilled Rosemary Chicken Skewers

Prep Time: 10 minutes

Cook Time: 10-12 minutes

Servings:

1

Ingredients:

- 6-8 oz chicken breast, cut into small cubes

For the marination:

- 1 tsp. extra virgin olive oil
- 1 tsp. fresh rosemary in chopped form
- 1 tsp. lemon juice
- ½ tsp. garlic powder

Instructions:

- 1 Prepare the marinade by mixing fresh rosemary leaves, lemon juice, garlic powder, and olive oil in a small bowl.
- 2 Pour the prepared marinade on the chicken cubes and marinate for 10-15 minutes.
- 3 Arrange the marinated chicken cubes on the skewers.
- 4 Heat olive oil in a grill pan over medium heat for 1 minute.
- 5 Shift the skewers into the grill pan and cook for 5-6 minutes on each side or until cooked properly.
- 6 Transfer the grilled chicken skewers to the serving plate and serve warm.

Nutritional value: Calories: 232 | Carbohydrates: 0 g | Protein: 35 g | Fat: 9 g.



Baked Herbed Salmon with Asparagus

Prep Time: 5 minutes

Cook Time: 0 minutes

Servings:

2

Ingredients:

- 6 oz salmon fillet

For the marination:

- 1 tsp. extra virgin olive oil
- ½ tsp. dried thyme leaves
- 1 tsp. lemon juice
- 1 garlic clove, chopped

Instructions:

- 1 Dry the salmon fillet with the help of tissue paper.
- 2 Mix dried thyme, lemon juice, and chopped garlic in a small bowl.
- 3 Rub the prepared mixture over the salmon fillet and leave for 10-15 minutes.
- 4 Preheat the oven to 400 F.
- 5 Put the salmon fillet on the baking sheet lined with parchment paper.
- 6 Bake for 12-15 minutes.
- 7 Shift the baked salmon fillet to the serving dish and serve.

Nutritional value: Calories: 391 | Carbohydrates: 30 g | Protein: 9 g | Fat: 8 g.



Grilled Buttery Garlic Chicken

Prep Time: 5 minutes

Cook Time: 12-15 minutes

Servings:

1

Ingredients:

- 150 g chicken breast

For the marination:

- 1 tbsp. unsalted butter fully melted
- 1 clove of garlic in minced form
- 1 tsp. lemon juice
- ¼ tsp. kosher salt and black pepper

Instructions:

- 1 Dry the chicken breast properly with tissue paper. Flatten the chicken breast with a meat tenderizer hammer.
- 2 Mix melted butter, minced garlic, lemon juice, kosher salt, and black pepper in a small bowl.
- 3 Drizzle the prepared mixture on the chicken breast and marinate for 20-30 minutes until the flavors are absorbed completely.
- 4 Preheat the grill pan over low to medium heat for 1 minute.
- 5 Place the marinated chicken breast on it and cook for 7-8 minutes on each side.
- 6 Shift the grilled chicken breast to the serving plate. Cut into even slices.
- 7 Garnish with fresh lemon slices and serve.

Nutritional value: Calories: 231 | Carbohydrates: 0 g | Protein: 35 g | Fat: 8 g.



Roasted Black Pepper Herbed Chicken

Prep Time: 5 minutes

Cook Time: 12-15 minutes

Servings:

1

Ingredients:

- 4-6 oz chicken breast

For the marination:

- 1 tsp. extra virgin olive oil
- ½ tsp. black pepper
- 1 tsp. balsamic vinegar
- ¼ tsp. dried oregano leaves

Instructions:

- 1 Dry the chicken breast with a paper towel. Flatten the chicken breast with a meat tenderizer hammer.
- 2 Roast the black pepper in a non-stick pan over medium heat.
- 3 Mix olive oil, roasted black pepper, balsamic vinegar, and dried oregano leaves in a small bowl.
- 4 Spread the mixture evenly on the chicken breast with the help of a brush. Marinate for 10-20 minutes.
- 5 Shift the marinated chicken breast to the grill pan and cook for 6-7 minutes on each side until cooked properly.
- 6 Garnish with fresh rosemary leaves and serve.

Nutritional value: Calories: 230 | Carbohydrates: 0 g | Protein: 35 g | Fat: 8 g.



Grilled Lemon Chicken

Prep Time: 5 minutes

Cook Time: 12-15 minutes

Servings:

1

Ingredients:

- 4-6 oz small-sized chicken breast

For the marination:

- 1 tsp. extra virgin olive oil
- 1 tbsp. lime juice
- ¼ tsp. kosher salt and black pepper
- 1 tsp. freshly chopped parsley

Instructions:

- 1 Dry the chicken breast completely. Flatten it with a meat tenderizer hammer.
- 2 Mix lemon juice, kosher salt, and black pepper in a small bowl.
- 3 Rub the prepared mixture over the chicken fillet and leave for 10-15 minutes.
- 4 Preheat the grill pan greased with olive oil for 1 minute.
- 5 Transfer the marinated chicken breast to the grill pan and cook for 10-12 minutes. When it's thoroughly cooked on one side, flip the side.
- 6 Garnish with fresh parsley and serve.

Nutritional value: Calories: 227 | Carbohydrates: 0 g | Protein: 35 g | Fat: 9 g.



Grilled Rib-Eye Beef Steak

Prep Time: 5 minutes

Cook Time: 12-15 minutes

Servings:

1

Ingredients:

- 8 oz beef steak, rib-eye cut or any preferred cut of your choice

For the marination:

- 1 tbsp. olive oil
- 1 tsp. lemon juice
- ½ tsp. black pepper powder
- ½ tsp. garlic powder

Instructions:

- 1 Dry the beef steak with the help of tissue paper or a paper towel.
- 2 Mix olive oil, lemon juice, black pepper, and garlic powder in a small bowl.
- 3 Rub the prepared mixture over the beef steak and leave for 10-15 minutes.
- 4 Preheat the grill pan to medium to high heat.
- 5 Grill for 4-5 minutes each side.
- 6 Transfer the grilled beef steak to the serving dish and serve.

Nutritional value: Calories: 480 | Carbohydrates: 0 g | Protein: 44 g | Fat: 33 g.



Grilled Mustard and Lemon Chicken Steak

Prep Time: 5 minutes

Cook Time: 12-15 minutes

Servings:

1

Ingredients:

- 4-6 oz chicken breast

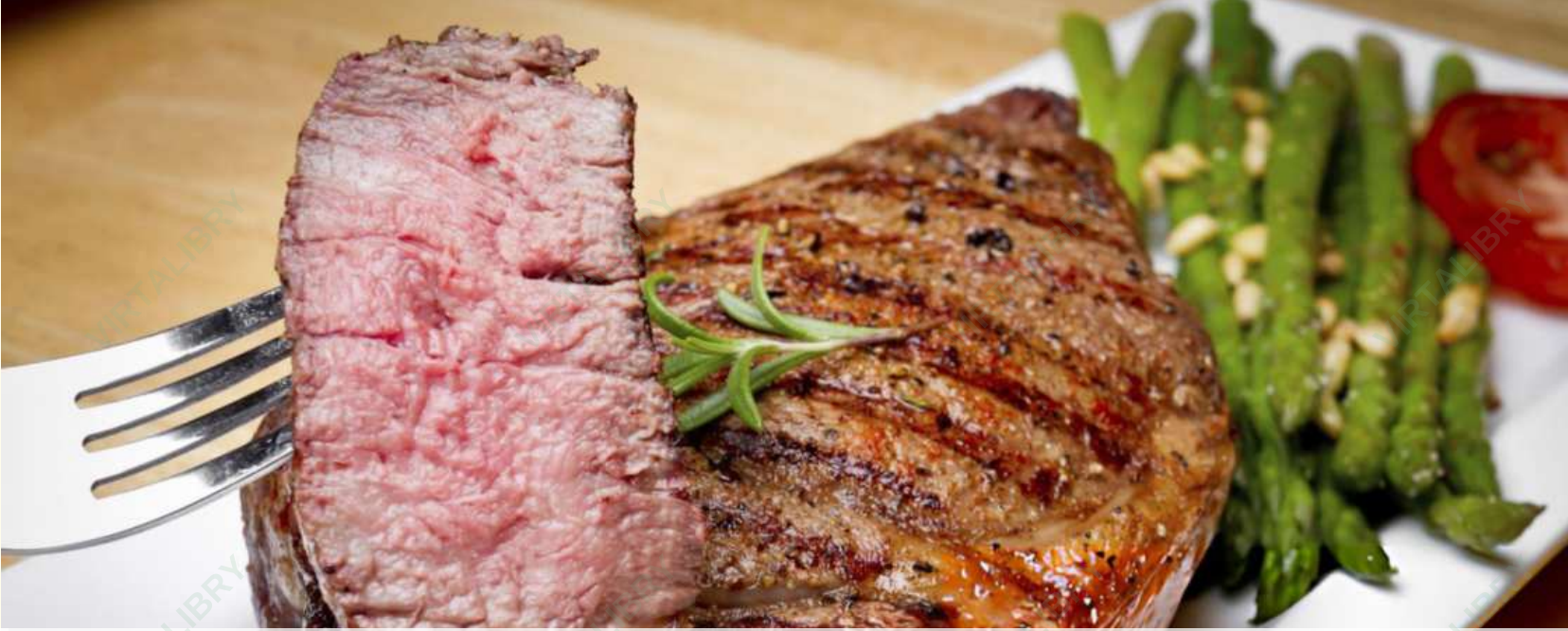
For the marination:

- 1 tbsp. lemon juice
- ½ tsp. dried thyme leaves
- ½ tsp. mustard powder
- 1 tsp. extra virgin olive oil

Instructions:

- 1 Dry the chicken breast completely. Flatten it with a meat tenderizer hammer.
- 2 Mix lemon juice, dried thyme leaves, and mustard powder in a small bowl.
- 3 Pour the prepared mixture into the chicken breast and spread it evenly. Marinate it for 10-20 minutes.
- 4 Preheat the grill pan greased with olive oil for 1 minute.
- 5 Transfer the marinated chicken breast to the grill pan and cook for 10-12 minutes. When it's cooked on one side, flip the side.
- 6 Transfer the grilled chicken breast to the serving dish. Cut it into even slices. Garnish with fresh lemon slices and serve.

Nutritional value: Calories: 227 | Carbohydrates: 0 g | Protein: 35 g | Fat: 8 g.



Pan-Seared Garlic Beef Steak

Prep Time: 5 minutes

Cook Time: 7-8 minutes

Servings:

1

Ingredients:

- 6 oz beef steak, rib eye, or sirloin cut
- 1 tsp. avocado oil
- ½ tsp. ground black pepper
- 1 clove of garlic, cut in quarters
- Fresh rosemary stems

Instructions:

- 1 Dry the beef steak with the help of tissue paper or a paper towel.
- 2 Season both sides of the beef steak with black pepper.
- 3 Preheat the cast iron skillet greased with olive oil to medium to high heat.
- 4 Shift the seasoned beef steak into the pan and sear for 3-4 minutes. Then, change the side of the beef steak and sear for 2-3 minutes until medium rare.
- 5 Lower the heat, add garlic and fresh rosemary, and cook for 30 seconds.
- 6 Remove the beef steak from the pan and rest for a few minutes to fully absorb the flavors.
- 7 Cut the beef steak into even slices and serve.

Nutritional value: Calories: 480 | Carbohydrates: 0 g | Protein: 44 g | Fat: 33 g.



Garlic Lemon Seasoned Beef Steak

Prep Time: 5 minutes

Cook Time: 12-15 minutes

Servings:

1

Ingredients:

- 6 oz beef steak, rib eye, or chuck cut
- 1 tbsp. unsalted butter, melted
- ½ tsp. ground black pepper
- 1 clove of garlic, cut in halves
- 1 tbsp. lemon juice

Instructions:

- 1 Dry the beef steak with the help of tissue paper or a paper towel.
- 2 Mix lemon juice and black pepper in a small bowl and spread on both sides of beef steak.
- 3 Preheat the cast iron skillet greased with ½ tbsp of butter to medium-high heat.
- 4 Shift the seasoned beef steak into the pan and sear for 3-4 minutes. Then, change the side of the beef steak and sear for 2-3 minutes until medium rare.
- 5 Lower the heat, add chopped garlic and cook for 30 seconds.
- 6 Remove the beef steak from the pan and rest for a few minutes to absorb the flavors thoroughly.
- 7 Cut the beef steak into even slices and serve.

Nutritional value: Calories: 460 | Carbohydrates: 0 g | Protein: 44 g | Fat: 30 g.



Paprika Seasoned Chicken

Prep Time: 5 minutes

Cook Time: 12-15 minutes

Servings:

1

Ingredients:

- 4-6 oz chicken breast
- 1 tsp. extra virgin olive oil
- ½ tsp. paprika powder
- 1 tsp. balsamic vinegar
- ¼ tsp. dried oregano leaves

Instructions:

- 1 Dry the chicken breast completely. Flatten it with a meat tenderizer hammer.
- 2 Mix paprika powder, dried oregano leaves, and balsamic vinegar in a small bowl.
- 3 Pour the prepared mixture on both sides of the chicken breast and marinate it for 10-20 minutes.
- 4 Preheat the grill pan greased with olive oil for 1 minute.
- 5 Transfer the marinated chicken breast to the grill pan and cook for 10-12 minutes. When totally cooked on one side, flip the side.
- 6 Transfer the grilled chicken breast to the serving dish. Cut it into even slices. Garnish with fresh parsley and serve.

Nutritional value: Calories: 269 | Carbohydrates: 0 g | Protein: 27 g | Fat: 17 g.

Chapter 8: From Sea To The Table



Servings:

1

Prep Time: 5 minutes

Cook Time: 6-7 minutes



Sweet Chilli Shrimp Skewers

Ingredients:

- 6 medium-sized shrimps, peeled
- 1 tbsp. raw honey
- ¼ tsp. red chilli flakes
- ½ tsp. extra virgin olive oil
- 1 tsp. lemon juice

Instructions:

- 1 Dry the peeled shrimps with the help of tissue paper. Marinate the peeled shrimp with honey, red chilli flakes, and lemon juice for 5-10 minutes.
- 2 Arrange the shrimp on the wooden skewers. Preheat the grill pan on medium heat for 30 seconds.
- 3 Shift the marinated shrimp into the grill pan and grill for 2-3 minutes each side until cooked properly.
- 4 Garnish with fresh lemon slices and parsley. Serve.

Nutritional value: Calories: 119 | Carbohydrates: 18 g | Protein: 7 g | Fat: 3 g.

Servings:

1

Prep Time: 5 minutes

Cook Time: 6-7 minutes



Garlic and Herbed Shrimps

Ingredients:

- 6 medium-sized shrimps, peeled
- 1 clove of garlic, chopped
- 1 tsp. extra virgin olive oil
- ½ tsp. mixed herbs
- 1 tsp. lemon juice

Instructions:

- 1 Dry the peeled shrimps with the help of tissue paper or a paper towel.
- 2 Marinate the shrimps with mixed herbs and lemon juice for 5-10 minutes.
- 3 Heat olive oil in a non-stick pan on medium heat. Sauté chopped garlic for 3 seconds.
- 4 Transfer the marinated shrimps to the pan and cook for 2-3 minutes on each side until pink.
- 5 Garnish with fresh lemon slices and serve.

Nutritional value: Calories: 155 | Carbohydrates: 0 g | Protein: 7 g | Fat: 14 g.



Servings:

1

Prep Time: 5 minutes

Cook Time: 6-7 minutes

Pan Seared Scallops

Ingredients:

- 4 large-sized scallops
- 1 tbsp. olive oil
- ½ tsp. black pepper
- 1 tbsp. lemon juice
- ¼ tsp. garlic powder
- A few pea sprouts for garnish

Instructions:

- 1 Dry the scallops with the help of tissue paper.
- 2 Season them with black pepper, lemon juice and garlic powder and leave for 10-15 minutes.
- 3 Heat the cast-iron pan greased with olive oil on medium heat.
- 4 Shift the marinated scallops to the pan and sear for 2-3 minutes on each side.
- 5 Transfer the pan-seared scallops to a serving dish. Garnish with pea sprouts and serve.

Nutritional value: Calories: 177 | Carbohydrates: 30 g | Protein: 9 g | Fat: 8 g.



Servings:

1

Prep Time: 5 minutes

Cook Time: 6-7 minutes

Lemon Roasted Salmon

Ingredients:

- 6 oz salmon fillet
- 1 tbsp. unsalted butter in melted form
- 1 tbsp. lemon juice
- ¼ tsp. black pepper
- ½ tsp. garlic powder

Instructions:

- 1 Make sure to dry the salmon fillet entirely with the help of tissue paper.
- 2 Season the salmon fillet with butter, lemon juice, black pepper, and garlic powder.
- 3 Preheat the oven to 400 F.
- 4 Put the salmon fillet on the baking sheet and bake for 12-15 minutes.
- 5 Transfer the salmon fillet to the serving dish and serve.

Nutritional value: Calories: 390 | Carbohydrates: 0 g | Protein: 38 g | Fat: 26 g.

Servings: 1

Prep Time: 10 minutes

Cook Time: 6-7 minutes



Grilled Sesame Tuna Steak

Ingredients:

- 6 oz tuna steak
- 1 tsp. sesame oil
- 1 clove of garlic in minced form
- ¼ tsp. kosher salt and black pepper
- 1 tsp. lemon juice
- 1 tbsp. black sesame seeds

Instructions:

- 1 Marinate the tuna steak with sesame oil, minced garlic, lemon juice, kosher salt and black pepper for 5-10 minutes.
- 2 Spread sesame seeds on both sides of the tuna steak.
- 3 Heat the grill pan to medium heat and cook for 3 minutes on each side.
- 4 Transfer the tuna steak to a serving dish. Cut into even slices.
- 5 Garnish with fresh lemon slices and serve.

Nutritional value: Calories: 306 | Carbohydrates: 51 g | Protein: 2 g | Fat: 9 g.

Servings: 1

Prep Time: 5 minutes

Cook Time: 6-7 minutes



Baked Herbed Salmon

Ingredients:

- 6 oz salmon fillet
- ½ tsp. mixed herbs
- 1 tsp. olive oil
- 1 tsp. lemon juice
- ¼ tsp. paprika powder
- Fresh cilantro leaves for garnish

Instructions:

- 1 Make sure to dry the salmon fillet entirely with the help of tissue paper.
- 2 Season the salmon fillet with olive oil, lemon juice, mixed herbs, and paprika powder.
- 3 Preheat the oven to 400 F.
- 4 Put the salmon fillet on the baking sheet and bake for 12-15 minutes.
- 5 Garnish with fresh cilantro leaves and serve.

Nutritional value: Calories: 391 | Carbohydrates: 0 g | Protein: 38 g | Fat: 26 g.



Servings:

1

Prep Time: 5 minutes

Cook Time: 6-7 minutes

Thyme Seasoned Salmon Steak

Ingredients:

- 6 oz salmon fillet
- 1 tsp. fresh thyme in chopped form
- 1 tsp. olive oil
- 1 tsp. lemon juice
- ¼ tsp. crushed black pepper

Instructions:

- 1 Make sure to dry the salmon fillet entirely with the help of tissue paper.
- 2 Mix fresh thyme, lemon juice, olive oil, and black pepper in a small bowl, and marinate the salmon fillets for 10-12 minutes.
- 3 Preheat the grill pan on medium heat.
- 4 Place the salmon fillet on the grill pan and cook for 10-12 minutes.
- 5 Garnish with fresh thyme leaves and serve.

Nutritional value: Calories: 390 | Carbohydrates: 0 g | Protein: 38 g | Fat: 26 g.



Servings:

1

Prep Time: 5 minutes

Cook Time: 20 minutes

Steamed Lemon Cod

Ingredients:

- 6 oz cod fillet
- ¼ tsp. dried oregano
- 1 tsp. olive oil
- 1 tsp. lemon juice
- ¼ tsp. garlic powder

Instructions:

- 1 Make sure to dry the cod fillet entirely with the help of tissue paper. Mix dried oregano, lemon juice, olive oil, garlic powder, and marinate salmon fillets in a small bowl for 10-12 minutes.
- 2 Add one inch of water to a pot and bring it to a boil. Place steamer rack over it. Put the marinated cod fillet wrapped in aluminum foil on the rack. Cover and let it steam for 20 minutes.
- 3 Transfer the steamed cod fillet to a serving dish. Garnish with fresh lemon wedges.

Nutritional value: Calories: 219 | Carbohydrates: 0 g | Protein: 39 g | Fat: 6 g.

Servings: 1

Prep Time: 5 minutes

Cook Time: 10 minutes



Roasted Cod With Lime Cilantro Sauce

Ingredients:

- 6 oz cod fillet
- ½ tsp. mixed herbs
- For the sauce:
- 1 tbsp. lemon juice
- 1 tbsp. fresh cilantro leaves, chopped
- 1 tsp. olive oil

Instructions:

- 1 Dry the cod fillet with the help of tissue paper.
- 2 Season the cod fillet with mixed herbs.
- 3 Put the cod fillet on the grill pan and cook for 10-12 minutes.
- 4 Prepare the sauce by mixing lemon juice, chopped cilantro leaves and olive oil.
- 5 Drizzle the prepared lime cilantro sauce over the grilled cod fillet and enjoy.

Nutritional value: Calories: 218 | Carbohydrates: 0 g | Protein: 39 g | Fat: 6 g.

Servings: 1

Prep Time: 5 minutes

Cook Time: 10 minutes



Grilled Black Pepper White Fish

Ingredients:

- 6 oz white fish fillet
- ½ tsp. black pepper
- 1 tbsp. lemon juice
- 1 tbsp. fresh parsley leaves, chopped
- 1 tsp. olive oil

Instructions:

- 1 Dry the white fish fillet with the help of tissue paper.
- 2 Season the white fish fillet with black pepper, lemon juice, and olive oil.
- 3 Place the white fillet on the grill pan and cook for 5-6 minutes on each side.
- 4 Transfer the grilled white fish fillet to the serving plate. Garnish with fresh parsley and serve.

Nutritional value: Calories: 258 | Carbohydrates: 0 g | Protein: 44 g | Fat: 9 g.



Servings:

1

Prep Time: 5 minutes

Cook Time: 10-12 minutes

Grilled Tilapia Fish Steak with Sauteed Green Beans

Ingredients:

- 5 oz tilapia fillet
- 1 tsp. apple cider vinegar
- ½ tsp. black pepper
- 1 tsp. olive oil
- ¼ tsp. fresh rosemary in chopped form

Instructions:

- 1 Dry the tilapia fish fillet with the help of tissue paper.
- 2 Marinate the fish with apple cider vinegar and black pepper for 10 minutes.
- 3 Put the fish fillet on the grill pan greased with olive oil and cook for 10-12 minutes.
- 4 Transfer the grilled fish to a serving plate. Garnish with fresh rosemary leaves, and enjoy.

Nutritional value: Calories: 221 | Carbohydrates: 0 g | Protein: 37 g | Fat: 8 g.



Servings:

1

Prep Time: 5 minutes

Cook Time: 5-6 minutes

Pan Seared Halibut with Lemon Butter Sauce

Ingredients:

- 6 oz fish fillet, preferably halibut or any white fish
- ½ tsp crushed black pepper

For the sauce:

- 1 tbsp. lemon juice
- 1 tsp. unsalted butter, melted
- ¼ tsp. garlic powder

Instructions:

- 1 Dry the fish fillet with the help of tissue paper.
- 2 Season both sides of the fish fillet with crushed black pepper.
- 3 Put the cod fillet on the cast-iron pan and sear for 5-6 minutes on each side.
- 4 Prepare the sauce by mixing lemon juice, unsalted butter, and garlic powder.
- 5 Drizzle the prepared lemon butter sauce over the fish fillet and enjoy.

Nutritional value: Calories: 219 | Carbohydrates: 0 g | Protein: 40 g | Fat: 5 g.

Chapter 9: Snacks, Appetizers, and Small Plates





Servings: 1

Prep Time: 5 minutes

Cook Time: 0 minutes

Greek Yogurt With Walnuts

Ingredients:

- ½ cup Greek yogurt
- 1 tsp. raw honey
- 1 tbsp. walnuts, chopped
- ¼ tsp. cinnamon powder
- 1 tsp. pumpkin seeds

Instructions:

- 1 Add Greek yogurt to a small bowl or jar. Mix cinnamon powder in it.
- 2 Garnish with chopped walnuts, pumpkin seeds and a layer of honey

Nutritional value: Calories: 137 | Carbohydrates: 11 g | Protein: 13 g | Fat: 5 g.



Servings: 2

Prep Time: 5 minutes

Cook Time: 0 minutes

Cucumber Greek Yogurt Salad

Ingredients:

- 1 medium cucumber, diced
- ¼ cup Greek yogurt
- 1 tsp. lemon juice
- ½ tsp. black pepper
- Pinch of kosher salt

Instructions:

- 1 Combine all the ingredients in a bowl. Mix it well.
- 2 Garnish with fresh mint leaves and serve.

Nutritional value: Calories: 64 | Carbohydrates: 9 g | Protein: 7 g | Fat: 0 g.

Servings: 1

Prep Time: 5 minutes

Cook Time: 10 minutes



Healthy Rainbow Fruit Skewers

Ingredients:

- 2 strawberries, halved
- ½ small kiwi, cut into slices
- 2-3 merlot grape
- 2-3 flame seedless grapes
- Fresh mint leaves for garnish

Instructions:

- 1 Arrange the fruits on the wooden skewers.
- 2 Garnish with fresh mint leaves. Serve and enjoy.

Nutritional value: Calories: 53 | Carbohydrates: 13 g | Protein: 1 g | Fat: 0 g.

Servings: 1

Prep Time: 7 minutes

Cook Time: 0 minutes



Citrus Berry Fruit Sticks

Ingredients:

- 2 fresh blueberries
- ½ small kiwi, cut into slices
- 2 fresh raspberries
- ½ small tangerine, peeled and segmented
- ¼ cup navel or Valencia orange, peeled and segmented

Instructions:

- 1 Arrange the citrus fruits, berries, and kiwi on the wooden sticks.
- 2 Transfer them to a serving plate and enjoy.

Nutritional value: Calories: 88 | Carbohydrates: 22 g | Protein: 2 g | Fat: 1 g.



Servings: 1

Prep Time: 5 minutes

Cook Time: 6-7 minutes

Greek Zucchini Fritters

Ingredients:

- ½ cup zucchini in grated form
- 2 tbsp. chickpea flour
- ¼ tsp. cumin powder
- ¼ tsp. red chilli powder
- ¼ tsp. kosher salt
- 2-3 tbsp. filtered water

Instructions:

- 1 Combine all ingredients in a small bowl and make a smooth batter.
- 2 Heat a nonstick pan greased with olive oil. Add a full spoon of batter to the pan. Spread it evenly and cook for 3-4 minutes on each side.
- 3 Repeat the process till the whole batter is finished.
- 4 Transfer the zucchini fritters to a serving plate. Garnish with fresh dill leaves and serve.

Nutritional value: Calories: 60 | Carbohydrates: 9 g | Protein: 3 g | Fat: 1 g.



Servings: 1

Prep Time: 5 minutes

Cook Time: 10 minutes

Roasted Mixed Seeds Bowl

Ingredients:

- ¼ cup pumpkin seeds
- ¼ cup sunflower seeds
- 1 tbsp. sesame seeds
- ½ tsp. olive oil
- ¼ tsp. paprika powder

Instructions:

- 1 Season the seeds with paprika powder.
- 2 Preheat the oven to 375 F.
- 3 Place the mixed seeds on the baking tray greased with olive oil and roast for 10-12 minutes.
- 4 Serve.

Nutritional value: Calories: 290 | Carbohydrates: 8 g | Protein: 11 g | Fat: 24 g.

Servings:

1

Prep Time: 5 minutes

Cook Time: 6-7 minutes



Tofu Veggie Skewers

Ingredients:

- 100 g of tofu, cut into cubes
- ½ small bell pepper, cut into cubes
- ½ small zucchini, cut into round slices
- 4 cherry tomatoes, cut in halves
- 1 tsp. olive oil

Instructions:

- 1 Arrange the tofu and vegetables on the wooden skewers.
- 2 Preheat the grilled pan with olive oil and grill tofu and veggie skewers on each side for 2-3 minutes.
- 3 Transfer the skewers to the serving plate and serve.

Nutritional value: Calories: 150 | Carbohydrates: 10 g | Protein: 7 g | Fat: 10 g.

Servings:

1

Prep Time: 5 minutes

Cook Time: 10 minutes



Mediterranean Deviled Eggs

Ingredients:

- 1 egg, hard-boiled
- 1 tbsp. Greek yogurt
- 1tbsp. feta cheese, crumbled
- 1 tbsp. olive oil
- ½ tsp. paprika
- ¼ tsp. black pepper

Instructions:

- 1 Boil an egg, and cut it in half just from the center.
- 2 Take out the yolks from egg halves and add the yolks to a small bowl.
- 3 Mash those yolks and combine them with yogurt, cheese, oil, and seasonings. Give it all a proper mix.
- 4 Place this mixture equally in all of the egg white spaces. Serve as a delicious side.

Nutritional value: Calories: 220 | Carbohydrates: 2 g | Protein: 8 g | Fat: 19 g.



Servings:

1

Prep Time: 5 minutes

Cook Time: 5 minutes

Mediterranean Bruschetta

Ingredients:

- 1 small whole-wheat bread
- ¼ cup cherry tomatoes, diced
- 1 tbsp. olive oil
- 1 tbsp. low-fat cottage cheese
- ½ tsp. oregano

Instructions:

- 1 Toast the bread and top it with diced tomatoes and cheese.
- 2 Sprinkle oregano on the bread and add olive oil.
- 3 Add some basil for garnish and serve.

Nutritional value: Calories: 225 | Carbohydrates: 18 g | Protein: 7 g | Fat: 15 g.



Servings:

2

Prep Time: 5 minutes

Cook Time: 10 minutes

Mediterranean Skewers

Ingredients:

- 3 cherry tomatoes
- 3 mini balls of mozzarella cheese (low-fat)
- 6 basil leaves
- 1 tbsp. olive oil
- ½ tsp. oregano

Instructions:

- 1 Start layering the skewers in the following arrangement: a basil leaf followed by a tomato, then the cheese ball, and finally another basil leaf in the end.
- 2 Sprinkle some oil and oregano over the layered skewers and serve.
- 3

Nutritional value: Calories: 176 | Carbohydrates: 3 g | Protein: 4 g | Fat: 16 g.

Chapter 10: Salads





Servings:

2

Prep Time: 10 minutes

Cook Time: 10 minutes

Roasted Bell Pepper Salad

Ingredients:

- 2 fresh red bell peppers
- ¼ cup crumbled feta cheese
- 1 ½ tbsp. olive oil
- ½ tbsp. balsamic vinegar
- ½ tsp dried thyme

Instructions:

- 1 Preheat your oven to 400°F. Brush the bell peppers with olive oil and season with thyme.
- 2 Roast the tossed bell peppers in the oven for about 10 minutes.
- 3 Add the roasted bell peppers to a bowl and pour the balsamic vinegar over them.
- 4 Top the salad with crumbled feta and serve.

Nutritional value: Calories: 210 | Carbohydrates: 20 g | Protein: 6 g | Fat: 12 g.



Servings:

2

Prep Time: 5 minutes

Cook Time: 0 minutes

Spinach & Strawberry Delight

Ingredients:

- ½ cup fresh strawberries
- 2 cups of spinach
- ¼ cup chopped almonds
- ¼ cup feta cheese
- 1 ½ tbsp. olive oil

Instructions:

- 1 Combine strawberries, spinach, and almonds in a bowl.
- 2 Mix the ingredients with feta cheese and olive oil and serve.

Nutritional value: Calories: 172 | Carbohydrates: 12 g | Protein: 8 g | Fat: 12 g.

Servings:

1

Prep Time: 5 minutes

Cook Time: 0 minutes



Cucumber Dill Salad

Ingredients:

- 1 large cucumber, cut into slices
- ½ cup Greek yogurt
- 1 small onion, sliced into thin pieces
- 1 tbsp. olive oil
- 1 tbsp. fresh dill, chopped

Instructions:

- 1 Cut the cucumbers and onions into slices, and toss them with olive oil.
- 2 Then, mix with Greek yogurt and add chopped dill on top.
- 3 You can also mix a little lemon juice for a tangy flavor. Serve and enjoy.

Nutritional value: Calories: 260 | Carbohydrates: 21 g | Protein: 15 g | Fat: 14 g.

Servings:

1

Prep Time: 5 minutes

Cook Time: 0 minutes



Avocado Tomato Salad

Ingredients:

- 1 avocado, diced
- ½ cup cherry tomatoes
- 2 tbsp freshly chopped basil
- 1 tbsp lemon juice

Instructions:

- 1 Add the diced avocado to a bowl and combine with cherry tomatoes and chopped basil.
- 2 Coat with lemon juice and serve the salad.

Nutritional value: Calories: 335 | Carbohydrates: 21 g | Protein: 5 g | Fat: 3 g.



Servings: 1

Prep Time: 15 minutes

Cook Time: 0 minutes

Mediterranean Tabbouleh

Ingredients:

- ½ cup cooked quinoa
- ¼ cup cherry tomatoes
- ¼ cup chopped mint leaves, fresh
- 1 tbsp. olive oil

Instructions:

- 1 Mix the cooked quinoa with cherry tomatoes and coat with olive oil.
- 2 Garnish the salad with chopped mint leaves. Serve.

Nutritional value: Calories: 240 | Carbohydrates: 22 g | Protein: 5 g | Fat: 15 g.



Servings: 2

Prep Time: 5 minutes

Cook Time: 0 minutes

Arugula Avocado Salad

Ingredients:

- 2 cups arugula
- 1 avocado in sliced form
- ½ cucumber, cut into small pieces
- 2 tbsp. chopped walnuts
- 1 ½ tbsp. olive oil

Instructions:

- 1 Add sliced avocado and cucumber pieces to a bowl.
- 2 Then, add arugula, and finally, mix the salad with chopped walnuts.
- 3 Drizzle with olive oil and enjoy.

Nutritional value: Calories: 318 | Carbohydrates: 13 g | Protein: 5 g | Fat: 30 g.

Servings:

1

Prep Time: 10 minutes

Cook Time: 0 minutes



Citrus Fennel Salad

Ingredients:

- 1 small fennel bulb in sliced form
- 1 fresh orange, segmented
- 1 tbsp. dill
- 1 tbsp. olive oil
- ½ tbsp. lemon juice

Instructions:

- 1 Mix fennel slices, orange segments, and dill in a bowl.
- 2 Coat the salad with olive oil and lemon juice.
- 3 Serve and enjoy the salad.

Nutritional value: Calories: 265 | Carbohydrates: 9 g | Protein: 5 g | Fat: 27 g.

Servings:

1

Prep Time: 10 minutes

Cook Time: 5 minutes



Zucchini Feta Salad

Ingredients:

- 1 medium zucchini, sliced
- 3 tbsp. feta cheese, crumbled
- 1 tbsp. olive oil
- 1 tsp. dried oregano
- ½ tbsp. balsamic vinegar

Instructions:

- 1 Add olive oil to a pan and cook zucchini in it.
- 2 Grill both sides of the zucchini for almost 2-3 minutes.
- 3 Transfer the roasted zucchini to a plate and sprinkle with oregano and balsamic vinegar.

Nutritional value: Calories: 290 | Carbohydrates: 15 g | Protein: 9 g | Fat: 22 g.



Servings:

1

Prep Time: 5 minutes

Cook Time: 0 minutes

Greek Olive Salad

Ingredients:

- ½ cup of pitted olives
- ½ cup of diced tomatoes
- 2 tbsp. feta cheese
- 1 tbsp. olive oil
- 1 tbsp. apple cider vinegar

Instructions:

- 1 Combine pitted olives and tomatoes in a bowl and coat with olive oil and apple cider vinegar.
- 2 Garnish this Mediterranean salad with feta cheese and enjoy.

Nutritional value: Calories: 290 | Carbohydrates: 9 g | Protein: 5 g | Fat: 27 g.



Servings:

2

Prep Time: 10 minutes

Cook Time: 20 minutes

Roasted Carrot Salad

Ingredients:

- 2 large carrots
- 2 tbsp. olive oil
- ½ tsp. cumin
- 2 tbsp. lemon juice

Instructions:

- 1 Coat the carrots with olive oil and cumin.
- 2 Roast the coated carrots in the preheated oven (400 degrees Fahrenheit) for about 18-29 minutes.
- 3 Place the roasted carrots in a serving bowl and mix with lemon juice for that perfect tangy flavor.
- 4 Garnish with greens of your choice and serve.

Nutritional value: Calories: 280 | Carbohydrates: 10 g | Protein: 1 g | Fat: 27 g.

Servings:

1

Prep Time: 5 minutes

Cook Time: 0 minutes



White Beans Lemon Salad

Ingredients:

- ½ cup cooked white beans
- ½ cup cherry tomatoes
- ½ onion, diced
- ½ tsp. paprika
- 1 tbsp. olive oil

Instructions:

- 1 Combine all the ingredients in a bowl and enjoy the delicious and healthy Mediterranean salad.
- 2

Nutritional value: Calories: 280 | Carbohydrates: 30 g | Protein: 10 g | Fat: 14 g.

Servings:

1

Prep Time: 5 minutes

Cook Time: 0 minutes



Greens Pear Salad

Ingredients:

- 1 cup mixed greens
- 1 pear, thin slices
- 2 tbsp. walnuts, chopped
- 1 tbsp. balsamic vinegar
- 1 tbsp. olive oil

Instructions:

- 1 In a bowl, mix the pear slices with mixed greens and walnuts.
- 2 Drizzle balsamic vinegar and olive oil on top. Enjoy!

Nutritional value: Calories: 380 | Carbohydrates: 30 g | Protein: 5 g | Fat: 30 g.



Servings: 1

Prep Time: 5 minutes

Cook Time: 0 minutes

Spinach Pomegranate Salad

Ingredients:

- 1 cup spinach
- ½ cup pomegranate seeds
- 1 apple, sliced
- 2 tbsp. chopped walnuts
- 1 tbsp. apple cider vinegar

Instructions:

- 1 Add spinach and pomegranate seeds in a bowl.
- 2 Then, add walnuts and coat the salad with apple cider.
- 3 Decorate the yummy Mediterranean salad with thin apple slices and serve.

Nutritional value: Calories: 351 | Carbohydrates: 47 g | Protein: 11 g | Fat: 17 g.



Servings: 1

Prep Time: 7 minutes

Cook Time: 20 minutes

Sweet Potato Salad with Feta

Ingredients:

- 1 medium sweet potato, cut into cubes
- ½ tsp. dried thyme
- 1 tbsp. pumpkin seeds
- 1 tbsp. olive oil
- Lettuce leaves for garnish

Instructions:

- 1 Season the sweet potato with thyme and brush with olive oil.
- 2 Roast the seasoned sweet potato in the preheated oven (400F) for 20 minutes.
- 3 Add the roasted sweet potato cubes to a serving plate and garnish with pumpkin seeds and lettuce leaves on top.

Nutritional value: Calories: 240 | Carbohydrates: 26 g | Protein: 3 g | Fat: 15 g.

Servings:

1

Prep Time: 5 minutes

Cook Time: 10 minutes



Quinoa Beets Salad

Ingredients:

- 1 small poached beetroot, cubed
- ½ cup cooked quinoa
- ¼ cup of red chard leaves
- 2 tbsp. feta cheese
- 1 tbsp. olive oil

Instructions:

- 1 Add the beetroot cubes to a bowl and mix with quinoa.
- 2 Coat the salad with a drizzle of olive oil.
- 3 Sprinkle feta cheese and red chard leaves on top of the salad.

Nutritional value: Calories: 316 | Carbohydrates: 26 g | Protein: 8 g | Fat: 20 g.

Servings:

1

Prep Time: 5 minutes

Cook Time: 0 minutes



Mediterranean Cabbage Salad

Ingredients:

- 1 cup shredded cabbage (red/green)
- 1 small onion, diced
- ½ cup sliced tomatoes
- 1 tbsp. olive oil
- 1 tsp. lemon juice

Instructions:

- 1 Combine cabbage, onion, and tomatoes in a bowl.
- 2 Add olive oil and lemon juice and mix well.
- 3 Serve and enjoy.

Nutritional value: Calories: 195 | Carbohydrates: 18 g | Protein: 4 g | Fat: 14 g.



Servings: 1

Prep Time: 10 minutes

Cook Time: 5 minutes

Zesty Shrimp Salad

Ingredients:

- ¼ lb. shrimp, peeled and deveined
- ½ avocado in diced form
- ½ cup mixed greens
- 1 orange, segmented
- 1 tbsp. olive oil

Instructions:

- 1 Heat olive oil in a pan and cook shrimp for 2 minutes per side. When the shrimp becomes pink, turn off the flame.
- 2 Transfer the cooked shrimp to a bowl and combine with mixed greens, avocado, and segmented orange. Enjoy!

Nutritional value: Calories: 460 | Carbohydrates: 23 g | Protein: 29 g | Fat: 30 g.



Servings: 2

Prep Time: 5 minutes

Cook Time: 5 minutes

Brussels Chia Salad

Ingredients:

- ½ cup tofu
- 1 cup shaved Brussels sprouts
- ½ cup cooked green lentils
- 1 tbsp. chia seeds
- 1 tbsp. olive oil

Instructions:

- 1 Sauté the tofu in olive oil for about 3-5 minutes.
- 2 Then, combine the tofu with cooked lentils and Brussels sprouts.
- 3 Add chia seeds on top and drizzle the salad with olive oil.

Nutritional value: Calories: 250 | Carbohydrates: 31 g | Protein: 19 g | Fat: 11 g.

Chapter 11: Pizzas, Wraps, and Sides





Servings:

1

Prep Time: 5 minutes

Cook Time: 10 minutes

Zaatar & Olive Mini Pizza

Ingredients:

- 1 small whole-grain pita
- 2 tbsp. sliced black olives
- ¼ cup feta cheese, crumbled
- 1 tbsp. olive oil
- 1 tbsp. za'atar seasoning

Instructions:

- 1 Preheat oven to 400°F. Meanwhile, brush the pita with olive oil and add za'atar seasoning over it.
- 2 Then, spread feta cheese and olives all over the bread and place in the oven to bake for 10 minutes.
- 3 When the mini-pizza gets crispy, serve it.

Nutritional value: Calories: 320 | Carbohydrates: 20 g | Protein: 9 g | Fat: 23 g.



Servings:

1

Prep Time: 5 minutes

Cook Time: 10 minutes

Mediterranean Flatbread Pizza

Ingredients:

- 1 small whole-grain flatbread
- ¼ cup baby spinach
- ½ cup cherry tomatoes, cut into halves
- ¼ cup feta cheese, crumbled
- 1 tbsp. olive oil

Instructions:

- 1 Preheat oven to 400°F. Meanwhile, brush the pita with olive oil and spread baby spinach and tomatoes on it.
- 2 Then, spread feta cheese all over the bread and bake in the oven for 10 minutes or until it gets crispy.
- 3 Serve and enjoy.

Nutritional value: Calories: 360 | Carbohydrates: 33 g | Protein: 11 g | Fat: 22 g.

Servings:

1

Prep Time: 5 minutes

Cook Time: 0 minutes



Mediterranean Chickpea Wrap

Ingredients:

- 1 small whole-grain tortilla
- ¼ cup diced cucumber
- ½ cup cooked chickpeas
- 3 tbsp. chopped parsley
- 1 tbsp. olive oil

Instructions:

- 1 Add the cooked chickpeas to a bowl and massage them gently with olive oil.
- 2 Then, toss in the cucumbers and parsley in the bowl. Mix well.
- 3 Spread the mixture on the tortilla, and wrap it.

Nutritional value: Calories: 360 | Carbohydrates: 38 g | Protein: 12 g | Fat: 18 g.

Servings:

1

Prep Time: 5 minutes

Cook Time: 0 minutes



Mediterranean Hummus Wrap

Ingredients:

- 1 small whole-wheat tortilla
- ¼ roasted sweet potato, cut into small cubes
- 2 tbsp. hummus
- ¼ cup baby spinach
- 1 tbsp. olive oil

Instructions:

- 1 Apply hummus on tortilla bread. Then, add layers of sweet potato and spinach.
- 2 Finally, drizzle with olive oil and fold the tortilla.
- 3 Serve and enjoy.

Nutritional value: Calories: 280 | Carbohydrates: 24 g | Protein: 6 g | Fat: 18 g.



Servings: 1

Prep Time: 5 minutes

Cook Time: 10 minutes

Spiced Roasted Cauliflower

Ingredients:

- ½ cup cauliflower florets
- 1 tbsp. olive oil
- 1 garlic clove in minced form
- 1 tbsp. lemon juice
- ¼ tsp black pepper

Instructions:

- 1 Massage the cauliflower florets with garlic, olive oil, and black pepper.
- 2 Roast the seasoned florets in preheated oven for almost 20 minutes.
- 3 Add some lemon juice on the roasted florets and enjoy!

Nutritional value: Calories: 142 | Carbohydrates: 5 g | Protein: 1 g | Fat: 14 g.



Servings: 1

Prep Time: 5 minutes

Cook Time: 10 minutes

Grilled Eggplant Slices

Ingredients:

- 1 small eggplant, sliced
- 1 tbsp. olive oil
- ½ tsp. oregano
- ¼ tsp. black pepper
- 1 tbsp. balsamic vinegar

Instructions:

- 1 Heat olive oil in a grill pan and place eggplant slices in the pan.
- 2 Flip the sides after cooking for 5 minutes and cook the other side for 4-5 minutes too.
- 3 Plate the grilled eggplant slices and pour balsamic vinegar over them.
- 4 Then, season with black pepper and oregano. Add mint for that green touch. Enjoy!

Nutritional value: Calories: 287 | Carbohydrates: 40 g | Protein: 4 g | Fat: 15 g.

Servings:

1

Prep Time: 5 minutes

Cook Time: 15 minutes



Mediterranean Stuffed Mushrooms

Ingredients:

- 3 large cremini mushrooms (stems removed)
- ¼ cups of cooked salmon, flaked
- 1 tbsp. olive oil
- 1 tbsp. chopped parsley
- 2 tbsp. feta cheese

Instructions:

- 1 Preheat the oven to 400°F. Meanwhile, make a mixture of flaked salmon, parsley, olive oil, and cheese.
- 2 Put this mixture inside the mushroom caps.
- 3 Then, bake the mushrooms for about 10 minutes. Enjoy!

Nutritional value: Calories: 362 | Carbohydrates: 13 g | Protein: 22 g | Fat: 26 g.

Servings:

1

Prep Time: 5 minutes

Cook Time: 25 minutes



Greek-style Lemon Potatoes

Ingredients:

- 1 small Yukon gold potato, cut into wedges
- 1 tbsp. olive oil
- ½ tbsp. lemon juice
- ½ tsp. dried oregano
- ¼ tsp. black pepper
- Dill for garnish

Instructions:

- 1 Preheat the oven to 400°F. Meanwhile, mix potato wedges with oil, oregano, and black pepper.
- 2 Bake the wedges in the oven for 20-25 minutes.
- 3 Once the wedges are perfectly cooked and crispy, drizzle lemon juice over them for a tangy taste.
- 4 Finally, add the green touch of dill. Serve the yummy side dish.

Nutritional value: Calories: 250 | Carbohydrates: 30 g | Protein: 4 g | Fat: 14 g.



Servings:

1

Prep Time: 10 minutes

Cook Time: 10 minutes

Grilled Brussels Sprouts With Honey Mustard Dressing

Ingredients:

- 1 cup Brussels sprouts, cut in halves
- 1 tsp. olive oil

For the sauce:

- 1 tbsp. raw honey
- ½ tsp mustard powder
- ¼ tsp black pepper
- Pinch of garlic powder

Instructions:

- 1 Preheat the grill pan greased with olive oil.
- 2 Shift the sprouts into the grill pan and grill for 7-8 minutes.
- 3 Prepare the sauce by mixing raw honey, mustard powder, garlic powder, and black pepper.
- 4 Drizzle the sauce over the grilled Brussel sprouts. Mix well and serve.

Nutritional value: Calories: 250 | Carbohydrates: 30 g | Protein: 4 g | Fat: 14 g.



Servings:

1

Prep Time: 10 minutes

Cook Time: 10 minutes

Roasted Sweet Potatoes with Herbs

Ingredients:

- 1 cup sweet potato, cut into cubes
- 1 tbsp. extra virgin olive oil
- ½ tsp dried thyme leaves
- ½ tsp dried rosemary leaves
- ¼ tsp paprika powder
- 1 tbsp lemon juice

Instructions:

- 1 Season the sweet potatoes with thyme, rosemary leaves, and paprika powder.
- 2 Preheat the air-fryer to 375 F.
- 3 Shift the sweet potatoes into the air-fryer basket and bake for 15-18 minutes until golden and crisp is achieved.
- 4 Drizzle Lemon juice over it and serve.

Nutritional value: Calories: 250 | Carbohydrates: 30 g | Protein: 4 g | Fat: 14 g.

Chapter 12: Sweet Mediterranean Treats





Servings:

1

Prep Time: 5 minutes

Chill Time: 120 minutes

Frozen Nutty Berry Greek Yogurt Bars

Ingredients:

- ½ cup Greek yogurt
- 1 tsp. raw honey
- 1 tbsp. crushed walnuts
- 1 tsp almonds in chopped form
- 1 tbsp. Fresh mixed berries

Instructions:

- 1 Mix Greek yogurt and honey in a small bowl. Prepare the baking sheet by lining it with parchment paper so the bars can easily be removed.
- 2 Shift the yogurt mixture into the prepared baking sheet.
- 3 Add a layer of crushed nuts and berries on the top and refrigerate for 2-3 hours.
- 4 Remove the baking sheet from the refrigerator and cut the frozen yogurt into equal pieces. Serve.

Nutritional value: Calories: 165 | Carbohydrates: 13 g | Protein: 13 g | Fat: 7 g.



Servings:

1

Prep Time: 5 minutes

Chill Time: 120 minutes

Frozen Blackberry Blueberry Greek Yogurt Ice cream

Ingredients:

- ½ cup low-fat Greek yogurt
- ¼ cup fresh or frozen blueberries
- ¼ cup fresh or frozen blackberries
- ¼ tsp. vanilla extract
- 1 tsp. raw or manuka honey
- 2-3 tbsp. Low-fat almond milk, if required
- 1 tsp chopped pistachios

Instructions:

- 1 Blend Greek yogurt, blueberries, blackberries, vanilla extract, manuka honey, and almond milk until a creamy consistency is achieved.
- 2 Shift the ice cream mixture into an air-tight container and refrigerate for 2 hours.
- 3 Scoop the ice cream out into serving bowls. Decorate with chopped pistachios, and enjoy.

Nutritional value: Calories: 175 | Carbohydrates: 22 g | Protein: 13 g | Fat: 4 g.

Servings:

1

Prep Time: 10 minutes

Cook Time: 1 minutes



Mediterranean Watermelon and Feta Cheese Skewers

Ingredients:

- 1 cup watermelon cut into cubes
- ¼ cup feta cheese cut into cubes
- Fresh mint leaves
- 3-4 wooden sticks

Instructions:

- 1 Arrange cubed watermelon and a cube of feta cheese on the wooden sticks.
- 2 Repeat the process on the remaining sticks. Garnish with fresh mint leaves and serve.

Nutritional value: Calories: 145 | Carbohydrates: 13 g | Protein: 6 g | Fat: 8 g.

Servings:

1

Prep Time: 10 minutes

Chill Time: 120 minutes



Mediterranean Almond Strawberry Sorbet Recipe

Ingredients:

- 1 cup frozen strawberries
- 2 tsp acacia or raw honey
- 1-2 tsp almond milk

Instructions:

- 1 Blend frozen strawberries, honey, and almond milk in a food processor.
- 2 Transfer the sorbet mixture to a freezing tray and freeze for 2 hours.
- 3 Scoop the sorbet into a serving bowl and enjoy.

Nutritional value: Calories: 199 | Carbohydrates: 32 g | Protein: 1 g | Fat: 0 g.



Mediterranean Oats Carrot Cake with Vanilla Sauce

Prep Time: 10 minutes

Cook Time: 25 minutes

Servings:

2

Ingredients:

- ¼ cup whole wheat flour
- ¼ cup almond flour
- ½ cup peeled carrots in grated form
- ¼ tsp cinnamon powder
- ⅛ tsp nutmeg powder
- ¼ tsp gluten-free baking powder
- 2 tbsp almond milk
- 1 large egg
- 2 tbsp extra virgin olive oil
- 2 tbsp honey
- 1 tbsp pecans in chopped form

For the vanilla yogurt sauce:

- 2 tbsp almond yogurt
- 1 tsp honey
- A few drops of vanilla extract

Instructions:

- 1 Combine all the ingredients. Mix until it converts into a smooth batter. Then, add grated carrots and chopped pecans and give a slight mix.
- 2 Preheat the oven to 375 F. Grease the baking tray with coconut oil. Shift the batter into a 9-inch pan and bake for 20-25 minutes.
- 3 Prepare the sauce by mixing Greek yogurt, vanilla extract, and honey. Spread the vanilla yogurt sauce on the cake. Slice the cake into equal pieces and enjoy.

Nutritional value: Calories: 878 | Carbohydrates: 84 g | Protein: 18 g | Fat: 57 g.



Baked Honey Glazed Pear with Pistachio Topping

Prep Time: 10 minutes

Cook Time: 0 minutes

Servings:

2

Ingredients:

- 1 fresh pear, cored and cut in halves
- 1 tsp manuka honey
- $\frac{1}{4}$ tsp cinnamon powder
- 1 tbsp pistachios in chopped form
- 1 tbsp low-fat almond yogurt

Instructions:

- 1 Sprinkle cinnamon powder on the pear slices.
- 2 Preheat the oven to 375 F. Arrange the pear slices on the baking dish and bake for 20-25 minutes.
- 3 Transfer the baked pear to a serving dish. Decorate with chopped pistachios and enjoy.

Nutritional value: Calories: 182 | Carbohydrates: 38 g | Protein: 2 g | Fat: 4 g.



Servings: 1

Prep Time: 10 minutes

Chill Time: 120 minutes

Mediterranean Chilled Peach Sorbet

Ingredients:

- 1 cup fresh or frozen peaches
- ½ cup papaya cut into cubes
- ⅓ cup chilled water

Instructions:

- 1 Add the ingredients in a blender.
- 2 Put the sorbet mixture in a freezing tray for 2 hours.
- 3 Scoop the sorbet into a serving bowl. Decorate with fresh peach slices and enjoy.

Nutritional value: Calories: 110 | Carbohydrates: 27 g | Protein: 2 g | Fat: 1 g.



Servings: 1

Prep Time: 10 minutes

Cook Time: 0 minutes

Frozen Greek Yogurt with Cherries

Ingredients:

- ½ cup Greek yogurt
- ½ cup fresh cherries
- ¼ cup fresh raspberries
- 1 tsp almonds in crushed form

Instructions:

- 1 Add a layer of Greek yogurt to a serving bowl. Place fresh raspberries over them. Add another layer of Greek yogurt and a layer of fresh cherries.
- 2 Decorate this frozen cherry yogurt with crushed almonds. Refrigerate for 1 hour and serve.

Nutritional value: Calories: 249 | Carbohydrates: 32 g | Protein: 15 g | Fat: 4 g.

Chapter 13: Wine, Herbs, and Spices: The Mediterranean Flavor



If you ever had the chance to indulge in a Mediterranean food gathering, you must know the flavors are pretty special! With bold yet rich yet refreshing flavors, Mediterranean food hits differently—a balance that just seems authentic. Ever wonder about the secret behind these outstanding flavors? It's pretty simple. The magical flavor is a result of three main elements: wines, herbs, and spices.

Wines, herbs, and spices are not just ingredients- they are the heart and soul of Mediterranean cuisine. They are the Mediterranean legacy and culture storytellers, connecting food with history, tradition, and health. The best thing? You don't have to be a professional to bring warm and balanced flavors of Mediterranean cuisine into your home kitchen. Everyone can make a flavorsome Mediterranean dish with simple techniques of balancing herbs and spices. Let's find out the right use of these core Mediterranean ingredients to cook tasty yet healthy meals at home.

Wine: A Slow Sip, A Rich Tradition

In the Mediterranean, wine isn't just something you grab on the go or drink mindlessly. It's part of a meal, part of a conversation, part of life. People sip it slowly, always with food, and usually with family or friends. It is never about excess or rushing; instead, it's simply about balance and enjoyment.

Red wine is especially popular in the Mediterranean diet. It's associated with cardiac health benefits and long life. Packed with powerful antioxidants like resveratrol, red wine reduces inflammation and protects against many heart diseases.

What Kind of Wine?

Not all wines are a go-to for Mediterranean cuisine. Some classical picks of wine enjoyed in different Mediterranean regions are listed below:

Red Wines: They pair perfectly with heartier dishes. Complement your grilled meats and tomato-based dishes with the bold flavors of red wine, and hands down, it's the best-ever combo. These wines are vastly enjoyed in Italy, Greece, and Spain.

White Wines: These crisp wines are also popular in Italy and Spain, but white wines are usually served with lighter meals like seafood and salads.

Rose Wines: Rose wines are perfect for a chilled treat on a hot day. They're paired with seafood and are especially in demand on sunny days. France and Spain are more popular for using rose wines with Mediterranean dishes.

Chapter 14: Mediterranean Herbs and Spices



Herbs: The Fresh, Fragrant Soul of Mediterranean Cooking!

If there's one thing Mediterranean cuisine does better than anything else, it's using fresh herbs. Instead of relying on heavy sauces or too much salt, Mediterranean cooking lets herbs do the heavy lifting.

Why Herbs Matter

Beyond flavor, herbs contain antioxidants, anti-inflammatory properties, and even digestion-boosting benefits. They make food taste amazing while keeping it light and healthy.

Essential Mediterranean Herbs

Here are a few herbs you'll see over and over in Mediterranean recipes:

- **Basil:** A staple in Italian and Greek dishes, basil adds a fresh, slightly sweet taste to everything from pasta sauces to Caprese salads. It's also packed with antioxidants.
- **Oregano:** Earthy and slightly peppery, oregano is a favorite in Greek and Spanish cuisine. It's sprinkled over roasted vegetables and meats and even baked into bread.
- **Rosemary:** This fragrant herb is perfect for roasting meats and potatoes and even baking into focaccia. This herb is particularly special because, more than just earthy flavor, it is also known for many brain-boosting health advantages.
- **Thyme:** This herb imparts earthy and slightly minty flavors to Mediterranean dishes, increasing their taste profile twofold. A little thyme does a large amount of taste magic. It's used to enhance soups, stews, and marinades.
- **Parsley:** The refreshing parsley is used in the Mediterranean diet in fresh and dried forms. Parsley enhances dishes like tabbouleh, grilled fish, and many Mediterranean sauces and dips, both as a main ingredient and as a garnish.
- **Mint:** Mint is especially popular in the Middle Eastern regions, where it adds a refreshing taste to salads, yogurt-based sauces, and teas.

Spices: The Bold, Warm Heart of Mediterranean Food

Herbs add freshness, but spices bring depth. Mediterranean food isn't shy about bold, warm flavors that linger on your palate in the best possible way.

Why Spices Matter

By name, spices sound like heartburn, indigestion, and discomfort. But this isn't entirely true. Mediterranean cuisines utilize a balanced amount of spices to not only increase taste but also deliver substantial health advantages. These spices are anti-inflammatory and immune-boosting, complementing the natural, healthy diet.

The Key Spices of the Mediterranean Diet

- Cumin: It feels earthy, slightly nutty, and warm on the tongue. Owing to its extensive flavors, cumin is largely used in almost every dish- from hummus to stews.
- Cinnamon: Cinnamon might have a sweet profile, but thankfully, it isn't restricted to sweet treats only. Its addition provides a feeling of warmth to lamb and rice dishes.
- Paprika: Smoky, sweet, or spicy—paprika brings depth to grilled meats, stews, and roasted vegetables.
- Saffron: Expensive, but worth it. This golden spice gives paella and risotto their signature color and aroma.
- Turmeric: This mildly bitter, beautiful golden-colored spice is used in many North African and Middle Eastern dishes.
- Sumac: Tangy and citrusy. Sumac is a favorite in Middle Eastern cooking, often sprinkled on salads and grilled meats.

How to Use These Spices

- A dash of cumin in a soup or stew can transform the flavor.
- A pinch of cinnamon in a meat dish can add unexpected warmth.
- A sprinkle of sumac on a salad gives a fresh, citrusy kick.
- A touch of paprika can add just the right amount of smokiness to grilled dishes.

Spices are your best friend when it comes to adding depth to your cooking without needing extra fat. They reduce the salt quantity and still bring all the flavors through their unique profiles.

Bringing Mediterranean health benefits and its special taste to your kitchen is nothing about complexity. No fancy elements or rare ingredients! You need the following things, and you're good to go:

- Use fresh herbs whenever possible—they make everything taste better.
- Experiment with spices—start small, then adjust to your taste.
- Enjoy wine mindfully—savor it with a meal, not as an afterthought.
- Keep it simple—Mediterranean food is about enhancing natural flavors, not covering them up

This is all that Mediterranean cooking is about!

Chapter 15: Family Traditions at the Table





Healthy Chickpeas and Zucchini Soup

Prep Time: 10 minutes

Cook Time: 2-3 hours

Servings:

2

Ingredients:

- ¼ cup chickpeas soaked for 2-3 hours
- ½ sweet potato cut in cubes
- ½ medium-sized zucchini cut into slices
- 2 cups filtered water
- 1 clove of garlic in chopped form
- ½ tsp black pepper
- ½ tsp kosher salt
- ¼ tsp turmeric powder
- 1 tsp extra virgin olive oil
- Fresh cilantro leaves for garnish

Instructions:

- 1 Heat olive oil in a medium pot greased with olive oil on medium heat. Sauté chopped garlic for 1 minute.
- 2 Assemble all the ingredients in a slow cooker and cook for 3-4 hours on low to medium heat.
- 3 Shift the soup into a serving bowl. Enhance the taste of soup by sprinkling fresh cilantro leaves on it.

Nutritional value: Calories: 186, Carbohydrates: 28 g, Protein: 6 g, Fat: 6 g.



Whole Wheat Pasta with Basil Seasoned Chicken and Feta Cheese

Prep Time: 10 minutes

Cook Time: 15 minutes

Servings:

2

Ingredients:

- ½ cup whole wheat pasta
- 100 g chicken breast cut into cubes
- ½ cup cherry tomatoes
- ¼ cup feta cheese
- ¼ tsp basil leaves
- 1 tbsp lemon juice
- ¼ tsp garlic powder
- 1 tbsp olive oil

Instructions:

- 1 Boil the pasta according to the given packaged instructions.
 - 2 Marinate the chicken with lemon juice, fresh basil leaves and garlic powder and let it rest for 10 minutes.
 - 3 Heat the saucepan greased with olive oil on medium heat. Transfer the marinated chicken and cook for 12-15 minutes until it turns tender.
- Assemble whole wheat pasta, feta cheese, cooked chicken, and cherry tomatoes in a bowl and serve.

Nutritional value: Calories: 521, Carbohydrates: 30 g, Protein: 42 g, Fat: 27 g.



Fish Fillet with Coconut Milk Sauce

Prep Time: 15 minutes

Cook Time: 20 minutes

Servings:

1

Ingredients:

- 150 g trout fish fillet
- ¼ tsp. oregano
- ¼ tsp. black pepper
- 1 tbsp. fresh parsley
- For the sauce:
- ¼ cup coconut milk
- 1 tsp lemon juice
- ¼ tsp garlic powder
- 1 tbsp parmesan cheese

Instructions:

- 1 Dry the trout fish fillet with the help of tissue paper. Marinate the fish fillet with oregano and black pepper for 15 minutes.
- 2 Heat olive oil in a non-stick greased with olive oil on medium heat. Cook the fish fillet for about 10-12 minutes.
- 3 Add coconut milk, lemon juice, parmesan cheese, and garlic powder to the cooked fish and cook for 3-5 minutes until it reaches a thick consistency.
- 4 Decorate with fresh parsley leaves and serve.

Nutritional value:

Calories: 303, Carbohydrates: 4 g, Protein: 39 g, Fat: 15 g



Mediterranean Chicken and Vegetable Stir Fry

Prep Time: 10 minutes

Cook Time: 15 minutes

Servings:

1

Ingredients:

- 120 g chicken breast cut into slices
- ½ red bell pepper cut into slices
- ½ yellow bell pepper cut into slices
- ½ cup green beans, cut into equal pieces
- 1 tbsp olive oil
- ½ tsp paprika powder
- 1 tbsp fresh lime juice
- ½ tsp black pepper
- 1 tsp white sesame seeds

Instructions:

- 1 Marinate the chicken slices with lemon juice, black pepper, and paprika powder.
- 2 Heat the non-stick pan greased with olive oil on medium heat.
- 3 Add the marinated chicken slices into the pan and cook for 10-12 minutes until tender.
- 4 Add the sliced vegetables to the same pan and stir fry for 3-4 minutes on a high flame.
- 5 Decorate with sesame seeds and serve.

Nutritional value: Calories: 394, Carbohydrates: 15 g, Protein: 40 g, Fat: 20 g.

Appendix 1: Measurement Conversion Chart

Cup	Tbsp.	Tsp.	Oz.	ML
1	16	48	8	237
$\frac{3}{4}$	12	36	6	177
$\frac{2}{3}$	10 $\frac{2}{3}$	32	5	158
$\frac{1}{2}$	8	24	4	118
$\frac{1}{3}$	5 $\frac{1}{3}$	16	3	79
$\frac{1}{4}$	4	12	2	59
$\frac{1}{8}$	2 $\frac{1}{2}$	8	1 $\frac{1}{2}$	40
$\frac{1}{8}$	2	6	1	30

Appendix 2: The Dirty Dozen and Clean 15

Eating fresh, wholesome foods is the foundation of the Mediterranean diet, but in today's world, not all produce is created equal. Pesticides, chemicals, and farming practices can make a big difference in the quality of the fruits and vegetables we buy. That's where the concept of **"The Dirty Dozen and Clean 15"** arrives. This strategy is about two lists that help you make smarter, healthier choices when shopping for fresh ingredients.

Let's break it down in a simple and practical way so you can get the most out of your Mediterranean meals while minimizing your exposure to harmful chemicals.

What are Dirty Dozen and Clean 15?

EWG, the Environmental Working Group, works each year to release a report showing the most pesticide-contaminated fruits and vegetables rank-wise. Extensive trials and testing by the USDA back this report. Now, the produce of fruits and vegetables that make their place in the Dirty Dozen means they have the most pesticide residue. The fruits and vegetables in the Clean Fifteen list are either pesticide-free or contain significantly less of this residue.

These lists can help you make healthy and informed choices about buying fresh produce for your Mediterranean pantry. Using this list, you can decide which foods are best to buy as organic and which are safe as conventional produce.

The Dirty Dozen

The list below shows the fruits and vegetables with the highest pesticide residue levels, meaning if you want to avoid chemical exposure, it's best to buy them organic.

- **Strawberries** – These tiny berries absorb a lot of pesticides due to their soft skin.
- **Spinach** – Leafy greens like spinach tend to hold onto chemicals from sprays.
- **Kale, Collard Greens & Mustard Greens** – Popular in salads and sautés, but often heavily treated.
- **Peaches** – Their thin skin makes them highly susceptible to pesticides.
- **Pears** – Frequently sprayed and tested for multiple pesticide residues.
- **Nectarines** – Similar to peaches, nectarines are highly absorbent.
- **Apples** – One of the most pesticide-contaminated fruits, especially in the skin.
- **Grapes** – Thin-skinned and often imported, meaning more chemicals to preserve freshness.
- **Bell Peppers & Hot Peppers** – Their porous skin allows pesticides to seep in easily.
- **Cherries** – A Mediterranean favorite, but often treated with heavy pesticide sprays.
- **Blueberries** – Popular in Mediterranean desserts and breakfasts but frequently contaminated.
- **Green Beans** – Often treated with insecticides that may linger even after washing.

Additional Tip: If organic buying isn't an accessible option, wash these fruits and vegetables with a water-and-vinegar mixture to be on the safe side. Also, if you peel off these fruits and veggies, pesticide residue will also peel off, and hence, your exposure will be limited.

The Clean 15

This list identifies the products with the lowest pesticide levels. This means one can buy these non-organic products without worrying about dangerous chemical or pesticide exposure.

- **Avocados:** Their thick skin protects the fruit inside from contamination.
- **Sweet Corn:** Sweet corn is low in pesticide residue, but GMO varieties should be avoided. They may contain pesticide residues.
- **Pineapples:** The tough outer skin of pineapples provides them the defense against harmful pesticides.
- **Onions:** Onions are the magic produce because they're naturally resistant to pests. They don't require many chemical treatments during their growth and contain very low to zero pesticide residue.
- **Papayas:** Like pineapples, a papaya's thick exterior helps minimize pesticide exposure.
- **Sweet Peas (Frozen):** They have lower contamination levels than other legumes.
- **Asparagus:** Asparagus has a rigid body. This means very few to none
- **Honeydew Melon:** Like other melons, its thick rind protects it.
- **Kiwi:** Its fuzzy skin acts as a natural barrier.
- **Cabbage:** The tightly packed leaves help keep pesticides from penetrating deeply.
- **Mushrooms:** Mushrooms contain very low pesticides compared to many other vegetables.
- **Mangoes:** They take advantage of their thick skin and don't require harsh chemical or pesticide exposure.
- **Watermelons:** Thanks to their hard rind, watermelons are a safe summer produce to buy non-organically.
- **Carrots:** They're typically lower in pesticides than other root vegetables.
- **Sweet Potatoes:** They're relatively safe and less exposed to harmful pesticides.

Tip: Even if the above produce has less chemical residue, it's still advised to always wash them thoroughly before eating to remove dirt and bacteria.

Making Smart Choices

Now that you know the Dirty Dozen and Clean 15, how do you use this information to make better food choices in a Mediterranean kitchen?

- Prioritize organic for Dirty Dozen items – If your budget allows, invest in organic strawberries, spinach, and apples. You eat these foods regularly in Mediterranean dishes, so reducing pesticide exposure is worth it.
- Save money on Clean 15 produce – You don't have to splurge on organic avocados, onions, or pineapples since they naturally have lower pesticide contamination.
- Buy everything from the local farmers' market.
- Create a kitchen garden at home and try to grow as many possible herbs or veggies on your own.

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Conclusion

Now that you've reached the final page of my eBook, created with much effort, I believe you don't even need a conclusion anymore. I want to believe that now you're so confident and well-informed about the Mediterranean diet and so familiar with the tasty Mediterranean recipes that you can even write a conclusion of your own. For me, the Mediterranean diet is a lifestyle. It's a return to real food, simple ingredients, and the joy of eating meals that fuel the body, mind, and soul. The true beauty lies in the fact that Mediterranean people have been eating this way for ages, honoring their ancestors. Their honor to this diet became such a tradition that now the Mediterranean cuisine is one of the most widely adopted healthy eating behaviors worldwide.

And it's not just about eating well—it's about living well. Take time to enjoy life, move your body in a way that feels good, and make room for the little moments that bring joy. A walk after dinner. A conversation over coffee. Fresh air, laughter, and the pleasure of a home-cooked meal. Food should never feel like a source of stress or restriction. It should be something that nourishes, excites, and brings joy. That's the heart of Mediterranean living.

You now have everything you need to launch your Mediterranean journey—the knowledge, the recipes, and the inspiration. But this is just the starting point. The real magic happens when you start living it. When you cook with care, nourish your body, and allow food to be a source of joy instead of stress. As you travel through different Mediterranean passages, you'll start noticing the excellent health benefits this diet has on your body naturally along the way.

So go ahead—pour a little olive oil, chop some fresh herbs, and gather around the table with the people you love. I wish you all the best of your health!

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