



Fatty Liver

Diet Cookbook for Beginners

100 Liver-Friendly Recipes with Easy Shopping Lists,
Low-Fat & Balanced Meals, Simple Cooking Ideas
& Everyday Nutrition Strategies

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Table of Contents

INTRODUCTION.....	5	Asian Cabbage and Edamame Slaw with Sesame-Ginger Dressing	23
PART ONE: THE RECIPES	9	Chickpea, Spinach, and Harissa Soup	24
CHAPTER 1 – BREAKFASTS	10	Turmeric, Lemongrass, and Shiitake Healing Broth with Brown Rice Noodles.....	24
Layered Greek Yogurt Parfait with Walnuts, Berries, and Chia Seeds.....	10	Warm Lentil Salad with Roasted Carrots, Tahini, and Preserved Lemon.....	25
Steel-Cut Oatmeal with Cinnamon, Apple, and Toasted Pumpkin Seeds.....	10	Roasted Tomato and Red Pepper Soup with Smoked Paprika	26
Buckwheat Pancakes with Fresh Strawberries and Greek Yogurt	11	Roasted Broccoli and Leek Cream Soup with Toasted Seeds.....	26
Whole-Grain Blueberry and Walnut Muffins with Oat Topping	12	Roasted Beet and Arugula Salad with Candied Walnuts and Orange Dressing.....	27
Overnight Oats with Mixed Berries, Flaxseed, and Toasted Walnuts	12	Quinoa Tabbouleh with Cucumber, Tomato, Fresh Herbs, and Pomegranate	28
Quinoa Breakfast Bowl with Roasted Vegetables, Soft-Boiled Egg, and Herb Oil	13	Nicoise-Style Tuna Salad with Green Beans, Eggs, and Dijon Vinaigrette	28
Green Liver-Boost Smoothie with Spinach, Banana, Ginger, Flaxseed, and Almond Milk	14	Spinach, Strawberry, and Avocado Salad with Poppy Seed Balsamic Dressing	29
Smashed Avocado and Poached Egg on Whole-Grain Toast with Dukkah and Microgreens	14	CHAPTER 3 – MAIN DISHES: POULTRY	30
Baked Egg Cups with Roasted Vegetables and Feta.....	15	Harissa-Spiced Sheet-Pan Chicken with Root Vegetables and Preserved Lemon	30
Coconut Chia Seed Pudding with Fresh Mango and Toasted Coconut.....	16	Slow-Cooked Chicken, White Bean and Kale Stew with Rosemary	30
Scrambled Eggs with Sauteed Mushrooms, Spinach, and Fresh Herbs.....	16	Turmeric and Yogurt Marinated Chicken Thighs with Roasted Cauliflower.....	31
Almond Butter, Banana, and Hemp Seed Smoothie Bowl with Granola.....	17	One-Pan Lemon Chicken with Asparagus, Mushrooms, and Brown Rice	32
Cottage Cheese Power Bowl with Flaxseed, Peach, and Pumpkin Seeds.....	18	Turkey and Zucchini Stuffed Bell Peppers with Tomato Herb Sauce	32
Savory Oatmeal with Poached Egg, Wilted Greens, and Tahini Drizzle	18	Za’atar Baked Chicken Breast with Roasted Garlic and Lemon Tahini Drizzle.....	33
Turmeric Scrambled Tofu with Peppers, Onion, and Nutritional Yeast	19	Baked Chicken with Cherry Tomatoes, Olives, Capers, and Herbs.....	34
CHAPTER 2 – SOUPS AND SALADS	20	Baked Turkey Meatballs in Roasted Tomato and Herb Sauce	34
Cold Cucumber, Avocado, and Herb Gazpacho ...	20	Grilled Chicken Skewers with Tzatziki and Warm Whole-Grain Pita.....	35
Miso Soup with Tofu, Wakame, Shiitake, and Scallions	20	Spiced Ground Turkey Lettuce Wraps with Pickled Cucumber and Ginger-Lime Sauce.....	36
Mediterranean Chopped Salad with Roasted Chickpeas, Kalamata Olives, and Herb Lemon Vinaigrette	21	CHAPTER 4 – MAIN DISHES: FISH AND SEAFOOD	37
White Bean, Kale, and Rosemary Soup with Parmesan Rind	22	Asian Tuna Poke Bowl with Brown Rice, Edamame, Pickled Cucumber, and Avocado.....	37
Lentil and Roasted Vegetable Soup with Cumin and Lemon.....	22	Miso-Glazed Baked Salmon with Bok Choy and Sesame Brown Rice.....	38

Pan-Seared Cod with Burst Cherry Tomatoes, Capers, and Basil	38
Baked Tilapia with Mango-Avocado Salsa and Cilantro-Lime Brown Rice	39
Sardine, White Bean, and Roasted Pepper Open-Faced Toast with Herbs	40
Shrimp and Broccoli Stir-Fry with Ginger, Garlic, and Brown Rice	40
Grilled Mackerel with Herb and Fennel Salad and Lemon Dressing	41
Steamed Sea Bass with Ginger, Scallions, Tamari, and Sesame Oil	42
Mediterranean Baked Halibut with Tomatoes, Olives, and Artichoke Hearts	42
Omega-3 Salmon and Quinoa Patties with Cucumber-Dill Yogurt Sauce	43
CHAPTER 5 – MAIN DISHES: PLANT-BASED	44
Black Bean and Sweet Potato Tacos	44
Baked Falafel with Tahini and Tabbouleh	45
Red Lentil Dal with Brown Basmati Rice and Crispy Shallots	46
Stuffed Eggplant with Quinoa and Tomatoes	46
Lentil and Mushroom Shepherd's Pie	47
Chickpea and Spinach Curry	48
Mushroom and Lentil Bolognese	48
Cauliflower and Chickpea Roasted Bowl	49
Veggie Stir-Fry with Tofu and Soba Noodles	50
Zucchini Noodles with Walnut Pesto	50
Stuffed Cabbage Rolls with Herbed Rice	51
Black-Eyed Pea and Collard Green Stew	52
Sweet Potato and Black Bean Chili	52
Roasted Vegetable and Hummus Grain Bowl	53
Tempeh and Roasted Vegetable Bowl	54
CHAPTER 6 – SIDE DISHES AND SNACKS	55
Homemade Multi-Seed Crispbread with Smashed Avocado, Radish, and Microgreens	55
White Miso-Glazed Roasted Asparagus with Sesame Seeds and Lemon Zest	56
Turmeric Cauliflower Rice Pilaf with Toasted Pine Nuts and Fresh Herbs	56
Charred Broccoli with Garlic-Tahini Sauce and Toasted Almonds	57
Wilted Spinach with Crispy Garlic, Lemon, and Toasted Pine Nuts	58
Miso-Roasted Sweet Potato Wedges with Scallion and Sesame	58
Zucchini Ribbons with Burst Cherry Tomatoes, Capers, and Fresh Herb Oil	59
Slow-Roasted Beets with Orange Zest, Walnuts, and Fresh Thyme	60
Baked Cinnamon Apple Chips with Walnut-Almond Dipping Butter	60
Brown Rice Pilaf with Toasted Almonds, Dried Cranberries, and Fresh Parsley	61

Walnut, Almond, and Date Energy Balls with Cacao and Chia Seeds	62
Smoky Roasted Chickpeas with Cumin, Paprika, and Lime Zest	62
Roasted Garlic Cauliflower Mash with Chives and Extra-Virgin Olive Oil	63
Mixed Seed Crackers with Herbed Cottage Cheese and Cucumber	64
Roasted Carrot and Ginger Hummus with Raw Vegetable Crudités	65

CHAPTER 7 – DRINKS, JUICES, AND HERBAL TEAS

CHAPTER 7 – DRINKS, JUICES, AND HERBAL TEAS	66
Milk Thistle, Ginger, and Lemon Healing Tea	66
Beet, Carrot, Apple, and Turmeric Fresh-Pressed Juice	66
Liver-Boost Green Juice with Celery, Cucumber, Spinach, Lemon, Ginger, and Green Apple	67
Golden Milk Turmeric Latte with Black Pepper and Coconut Milk	68
Dandelion Root and Burdock Decoction with Ginger and Lemon	68
Anti-Inflammatory Morning Tonic with Ginger, Turmeric, Lemon, Black Pepper, and Cayenne	69
Green Smoothie with Kale, Pineapple, Flaxseed, and Hemp Seeds	70
Hibiscus, Ginger, and Cinnamon Iced Tea with Orange Slices	70
Watermelon, Mint, and Lime Agua Fresca with Chia Seeds	71
Liver-Support Matcha Latte with Oat Milk and Ashwagandha	71

CHAPTER 8 – DESSERTS

CHAPTER 8 – DESSERTS	72
Banana and Almond Flour Muffins	72
Baked Apple with Oat Crumble	72
Dark Chocolate and Walnut Bark	73
Baked Cinnamon Pears	74
Frozen Yogurt Bark with Mixed Berries	74
Berry and Chia Seed Compote	75
Mango Coconut Chia Pudding	75
No-Bake Chocolate Avocado Mousse	76
Oat and Date Cookies	76
Poached Pears in Spiced Herbal Tea	77

PART TWO — MEAL PLANS AND SHOPPING LISTS

APPENDIX

APPENDIX	87
Appendix A – Measurement Conversion Charts	87
Appendix B – Liver Health Glossary	88
Appendix C – Key Nutrients for Liver Health	89

CONCLUSION



INTRODUCTION

What Is Fatty Liver Disease?

The liver is among the hardest-working organs in the human body. Weighing roughly 3 pounds (1.4 kg), it performs more than 500 known functions every day — filtering toxins from the blood, producing bile for digestion, regulating blood sugar, synthesizing proteins, and storing vitamins and minerals. When fat begins to accumulate in liver cells beyond a healthy threshold — generally accepted as more than 5 percent of the liver's total weight — the condition is called fatty liver disease.

Fatty liver disease falls into two broad categories. The first is Alcoholic Fatty Liver Disease (AFLD), which is caused by excessive alcohol consumption. The second, and far more common, is Non-Alcoholic Fatty Liver Disease (NAFLD), which occurs in people who drink little or no alcohol. NAFLD currently affects an estimated 25 percent of the global population, making it the most widespread chronic liver condition in the world. Its prevalence has risen in step with the global spread of obesity, type 2 diabetes, and metabolic syndrome, reflecting shifts in today's dietary patterns.

This book focuses primarily on NAFLD, though the nutritional principles and recipes it contains are designed to support anyone seeking to make evidence-informed dietary choices for their liver health and overall metabolic wellbeing.

The Stages of Fatty Liver Disease

Fatty liver disease is not a single fixed condition. It exists on a spectrum, and understanding where you are on that spectrum helps clarify the urgency and direction of dietary change.

The first stage is simple steatosis, or simple fatty liver. At this stage, excess fat has accumulated in liver cells, but there is no significant inflammation or liver cell damage. Many people at this stage have no symptoms whatsoever and are only diagnosed through routine blood tests or imaging. Simple steatosis is considered largely reversible with sustained lifestyle changes, particularly dietary modification and increased physical activity.

The second stage is Non-Alcoholic Steatohepatitis, or NASH. This is a more serious form in which fat accumulation is accompanied by inflammation and varying degrees of liver cell injury. NASH affects approximately 20 to 30 percent of people with NAFLD. At this stage, patients may begin to experience fatigue, mild pain in the upper right abdomen, or general discomfort, though many still have no obvious symptoms. Untreated NASH carries a meaningful risk of progression to more advanced liver disease.

The third stage is fibrosis, in which the liver responds to repeated injury and inflammation by producing scar tissue. As fibrosis progresses through stages F1 to F4, the liver's functional capacity gradually diminishes. Not everyone with NASH develops fibrosis, but those who do face increased risk of serious complications.

The fourth and most advanced stage is cirrhosis, in which extensive scarring has replaced healthy liver tissue. Cirrhosis may progress to liver failure, trigger portal hypertension, and greatly increase the likelihood of liver cancer. At this stage, the damage is largely irreversible, though slowing further progression remains both possible and critically important.

Research consistently suggests that for people in the earlier stages, sustained dietary change is among the most effective tools available for supporting liver health and slowing disease progression. This book is built on that evidence.

Who Is This Book For?

This book was written for anyone who wants to take meaningful, practical action to protect and restore their liver health through food.

If you have recently been diagnosed with NAFLD or NASH, this book offers a structured, evidence-informed approach to changing the way you eat — without requiring you to become a nutritionist first. The meal plans and recipes are created to fit real-life routines while remaining enjoyable and easy to maintain over time.

If you have been told you are at risk — because of elevated liver enzymes, excess weight, insulin resistance, type 2 diabetes, high triglycerides, or metabolic syndrome — this book offers a practical dietary framework that may help support better metabolic health. **Follow your healthcare provider's advice at all times when evaluating your individual risk factors.**

For caregivers, family members, or medical professionals supporting someone with fatty liver disease, the book provides a four-week plan, organized grocery guides, and diverse recipes designed for daily guidance.

And if you are simply someone who wants to eat in a way that supports long-term liver health, reduces inflammation, and improves metabolic function, you will find the recipes in this book both nutritionally purposeful and genuinely enjoyable to cook and eat.

How Diet Impacts Liver Health

To understand why food has such a profound effect on the liver, it helps to understand what the liver actually does with the food you eat.

Every nutrient absorbed through the digestive system travels first to the liver via the portal vein before it reaches the rest of the body. The liver acts as a central processing facility — breaking down carbohydrates into glucose, packaging fats into lipoproteins, converting amino acids, and neutralizing potentially harmful compounds. Under normal conditions, this system operates with remarkable efficiency.

The problems begin when the liver is consistently overwhelmed. Diets high in refined carbohydrates and added sugars cause chronic spikes in blood glucose and insulin. In response to persistently elevated insulin, the liver begins converting excess sugars — particularly fructose — directly into fat through a process called *de novo* lipogenesis. Over time, this fat accumulates in liver cells faster than it can be exported or burned, leading to steatosis.

Diets high in saturated fat and trans fat compound the problem by increasing inflammation, disrupting the liver's ability to manage lipids, and contributing to insulin resistance. Excess body weight — particularly visceral fat stored around the abdominal organs — releases inflammatory signals that further stress liver tissue.

On the other side of the equation, certain dietary patterns have been associated in research with supporting liver health. A diet rich in fiber may help

slow glucose absorption, support gut microbiome composition, and contribute to lower levels of fat stored in the liver. Omega-3 fatty acids — found in fatty fish, walnuts, and flaxseed — have been studied for their potential role in reducing liver fat and inflammation. Antioxidant-rich vegetables, fruits, and herbs may help protect liver cells from oxidative damage. Polyphenols found in olive oil, green tea, berries, and turmeric have been the subject of research examining their association with inflammatory markers and liver health, though findings vary across studies, and individual results differ.

The recipes in this book are built around these principles — not as a restrictive medical diet, but as a genuinely flavorful and varied way of eating that happens to support the liver at every meal.

How to Use This Book?

The book is organized into two main parts. Part One contains all 100 recipes, arranged by category: breakfasts, soups and salads, poultry mains, fish and seafood mains, plant-based mains, side dishes and snacks, drinks and teas, and desserts. Each recipe is designed to be liver-supportive — meaning it avoids refined grains, added sugars, processed ingredients, and excessive saturated fat while emphasizing fiber, healthy fats, lean protein, and antioxidant-rich ingredients.

Part Two contains the 4-week meal plan. Each week has its own daily schedule — breakfast, lunch, dinner, and a snack — built from the recipes in Part One, along with a corresponding shopping list that covers everything you need for that week. The weeks are designed to be progressive: Week 1 focuses on building a foundation and establishing new habits, Week 2 deepens the anti-inflammatory approach, Week 3 emphasizes gut health and fiber, and Week 4 broadens variety and builds long-term sustainability.

You do not need to follow the meal plan rigidly. Some people will prefer to use it exactly as written; others will pull individual recipes they enjoy and build their own rhythm. Both approaches are valid. What matters most is consistency over time — not perfection on any given day.

If you are new to cooking this way, it is worth starting with a few recipes that feel familiar and accessible, then gradually introducing the more complex preparations as your confidence grows. The transition does not need to happen overnight.

Key Nutritional Principles for Fatty Liver

Reducing Refined Carbohydrates and Added Sugars

Of all the dietary changes a person with NAFLD can make, reducing refined carbohydrates and added sugars tends to produce the most rapid and measurable improvement in liver fat levels. White bread, white rice, regular pasta, pastries, sweetened beverages, and foods containing high-fructose corn syrup all spike blood sugar quickly, driving insulin secretion and promoting fat synthesis in the liver.

The goal is not to eliminate all carbohydrates, but to shift toward complex carbohydrates — whole grains, legumes, vegetables, and fruit — that are digested more slowly, cause smaller blood glucose fluctuations, and deliver fiber and micronutrients alongside their carbohydrate content.

Limiting Saturated Fats and Trans Fats

Saturated fat — found primarily in red meat, full-fat dairy, butter, coconut oil, and processed meats — promotes liver inflammation and worsens insulin resistance when consumed in excess. Trans fats, found in partially hydrogenated oils and many processed foods, have an even more pronounced negative effect on liver health and cardiovascular risk. The recipes in this book use extra-virgin olive oil as the primary cooking fat, which provides monounsaturated fats and polyphenols that have been associated with liver health benefits in nutritional research.

Prioritizing Fiber, Antioxidants, and Healthy Fats

A liver-supportive diet should be abundant in vegetables, legumes, whole grains, nuts, and seeds — foods that deliver soluble and insoluble fiber, a wide range of antioxidants, and protective plant compounds. Fatty fish such as salmon, mackerel, sardines, and trout — appearing throughout the fish chapter — provide omega-3 fatty acids that research has associated with reductions in liver fat and inflammation markers. Walnuts, flaxseed, and hemp seeds offer plant-based omega-3s for those who prefer or require a fully plant-based approach.

Portion Control and Hydration

Even foods that are nutritionally appropriate can contribute to weight gain and liver fat accumulation when eaten in excessive quantities. Modest, consistent portions — particularly of calorie-dense foods like nuts, oils, whole grains, and legumes —

are an important part of any liver health strategy. The meal plan in this book is structured around portions that support gradual, sustainable weight reduction in those who need it, without creating the kind of severe restriction that tends to be unsustainable.

Hydration also matters. Water supports the kidneys in filtering toxins that would otherwise burden the liver. Aim for at least 6 to 8 cups (1.4 to 1.9 liters) of water per day, and consider replacing sugary beverages, fruit juices, and alcohol entirely with the herbal teas, infusions, and green juices found in Chapter 7.

Foods to Embrace and Foods to Avoid

Liver-Friendly Foods

The following foods appear frequently throughout this book because they have the strongest evidence base for liver health support.

Leafy greens — including spinach, kale, arugula, Swiss chard, and collard greens — are rich in antioxidants, nitrates, and folate that reduce oxidative stress in liver cells. Broccoli, cauliflower, Brussels sprouts, and cabbage — members of the cruciferous family — contain substances that assist liver enzyme function, with initial research in animals and limited human trials investigating their relationship to liver fat levels.

Fatty fish consumed two to three times per week provides eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), omega-3 fatty acids that are among the more extensively studied nutrients in the context of liver fat research. Legumes — lentils, chickpeas, black beans, white beans — are among the most valuable foods in a liver-supportive diet because they combine high fiber content with plant-based protein and a low glycemic index.

Walnuts are a valuable nut choice: they provide alpha-linolenic acid (ALA, a plant-based omega-3), polyphenols, and antioxidants, and their regular consumption has been associated with lower liver enzyme levels in some studies of people with NAFLD. Olive oil — particularly cold-pressed extra-virgin — provides monounsaturated fats and polyphenols that have been associated in research with improvements in lipid profiles and liver fat markers.

Beets contain betaine, a compound that has been studied in relation to liver fat metabolism. Berries of all kinds — blueberries, strawberries, raspberries, blackberries — provide anthocyanins and other polyphenols associated with antioxidant activity

relevant to liver health. Turmeric contains curcumin, a compound that has been investigated in research for potential anti-inflammatory properties, though its bioavailability and clinical significance continue to be studied.

Green tea provides catechins, including epigallocatechin gallate (EGCG), that have been associated in some research with markers of liver health and antioxidant activity. Garlic and onions provide organosulfur compounds that support liver enzyme function. Seeds — flaxseed, chia seeds, pumpkin seeds, sunflower seeds — deliver fiber, omega-3s, and minerals that are part of a broadly liver-supportive diet.

Foods to Limit or Eliminate

Certain food categories are strongly associated in research with increased liver stress, elevated liver fat, and accelerated progression of metabolic liver disease. These should be significantly reduced or eliminated from a liver-supportive diet.

Refined grains and products made from them — white bread, white rice, regular pasta, crackers, breakfast cereals — are stripped of fiber and raise blood glucose rapidly. Sugary beverages, including sodas, fruit juices, sports drinks, and sweetened coffees, are particularly problematic because they deliver large quantities of fructose directly to the liver. Processed and ultra-processed foods — packaged snacks, fast food, frozen convenience meals, deli meats — typically combine refined carbohydrates, trans fats, excess sodium, and artificial additives in ways that cumulatively burden the liver.

Red and processed meats should be reduced as much as possible. While lean cuts of beef or lamb

can occasionally be part of a balanced diet, the high saturated fat content and potential inflammatory compounds produced during high-heat cooking make them a poor regular choice for liver health. Processed meats — bacon, sausage, hot dogs, salami — should be avoided entirely.

Full-fat dairy, particularly in large quantities, contributes saturated fat and should be replaced where possible with lower-fat options such as Greek yogurt and cottage cheese, both of which appear in this book and provide useful protein without excessive saturated fat.

Fried foods — regardless of the type of oil used — combine high caloric density with damaged fats and should have no regular place in a liver-supportive diet.

Alcohol and the Liver

Alcohol is metabolized almost entirely by the liver, and even moderate drinking generates byproducts — most notably acetaldehyde — that are associated with liver cell stress, fat accumulation, and inflammation. For anyone with existing fatty liver disease, most liver health guidelines and specialists recommend avoiding alcohol entirely.

Even small amounts of alcohol may accelerate the progression of liver disease in someone who already has significant steatosis or inflammation. If you are managing NAFLD, speak with your physician about alcohol use as part of your overall care plan. The drink recipes in Chapter 7 of this book are designed to be genuinely satisfying alternatives that support the liver rather than tax it.





PART ONE:

THE RECIPES





CHAPTER 1 — BREAKFASTS

Layered Greek Yogurt Parfait with Walnuts, Berries, and Chia Seeds

A simple, no-cook parfait layering thick Greek yogurt with fresh berries, toasted walnuts, and chia seeds for a satisfying, protein-rich start.

Prep Time: 10 min • **Cook Time:** 0 min • **Total Time:** 10 min • **Servings:** 2

Ingredients:

- plain Greek yogurt, full-fat — 1 ½ cups / 360 g
- mixed berries, fresh — 1 cup / 150 g
- walnuts, roughly chopped — 3 tbsp / 22 g
- chia seeds — 1 tbsp / 10 g
- ground flaxseed — 1 tbsp / 7 g
- pure maple syrup — 1 tsp / 5 ml
- vanilla extract — ¼ tsp / 1 ml
- rolled oats, toasted — 2 tbsp / 12 g



Ingredients:

1. Place the walnuts in a dry pan and toast them over moderate heat for 3 minutes, stirring often, until golden and fragrant. Set aside to cool.
2. Toast the rolled oats in the same dry skillet for 2 minutes until lightly golden. Set aside.
3. Stir the vanilla and maple syrup into the Greek yogurt until combined.
4. Spoon a third of the yogurt into the bottom of each glass or bowl.
5. Add a layer of mixed berries, then sprinkle with chia seeds and flaxseed.
6. Repeat with another layer of yogurt and berries.
7. Top with toasted walnuts and toasted oats. Enjoy right away, or store in the refrigerator for up to 2 hours.

Per serving:

• Calories: 330 kcal • Protein: 20 g • Fat: 16 g • Carbs: 28 g • Fiber: 6 g

Steel-Cut Oatmeal with Cinnamon, Apple, and Toasted Pumpkin Seeds

A slow-cooked, high-fiber breakfast with warm spices, fresh apple, and a satisfying crunch of toasted seeds.

Prep Time: 5 min • **Cook Time:** 25 min • **Total Time:** 30 min • **Servings:** 2

Ingredients:

- steel-cut oats, dry — 1 cup / 160 g
- water — 2 ½ cups / 600 ml
- unsweetened almond milk — ½ cup / 120 ml
- apple, cored and diced — 1 medium / 140 g
- ground cinnamon — 1 tsp / 2 g
- ground ginger — ¼ tsp / 0.5 g
- pumpkin seeds — 2 tbsp / 18 g
- ground flaxseed — 1 tbsp / 10 g
- pure maple syrup —



Ingredients:

1. Bring the water and almond milk to a gentle boil in a medium-sized saucepan over moderate heat.
2. Incorporate the oats and a touch of salt, stirring well. Reduce the heat to low.
3. Cook uncovered, stirring intermittently, for 20 to 25 minutes until the oats are tender and creamy.
4. Place the pumpkin seeds in a dry skillet over moderate heat and toast for a couple of minutes, stirring regularly, until lightly browned. Transfer to a plate.
5. Stir the cinnamon, ginger, diced apple, and ground flaxseed into the oatmeal. Cook for 2 more minutes.
6. Divide between two bowls. Finish with toasted pumpkin seeds and a touch of maple syrup, if using.

Per serving: • Calories: 320 kcal • Protein: 11 g • Fat: 9 g • Carbs: 52 g • Fiber: 7 g

Buckwheat Pancakes with Fresh Strawberries and Greek Yogurt

Light, nutty buckwheat pancakes served with sliced fresh strawberries and a generous dollop of cool, creamy Greek yogurt.

Prep Time: 10 min • **Cook Time:** 15 min • **Total Time:** 25 min • **Servings:** 2 (3 pancakes per person)

Ingredients:

- buckwheat flour — $\frac{3}{4}$ cup / 90 g
- baking powder — 1 tsp / 4 g
- ground cinnamon — $\frac{1}{4}$ tsp / 0.5 g
- sea salt — pinch
- egg, large — 1
- unsweetened almond milk — $\frac{3}{4}$ cup / 180 ml
- extra-virgin olive oil — 1 tbsp / 15 ml
- pure maple syrup — 1 tsp / 5 ml
- vanilla extract — $\frac{1}{2}$ tsp / 2.5 ml
- fresh strawberries, sliced — 1 cup / 150 g
- plain Greek yogurt — $\frac{1}{2}$ cup / 120 g



Ingredients:

1. Whisk together the buckwheat flour, baking powder, cinnamon, and salt in a large bowl.
2. Using a separate bowl, beat the egg with the almond milk, olive oil, maple syrup, and vanilla.
3. Pour the wet ingredients into the dry and stir until a smooth batter forms. Let it rest for 3 minutes.
4. Heat a non-stick skillet or griddle over moderate heat. Lightly brush with olive oil.
5. Pour approximately $\frac{1}{4}$ cup / 60 ml of batter per pancake. Cook for 2 to 3 minutes until bubbles form on the surface and the edges look set. Flip and cook for 1 to 2 minutes more.
6. Repeat the process with the rest of the batter, keeping the pancakes warm as you go.
7. Serve 3 pancakes per person, topped with sliced strawberries and a dollop of Greek yogurt. Add a light drizzle of maple syrup if desired.

Per serving: • Calories: 345 kcal • Protein: 14 g • Fat: 11 g • Carbs: 50 g • Fiber: 5 g



Whole-Grain Blueberry and Walnut Muffins with Oat Topping

Tender, lightly sweetened whole-grain muffins packed with fresh blueberries, chopped walnuts, and finished with a rustic oat crumble topping.

Prep Time: 15 min • **Cook Time:** 22 min • **Total Time:** 37 min • **Servings:** 2 (2 muffins per person)

Ingredients:

For the muffins:

- whole-wheat flour — $\frac{3}{4}$ cup / 90 g
- rolled oats — $\frac{1}{4}$ cup / 22 g
- baking powder — 1 tsp / 4 g
- ground cinnamon — $\frac{1}{2}$ tsp / 1 g
- sea salt — $\frac{1}{4}$ tsp / 1.5 g
- egg, large — 1
- unsweetened almond milk — $\frac{1}{2}$ cup / 120 ml
- extra-virgin olive oil — 2 tbsp / 30 ml
- pure maple syrup — 2 tbsp / 30 ml
- vanilla extract — $\frac{1}{2}$ tsp / 2.5 ml
- fresh blueberries — $\frac{3}{4}$ cup / 110 g
- walnuts, roughly chopped — 3 tbsp / 22 g

For the oat topping:

- rolled oats — 2 tbsp / 12 g
- walnuts, finely chopped — 1 tbsp / 8 g
- pure maple syrup — 1 tsp / 5 ml



Ingredients:

1. Set the oven's temperature to 375 °F / 190 °C. Line 4 cups of a standard muffin tin with paper liners or grease lightly with olive oil.
2. Whisk together the flour, oats, baking powder, cinnamon, and salt in a large bowl.
3. Using a separate bowl, beat the egg with the almond milk, olive oil, maple syrup, and vanilla.
4. Pour the wet ingredients into the dry and stir until just combined. Do not overmix.
5. Fold in the blueberries and chopped walnuts gently.
6. Divide the batter evenly among the 4 muffin cups. Mix together the oat topping ingredients and sprinkle over each muffin.
7. Place in the oven for 20 to 22 minutes, checking doneness with a toothpick — it should come out clean. Allow to cool for 5 minutes before serving.

Per serving:

• Calories: 420 kcal • Protein: 11 g • Fat: 20 g • Carbs: 52 g • Fiber: 6 g

Overnight Oats with Mixed Berries, Flaxseed, and Toasted Walnuts

Creamy rolled oats soaked overnight and topped with antioxidant-rich berries, ground flaxseed, and crunchy toasted walnuts.

Prep Time: 10 min • **Cook Time:** 0 min • **Total Time:** 10 min + overnight chilling • **Servings:** 2

Ingredients:

- rolled oats — 1 cup / 90 g
- unsweetened almond milk — 1 cup / 240 ml
- plain Greek yogurt — $\frac{1}{4}$ cup / 60 g
- ground flaxseed — 2 tbsp / 14 g
- chia seeds — 1 tbsp / 10 g
- pure maple syrup — 1 tsp / 5 ml
- vanilla extract — $\frac{1}{2}$ tsp / 2.5 ml
- mixed berries, fresh or thawed — $\frac{1}{2}$ cup / 75 g
- walnuts, roughly chopped — 3 tbsp / 22 g



Ingredients:

1. Combine the oats, almond milk, Greek yogurt, flaxseed, chia seeds, maple syrup, and vanilla in a medium-sized bowl. Stir well until fully mixed.
2. Portion the mixture equally and transfer it into two tightly sealed jars or containers.
3. Seal and refrigerate for at least 6 hours or overnight, until the oats are thick and fully softened.
4. In a dry pan over moderate heat, toast the walnuts for 3–4 minutes, stirring continuously, until they turn golden and release their aroma. Set aside to cool.
5. When ready to serve, stir each jar and add a splash of almond milk if a looser consistency is preferred.
6. Top with mixed berries and toasted walnuts. Serve cold directly from the jar.

Per serving:

• Calories: 355 kcal • Protein: 13 g • Fat: 15 g • Carbs: 44 g • Fiber: 8 g

Quinoa Breakfast Bowl with Roasted Vegetables, Soft-Boiled Egg, and Herb Oil

A savory, sustaining breakfast bowl of fluffy quinoa topped with caramelized roasted vegetables, a soft-boiled egg, and vibrant fresh herb oil.

Prep Time: 10 min • **Cook Time:** 25 min • **Total Time:** 35 min • **Servings:** 2

Ingredients:

For the bowl:

- quinoa, dry — ½ cup / 85 g
- low-sodium vegetable broth — 1 cup / 240 ml
- zucchini, diced — 1 small / 150 g
- cherry tomatoes, halved — ¾ cup / 110 g
- red bell pepper, diced — ½ / 80 g
- extra-virgin olive oil — 1 tbsp / 15 ml
- sea salt and black pepper — to taste
- eggs, large — 2

For the herb oil:

- fresh flat-leaf parsley, packed — ¼ cup / 15 g
- fresh basil leaves — 2 tbsp / 6 g
- extra-virgin olive oil — 2 tbsp / 30 ml
- garlic clove, minced —
- fresh lemon juice — 1 / 5 ml
- sea salt — pinch



Ingredients:

1. Set the oven's temperature to 400 °F / 200 °C. Rinse the quinoa under cold water, then combine it with the broth in a small saucepan. Bring to a boil, cover, and simmer for 12–15 minutes until the liquid is absorbed. Fluff gently with a fork.
2. Toss the zucchini, cherry tomatoes, and bell pepper with olive oil, salt, and pepper on a baking tray. Roast for 18 to 20 minutes until tender and lightly caramelized.
3. While the vegetables roast, bring a small saucepan of water to a boil. Lower the eggs gently and cook for exactly 7 minutes for a jammy, slightly soft yolk. Transfer to a bowl of cold water. Peel carefully and halve lengthwise.
4. Blend all herb oil ingredients in a small food processor or blender until smooth. Alternatively, finely chop the herbs and whisk with the remaining ingredients.
5. Divide the quinoa between two bowls. Top each with the roasted vegetables and one halved egg.
6. Drizzle the herb oil generously over each bowl. Adjust seasoning with extra salt and pepper to your preference.

Per serving:

• Calories: 410 kcal • Protein: 18 g • Fat: 22 g • Carbs: 38 g • Fiber: 5 g

Green Liver-Boost Smoothie with Spinach, Banana, Ginger, Flaxseed, and Almond Milk

A vibrant, nutrient-dense smoothie blending fresh spinach, ripe banana, and anti-inflammatory ginger into a creamy breakfast drink.

Prep Time: 5 min • **Cook Time:** 0 min • **Total Time:** 5 min • **Servings:** 2

Ingredients:

- fresh spinach, packed — 2 cups / 60 g
- ripe banana, frozen — 1 large / 120 g
- fresh ginger, peeled — ½ inch / 1.5 cm piece
- ground flaxseed — 2 tbsp / 14 g
- unsweetened almond milk — 1 ½ cups / 360 ml
- plain Greek yogurt — ¼ cup / 60 g
- fresh lemon juice — 1 tbsp / 15 ml
- ice cubes — 4 to 6



Ingredients:

1. Begin by pouring the almond milk and Greek yogurt into the blender to allow the blades to spin smoothly.
2. Add the spinach, frozen banana, ginger, flaxseed, and lemon juice.
3. Top with the ice cubes.
4. Process on high speed for 60 seconds, until completely smooth with no visible spinach flecks.
5. Taste and add a small drizzle of maple syrup if a slightly sweeter flavour is preferred.
6. Pour into two glasses and serve immediately.

Per serving: • Calories: 175 kcal • Protein: 8 g • Fat: 5 g • Carbs: 27 g • Fiber: 5 g

Smashed Avocado and Poached Egg on Whole-Grain Toast with Dukkah and Microgreens

Creamy smashed avocado and a perfectly poached egg on toasted whole-grain bread, finished with nutty dukkah and fresh microgreens.

Prep Time: 10 min • **Cook Time:** 10 min • **Total Time:** 20 min • **Servings:** 2

Ingredients:

- whole-grain bread — 2 thick slices
- ripe avocado — 1 medium / 150 g
- eggs, large — 2
- fresh lemon juice — 1 tsp / 5 ml
- dukkah — 1 tbsp / 8 g
- microgreens or pea shoots — ¼ cup / 15 g
- white vinegar — 1 tsp / 5 ml (for poaching)
- extra-virgin olive oil — 1 tsp / 5 ml
- sea salt and black pepper — to taste



Ingredients:

1. Fill a medium-sized saucepan with water to about 3 inches / 7.5 cm. Bring to a light simmer over moderate heat and add the white vinegar.
2. Toast the bread slices until golden and firm.
3. Cut the avocado in half, take out the pit, and scoop the flesh into a bowl. Incorporate lemon juice, a pinch of salt, and mash with a fork to a rough, chunky consistency.
4. Use a spoon to form a gentle swirl in the simmering water. Crack each egg into a small cup and carefully slide them in one by one. Poach for 3 minutes to keep the yolk soft.
5. While the eggs poach, spread the smashed avocado evenly over the toasted bread. Drizzle with olive oil.
6. Remove each egg with a slotted spoon, drain briefly, and place on top of the avocado. Season with salt and pepper.
7. Scatter dukkah over the eggs and top with microgreens. Serve immediately.

Per serving: • Calories: 390 kcal • Protein: 16 g • Fat: 24 g • Carbs: 30 g • Fiber: 8 g

Baked Egg Cups with Roasted Vegetables and Feta

Individual baked egg cups filled with colorful roasted vegetables and crumbled feta — a protein-rich, low-carb breakfast ready in under 30 minutes.

Prep Time: 10 min • **Cook Time:** 20 min • **Total Time:** 30 min • **Servings:** 2

Ingredients:

- eggs, large — 4
- red bell pepper, finely diced — ½ / 80 g
- zucchini, finely diced — ½ small / 80 g
- cherry tomatoes, halved — 6 / 90 g
- fresh spinach, roughly chopped — 1 cup / 30 g
- feta cheese, crumbled — 2 tbsp / 25 g
- extra-virgin olive oil — 1 tsp / 5 ml
- dried oregano — ½ tsp / 1 g
- sea salt and black pepper — to taste



Ingredients:

1. Set the oven's temperature to 375 °F / 190 °C. Lightly grease 4 cups of a standard muffin tin with olive oil.
2. Toss the diced bell pepper and zucchini with olive oil, oregano, salt, and pepper on a small baking tray. Roast for 8 minutes until softened.
3. Remove the vegetables from the oven and let cool slightly. Stir in the spinach and cherry tomatoes.
4. Spread the vegetable mixture equally across all four greased muffin cups.
5. Crack one egg carefully into each cup over the vegetables. Season with salt and pepper.
6. Scatter crumbled feta evenly over the top of each cup.
7. Bake for 10–12 minutes, ensuring the egg whites are cooked through, but the yolks remain tender. Serve each person 2 cups.

Per serving: • Calories: 265 kcal • Protein: 18 g • Fat: 17 g • Carbs: 10 g • Fiber: 2 g

Coconut Chia Seed Pudding with Fresh Mango and Toasted Coconut

A rich, creamy chia pudding made with light coconut milk, topped with sweet, fresh mango and golden toasted coconut flakes.

Prep Time: 10 min • **Cook Time:** 0 min • **Total Time:** 10 min + overnight chilling • **Servings:** 2

Ingredients:

- chia seeds — ⅓ cup / 55 g
- light coconut milk — 1 cup / 240 ml
- unsweetened almond milk — ½ cup / 120 ml
- pure maple syrup — 1 tbsp / 15 ml
- vanilla extract — ½ tsp / 2.5 ml
- fresh mango, diced — 1 cup / 165 g
- unsweetened coconut flakes — 2 tbsp / 10 g
- lime zest — ½ tsp / 1 g



Ingredients:

1. In a medium-sized bowl, mix the coconut milk, almond milk, maple syrup, and vanilla with a whisk until well incorporated.
2. Add the chia seeds and whisk again thoroughly to prevent clumping.
3. Let the mixture sit for 5 minutes, then whisk once more to redistribute the seeds.
4. Split the mixture between two jars or glasses, cover, and chill for at least 4 hours or overnight until it firms up into a thick pudding.
5. When ready to serve, toast the coconut flakes in a dry skillet over moderate heat for 2 minutes, stirring constantly, until golden. Watch carefully as they burn quickly.
6. Top each pudding with diced mango, toasted coconut flakes, and a pinch of lime zest. Serve cold.

Per serving: • Calories: 350 kcal • Protein: 7 g • Fat: 18 g • Carbs: 42 g • Fiber: 11 g

Scrambled Eggs with Sauteed Mushrooms, Spinach, and Fresh Herbs

Soft, lightly seasoned scrambled eggs paired with golden sauteed mushrooms, wilted spinach, and a generous handful of fresh herbs.

Prep Time: 5 min • **Cook Time:** 12 min • **Total Time:** 17 min • **Servings:** 2

Ingredients:

- eggs, large — 4
- cremini mushrooms, sliced — 1 ½ cups / 120 g
- fresh spinach — 2 cups / 60 g
- garlic clove, minced — 1
- extra-virgin olive oil — 1 tbsp / 15 ml
- unsweetened almond milk — 2 tbsp / 30 ml
- fresh flat-leaf parsley, chopped — 2 tbsp / 8 g
- fresh chives, chopped — 1 tbsp / 5 g
- sea salt and black pepper — to taste



Ingredients:

1. Warm the olive oil in a non-stick skillet over medium-high heat. Place the mushrooms in a single layer and cook undisturbed for 3 minutes until the bottoms turn golden.
2. Stir the mushrooms, add the garlic, and cook for 1 further minute.
3. Incorporate the spinach into the pan and stir until wilted, about 1 minute. Season with salt and pepper. Transfer the vegetables to a plate and set aside.
4. Reduce the heat to medium-low. Whisk the eggs with the almond milk, a pinch of salt, and pepper in a bowl.
5. Pour the egg mixture into the same skillet. Using a spatula, gently fold the eggs from the edges toward the center every few seconds.
6. Lift the pan off the stove slightly before the eggs are fully firm — the residual heat will complete the cooking.
7. Divide the eggs and vegetables between two plates. Scatter with fresh parsley and chives. Serve immediately.

Per serving:

• Calories: 255 kcal • Protein: 17 g • Fat: 17 g • Carbs: 6 g • Fiber: 2 g

Almond Butter, Banana, and Hemp Seed Smoothie Bowl with Granola

A thick, spoonable smoothie bowl blended with frozen banana and almond butter, topped with hemp seeds, sliced banana, and crunchy granola.

Prep Time: 8 min • **Cook Time:** 0 min • **Total Time:** 8 min • **Servings:** 2

Ingredients:

- frozen banana — 2 medium / 240 g
- natural almond butter — 2 tbsp / 32 g
- unsweetened almond milk — ½ cup / 120 ml
- plain Greek yogurt — ¼ cup / 60 g
- hemp seeds — 2 tbsp / 20 g
- whole-grain granola, no added sugar — 4 tbsp / 30 g
- fresh banana, sliced — 1 small / 80 g
- ground cinnamon — ¼ tsp / 0.5 g



Ingredients:

1. Add the frozen banana, almond butter, almond milk, and Greek yogurt to a high-speed blender.
2. Blend on high for 30–45 seconds until thick and smooth. The mixture should be much thicker than a regular smoothie — add almond milk a tablespoon at a time only if needed to blend.
3. Taste and add a pinch of cinnamon. Blend briefly to combine.
4. Divide the mixture between two wide, shallow bowls.
5. Garnish each bowl with sliced banana, a tablespoon of hemp seeds, and two tablespoons of granola.
6. Sprinkle with a pinch of ground cinnamon and serve immediately before the base softens.

Per serving:

• Calories: 390 kcal • Protein: 13 g • Fat: 16 g • Carbs: 52 g • Fiber: 7 g

Cottage Cheese Power Bowl with Flaxseed, Peach, and Pumpkin Seeds

A protein-packed, no-cook bowl of creamy cottage cheese layered with ripe peach, ground flaxseed, and toasted pumpkin seeds.

Prep Time: 8 min • **Cook Time:** 0 min • **Total Time:** 8 min • **Servings:** 2

Ingredients:

- low-fat cottage cheese — 1 ½ cups / 340 g
- fresh peach, pitted and sliced — 1 large / 175 g
- ground flaxseed — 2 tbsp / 14 g
- pumpkin seeds — 2 tbsp / 18 g
- pure maple syrup — 1 tsp / 5 ml
- ground cinnamon — ¼ tsp / 0.5 g
- vanilla extract — ¼ tsp / 1 ml



Ingredients:

1. Toast the pumpkin seeds in a dry pan over moderate heat for 2 to 3 minutes, stirring often, until they begin to pop and turn golden. Set aside to cool.
2. Fold the cinnamon and vanilla into the cottage cheese until smooth and even.
3. Divide the cottage cheese between two bowls.
4. Arrange the sliced peach over the top of each bowl.
5. Sprinkle the ground flaxseed evenly over both bowls.
6. Scatter the toasted pumpkin seeds on top and finish with a light drizzle of maple syrup. Serve immediately.

Per serving: • Calories: 270 kcal • Protein: 22 g • Fat: 9 g • Carbs: 24 g • Fiber: 3 g

Savory Oatmeal with Poached Egg, Wilted Greens, and Tahini Drizzle

Creamy rolled oats cooked in vegetable broth, topped with a poached egg, garlicky wilted greens, and a drizzle of nutty tahini.

Prep Time: 5 min • **Cook Time:** 15 min • **Total Time:** 20 min • **Servings:** 2

Ingredients:

- rolled oats — 1 cup / 90 g
- low-sodium vegetable broth — 2 cups / 480 ml
- eggs, large — 2
- fresh kale or spinach, roughly chopped — 2 cups / 60 g
- garlic clove, minced — 1
- extra-virgin olive oil — 1 tbsp / 15 ml
- tahini — 1 tbsp / 15 ml
- fresh lemon juice — 1 tsp / 5 ml
- white vinegar — 1 tsp / 5 ml (for poaching)
- sea salt, black pepper, and red pepper flakes — to taste



Ingredients:

1. Bring the vegetable broth to a boil in a medium-sized saucepan. Stir in the oats, reduce the heat to medium, and cook for 5 minutes, stirring intermittently, until thick and creamy. Season with salt and pepper.
2. While the oats cook, heat the olive oil in a small skillet over moderate heat. Incorporate the garlic and cook for 30 seconds until aromatic.
3. Add the chopped greens and a pinch of salt. Cook, stirring, for 2 minutes until wilted. Set aside.
4. Fill another saucepan with 3 inches (7.5 cm) of water, heat to a gentle simmer, add the vinegar, and cook the eggs for 3 minutes for a delicate, runny yolk.
5. Divide the oatmeal between two bowls. Top each with wilted greens and a poached egg.
6. Whisk together the tahini and lemon juice with 1 tsp / 5 ml of warm water until smooth. Drizzle over each bowl.
7. Top with a pinch of red pepper and black pepper, and serve at once.

Per serving:

• Calories: 360 kcal • Protein: 16 g • Fat: 16 g • Carbs: 38 g • Fiber: 6 g

Turmeric Scrambled Tofu with Peppers, Onion, and Nutritional Yeast

A hearty plant-based scramble with crumbled firm tofu, golden turmeric, colorful peppers, and a savory finish of nutritional yeast.

Prep Time: 8 min • **Cook Time:** 12 min • **Total Time:** 20 min • **Servings:** 2

Ingredients:

- firm tofu, drained and pressed — 10 oz / 280 g
- red bell pepper, diced — ½ / 80 g
- yellow onion, diced — ½ small / 70 g
- garlic clove, minced — 1
- extra-virgin olive oil — 1 tbsp / 15 ml
- ground turmeric — 1 tsp / 2 g
- ground cumin — ½ tsp / 1 g
- nutritional yeast — 2 tbsp / 10 g
- low-sodium tamari — 1 tsp / 5 ml
- fresh spinach — 1 cup / 30 g
- sea salt and black pepper — to taste



Ingredients:

1. Press the tofu between paper towels or a clean kitchen cloth for 5 minutes to remove excess moisture. Crumble into rough, uneven pieces — aim for a texture resembling scrambled eggs.
2. Pour the olive oil into a spacious skillet, warm over medium heat, and cook the onion for 3 minutes until it softens.
3. Add the diced bell pepper and garlic. Cook for 2 more minutes, stirring occasionally.
4. Push the vegetables to one side of the pan. Add the crumbled tofu and press it gently into the pan. Let it cook undisturbed for 2 minutes to form a light golden crust on the bottom.
5. Stir in the turmeric, cumin, and tamari, coating the tofu and vegetables evenly. Cook for 1 more minute.
6. Add the spinach and nutritional yeast. Stir until the spinach is fully wilted, about 1 minute. Taste and adjust seasoning.
7. Divide between two plates and serve immediately. Optionally serve alongside whole-grain toast.

Per serving:

• Calories: 285 kcal • Protein: 23 g • Fat: 15 g • Carbs: 14 g • Fiber: 4 g



CHAPTER 2 — SOUPS AND SALADS

Cold Cucumber, Avocado, and Herb Gazpacho

A silky, refreshing chilled soup of cucumber and ripe avocado blended with fresh herbs, garlic, and a clean hit of lemon juice.

Prep Time: 15 min • **Cook Time:** 0 min • **Total Time:** 15 min + 30 min chilling • **Servings:** 2

Ingredients:

- English cucumber, roughly chopped — 1 large / 350 g
- ripe avocado — 1 medium / 150 g
- plain Greek yogurt — ¼ cup / 60 g
- fresh flat-leaf parsley — ¼ cup / 15 g
- fresh mint leaves — 2 tbsp / 6 g
- garlic clove, minced — 1 small
- fresh lemon juice — 2 tbsp / 30 ml
- cold water — ½ cup / 120 ml
- extra-virgin olive oil — 1 tbsp / 15 ml
- sea salt and white pepper — to taste



Ingredients:

1. Combine the cucumber, avocado, Greek yogurt, parsley, mint, garlic, and lemon juice in a blender.
2. Add the cold water and olive oil. Process at high speed for one minute until the mixture turns fully smooth and creamy.
3. Sample and season with salt and white pepper. If the gazpacho is too thick, add cold water one tablespoon at a time.
4. Pour into two bowls or glasses, cover, and keep in the refrigerator for no less than 30 minutes until it is entirely chilled.
5. Before serving, stir and taste again — seasoning often needs adjusting once cold.
6. Serve in chilled bowls with a drizzle of olive oil, a few fresh mint leaves, and thinly sliced cucumber rounds if desired.

Per serving:

• Calories: 240 kcal • Protein: 6 g • Fat: 19 g • Carbs: 15 g • Fiber: 7 g

Miso Soup with Tofu, Wakame, Shiitake, and Scallions

A classic, nourishing Japanese miso soup layered with silken tofu, rehydrated wakame seaweed, fresh shiitake mushrooms, and scallions.

Prep Time: 10 min • **Cook Time:** 10 min • **Total Time:** 20 min • **Servings:** 2

Ingredients:

- water — 3 cups / 720 ml
- white miso paste — 2 tbsp / 30 ml
- silken tofu, cubed — 5 oz / 140 g
- dried wakame seaweed — 1 tbsp / 5 g
- fresh shiitake mushrooms, sliced — ¾ cup / 60 g
- scallions, thinly sliced — 2 stalks
- low-sodium tamari — 1 tsp / 5 ml
- sesame oil — ½ tsp / 2.5 ml



Ingredients:

1. Place the dried wakame in a small bowl of cold water and soak for 5 minutes until rehydrated. Drain and squeeze gently. Set aside.
2. Bring the water to a gentle simmer in a medium-sized saucepan over moderate heat. Do not allow it to boil vigorously.
3. Add the sliced shiitake mushrooms and tamari. Simmer for 4 minutes until the mushrooms are tender.
4. Place the miso paste in a small bowl. Ladle a few tablespoons of the warm broth over the miso and whisk until fully dissolved. Pour back into the pan. Do not boil the soup after adding the miso.
5. Add the silken tofu cubes and rehydrated wakame. Warm gently for 1 minute.
6. Remove from heat. Drizzle in the sesame oil and stir.
7. Ladle into two bowls and top generously with sliced scallions. Serve immediately.

Per serving:

• Calories: 130 kcal • Protein: 9 g • Fat: 5 g • Carbs: 12 g • Fiber: 2 g

Mediterranean Chopped Salad with Roasted Chickpeas, Kalamata Olives, and Herb Lemon Vinaigrette

A vibrant, substantial salad of crisp chopped vegetables, golden oven-roasted chickpeas, and briny olives in a bright herb lemon dressing.

Prep Time: 15 min • **Cook Time:** 25 min • **Total Time:** 40 min • **Servings:** 2

Ingredients:

For the salad:

- canned chickpeas, drained and dried — 1 cup / 175 g
- romaine lettuce, roughly chopped — 2 cups / 80 g
- cherry tomatoes, halved — $\frac{3}{4}$ cup / 110 g
- English cucumber, diced — $\frac{1}{2}$ / 175 g
- Kalamata olives, pitted and halved — $\frac{1}{4}$ cup / 40 g
- red onion, thinly sliced — $\frac{1}{4}$ small / 30 g
- extra-virgin olive oil — 1 tsp / 5 ml
- smoked paprika — $\frac{1}{2}$ tsp / 1 g

For the vinaigrette:

- extra-virgin olive oil — 2 tbsp / 30 ml
- fresh lemon juice — 1 $\frac{1}{2}$ tbsp / 22 ml
- fresh flat-leaf parsley, finely chopped — 1 tbsp / 4 g
- fresh oregano, finely chopped — 1 tsp / 1 g
- garlic clove, minced — $\frac{1}{2}$
- sea salt and black pepper — to taste



Ingredients:

1. Set the oven's temperature to 400 °F / 200 °C. Pat the chickpeas completely dry with paper towels — this is key to achieving crunch. Toss with olive oil, smoked paprika, salt, and pepper on a baking tray.
2. Roast for about 20–25 minutes, turning the tray halfway through, until the chickpeas become golden and crunchy. Set aside to cool for a short time.
3. Combine the vinaigrette components in a small bowl, whisking until smooth. Taste and modify the lemon and salt to your preference.
4. Combine the romaine, cherry tomatoes, cucumber, olives, and red onion in a large salad bowl.
5. Season the salad with the vinaigrette and toss well to coat the ingredients evenly.
6. Top with the warm roasted chickpeas and serve immediately. The chickpeas will soften if they sit in the dressing too long.

Per serving:

• Calories: 350 kcal • Protein: 12 g • Fat: 20 g • Carbs: 34 g • Fiber: 10 g

White Bean, Kale, and Rosemary Soup with Parmesan Rind

A rustic, thick Italian-inspired soup of creamy white beans, sturdy kale, and fragrant rosemary, enriched with a slow-simmered Parmesan rind.

Prep Time: 10 min • **Cook Time:** 30 min • **Total Time:** 40 min • **Servings:** 2

Ingredients:

- canned white cannellini beans, drained — 1 ½ cups / 260 g
- kale, stems removed and roughly chopped — 2 cups / 70 g
- yellow onion, diced — ½ / 80 g
- garlic cloves, minced — 2
- celery stalk, diced — 1
- low-sodium vegetable broth — 3 cups / 720 ml
- Parmesan rind — 1 small piece (optional)
- fresh rosemary — 1 sprig
- extra-virgin olive oil — 1 tbsp / 15 ml
- canned whole tomatoes, crushed by hand — ½ cup / 120 g
- sea salt and black pepper — to taste



Ingredients:

1. Warm the olive oil in a medium-sized saucepan over moderate heat. Incorporate the onion and celery, and cook for 4 minutes until softened.
2. Add the garlic and rosemary sprig. Cook for 1 minute until fragrant.
3. Incorporate the crushed tomatoes and stir to combine. Cook for 3 minutes.
4. Pour in the vegetable broth. Add the Parmesan rind if using. Bring to a gentle boil.
5. Add half the cannellini beans whole. Mash the remaining half with a fork until roughly smooth, then stir into the soup to create a creamy body.
6. Add the chopped kale and simmer for 10 minutes until tender but still vibrant.
7. Remove the rosemary sprig and Parmesan rind. Taste and adjust seasoning. Serve hot with a drizzle of olive oil.

Per serving:

• Calories: 320 kcal • Protein: 16 g • Fat: 8 g • Carbs: 46 g • Fiber: 13 g

Lentil and Roasted Vegetable Soup with Cumin and Lemon

A hearty, deeply flavored soup of red lentils and caramelized roasted vegetables, brightened with cumin and fresh lemon.

Prep Time: 15 min • **Cook Time:** 40 min • **Total Time:** 55 min • **Servings:** 2

Ingredients:

- red lentils, dry — ½ cup / 95 g
- carrot, diced — 1 large / 120 g
- zucchini, diced — 1 small / 150 g
- red bell pepper, diced — ½ / 80 g
- yellow onion, diced — ½ / 80 g
- garlic cloves, minced — 2
- low-sodium vegetable broth — 3 cups / 720 ml
- extra-virgin olive oil — 1 tbsp / 15 ml
- ground cumin — 1 tsp / 2 g
- ground coriander — ½ tsp / 1 g
- smoked paprika — ½ tsp / 1 g
- fresh lemon juice — 1 tbsp / 15 ml
- sea salt and black pepper — to taste



Ingredients:

1. Set the oven's temperature to 400 °F / 200 °C. Coat the carrot, zucchini, and bell pepper with half the olive oil, season with salt and pepper, and spread on a baking tray. Roast for 20 minutes until tender with a hint of caramelization.
2. In a medium pan, heat the leftover olive oil over moderate heat, incorporate the onion, and sauté for 4 minutes until tender.
3. Add the garlic, cumin, coriander, and smoked paprika. Cook for 1 minute, stirring constantly.
4. Rinse the lentils under cold water. Add to the pan along with the vegetable broth. Heat until boiling, then reduce to a light simmer and cook for 15 minutes until the lentils soften.
5. Incorporate the roasted vegetables into the pot and stir to combine. Simmer for 5 more minutes.
6. Blend the soup lightly using an immersion blender, leaving a bit of texture intact. Alternatively, blend one-third of the soup in a blender and stir it back in.
7. Stir in the lemon juice. Taste and adjust seasoning. Plate the dish hot and add a touch of olive oil if you like.

Per serving:

• Calories: 345 kcal • Protein: 18 g • Fat: 8 g • Carbs: 52 g • Fiber: 14 g

Asian Cabbage and Edamame Slaw with Sesame-Ginger Dressing

A crisp, colorful slaw of red and green cabbage, shelled edamame, and shredded carrot, tossed in a bold sesame-ginger dressing.

Prep Time: 15 min • **Cook Time:** 0 min • **Total Time:** 15 min + 10 min resting • **Servings:** 2

Ingredients:

For the slaw:

- green cabbage, finely shredded — 1 ½ cups / 120 g
- red cabbage, finely shredded — 1 cup / 80 g
- carrot, peeled and julienned or grated — 1 medium / 90 g
- shelled edamame, cooked — ½ cup / 80 g
- scallions, thinly sliced — 2 stalks
- fresh cilantro, roughly chopped — 2 tbsp / 6 g
- sesame seeds — 1 tbsp / 9 g

For the sesame-ginger dressing:

- sesame oil — 1 tbsp / 15 ml
- rice vinegar — 2 tbsp / 30 ml
- low-sodium tamari — 1 tbsp / 15 ml
- fresh ginger, grated — 1 tsp / 5 g
- garlic clove, minced — ½
- pure maple syrup — 1 tsp / 5 ml



Ingredients:

1. Combine the shredded green and red cabbage, julienned carrot, edamame, and scallions in a large bowl. Toss to mix.
2. Using a small bowl, whisk the dressing components together until fully incorporated.
3. Coat the slaw evenly by pouring on the dressing and tossing until fully combined.
4. Allow the slaw to rest for 10 minutes at room temperature. This softens the cabbage slightly and allows the flavors to meld.
5. Gently toast the sesame seeds in a dry pan over moderate heat for 1 to 2 minutes until lightly golden. Set aside.
6. Taste the slaw and adjust the balance of tamari, vinegar, or maple syrup as needed. Divide between two plates or bowls and top with fresh cilantro and toasted sesame seeds.

Per serving:

• Calories: 235 kcal • Protein: 10 g • Fat: 10 g • Carbs: 27 g • Fiber: 7 g

Chickpea, Spinach, and Harissa Soup

A fragrant North African-style soup with tender chickpeas and fresh spinach, simmered in a rich tomato broth enlivened with harissa.

Prep Time: 10 min • **Cook Time:** 25 min • **Total Time:** 35 min • **Servings:** 2

Ingredients:

- canned chickpeas, drained — 1 ½ cups / 260 g
- fresh spinach — 2 cups / 60 g
- canned diced tomatoes — 1 cup / 240 g
- yellow onion, diced — ½ / 80 g
- garlic cloves, minced — 2
- harissa paste — 1 tbsp / 15 ml
- low-sodium vegetable broth — 2 cups / 480 ml
- extra-virgin olive oil — 1 tbsp / 15 ml
- ground cumin — ½ tsp / 1 g
- fresh lemon juice — 1 tbsp / 15 ml
- sea salt and black pepper — to taste



Ingredients:

1. Warm the olive oil in a medium-sized saucepan over moderate heat. Incorporate the onion and cook for 4 minutes until softened and translucent.
2. Add the garlic and cumin. Cook for 1 minute, stirring constantly.
3. Fold in the harissa paste and cook for 1 more minute to bloom the spices.
4. Incorporate the tomatoes and simmer for three minutes, mixing every now and then.
5. Pour in the broth, add the chickpeas, and bring to a gentle boil. Then lower the heat and simmer for 12 minutes.
6. Fold in the spinach and cook just until wilted, about 1–2 minutes.
7. Take off the heat, stir in lemon juice, taste, season as needed, and add extra harissa for a spicier kick.

Per serving: • Calories: 310 kcal • Protein: 14 g • Fat: 9 g • Carbs: 44 g • Fiber: 12 g

Turmeric, Lemongrass, and Shiitake Healing Broth with Brown Rice Noodles

A fragrant, golden broth infused with lemongrass and turmeric, loaded with earthy shiitake mushrooms and tender brown rice noodles.

Prep Time: 10 min • **Cook Time:** 30 min • **Total Time:** 40 min • **Servings:** 2

Ingredients:

- dried shiitake mushrooms — 1 oz / 28 g
- low-sodium vegetable broth — 4 cups / 950 ml
- lemongrass stalk — 1, bruised and halved
- fresh ginger, sliced — 1 inch / 2.5 cm piece
- garlic cloves, smashed — 2
- ground turmeric — 1 tsp / 2 g
- low-sodium tamari — 1 tbsp / 15 ml
- brown rice noodles, dry — 3 oz / 85 g
- scallions, thinly sliced — 2 stalks
- fresh cilantro, roughly chopped — 2 tbsp / 6 g
- fresh lime juice — 1 tbsp / 15 ml
- red chili flakes — pinch (optional)



Ingredients:

1. Soak the dried shiitake mushrooms in 1 cup / 240 ml of hot water for 10 minutes. Drain, reserving the soaking liquid. Slice the mushrooms thinly, discarding the tough stems.
2. Pour the vegetable broth and reserved mushroom liquid into a medium-sized saucepan. Add the lemongrass, ginger, garlic, and turmeric. Bring to a gentle boil.
3. Turn down the heat and cook uncovered for 15 minutes, allowing the aromatics to fully infuse the liquid.
4. Strain the broth through a fine mesh sieve, discarding the lemongrass, ginger, and garlic. Return the clear broth to the pan.
5. Add the sliced shiitake mushrooms and tamari. Simmer for 5 minutes.
6. Prepare the brown rice noodles following the package directions, then drain and split evenly between two large bowls.
7. Ladle the hot broth and mushrooms over the noodles. Top with scallions, cilantro, a squeeze of lime juice, and chili flakes if using.

Per serving:

• Calories: 295 kcal • Protein: 8 g • Fat: 2 g • Carbs: 60 g • Fiber: 4 g

Warm Lentil Salad with Roasted Carrots, Tahini, and Preserved Lemon

A satisfying warm salad of green lentils and honey-roasted carrots dressed with a creamy tahini sauce and the sharp brightness of preserved lemon.

Prep Time: 10 min • **Cook Time:** 35 min • **Total Time:** 45 min • **Servings:** 2

Ingredients:

- green or Puy lentils, dry — ½ cup / 95 g
- carrots, peeled and cut into batons — 3 medium / 270 g
- extra-virgin olive oil — 1 tbsp / 15 ml
- ground cumin — ½ tsp / 1 g
- preserved lemon rind, finely chopped — 1 tsp / 5 g
- fresh flat-leaf parsley, roughly chopped — 3 tbsp / 12 g
- baby spinach — 1 cup / 30 g

For the tahini dressing:

- tahini — 2 tbsp / 30 ml
- fresh lemon juice — 1 tbsp / 15 ml
- garlic clove, minced — ½
- warm water — 2 tbsp / 30 ml
- sea salt and black pepper — to taste



Ingredients:

1. Set the oven's temperature to 400 °F / 200 °C. Toss the carrot batons with olive oil, cumin, salt, and pepper on a baking tray. Roast for 25 to 30 minutes until soft and caramelized at the edges.
2. Meanwhile, cook the lentils. Place in a small saucepan, cover with cold water by 2 inches / 5 cm, and bring to a boil. Turn the heat down and simmer for 18–20 minutes until just tender but intact. Drain and hold warm.
3. Whisk all tahini dressing components until creamy. Add warm water gradually, one teaspoon at a time, if the mixture is too thick to pour.
4. Using a spacious bowl, toss the warm lentils with the baby spinach until the spinach just begins to wilt from the heat.
5. Add the roasted carrots and preserved lemon. Toss gently.
6. Divide between two plates, drizzle generously with the tahini dressing, and scatter fresh parsley over the top.

Per serving:

• Calories: 380 kcal • Protein: 18 g • Fat: 14 g • Carbs: 48 g • Fiber: 15 g

Roasted Tomato and Red Pepper Soup with Smoked Paprika

A deeply savory, velvety soup made from slow-roasted tomatoes and red peppers, with a rich smoky depth from Spanish paprika.

Prep Time: 10 min • **Cook Time:** 45 min • **Total Time:** 55 min • **Servings:** 2

Ingredients:

- ripe tomatoes, halved — 4 large / 600 g
- red bell peppers, halved and seeded — 2 / 320 g
- yellow onion, quartered — ½ / 80 g
- garlic cloves, unpeeled — 3
- extra-virgin olive oil — 1 tbsp / 15 ml
- smoked paprika — 1 tsp / 2 g
- low-sodium vegetable broth — 1 cup / 240 ml
- fresh thyme — 2 sprigs
- sea salt and black pepper — to taste
- plain Greek yogurt — 2 tbsp / 30 g (to serve)



Ingredients:

1. Set the oven's temperature to 400 °F / 200 °C. Arrange the tomatoes, red peppers, onion, and garlic on a large baking tray, cut side up. Lightly pour olive oil over the dish and sprinkle with salt and pepper.
2. Scatter the thyme sprigs over the vegetables. Roast for 35–40 minutes, until the tomatoes have collapsed and their edges are lightly charred.
3. Remove from the oven. Squeeze the roasted garlic out of its skins, discarding the papery shells. Remove the thyme sprigs.
4. Transfer all roasted vegetables and any accumulated juices to a blender. Add the smoked paprika and vegetable broth.
5. Blend on high until completely smooth. If the soup is too thick, add a splash more broth.
6. Place the soup in a pan and warm gently over moderate heat for 3 to 4 minutes. Adjust the seasoning to your preference.
7. Ladle into two bowls and finish with a small dollop of Greek yogurt and a light dusting of smoked paprika.

Per serving: • Calories: 195 kcal • Protein: 6 g • Fat: 8 g • Carbs: 28 g • Fiber: 6 g

Roasted Broccoli and Leek Cream Soup with Toasted Seeds

A smooth, velvety soup of caramelized roasted broccoli and sweet leeks, blended until silky and topped with a crunchy mixed seed garnish.

Prep Time: 10 min • **Cook Time:** 35 min • **Total Time:** 45 min • **Servings:** 2

Ingredients:

- broccoli, cut into florets — 1 large head / 400 g
- leeks, white and light green parts, sliced — 2 medium / 250 g
- garlic cloves — 3
- low-sodium vegetable broth — 2 ½ cups / 600 ml
- extra-virgin olive oil — 1 tbsp / 15 ml
- unsweetened almond milk — ¼ cup / 60 ml
- mixed seeds (pumpkin, sunflower, sesame) — 2 tbsp / 18 g
- fresh lemon juice — 1 tsp / 5 ml
- ground nutmeg — pinch
- sea salt and black pepper — to taste



Ingredients:

1. Set the oven's temperature to 425 °F / 220 °C. Spread the broccoli florets on a baking tray. Pour half of the olive oil over the top and sprinkle with salt. Roast for 20 to 25 minutes until deeply golden and the edges are crispy.
2. Warm the remaining olive oil in a medium-sized saucepan over moderate heat. Add the leeks and garlic. Cook for 6 to 8 minutes until completely soft and sweet, stirring occasionally.
3. Reserve a few roasted broccoli florets for garnish. Add the rest to the saucepan with the leeks.
4. Pour in the vegetable broth and bring to a simmer. Cook for 5 minutes.
5. Stir in the almond milk and lemon juice, take off the heat, and purée with an immersion blender until silky. Adjust with salt, pepper, and a hint of nutmeg.
6. Place the seed mix in a dry pan over moderate heat and stir continuously for about two minutes, then remove from the heat.
7. Ladle the soup into two bowls. Top with the reserved broccoli florets and toasted seeds. Drizzle with olive oil.

Per serving:

• Calories: 265 kcal • Protein: 11 g • Fat: 13 g • Carbs: 28 g • Fiber: 8 g

Roasted Beet and Arugula Salad with Candied Walnuts and Orange Dressing

Earthy roasted beets over peppery arugula with sweet-and-crunchy candied walnuts and a fresh orange vinaigrette.

Prep Time: 10 min • **Cook Time:** 45 min • **Total Time:** 55 min • **Servings:** 2

Ingredients:

For the salad:

- medium beets, scrubbed — 3 / 350 g
- baby arugula — 3 cups / 60 g
- walnuts — ¼ cup / 30 g
- pure maple syrup — 1 tsp / 5 ml
- sea salt — pinch

For the orange dressing:

- fresh orange juice — 2 tbsp / 30 ml
- orange zest — ½ tsp / 1 g
- extra-virgin olive oil — 2 tbsp / 30 ml
- apple cider vinegar — 1 tsp / 5 ml
- Dijon mustard — ½ tsp / 2.5 ml
- sea salt and black pepper — to taste



Ingredients:

1. Set the oven's temperature to 400 °F / 200 °C. Wrap each beet individually in foil and place on a baking tray. Cook in the oven for 40 to 45 minutes until fully tender. Once cool enough to handle, peel by wiping the skin away with paper towels and slice into thin wedges.
2. While the beets roast, make the candied walnuts. Heat a small non-stick skillet on medium, then add walnuts and maple syrup. Stir for 2–3 minutes until the syrup caramelizes and covers the nuts. Spread on parchment, add a pinch of salt, and let harden completely before breaking.
3. Combine all dressing ingredients in a small bowl and whisk until fully emulsified.
4. Arrange the arugula on two plates. Top with the roasted beet wedges.
5. Drizzle the orange dressing over the salad and toss lightly.
6. Scatter the candied walnuts over each plate and serve immediately.

Per serving:

• Calories: 320 kcal • Protein: 6 g • Fat: 22 g • Carbs: 28 g • Fiber: 5 g

Quinoa Tabbouleh with Cucumber, Tomato, Fresh Herbs, and Pomegranate

A gluten-free twist on the classic Levantine salad, replacing bulgur with protein-rich quinoa and finishing with jewel-like pomegranate seeds.

Prep Time: 15 min • **Cook Time:** 15 min • **Total Time:** 30 min + 20 min resting • **Servings:** 2

Ingredients:

- quinoa, dry — ½ cup / 85 g
- water — 1 cup / 240 ml
- English cucumber, finely diced — ½ / 175 g
- ripe tomatoes, finely diced — 2 medium / 280 g
- fresh flat-leaf parsley, finely chopped — 1 cup / 40 g
- fresh mint leaves, finely chopped — ¼ cup / 10 g
- pomegranate seeds — 3 tbsp / 40 g
- extra-virgin olive oil — 2 tbsp / 30 ml
- fresh lemon juice — 3 tbsp / 45 ml
- sea salt and black pepper — to taste

Ingredients:

1. Rinse the quinoa under cold running water. Combine with the water and a pinch of salt in a small saucepan. Heat to a boil, cover, and reduce to low heat. Cook for 12 minutes until the liquid is gone. Let it sit covered for 5 minutes to steam, then fluff with a fork and spread on a tray to cool.
2. Finely dice the cucumber and tomatoes. If the tomatoes are very juicy, drain off some excess liquid before adding.
3. Finely chop the parsley and mint. Ensure the herbs are chopped very finely — this is essential to the texture of the dish.
4. Using a spacious bowl, combine the cooled quinoa, cucumber, tomatoes, parsley, and mint.
5. Add a finishing drizzle of olive oil and lemon juice. Season generously with salt and pepper. Toss until everything is well combined.
6. Allow the tabbouleh to rest for 20 minutes at room temperature before serving. This allows the flavors to develop. Top with pomegranate seeds just before serving.

Per serving:

• Calories: 340 kcal • Protein: 9 g • Fat: 16 g • Carbs: 43 g • Fiber: 6 g



Nicoise-Style Tuna Salad with Green Beans, Eggs, and Dijon Vinaigrette

A classic French-inspired composed salad with flaked tuna, tender green beans, hard-boiled eggs, and a sharp Dijon vinaigrette.

Prep Time: 15 min • **Cook Time:** 12 min • **Total Time:** 27 min • **Servings:** 2

Ingredients:

For the salad:

- canned tuna in water, drained — 2 × 4 oz / 2 × 113 g
- green beans, trimmed — 1 ½ cups / 150 g
- eggs, large — 2
- cherry tomatoes, halved — ¾ cup / 110 g
- Kalamata olives, pitted — ¼ cup / 40 g
- baby romaine or mixed greens — 2 cups / 60 g

- red onion, thinly sliced — ¼ small / 30 g

For the Dijon vinaigrette:

- Dijon mustard — 1 tsp / 5 ml
- red wine vinegar — 1 tbsp / 15 ml
- extra-virgin olive oil — 2 tbsp / 30 ml
- garlic clove, minced — 1
- fresh thyme leaves — ½ tsp / 0.5 g
- sea salt and black pepper — to taste



Ingredients:

1. Heat a small pan of water to a boil, add the eggs, and cook 9 minutes for a creamy, fully set yolk. Transfer to ice water immediately, then peel and slice lengthwise after cooling.
2. Blanch the green beans in the same boiling water for 3 minutes until bright green and tender. Drain and transfer immediately to ice water to stop the cooking. Drain and pat dry.
3. Whisk together all vinaigrette ingredients until emulsified. Taste and adjust seasoning.
4. Lay the mixed greens evenly as a base on two plates.
5. Arrange the green beans, cherry tomatoes, olives, and red onion over the greens in separate sections.
6. Flake the tuna over the top and nestle the halved eggs alongside. Drizzle the vinaigrette generously over everything and serve immediately.

Per serving:

• Calories: 390 kcal • Protein: 38 g • Fat: 20 g • Carbs: 14 g • Fiber: 4 g

Spinach, Strawberry, and Avocado Salad with Poppy Seed Balsamic Dressing

A light, elegant salad of fresh baby spinach, ripe strawberries, and creamy avocado in a sweet-tangy poppy seed balsamic dressing.

Prep Time: 10 min • **Cook Time:** 10 min • **Total Time:** 20 min • **Servings:** 2

Ingredients:

For the salad:

- baby spinach — 3 cups / 90 g
- fresh strawberries, hulled and sliced — 1 cup / 150 g
- ripe avocado, sliced — 1 medium / 150 g
- red onion, very thinly sliced — ¼ small / 30 g
- pumpkin seeds — 2 tbsp / 18 g

For the dressing:

- balsamic vinegar — 1 ½ tbsp / 22 ml
- extra-virgin olive oil — 2 tbsp / 30 ml
- Dijon mustard — ½ tsp / 2.5 ml
- pure maple syrup — 1 tsp / 5 ml
- poppy seeds — ½ tsp / 2 g
- sea salt and black pepper — to taste



Ingredients:

1. Place the pumpkin seeds in a dry pan over moderate heat and toast for 2 minutes, stirring often, until lightly browned. Set aside to cool.
2. Combine all dressing ingredients in a small mixing bowl and whisk until completely blended and smooth. Sample and adjust the balance of vinegar and maple syrup to your preference.
3. Arrange the baby spinach as the base across two plates or a large salad bowl.
4. Layer the sliced strawberries and avocado evenly over the spinach.
5. Distribute the red onion slices on top.
6. Finish by gently drizzling the dressing over the salad at serving time. Finish with the toasted pumpkin seeds. Toss gently at the table.

Per serving:

• Calories: 310 kcal • Protein: 6 g • Fat: 25 g • Carbs: 20 g • Fiber: 7 g



CHAPTER 3 — MAIN DISHES: POULTRY

Harissa-Spiced Sheet-Pan Chicken with Root Vegetables and Preserved Lemon

A bold, North African-inspired sheet-pan dinner of spiced chicken thighs roasted over sweet root vegetables with the bright punch of preserved lemon.

Prep Time: 15 min • **Cook Time:** 40 min • **Total Time:** 55 min • **Servings:** 2

Ingredients:

- chicken thighs, boneless and skinless — 4 / 480 g total
- carrot, cut into chunks — 2 medium / 180 g
- parsnip, cut into chunks — 1 medium / 130 g
- red onion, cut into wedges — ½ / 80 g
- harissa paste — 1 ½ tbsp / 22 ml
- extra-virgin olive oil — 1 tbsp / 15 ml
- preserved lemon rind, finely chopped — 1 tsp / 5 g
- garlic cloves, minced — 2
- ground cumin — ½ tsp / 1 g
- fresh flat-leaf parsley, to serve — 2 tbsp / 8 g
- sea salt and black pepper — to taste



Ingredients:

1. Set the oven's temperature to 425 °F / 220 °C. Line a spacious baking tray with parchment paper.
2. Using a spacious bowl, whisk together the harissa paste, olive oil, preserved lemon, garlic, cumin, salt, and pepper.
3. Add the chicken thighs and all the vegetables to the bowl. Toss until everything is thoroughly coated in the harissa mixture.
4. Arrange in one layer on the prepared baking sheet, placing the chicken on top of the vegetables.
5. Bake for 35–40 minutes, turning the vegetables once midway, until the chicken is cooked through and the vegetables are tender and caramelized.
6. Rest the chicken for 5 minutes. Scatter fresh parsley over the tray and serve directly from the pan.

Per serving: • Calories: 445 kcal • Protein: 50 g • Fat: 18 g • Carbs: 22 g • Fiber: 5 g

Slow-Cooked Chicken, White Bean and Kale Stew with Rosemary

A deeply comforting, slow-simmered stew of tender pulled chicken, creamy white beans, and sturdy kale with fragrant rosemary.

Prep Time: 15 min • **Cook Time:** 50 min • **Total Time:** 65 min • **Servings:** 2

Ingredients:

- chicken thighs, boneless and skinless — 3 / 360 g total
- canned cannellini beans, drained — 1 ½ cups / 260 g
- kale, stems removed and roughly torn — 2 cups / 70 g
- yellow onion, diced — ½ / 80 g
- carrot, diced — 1 medium / 90 g
- celery stalk, diced — 1
- garlic cloves, minced — 3
- low-sodium chicken broth — 2 ½ cups / 600 ml
- canned diced tomatoes — ½ cup / 120 g
- fresh rosemary — 2 sprigs
- extra-virgin olive oil — 1 tbsp / 15 ml
- sea salt and black pepper — to taste



Ingredients:

1. Heat the olive oil in a spacious heavy-bottomed saucepan or Dutch oven over moderate heat. Coat the chicken thighs with a light layer of salt and pepper.
2. Pan-sear the chicken for 3 minutes on both sides until golden, then remove and keep aside.
3. Incorporate the onion, carrot, and celery into the same pan. Cook for 5 minutes until softened.
4. Incorporate the garlic, cooking briefly for a minute, before adding the diced tomatoes and blending together.
5. Put the chicken back in the pan, pour in the broth, and toss in the rosemary. Boil briefly, then cover and simmer gently for 30 minutes.
6. Take the chicken out, break it into sizable pieces with two forks, and stir it back into the pot.
7. Add the beans and kale. Simmer uncovered for 10 minutes until the kale is soft and the stew has thickened slightly. Remove the rosemary sprigs. Taste and adjust seasoning before serving.

Per serving:

• Calories: 465 kcal • Protein: 52 g • Fat: 12 g • Carbs: 38 g • Fiber: 11 g

Turmeric and Yogurt Marinated Chicken Thighs with Roasted Cauliflower

Tender skinless chicken thighs marinated in turmeric-spiced yogurt, oven-roasted alongside golden cauliflower florets.

Prep Time: 15 min • **Cook Time:** 35 min • **Total Time:** 50 min + 2 hr marinating • **Servings:** 2

Ingredients:

For the chicken:

- chicken thighs, boneless and skinless — 4 / 480 g total
- plain Greek yogurt — ¼ cup / 60 g
- ground turmeric — 1 tsp / 2 g
- ground cumin — ½ tsp / 1 g
- ground coriander — ½ tsp / 1 g
- garlic cloves, minced — 2
- fresh ginger, grated — 1 tsp / 5 g
- fresh lemon juice — 1 tbsp / 15 ml
- sea salt and black pepper — to taste

For the cauliflower:

- cauliflower, cut into florets — ½ head / 300 g
- extra-virgin olive oil — 1 tbsp / 15 ml
- ground turmeric — ¼ tsp / 0.5 g
- sea salt — to taste



Ingredients:

1. In a bowl, mix together Greek yogurt, turmeric, cumin, coriander, garlic, ginger, lemon juice, salt, and pepper. Add the chicken thighs, making sure each piece is fully coated. Seal and chill in the refrigerator for a minimum of 2 hours, or overnight for optimal results.
2. Set the oven's temperature to 425 °F (220 °C) and cover a spacious baking sheet with parchment paper.
3. Using a separate bowl, toss the cauliflower florets with olive oil, turmeric, and a dash of salt. Spread them evenly on one side of the prepared baking sheet.
4. Take the chicken out of the marinade, shaking off any excess, and arrange it on the opposite side of the tray.
5. Cook everything in the oven for 30–35 minutes, turning the cauliflower halfway, until the chicken is fully done and golden, and the cauliflower is soft with caramelized tips.
6. Give the chicken a brief 5-minute pause before plating it with the roasted cauliflower, and savor immediately while warm.

Per serving:

• Calories: 420 kcal • Protein: 52 g • Fat: 18 g • Carbs: 12 g • Fiber: 3 g

One-Pan Lemon Chicken with Asparagus, Mushrooms, and Brown Rice

A complete, fuss-free one-pan meal of lemon-seasoned chicken, tender asparagus, and earthy mushrooms over herbed brown rice.

Prep Time: 10 min • **Cook Time:** 40 min • **Total Time:** 50 min • **Servings:** 2

Ingredients:

- chicken breasts, boneless and skinless — 2 × 6 oz / 2 × 170 g
- asparagus, woody ends snapped off — 10 spears / 170 g
- cremini mushrooms, sliced — 1 ½ cups / 120 g
- brown rice, dry — ½ cup / 95 g
- glow-sodium chicken broth — 1 ¼ cups / 300 ml
- lemon, zested and juiced — 1
- garlic cloves, minced — 2
- extra-virgin olive oil — 1 tbsp / 15 ml
- fresh thyme — 3 sprigs
- sea salt and black pepper — to taste



Ingredients:

1. Rub the chicken breasts with salt, pepper, and half of the lemon zest. Warm olive oil in a spacious ovenproof skillet over medium-high heat, then sear the chicken 3 minutes per side until golden. Remove and set aside.
2. Reduce the heat to medium. Incorporate the mushrooms into the same pan and cook for 4 minutes without stirring until golden. Incorporate the garlic and cook for 1 more minute.
3. Stir in the brown rice, chicken broth, lemon juice, and remaining lemon zest. Nestle the thyme sprigs into the rice.
4. Return the chicken breasts on top of the rice mixture. Bring to a gentle boil, then cover tightly and reduce the heat to low. Cook for 25 minutes.
5. Set the oven's temperature to 375 °F / 190 °C. Uncover the pan and lay the asparagus spears over the rice around the chicken. Transfer to the oven, uncovered, for 10 minutes until the asparagus is tender and the rice has absorbed all the liquid.
6. Rest for 5 minutes. Remove the thyme sprigs and serve directly from the pan.

Per serving:

• Calories: 480 kcal • Protein: 50 g • Fat: 11 g • Carbs: 46 g • Fiber: 4 g

Turkey and Zucchini Stuffed Bell Peppers with Tomato Herb Sauce

Vibrant bell peppers stuffed with a flavorful blend of ground turkey, shredded zucchini, and fresh herbs, simmered in a hearty tomato sauce.

Prep Time: 15 min • **Cook Time:** 40 min • **Total Time:** 55 min • **Servings:** 2

Ingredients:

For the peppers:

- red or yellow bell peppers, large — 2
- ground turkey, lean — 10 oz / 280 g
- zucchini, grated and squeezed dry — 1 small / 130 g
- yellow onion, finely diced — ¼ / 40 g
- garlic clove, minced — 1
- cooked brown rice — ¼ cup / 46 g

- dried oregano — ½ tsp / 1 g
- sea salt and black pepper — to taste

For the tomato herb sauce:

- canned crushed tomatoes — 1 cup / 240 g
- garlic clove, minced — 1
- extra-virgin olive oil — 1 tsp / 5 ml
- dried basil — ½ tsp / 1 g
- sea salt and black pepper — to taste



Ingredients:

1. Set the oven's temperature to 375 °F / 190 °C. Cut off the tops of the bell peppers, remove the seeds and membranes. Set the pepper tops aside.
2. Combine the ground turkey, grated zucchini, onion, garlic, cooked brown rice, oregano, salt, and pepper in a bowl. Mix until evenly combined.
3. Simmer the crushed tomatoes with garlic, olive oil, basil, salt, and pepper in a small saucepan over low heat for 5 minutes. Pour into the base of a snug-fitting baking dish.
4. Fill each pepper firmly with the turkey and zucchini mixture, pressing down as you go. Place the peppers upright in the tomato sauce in the baking dish.
5. Spoon a little tomato sauce over the top of the filling in each pepper. Place the reserved pepper tops back on.
6. Thoroughly cover the dish with foil and bake for 30 minutes. Remove the foil and return the peppers to the oven for an additional 10 minutes, until tender throughout.
7. Serve each pepper with the surrounding tomato sauce spooned generously over the top.

Per serving: • Calories: 370 kcal • Protein: 42 g • Fat: 10 g • Carbs: 26 g • Fiber: 5 g

Za'atar Baked Chicken Breast with Roasted Garlic and Lemon Tahini Drizzle

Juicy, herb-crusted chicken breast coated in za'atar and baked alongside whole garlic, finished with a silky lemon tahini drizzle.

Prep Time: 10 min • **Cook Time:** 25 min • **Total Time:** 35 min • **Servings:** 2

Ingredients:

For the chicken:

- chicken breasts, boneless and skinless — 2 × 6 oz / 2 × 170 g
- za'atar spice blend — 2 tbsp / 14 g
- extra-virgin olive oil — 1 tbsp / 15 ml
- garlic head, top sliced off — 1 whole
- fresh lemon juice — 1 tbsp / 15 ml
- sea salt and black pepper — to taste

For the tahini drizzle:

- tahini — 2 tbsp / 30 ml
- fresh lemon juice — 1 tbsp / 15 ml
- garlic clove, minced — ½
- warm water — 2 tbsp / 30 ml
- sea salt — pinch



Ingredients:

1. Set the oven's temperature to 400 °F / 200 °C. Gently blot the chicken breasts with paper towels to remove excess moisture.
2. Spread olive oil, za'atar, salt, and pepper over the chicken completely and position it on a tray for baking.
3. Drizzle the garlic head with a small amount of olive oil, wrap in foil, and place on the same tray alongside the chicken.
4. Place in the oven for 22–25 minutes until fully cooked and the internal temperature reaches 165 °F (74 °C), then let the dish rest for 5 minutes before slicing.
5. While the chicken rests, squeeze 4 to 5 roasted garlic cloves from the head. Mash thoroughly with a fork until fully smooth.
6. Whisk together the tahini, lemon juice, minced garlic, and warm water until smooth. Stir in the roasted garlic paste. Thin with extra water if needed.
7. Slice the chicken and arrange it on two plates. Drizzle generously with the lemon tahini sauce.

Per serving: • Calories: 390 kcal • Protein: 46 g • Fat: 19 g • Carbs: 8 g • Fiber: 2 g

Baked Chicken with Cherry Tomatoes, Olives, Capers, and Herbs

A simple Mediterranean-style baked chicken with burst cherry tomatoes, briny olives, capers, and fresh herbs — all cooked in one dish.

Prep Time: 10 min • **Cook Time:** 30 min • **Total Time:** 40 min • **Servings:** 2

Ingredients:

- chicken breasts, boneless and skinless — 2 × 6 oz / 2 × 170 g
- cherry tomatoes — 1 ½ cups / 225 g
- Kalamata olives, pitted — ¼ cup / 40 g
- capers, drained — 1 tbsp / 9 g
- garlic cloves, thinly sliced — 3
- extra-virgin olive oil — 1 tbsp / 15 ml
- dried oregano — 1 tsp / 2 g
- fresh thyme — 3 sprigs
- dry white wine or low-sodium chicken broth — ¼ cup / 60 ml
- sea salt and black pepper — to taste

Ingredients:

1. Set the oven's temperature to 400 °F (200 °C). Pat the chicken breasts dry, then season both sides generously with salt, pepper, and half of the oregano.
2. Using an ovenproof skillet, heat olive oil over medium-high heat and cook the chicken for about 3 minutes per side until golden. Remove and set aside.
3. Reduce the heat to medium and stir in the garlic, cooking for just 30 seconds until its aroma fills the pan.
4. Stir in the cherry tomatoes, olives, capers, remaining oregano, thyme sprigs, and wine or broth, scraping the pan to lift any flavorful browned bits.
5. Return the chicken to the skillet, nestling it into the tomato mixture so it's partially submerged.
6. Transfer the skillet to the oven and bake for 18–20 minutes, until the chicken is fully cooked and the tomatoes have softened and collapsed into a rich sauce.
7. Let the chicken rest for 5 minutes, then remove the thyme sprigs. Serve straight from the skillet for a rustic presentation.

Per serving:

• Calories: 365 kcal • Protein: 46 g • Fat: 15 g • Carbs: 10 g • Fiber: 2 g



Baked Turkey Meatballs in Roasted Tomato and Herb Sauce

Tender, herb-seasoned ground turkey meatballs oven-baked and simmered in a deeply flavored roasted tomato sauce.

Prep Time: 20 min • **Cook Time:** 35 min • **Total Time:** 55 min • **Servings:** 2

Ingredients:

For the meatballs:

- ground turkey, lean — 12 oz / 340 g
- whole-grain breadcrumbs — 3 tbsp / 20 g
- egg, large — 1
- garlic clove, minced — 1
- fresh flat-leaf parsley, finely chopped — 2 tbsp / 8 g
- dried oregano — ½ tsp / 1 g
- sea salt and black pepper — to taste

For the roasted tomato sauce:

- canned whole tomatoes — 1 ½ cups / 360 g
- garlic cloves, minced — 1
- extra-virgin olive oil — 1 tbsp / 15 ml
- dried basil — ½ tsp / 1 g
- dried oregano — ½ tsp / 1 g
- sea salt and black pepper — to taste



Ingredients:

1. Set the oven's temperature to 400 °F / 200 °C. Cover a baking tray with parchment paper.
2. Combine all meatball ingredients in a bowl. Mix carefully until just combined — do not overwork the mixture. Form into 10 to 12 equal-sized balls using wet hands.
3. Place on the prepared tray and bake for 18 to 20 minutes, until golden and cooked through.
4. While the meatballs bake, heat the olive oil in a wide saucepan over moderate heat. Incorporate the garlic and cook for 1 minute.
5. Add the canned tomatoes, crushing them with a spoon. Stir in the basil and oregano. Simmer for 15 minutes, stirring intermittently, until the sauce thickens. Season with salt and pepper.
6. Add the baked meatballs to the sauce. Simmer together for 5 minutes so the meatballs absorb the flavors.
7. Divide between two bowls. Scatter with fresh parsley and serve with whole-grain bread or over cooked whole-grain pasta if desired.

Per serving:

• Calories: 420 kcal • Protein: 52 g • Fat: 15 g • Carbs: 18 g • Fiber: 3 g

Grilled Chicken Skewers with Tzatziki and Warm Whole-Grain Pita

Smoky, herb-marinated grilled chicken skewers served with a cool, creamy cucumber tzatziki and warm whole-grain pita.

Prep Time: 20 min • **Cook Time:** 14 min • **Total Time:** 34 min + 1 hr marinating • **Servings:** 2

Ingredients:

For the skewers:

- chicken breast, boneless and skinless, cut into chunks — 12 oz / 340 g
- extra-virgin olive oil — 1 tbsp / 15 ml
- fresh lemon juice — 1 tbsp / 15 ml
- garlic cloves, minced — 2
- dried oregano — 1 tsp / 2 g
- ground cumin — ½ tsp / 1 g
- sea salt and black pepper — to taste

- whole-grain pita breads — 2

For the tzatziki:

- plain Greek yogurt — ½ cup / 120 g
- English cucumber, grated and squeezed dry — ⅓ / 100 g
- garlic clove, minced — ½
- fresh lemon juice — 1 tsp / 5 ml
- fresh dill, chopped — 1 tbsp / 4 g
- sea salt — to taste



Ingredients:

1. Using a bowl, whisk together olive oil, lemon juice, garlic, oregano, cumin, salt, and pepper. Add the chicken chunks and toss until evenly coated. Seal and store in the fridge for one hour or more to let the flavors blend.
2. While the chicken marinates, prepare the tzatziki: combine Greek yogurt, grated cucumber, garlic, lemon juice, and dill in a small bowl. Season with salt and keep chilled until ready to serve.
3. When using wooden skewers, place them in cold water for 20 minutes to prevent burning. Then thread the marinated chicken onto 4 skewers.
4. Preheat a grill or grill pan over medium-high heat. Cook the skewers for 5–7 minutes per side, until fully cooked and lightly charred.
5. Let the chicken rest for 3 minutes while you warm the pita breads on the grill, about 30 seconds per side.
6. Serve 2 skewers per person with warm pita and a generous helping of tzatziki on the side.

Per serving:

• Calories: 455 kcal • Protein: 54 g • Fat: 13 g • Carbs: 32 g • Fiber: 4 g

Spiced Ground Turkey Lettuce Wraps with Pickled Cucumber and Ginger-Lime Sauce

Fragrant, Asian-spiced ground turkey served in crisp lettuce cups with quick-pickled cucumber and a tangy ginger-lime dipping sauce.

Prep Time: 15 min • **Cook Time:** 15 min • **Total Time:** 30 min • **Servings:** 2

Ingredients:

For the turkey filling:

- ground turkey, lean — 10 oz / 280 g
- garlic cloves, minced — 2
- fresh ginger, grated — 1 tsp / 5 g
- low-sodium tamari — 1 tbsp / 15 ml
- sesame oil — 1 tsp / 5 ml
- ground coriander — ½ tsp / 1 g
- scallions, thinly sliced — 2 stalks
- butter lettuce leaves — 6 large

For the pickled cucumber:

- English cucumber, thinly sliced — ½ / 175 g
- rice vinegar — 2 tbsp / 30 ml
- pure maple syrup — ½ tsp / 2.5 ml
- sea salt — pinch

For the ginger-lime sauce:

- fresh lime juice — 2 tbsp / 30 ml
- low-sodium tamari — 1 tbsp / 15 ml
- fresh ginger, grated — ½ tsp / 2.5 g
- sesame oil — ½ tsp / 2.5 ml
- pure maple syrup — 1 tsp / 5 ml



Ingredients:

1. Make the pickled cucumber first. Toss the cucumber slices with rice vinegar, maple syrup, and salt in a small bowl. Set it aside to marinate as you continue with the rest of the recipe.
2. Whisk together all ginger-lime sauce ingredients in a small bowl. Set aside.
3. Heat a non-stick skillet on medium-high, add the ground turkey, and crumble it with a spatula. Cook for 5–6 minutes until the pink is gone.
4. Add the garlic and ginger. Cook for 1 minute, stirring constantly.
5. Stir in the tamari, sesame oil, and coriander. Cook for 1 more minute until fragrant. Take off the heat and stir in the scallions.
6. Separate the butter lettuce leaves and arrange them on two plates. Spoon the turkey filling into each cup.
7. Top with pickled cucumber slices and drizzle with the ginger-lime sauce. Serve immediately.

Per serving:

• Calories: 340 kcal • Protein: 44 g • Fat: 12 g • Carbs: 14 g • Fiber: 2 g





CHAPTER 4 — MAIN DISHES: FISH AND SEAFOOD

Asian Tuna Poke Bowl with Brown Rice, Edamame, Pickled Cucumber, and Avocado

A fresh, vibrant poke bowl with sushi-grade tuna, seasoned brown rice, creamy avocado, shelled edamame, and quick-pickled cucumber.

Prep Time: 20 min • **Cook Time:** 15 min • **Total Time:** 35 min • **Servings:** 2

Ingredients:

For the bowl:

- sushi-grade tuna, diced — 10 oz / 280 g
- cooked brown rice, warm — 1 cup / 185 g
- shelled edamame, cooked — ½ cup / 80 g
- ripe avocado, sliced — 1 medium / 150 g
- shredded red cabbage — ½ cup / 40 g
- scallions, thinly sliced — 2 stalks
- sesame seeds — 1 tsp / 3 g

For the tuna marinade:

- low-sodium tamari — 2 tbsp / 30 ml
- sesame oil — 1 tsp / 5 ml
- fresh lime juice — 1 tbsp / 15 ml
- fresh ginger, grated — ½ tsp / 2.5 g

For the pickled cucumber:

- English cucumber, thinly sliced — ½ / 175 g
- rice vinegar — 2 tbsp / 30 ml
- pure maple syrup — ½ tsp / 2.5 ml
- sea salt — pinch



Ingredients:

1. Prepare the pickled cucumber first. Combine the cucumber, rice vinegar, maple syrup, and salt in a small bowl. Toss well and set aside for at least 15 minutes.
2. Whisk together the tamari, sesame oil, lime juice, and ginger for the marinade. Add the diced tuna and toss gently to coat. Marinate for 5 to 10 minutes in the refrigerator — no longer, as the acid will begin to cook the fish.
3. Toss the warm brown rice with a few drops of sesame oil and a pinch of salt, then serve in two separate bowls.
4. Arrange the marinated tuna, edamame, sliced avocado, shredded red cabbage, and drained pickled cucumber over the rice in separate sections.
5. Spoon any remaining tuna marinade over the bowl as a dressing.
6. Top with sliced scallions and sesame seeds. Serve immediately.

Per serving:

• Calories: 510 kcal • Protein: 44 g • Fat: 16 g • Carbs: 46 g • Fiber: 7 g

Miso-Glazed Baked Salmon with Bok Choy and Sesame Brown Rice

A savory miso-glazed salmon fillet served over nutty brown rice with tender roasted bok choy.

Prep Time: 10 min • **Cook Time:** 25 min • **Total Time:** 35 min • **Servings:** 2

Ingredients:

For the salmon:

- salmon fillets, skin-on — 2 × 6 oz / 2 × 170 g
- white miso paste — 1 tbsp / 15 ml
- low-sodium tamari — 1 tbsp / 15 ml
- sesame oil — 1 tsp / 5 ml
- fresh ginger, grated — 1 tsp / 5 g
- rice vinegar — 1 tsp / 5 ml

For the bowl:

- baby bok choy, halved — 2 heads / 200 g
- cooked brown rice — 1 cup / 185 g
- olive oil — 1 tsp / 5 ml
- sesame seeds — 1 tsp / 3 g
- scallions, thinly sliced — 2 stalks



Ingredients:

1. Set the oven's temperature to 400 °F / 200 °C. Place a sheet of parchment on the baking tray.
2. Whisk together the miso paste, tamari, sesame oil, ginger, and rice vinegar in a small mixing bowl until smooth.
3. Set the salmon fillets on the baking tray and brush them generously with miso glaze.
4. Toss the bok choy halves with olive oil and arrange around the salmon on the same sheet.
5. Bake for 18 to 22 minutes, until the salmon is opaque throughout and the bok choy edges are lightly caramelized.
6. Serve each fillet over ½ cup / 93 g of cooked brown rice. Garnish with sesame seeds and sliced scallions.

Per serving:

• Calories: 480 kcal • Protein: 42 g • Fat: 18 g • Carbs: 34 • Fiber: 3 g

Pan-Seared Cod with Burst Cherry Tomatoes, Capers, and Basil

Golden-crusted pan-seared cod fillets over a quick, vibrant sauce of burst cherry tomatoes, capers, and fresh basil.

Prep Time: 8 min • **Cook Time:** 15 min • **Total Time:** 23 min • **Servings:** 2

Ingredients:

- cod fillets, skinless — 2 × 6 oz / 2 × 170 g
- cherry tomatoes — 1 ½ cups / 225 g
- capers, drained — 1 tbsp / 9 g
- garlic cloves, thinly sliced — 2
- extra-virgin olive oil — 1 tbsp / 15 ml
- dry white wine or low-sodium vegetable broth — 3 tbsp / 45 ml
- fresh basil leaves, roughly torn — ¼ cup / 8 g
- fresh lemon juice — 1 tbsp / 15 ml
- sea salt and black pepper — to taste



Ingredients:

1. Pat the cod fillets dry thoroughly and salt and pepper them generously on both sides.
2. Heat the olive oil in a spacious non-stick skillet over medium-high heat until shimmering.
3. Put the cod in the pan, cook for 4 minutes without touching until golden underneath, then flip carefully and cook 3–4 more minutes until fully opaque. Place on a warm plate.
4. Reduce the heat to medium. Add the garlic to the same pan and cook for 30 seconds.
5. Incorporate the cherry tomatoes and cook for 3 minutes, pressing them lightly with a spoon until they burst and release their juices.
6. Stir in the capers, wine or broth, and lemon juice. Simmer for 2 minutes until slightly reduced.
7. Return the cod to the pan and spoon the sauce over each fillet. Scatter basil leaves over the top and serve while still fresh and warm.

Per serving:

• Calories: 285 kcal • Protein: 38 g • Fat: 9 g • Carbs: 10 g • Fiber: 2 g

Baked Tilapia with Mango-Avocado Salsa and Cilantro-Lime Brown Rice

Flaky, lightly seasoned tilapia fillets topped with a vibrant, fresh mango and avocado salsa, served over herbed cilantro-lime brown rice.

Prep Time: 15 min • **Cook Time:** 20 min • **Total Time:** 35 min • **Servings:** 2

Ingredients:

For the tilapia:

- tilapia fillets — 2 × 6 oz / 2 × 170 g
- extra-virgin olive oil — 1 tsp / 5 ml
- ground cumin — ½ tsp / 1 g
- smoked paprika — ½ tsp / 1 g
- sea salt and black pepper — to taste

For the mango-avocado salsa:

- fresh mango, diced — ¾ cup / 125 g
- ripe avocado, diced — ½ medium / 75 g

- red onion, finely diced — 2 tbsp / 20 g
- fresh cilantro, chopped — 2 tbsp / 6 g
- fresh lime juice — 1 tbsp / 15 ml
- sea salt — pinch

For the rice:

- cooked brown rice — 1 cup / 185 g
- fresh cilantro, chopped — 2 tbsp / 6 g
- fresh lime juice — 1 tbsp / 15 ml
- sea salt — to taste



Ingredients:

1. Set the oven's temperature to 400 °F / 200 °C. Cover a baking tray with parchment paper.
2. Pat the tilapia fillets dry. Apply olive oil to both sides and season evenly with cumin, smoked paprika, salt, and pepper.
3. Place in the oven and bake for 16–18 minutes, until the fish turns opaque and separates effortlessly with a fork.
4. While the fish bakes, combine all salsa ingredients in a bowl. Mix lightly and set aside at room temperature to enhance the flavors.
5. Stir the cilantro and lime juice into the warm brown rice. Season with salt.
6. Divide the cilantro-lime rice between two plates. Place a tilapia fillet on top of each portion.
7. Spoon the mango-avocado salsa generously over the fish. Serve immediately.

Per serving:

• Calories: 430 kcal • Protein: 40 g • Fat: 11 g • Carbs: 44 g • Fiber: 5 g

Sardine, White Bean, and Roasted Pepper Open-Faced Toast with Herbs

A nutrient-dense, no-cook open toast of smashed white beans, flaked sardines, and sweet roasted peppers on whole-grain bread with fresh herbs.

Prep Time: 12 min • **Cook Time:** 0 min • **Total Time:** 12 min • **Servings:** 2

Ingredients:

- whole-grain sourdough or bread, thick slices — 2
- canned sardines in water, drained — 1 × 4.4 oz / 125 g tin
- canned cannellini beans, drained — $\frac{3}{4}$ cup / 130 g
- roasted red peppers from a jar, sliced — $\frac{1}{3}$ cup / 60 g
- garlic clove — $\frac{1}{2}$
- extra-virgin olive oil — 1 tbsp / 15 ml
- fresh lemon juice — 1 tbsp / 15 ml
- fresh flat-leaf parsley, roughly chopped — 2 tbsp / 8 g
- capers, drained — 1 tsp / 4 g
- sea salt and black pepper — to taste



Ingredients:

1. Toast the bread slices until golden and sturdy enough to hold the toppings.
2. While the bread toasts, place the cannellini beans in a bowl. Add the olive oil, lemon juice, a pinch of salt, and pepper. Mash with a fork to a rough, textured paste — not completely smooth.
3. Rub the cut side of the garlic clove over the warm toast to lightly flavor the surface.
4. Spread the smashed white bean mixture generously over each slice.
5. Flake the sardines over the beans, dividing evenly between the two toasts.
6. Arrange the sliced roasted peppers and capers over the sardines.
7. Sprinkle fresh parsley over the dish, add a splash of olive oil and a squeeze of lemon, season with black pepper, and serve right away.

Per serving:

• Calories: 385 kcal • Protein: 28 g • Fat: 12 g • Carbs: 42 g • Fiber: 9 g

Shrimp and Broccoli Stir-Fry with Ginger, Garlic, and Brown Rice

A quick, high-protein stir-fry of tender shrimp and crisp broccoli in a light ginger-garlic sauce, served over fluffy brown rice.

Prep Time: 12 min • **Cook Time:** 15 min • **Total Time:** 27 min • **Servings:** 2

Ingredients:

- raw shrimp, peeled and deveined — 12 oz / 340 g
- broccoli, cut into small florets — 2 cups / 180 g
- garlic cloves, minced — 3
- fresh ginger, grated — 1 tsp / 5 g
- low-sodium tamari — 2 tbsp / 30 ml
- sesame oil — 1 tsp / 5 ml
- rice vinegar — 1 tsp / 5 ml
- pure maple syrup — 1 tsp / 5 ml
- extra-virgin olive oil — 1 tbsp / 15 ml
- cooked brown rice — 1 cup / 185 g
- scallions, thinly sliced — 2 stalks
- sesame seeds — 1 tsp / 3 g



Ingredients:

1. Mix tamari, sesame oil, rice vinegar, and maple syrup in a small bowl, whisking well to make the sauce, and set it aside for later.
2. Heat the olive oil in a large wok or wide skillet over high heat until very hot.
3. Spread the broccoli florets in a single layer and cook undisturbed for 2 minutes, allowing the edges to develop a slight char. Toss and cook for 1 more minute. Transfer to a plate.
4. Place the shrimp in the heated pan in one layer. Let them cook 1 minute undisturbed, then flip and cook 1 more minute until opaque and pink. Be careful not to overcook.
5. Add the garlic and ginger. Stir vigorously for 30 seconds.
6. Return the broccoli to the pan. Pour the sauce over everything and toss to coat. Cook for 1 minute until the sauce lightly coats all the ingredients.
7. Divide the brown rice between two bowls. Spoon the stir-fry over the rice. Top with scallions and sesame seeds.

Per serving: • Calories: 420 kcal • Protein: 44 g • Fat: 10 g • Carbs: 40 g • Fiber: 4 g

Grilled Mackerel with Herb and Fennel Salad and Lemon Dressing

Smoky, richly flavored grilled mackerel fillets served alongside a crisp, anise-scented fennel and herb salad with a clean lemon dressing.

Prep Time: 15 min • **Cook Time:** 10 min • **Total Time:** 25 min • **Servings:** 2

Ingredients:

For the mackerel:

- mackerel fillets, skin-on — 2 × 6 oz / 2 × 170 g
- extra-virgin olive oil — 1 tsp / 5 ml
- sea salt and black pepper — to taste

For the fennel and herb salad:

- fennel bulb, very thinly sliced — 1 small / 180 g
- fresh flat-leaf parsley leaves — ¼ cup / 15 g
- fresh dill fronds — 2 tbsp / 6 g
- baby arugula — 1 cup / 20 g
- radishes, thinly sliced — 4 / 60 g

For the lemon dressing:

- extra-virgin olive oil — 2 tbsp / 30 ml
- fresh lemon juice — 1 ½ tbsp / 22 ml
- lemon zest — ½ tsp / 1 g
- Dijon mustard — ½ tsp / 2.5 ml
- sea salt and black pepper — to taste



Ingredients:

1. Score the skin of each mackerel fillet 3 times with a sharp knife to prevent curling during cooking. Pat dry and brush with olive oil. Season with salt and pepper.
2. Preheat a grill or grill pan over high heat. Place the fillets skin-side down and grill for 4 minutes without moving, until the skin is crispy and releases cleanly from the grill.
3. Flip carefully and grill for 2 to 3 minutes more until the flesh is cooked through and flakes easily.
4. While the mackerel grills, combine the fennel, parsley, dill, arugula, and radishes in a bowl.
5. Whisk together all dressing ingredients until emulsified. Pour over the salad and toss gently.
6. Divide the fennel salad between two plates. Lay a mackerel fillet alongside each portion and serve immediately with lemon wedges.

Per serving: • Calories: 465 kcal • Protein: 38 g • Fat: 30 g • Carbs: 8 g • Fiber: 3 g

Steamed Sea Bass with Ginger, Scallions, Tamari, and Sesame Oil

Delicate whole sea bass fillets steamed to perfection and finished with a classic Chinese-style hot oil pour of ginger, scallions, tamari, and sesame.

Prep Time: 10 min • **Cook Time:** 12 min • **Total Time:** 22 min • **Servings:** 2

Ingredients:

- sea bass fillets, skin-on — 2 × 6 oz / 2 × 170 g
- fresh ginger, peeled and cut into fine matchsticks — 1 inch / 2.5 cm piece
- scallions, cut into 2-inch / 5 cm lengths — 3 stalks
- low-sodium tamari — 2 tbsp / 30 ml
- sesame oil — 1 tbsp / 15 ml
- extra-virgin olive oil or neutral oil — 1 tbsp / 15 ml
- fresh cilantro leaves — 2 tbsp / 6 g
- cooked brown rice or steamed vegetables — to serve

Ingredients:

1. Set up a steamer. Bring water to a boil in a wok or large saucepan fitted with a steaming rack or basket.
2. Place the sea bass fillets on a heatproof plate that fits inside the steamer. Scatter half the ginger matchsticks over the fish.
3. Put the plate into the steamer, close it firmly, and let it steam over high heat for 10 to 12 minutes, until the fish becomes fully opaque and flakes smoothly at the densest point.
4. Carefully remove the plate from the steamer. Remove any excess moisture that has accumulated on the plate.
5. Scatter the remaining ginger, scallion lengths, and cilantro leaves over the fish. Drizzle the tamari evenly over the top.
6. Heat the olive oil and sesame oil together in a small saucepan over high heat until just beginning to smoke. Pour the hot oil directly over the fish, scallions, and ginger — it will sizzle dramatically and release a fragrant aroma.
7. Serve immediately with steamed brown rice or vegetables alongside.

Per serving:

• Calories: 310 kcal • Protein: 38 g • Fat: 14 g • Carbs: 6 g • Fiber: 1 g



Mediterranean Baked Halibut with Tomatoes, Olives, and Artichoke Hearts

Firm, meaty halibut fillets baked in a rich Mediterranean sauce of tomatoes, Kalamata olives, artichoke hearts, and fragrant herbs.

Prep Time: 10 min • **Cook Time:** 25 min • **Total Time:** 35 min • **Servings:** 2

Ingredients:

- halibut fillets, skinless — 2 × 6 oz / 2 × 170 g
- cherry tomatoes, halved — 1 cup / 150 g
- canned artichoke hearts in water, drained and quartered — ½ cup / 90 g
- Kalamata olives, pitted and halved — ¼ cup / 40 g
- garlic cloves, thinly sliced — 2
- extra-virgin olive oil — 1 tbsp / 15 ml
- dry white wine or low-sodium vegetable broth — ¼ cup / 60 ml
- dried oregano — 1 tsp / 2 g
- fresh flat-leaf parsley, chopped — 2 tbsp / 8 g
- sea salt and black pepper — to taste



Ingredients:

1. Set the oven's temperature to 400 °F / 200 °C.
2. Heat the olive oil in an oven-safe skillet or baking dish over moderate heat. Add the garlic and cook for 1 minute until fragrant.
3. Add the cherry tomatoes and cook for 3 minutes until they begin to soften.
4. Stir in the artichoke hearts, olives, wine or broth, and oregano. Cook for 2 minutes.
5. Season the halibut fillets on both sides with salt, pepper, and a pinch of oregano. Nestle them into the tomato mixture in the pan.
6. Transfer the pan to the oven and bake for 14 to 16 minutes until the halibut is opaque throughout and flakes easily at the thickest point.
7. Scatter fresh parsley over the top and serve directly from the pan with whole-grain bread or a side of brown rice.

Per serving:

• Calories: 340 kcal • Protein: 42 g • Fat: 12 g • Carbs: 14 g • Fiber: 4 g

Omega-3 Salmon and Quinoa Patties with Cucumber-Dill Yogurt Sauce

Crispy, pan-seared salmon and quinoa patties packed with herbs, served with a cool and tangy cucumber-dill yogurt dipping sauce.

Prep Time: 20 min • **Cook Time:** 12 min • **Total Time:** 32 min + 20 min chilling • **Servings:** 2

Ingredients:

For the patties:

- canned salmon in water, drained — 2 × 5 oz / 2 × 140 g tins
- cooked quinoa — ½ cup / 93 g
- egg, large — 1
- garlic clove, minced — 1
- scallions, finely sliced — 2 stalks
- fresh dill, chopped — 1 tbsp / 4 g
- Dijon mustard — 1 tsp / 5 ml
- fresh lemon juice — 1 tsp / 5 ml

- sea salt and black pepper — to taste
- extra-virgin olive oil — 1 tbsp / 15 ml

For the cucumber-dill yogurt sauce:

- plain Greek yogurt — ½ cup / 120 g
- English cucumber, grated and squeezed dry — ¼ / 85 g
- fresh dill, chopped — 1 tbsp / 4 g
- garlic clove, minced — ½
- fresh lemon juice — 1 tsp / 5 ml
- sea salt — to taste



Ingredients:

1. Make the yogurt sauce first. Combine all sauce ingredients in a small bowl, mix well, and refrigerate until serving.
2. Using a spacious bowl, combine the drained salmon, quinoa, egg, garlic, scallions, dill, mustard, lemon juice, salt, and pepper. Mix until evenly combined.
3. Split the mixture into four even portions and form them into dense patties about ¾ inch (2 cm) thick. Arrange on a plate, cover, and chill for 20 minutes to set.
4. Heat the olive oil in a spacious non-stick skillet over moderate heat.
5. Cook the patties for 4 to 5 minutes per side without pressing them down, until a deep golden crust has formed on both sides.
6. Transfer to a plate lined with paper towels. Serve 2 patties per person with a generous portion of the cucumber-dill yogurt sauce alongside a simple green salad.

Per serving:

• Calories: 450 kcal • Protein: 52 g • Fat: 16 g • Carbs: 22 g • Fiber: 2 g



CHAPTER 5 — MAIN DISHES: PLANT-BASED

Black Bean and Sweet Potato Tacos

Smoky black bean and roasted sweet potato tacos in warm whole-grain tortillas with avocado, shredded cabbage, and a lime crema.

Prep Time: 15 min • **Cook Time:** 25 min • **Total Time:** 40 min • **Servings:** 2

Ingredients:

For the filling:

- canned black beans, drained — 1 ½ cups / 260 g
- sweet potato, peeled and diced small — 1 medium / 250 g
- extra-virgin olive oil — 1 tbsp / 15 ml
- ground cumin — 1 tsp / 2 g
- smoked paprika — ½ tsp / 1 g
- garlic powder — ¼ tsp / 0.5 g
- sea salt and black pepper — to taste

For the tacos:

- whole-grain or corn tortillas, small — 4
- ripe avocado, sliced — ½ medium / 75 g
- red cabbage, finely shredded — 1 cup / 80 g
- fresh cilantro — 2 tbsp / 6 g
- lime — 1, cut into wedges

For the lime crema:

- plain Greek yogurt — 3 tbsp / 45 g
- fresh lime juice — 1 tsp / 5 ml
- sea salt — pinch



Ingredients:

1. Set the oven's temperature to 425 °F / 220 °C. Spread the diced sweet potato on a baking sheet, drizzle with olive oil, and season with cumin, smoked paprika, garlic powder, salt, and pepper. Roast for 20–22 minutes until soft and lightly caramelized.
2. In the last 5 minutes of roasting, add the black beans to the tray and toss with the sweet potato. Return to the oven until warmed through.
3. Mix the Greek yogurt, lime juice, and a touch of salt thoroughly, and set the crema aside until needed.
4. Toast the tortillas in a skillet without oil over moderate heat, 30 seconds per side, or enclose in foil and heat in the oven for 5 minutes.
5. Divide the sweet potato and black bean filling among the 4 tortillas.
6. Top each taco with shredded cabbage, avocado slices, and fresh cilantro. Drizzle with lime crema and serve with lime wedges.

Per serving:

• Calories: 480 kcal • Protein: 18 g • Fat: 14 g • Carbs: 72 g • Fiber: 18 g

Baked Falafel with Tahini and Tabbouleh

Crispy oven-baked chickpea falafel served alongside a bright, herb-heavy quinoa tabbouleh and a smooth lemon tahini sauce.

Prep Time: 20 min • **Cook Time:** 25 min • **Total Time:** 45 min + overnight soaking • **Servings:** 2

Ingredients:

For the falafel:

- dried chickpeas, soaked overnight — $\frac{3}{4}$ cup / 140 g dry
- garlic cloves — 2
- yellow onion, roughly chopped — $\frac{1}{4}$ / 40 g
- fresh flat-leaf parsley — $\frac{1}{4}$ cup / 15 g
- fresh cilantro — $\frac{1}{4}$ cup / 15 g
- ground cumin — 1 tsp / 2 g
- ground coriander — $\frac{1}{2}$ tsp / 1 g
- baking powder — $\frac{1}{2}$ tsp / 2 g
- sea salt and black pepper — to taste
- extra-virgin olive oil — 1 tbsp / 15 ml

For the tahini sauce:

- tahini — 2 tbsp / 30 ml
- fresh lemon juice — 1 tbsp / 15 ml
- garlic clove, minced — $\frac{1}{2}$
- warm water — 2 tbsp / 30 ml



Ingredients:

1. Drain the soaked chickpeas thoroughly. Do not use canned chickpeas — the texture will be too wet.
2. Put chickpeas along with garlic, onion, parsley, cilantro, cumin, coriander, baking powder, salt, and pepper into a food processor and pulse until well combined. Do not over-process — the mixture should hold together when pressed but not be smooth.
3. Refrigerate the falafel mixture for 30 minutes to firm up. Set the oven's temperature to 400 °F / 200 °C. Line a baking tray with parchment paper and brush generously with olive oil.
4. Form the mixture into 10 to 12 small patties or balls. Place on the oiled tray and brush the tops with olive oil.
5. Bake for 12 minutes, flip carefully, and bake for 10 to 12 more minutes until deeply golden and crispy.
6. Whisk together all tahini sauce ingredients until smooth, adding more water for a pourable consistency.
7. Serve 5 to 6 falafel per person with tahini sauce and a side of quinoa tabbouleh.

Per serving: • Calories: 510 kcal • Protein: 44 g • Fat: 16 g • Carbs: 46 g • Fiber: 7 g



Red Lentil Dal with Brown Basmati Rice and Crispy Shallots

A warming, golden dal of red lentils simmered with aromatic spices, topped with golden crispy shallots and served over brown basmati rice.

Prep Time: 10 min • **Cook Time:** 40 min • **Total Time:** 50 min • **Servings:** 2

Ingredients:

- red lentils, dry — $\frac{3}{4}$ cup / 140 g
- brown basmati rice, dry — $\frac{1}{2}$ cup / 95 g
- shallots, thinly sliced — 2 large / 80 g
- yellow onion, diced — $\frac{1}{2}$ / 80 g
- garlic cloves, minced — 3
- fresh ginger, grated — 1 tsp / 5 g
- canned diced tomatoes — $\frac{1}{2}$ cup / 120 g
- light coconut milk — $\frac{1}{2}$ cup / 120 ml
- low-sodium vegetable broth — $1\frac{1}{2}$ cups / 360 ml
- extra-virgin olive oil — 1 tbsp / 15 ml
- ground turmeric — 1 tsp / 2 g
- ground cumin — 1 tsp / 2 g
- ground coriander — $\frac{1}{2}$ tsp / 1 g
- sea salt and black pepper — to taste



Ingredients:

1. Cook the brown basmati rice as instructed on the packaging, then place it aside to stay warm.
2. Rinse the lentils under cold water. Gently heat half the olive oil in a medium-sized saucepan on medium heat, add the onion, and cook for 4 minutes until it's tender.
3. Add the garlic, ginger, turmeric, cumin, and coriander. Cook for 1 minute, stirring constantly.
4. Add the diced tomatoes and cook for 3 minutes. Incorporate the vegetable broth and coconut milk. Add the lentils.
5. Heat until boiling, then turn the heat down and cook uncovered for 20–25 minutes, stirring from time to time, until the lentils disintegrate completely and the dal thickens nicely.
6. While the dal simmers, heat the remaining olive oil in a small skillet over medium-high heat. Add the shallots and cook, stirring frequently, for 8 to 10 minutes until deeply golden and crispy. Transfer to paper towels.
7. Season the dal with salt and pepper. Serve over brown basmati rice topped with crispy shallots.

Per serving:

• Calories: 520 kcal • Protein: 24 g • Fat: 12 g • Carbs: 82 g • Fiber: 16 g

Stuffed Eggplant with Quinoa and Tomatoes

Tender roasted eggplant halves filled with a herbed quinoa and tomato stuffing, baked until golden and fragrant.

Prep Time: 15 min • **Cook Time:** 45 min • **Total Time:** 60 min • **Servings:** 2

Ingredients:

- eggplants, medium — 2 / 500 g total
- quinoa, dry — $\frac{1}{3}$ cup / 55 g
- low-sodium vegetable broth — $\frac{2}{3}$ cup / 160 ml
- cherry tomatoes, halved — $\frac{3}{4}$ cup / 110 g
- garlic cloves, minced — 2
- yellow onion, finely diced — $\frac{1}{4}$ / 40 g
- extra-virgin olive oil — 1 tbsp / 15 ml
- fresh flat-leaf parsley, chopped — 3 tbsp / 12 g
- ground cumin — $\frac{1}{2}$ tsp / 1 g
- dried oregano — $\frac{1}{2}$ tsp / 1 g
- sea salt and black pepper — to taste



Ingredients:

1. Set the oven's temperature to 400 °F / 200 °C. Halve the eggplants lengthwise. Lightly score the flesh in a crosshatch pattern, staying close to the skin without cutting through. Brush with olive oil, season with salt, and place cut-side down on a baking sheet.
2. Roast for 25 minutes until the flesh is completely soft. Flip cut-side up and roast for 5 more minutes. Set aside to cool slightly.
3. Cook the quinoa in the vegetable broth. Bring to a boil, cover, and simmer on low for 12 minutes. Fluff with a fork.
4. Scoop the flesh from each eggplant half, leaving a ½-inch / 1 cm shell intact. Roughly chop the scooped flesh.
5. Sauté the onion and garlic in olive oil over moderate heat for 3 minutes. Add the eggplant flesh, cherry tomatoes, cumin, and oregano. Cook for 5 minutes. Remove from the heat and stir in the quinoa and parsley. Season with salt and pepper.
6. Fill each eggplant shell with the quinoa mixture, pressing it in firmly. Return to the oven and bake for 10 minutes until golden on top.
7. Serve immediately, two halves per person.

Per serving:

• Calories: 340 kcal • Protein: 11 g • Fat: 9 g • Carbs: 56 g • Fiber: 13 g

Lentil and Mushroom Shepherd's Pie

A wholesome, plant-based shepherd's pie with a rich lentil and mushroom filling topped with creamy mashed cauliflower and baked until golden.

Prep Time: 20 min • **Cook Time:** 55 min • **Total Time:** 75 min • **Servings:** 2

Ingredients:

For the filling:

- green lentils, dry — ½ cup / 95 g
- cremini mushrooms, finely diced — 1 ½ cups / 120 g
- carrot, finely diced — 1 medium / 90 g
- yellow onion, finely diced — ½ / 80 g
- celery stalk, finely diced — 1
- garlic cloves, minced — 2
- canned diced tomatoes — ½ cup / 120 g
- low-sodium vegetable broth — 1 ½ cups / 360 ml
- extra-virgin olive oil — 1 tbsp / 15 ml
- fresh thyme — 2 sprigs
- sea salt and black pepper — to taste

For the cauliflower topping:

- cauliflower, cut into florets — ½ head / 300 g
- extra-virgin olive oil — 1 tbsp / 15 ml



- unsweetened almond milk — 2 tbsp / 30 ml
- sea salt and black pepper — to taste

Ingredients:

1. Cook the lentils in the vegetable broth with the thyme sprigs over moderate heat for 20 minutes until tender but not mushy. Drain excess liquid, reserving ¼ cup / 60 ml. Remove thyme sprigs.
2. Heat olive oil in a wide skillet over medium-high heat. Add the mushrooms and cook for 5 minutes until golden. Add the onion, carrot, and celery. Cook for 5 more minutes.
3. Incorporate the garlic and cook for 1 minute. Stir in the diced tomatoes and cooked lentils. Pour in the reserved broth and simmer for 5 minutes until the mixture is thick and cohesive. Season with salt and pepper.
4. Place the cauliflower florets in a steamer and cook for 10 minutes until fully tender. Transfer to a food processor with olive oil, almond milk, salt, and pepper. Blend until completely smooth and creamy.
5. Set the oven's temperature to 400 °F / 200 °C. Transfer the lentil filling to a baking dish. Spread the cauliflower mash evenly over the top, creating texture with a fork.
6. Bake for 20 minutes until the top is golden and the edges are bubbling.

Per serving:

• Calories: 420 kcal • Protein: 22 g • Fat: 12 g • Carbs: 58 g • Fiber: 18 g

Chickpea and Spinach Curry

A rich, deeply spiced curry of tender chickpeas and fresh spinach in a tomato-based sauce with warming Indian spices and light coconut milk.

Prep Time: 10 min • **Cook Time:** 30 min • **Total Time:** 40 min • **Servings:** 2

Ingredients:

- canned chickpeas, drained — 1 ½ cups / 260 g
- fresh spinach — 3 cups / 90 g
- canned diced tomatoes — 1 cup / 240 g
- yellow onion, diced — ½ / 80 g
- garlic cloves, minced — 3
- fresh ginger, grated — 1 tsp / 5 g
- light coconut milk — ½ cup / 120 ml
- extra-virgin olive oil — 1 tbsp / 15 ml
- ground cumin — 1 tsp / 2 g
- ground coriander — 1 tsp / 2 g
- ground turmeric — ½ tsp / 1 g
- garam masala — ½ tsp / 1 g
- sea salt — to taste
- cooked brown rice or whole-grain naan — to serve



Ingredients:

1. Pour olive oil into a large saucepan and warm over moderate heat, then add the onion and cook until golden, roughly 5 minutes.
2. Add the garlic and ginger. Cook for 1 minute, stirring constantly.
3. Add the cumin, coriander, turmeric, and garam masala. Stir and cook for 1 minute until the spices are aromatic.
4. Incorporate the canned tomatoes and cook for 5 minutes, stirring intermittently, until the sauce thickens slightly.
5. Add the chickpeas and coconut milk. Stir to combine. Simmer for 12 minutes, stirring occasionally.
6. Add the spinach in batches, stirring until each addition wilts completely into the curry. Cook for 2 more minutes.
7. Taste, adjust seasoning, and serve over brown rice or with whole-grain naan.

Per serving:

• Calories: 395 kcal • Protein: 16 g • Fat: 14 g • Carbs: 54 g • Fiber: 14 g

Mushroom and Lentil Bolognese

A rich, meaty-textured plant-based Bolognese of finely diced mushrooms and green lentils in a slow-simmered tomato sauce over whole-grain pasta.

Prep Time: 15 min • **Cook Time:** 45 min • **Total Time:** 60 min • **Servings:** 2

Ingredients:

- cremini mushrooms, finely diced — 2 cups / 160 g
- green lentils, dry — ⅓ cup / 65 g
- yellow onion, finely diced — ½ / 80 g
- carrot, finely diced — 1 medium / 90 g
- celery stalk, finely diced — 1
- garlic cloves, minced — 3
- canned crushed tomatoes — 1 ½ cups / 360 g
- low-sodium vegetable broth — 1 cup / 240 ml
- extra-virgin olive oil — 1 tbsp / 15 ml
- dried oregano — 1 tsp / 2 g
- dried basil — ½ tsp / 1 g
- whole-grain spaghetti or penne, dry — 4 oz / 113 g
- sea salt and black pepper — to taste



Ingredients:

1. Cook the lentils in the vegetable broth over moderate heat for 18 to 20 minutes until just tender. Drain and set aside.
2. In a wide, heavy saucepan, heat the olive oil over medium-high heat. Place the mushrooms in one layer and cook for 4 minutes without stirring, until they develop a deep golden color. Stir and cook for 2 more minutes. The mushrooms must brown, not steam.
3. Reduce the heat to medium. Add the onion, carrot, and celery. Cook for 5 minutes until softened.
4. Add the garlic, oregano, and basil. Cook for 1 minute.
5. Stir in the crushed tomatoes and cooked lentils. Simmer uncovered for 20 minutes, stirring intermittently, until the sauce is thick and deeply flavored. Season with salt and pepper.
6. Cook the pasta according to package instructions. Reserve ¼ cup / 60 ml of pasta water before draining.
7. Stir the pasta into the Bolognese, using a bit of pasta water to adjust the consistency if required, then split between two bowls.

Per serving:

• Calories: 490 kcal • Protein: 24 g • Fat: 9 g • Carbs: 82 g • Fiber: 16 g

Cauliflower and Chickpea Roasted Bowl

A satisfying roasted grain bowl of golden cauliflower, crispy chickpeas, and herbed brown rice with a bright lemon-herb dressing.

Prep Time: 10 min • **Cook Time:** 35 min • **Total Time:** 45 min • **Servings:** 2

Ingredients:

- cauliflower, cut into florets — ½ head / 300 g
- canned chickpeas, drained and dried — 1 cup / 175 g
- cooked brown rice — 1 cup / 185 g
- extra-virgin olive oil — 1 tbsp / 15 ml
- ground turmeric — ½ tsp / 1 g
- ground cumin — ½ tsp / 1 g
- smoked paprika — ½ tsp / 1 g
- baby spinach — 1 cup / 30 g
- fresh flat-leaf parsley, chopped — 2 tbsp / 8 g
- sea salt and black pepper — to taste

For the dressing:

- extra-virgin olive oil — 2 tbsp / 30 ml
- fresh lemon juice — 1 tbsp / 15 ml
- garlic clove, minced — ½
- Dijon mustard — ½ tsp / 2.5 ml
- sea salt — to taste



Ingredients:

1. Set the oven's temperature to 425 °F / 220 °C. Toss the cauliflower florets and dried chickpeas separately with olive oil, turmeric, cumin, smoked paprika, salt, and pepper.
2. Spread the cauliflower and chickpeas on a large baking tray in a single layer, keeping them in separate sections.
3. Roast for 25 to 30 minutes, stirring halfway, until the cauliflower is golden and tender and the chickpeas are crispy.
4. Whisk together all dressing ingredients until emulsified.
5. Divide the warm brown rice between two bowls. Add a handful of baby spinach to each bowl and stir gently — the heat of the rice will wilt it slightly.
6. Top with the roasted cauliflower and crispy chickpeas. Drizzle with the lemon dressing and scatter fresh parsley over the top.

Per serving:

• Calories: 480 kcal • Protein: 16 g • Fat: 22 g • Carbs: 58 g • Fiber: 12 g

Veggie Stir-Fry with Tofu and Soba Noodles

A quick, vibrant stir-fry of crispy golden tofu and colorful vegetables tossed with earthy soba noodles in a savory ginger-tamari sauce.

Prep Time: 15 min • **Cook Time:** 20 min • **Total Time:** 35 min • **Servings:** 2

Ingredients:

- firm tofu, drained and pressed — 10 oz / 280 g
- soba noodles, dry — 4 oz / 113 g
- broccoli, cut into small florets — 1 cup / 90 g
- red bell pepper, thinly sliced — ½ / 80 g
- carrot, julienned — 1 medium / 90 g
- garlic cloves, minced — 2
- fresh ginger, grated — 1 tsp / 5 g
- low-sodium tamari — 2 tbsp / 30 ml
- sesame oil — 1 tsp / 5 ml
- rice vinegar — 1 tsp / 5 ml
- extra-virgin olive oil — 1 tbsp / 15 ml
- scallions, thinly sliced — 2 stalks
- sesame seeds — 1 tsp / 3 g



Ingredients:

1. Press the tofu between paper towels for 10 minutes to remove as much moisture as possible. Cut into ¾-inch / 2 cm cubes.
2. Cook the soba noodles as instructed on the package, drain them, rinse with cold water, and keep them aside.
3. Heat the olive oil in a wide wok or skillet over high heat. Add the tofu in a single layer and cook without stirring for 3 to 4 minutes until deeply golden on one side. Flip and cook for 2 more minutes. Remove and set aside.
4. In the same pan, stir-fry the broccoli, bell pepper, and carrot over high heat for 4 minutes until just tender but still crisp.
5. Add the garlic and ginger. Stir for 30 seconds.
6. Return the tofu and soba noodles to the pan. Pour over the tamari, sesame oil, and rice vinegar. Toss everything together vigorously for 1 to 2 minutes until evenly coated and heated through.
7. Divide between two bowls. Top with sliced scallions and sesame seeds.

Per serving: • Calories: 480 kcal • Protein: 28 g • Fat: 16 g • Carbs: 58 g • Fiber: 6 g

Zucchini Noodles with Walnut Pesto

Spiralized zucchini noodles tossed in a vibrant, dairy-free walnut and basil pesto with cherry tomatoes and toasted pine nuts.

Prep Time: 15 min • **Cook Time:** 5 min • **Total Time:** 20 min • **Servings:** 2

Ingredients:

For the zucchini noodles:

- zucchini, large — 3 / 600 g total
- cherry tomatoes, halved — ¾ cup / 110 g
- pine nuts, toasted — 2 tbsp / 16 g
- extra-virgin olive oil — 1 tsp / 5 ml
- sea salt and black pepper — to taste

For the walnut pesto:

- fresh basil leaves, packed — 1 cup / 25 g
- walnuts — ¼ cup / 30 g
- garlic clove — 1
- extra-virgin olive oil — 3 tbsp / 45 ml
- fresh lemon juice — 1 tbsp / 15 ml
- nutritional yeast — 1 tbsp / 5 g
- sea salt and black pepper — to taste



Ingredients:

1. Prepare the pesto by combining basil, walnuts, garlic, lemon juice, and nutritional yeast in a food processor. While blending, gradually pour in olive oil until smooth. Season with salt and pepper, then set aside.
2. Toast the pine nuts in a dry skillet over moderate heat for 2 minutes, stirring constantly, until golden. Set aside.
3. Use a spiralizer or julienne peeler to turn the zucchini into noodles, then gently blot with paper towels to remove extra moisture.
4. Pour olive oil into a large skillet over medium-high heat. Add the zucchini noodles and a pinch of salt, tossing for 1–2 minutes just to warm them, taking care not to draw out excess liquid. Remove from heat right away.
5. Add the cherry tomatoes and walnut pesto to the pan. Toss gently to coat everything evenly. The residual heat will soften the tomatoes slightly.
6. Divide between two plates. Top with toasted pine nuts and extra black pepper.

Per serving:

• Calories: 360 kcal • Protein: 9 g • Fat: 30 g • Carbs: 20 g • Fiber: 6 g

Stuffed Cabbage Rolls with Herbed Rice

Tender cabbage leaves filled with a savory herbed brown rice and vegetable stuffing, slow-baked in a light tomato broth.

Prep Time: 25 min • **Cook Time:** 55 min • **Total Time:** 80 min • **Servings:** 2

Ingredients:

For the rolls:

- green cabbage, large outer leaves — 6
- cooked brown rice — 1 cup / 185 g
- yellow onion, finely diced — ¼ / 40 g
- carrot, grated — 1 small / 70 g
- garlic cloves, minced — 2
- fresh flat-leaf parsley, chopped — 3 tbsp / 12 g
- fresh dill, chopped — 1 tbsp / 4 g
- extra-virgin olive oil — 1 tsp / 5 ml

- dried oregano — ½ tsp / 1 g
- sea salt and black pepper — to taste

For the tomato broth:

- canned crushed tomatoes — 1 cup / 240 g
- low-sodium vegetable broth — ¾ cup / 180 ml
- garlic clove, minced — 1
- dried basil — ½ tsp / 1 g
- sea salt — to taste



Ingredients:

1. Bring a large pot of water to a boil. Blanch the cabbage leaves for 3 to 4 minutes until pliable but not falling apart. Drain and pat dry. Trim any thick stems to make rolling easier.
2. Sauté the onion and carrot in olive oil over moderate heat for 4 minutes. Incorporate the garlic and cook for 1 minute. Remove from heat and combine with the cooked brown rice, parsley, dill, oregano, salt, and pepper.
3. Combine all tomato broth ingredients in a bowl. Pour half into the base of a baking dish.
4. Set the oven's temperature to 375 °F / 190 °C. Place 2 to 3 tablespoons of filling at the base of each cabbage leaf. Fold in the sides and roll up firmly. Place seam-side down in the baking dish.
5. Pour the remaining tomato broth over and around the rolls. Cover tightly with foil.
6. Bake for 45 minutes until the cabbage is completely tender, and the rolls have absorbed the surrounding broth.
7. Serve 3 rolls per person with the tomato broth spooned generously over the top.

Per serving:

• Calories: 330 kcal • Protein: 9 g • Fat: 5 g • Carbs: 64 g • Fiber: 8 g

Black-Eyed Pea and Collard Green Stew

A soul-warming Southern-inspired stew of black-eyed peas and tender collard greens slow-simmered in a smoky, herb-rich tomato broth.

Prep Time: 10 min • **Cook Time:** 45 min • **Total Time:** 55 min • **Servings:** 2

Ingredients:

- canned black-eyed peas, drained — 1 ½ cups / 260 g
- collard greens, stems removed, roughly chopped — 3 cups / 100 g
- yellow onion, diced — ½ / 80 g
- celery stalk, diced — 1
- garlic cloves, minced — 3
- canned diced tomatoes — 1 cup / 240 g
- low-sodium vegetable broth — 2 cups / 480 ml
- extra-virgin olive oil — 1 tbsp / 15 ml
- smoked paprika — 1 tsp / 2 g
- dried thyme — ½ tsp / 1 g
- apple cider vinegar — 1 tsp / 5 ml
- sea salt and black pepper — to taste



Ingredients:

1. Heat the olive oil in a wide, heavy-bottomed saucepan over moderate heat. Add the onion and celery. Cook for 5 minutes until softened.
2. Incorporate the garlic, smoked paprika, and dried thyme. Cook for 1 minute, stirring constantly.
3. Pour in the diced tomatoes and cook for 3 minutes.
4. Add the vegetable broth and black-eyed peas. Bring to a boil, then reduce the heat to low. Simmer for 15 minutes.
5. Add the collard greens in batches, pressing them into the liquid. They will reduce significantly as they cook.
6. Cover and simmer on low for 20 minutes until the collard greens are completely tender and the broth has deepened in flavor.
7. Stir in the apple cider vinegar. Taste and adjust seasoning. Serve in deep bowls with whole-grain cornbread or brown rice.

Per serving:

• Calories: 330 kcal • Protein: 16 g • Fat: 8 g • Carbs: 50 g • Fiber: 14 g

Sweet Potato and Black Bean Chili

A thick, smoky, deeply spiced chili of sweet potato and black beans simmered with fire-roasted tomatoes and a blend of warming spices.

Prep Time: 12 min • **Cook Time:** 35 min • **Total Time:** 47 min • **Servings:** 2

Ingredients:

- canned black beans, drained — 1 ½ cups / 260 g
- sweet potato, peeled and diced — 1 large / 300 g
- canned fire-roasted diced tomatoes — 1 cup / 240 g
- yellow onion, diced — ½ / 80 g
- garlic cloves, minced — 2
- low-sodium vegetable broth — 1 cup / 240 ml
- extra-virgin olive oil — 1 tbsp / 15 ml
- ground cumin — 1 tsp / 2 g
- chili powder — 1 tsp / 2 g
- smoked paprika — ½ tsp / 1 g
- dried oregano — ½ tsp / 1 g
- fresh lime juice — 1 tbsp / 15 ml
- plain Greek yogurt and cilantro — to serve



Ingredients:

1. Gently heat olive oil in a roomy saucepan on moderate heat, add the onion, and cook for 4 minutes until it becomes soft.
2. Add the garlic, cumin, chili powder, smoked paprika, and oregano. Stir and cook for 1 minute.
3. Incorporate the sweet potato and stir to coat in the spices.
4. Pour in the fire-roasted tomatoes and vegetable broth. Bring to a boil, then reduce the heat to low. Cover and simmer for 15 minutes.
5. Add the black beans. Continue simmering uncovered for 15 more minutes until the sweet potato is completely tender and the chili has thickened.
6. Stir in the lime juice. Taste and adjust seasoning.
7. Ladle into two bowls and top with a spoonful of Greek yogurt and fresh cilantro.

Per serving:

• Calories: 415 kcal • Protein: 17 g • Fat: 9 g • Carbs: 70 g • Fiber: 19 g

Roasted Vegetable and Hummus Grain Bowl

A vibrant, nourishing grain bowl of caramelized roasted seasonal vegetables over brown rice with a generous base of smooth homemade hummus.

Prep Time: 15 min • **Cook Time:** 30 min • **Total Time:** 45 min • **Servings:** 2

Ingredients:

For the bowl:

- zucchini, diced — 1 small / 150 g
- red bell pepper, sliced — ½ / 80 g
- red onion, cut into wedges — ¼ / 40 g
- cherry tomatoes — ½ cup / 75 g
- cooked brown rice — 1 cup / 185 g
- extra-virgin olive oil — 1 tbsp / 15 ml
- dried oregano — ½ tsp / 1 g
- sea salt and black pepper — to taste
- pumpkin seeds — 1 tbsp / 9 g

For the hummus:

- canned chickpeas, drained — 1 cup / 175 g
- tahini — 2 tbsp / 30 ml
- fresh lemon juice — 2 tbsp / 30 ml
- garlic clove — 1
- extra-virgin olive oil — 1 tbsp / 15 ml
- cold water — 2 to 3 tbsp / 30 to 45 ml
- sea salt — to taste



Ingredients:

1. Set the oven's temperature to 425 °F / 220 °C. Mix zucchini, bell pepper, red onion, and cherry tomatoes with olive oil, oregano, salt, and pepper. Spread them evenly on a tray and roast for 25–30 minutes until tender with slightly caramelized edges.
2. While the vegetables roast, make the hummus. Blend the chickpeas, tahini, lemon juice, garlic, and olive oil in a food processor. With the motor running, add cold water one tablespoon at a time until the hummus is smooth and creamy. Season generously with salt.
3. Toast the pumpkin seeds in a dry skillet over moderate heat for 2 minutes until golden. Set aside.
4. Divide the warm brown rice between two bowls.
5. Spread a generous layer of hummus directly over the rice in each bowl.
6. Arrange the roasted vegetables over the hummus. Scatter pumpkin seeds over the top and finish with a drizzle of olive oil and a pinch of smoked paprika if desired.

Per serving:

• Calories: 530 kcal • Protein: 18 g • Fat: 22 g • Carbs: 68 g • Fiber: 13 g

Tempeh and Roasted Vegetable Bowl

A protein-rich grain bowl of marinated pan-seared tempeh and caramelized roasted vegetables over brown rice with a miso-ginger dressing.

Prep Time: 15 min • **Cook Time:** 35 min • **Total Time:** 50 min • **Servings:** 2

Ingredients:

For the tempeh:

- tempeh — 8 oz / 225 g
- low-sodium tamari — 2 tbsp / 30 ml
- sesame oil — 1 tsp / 5 ml
- rice vinegar — 1 tsp / 5 ml
- garlic clove, minced — 1
- extra-virgin olive oil — 1 tbsp / 15 ml

For the bowl:

- sweet potato, diced — 1 small / 200 g
- red bell pepper, sliced — ½ / 80 g
- broccoli florets — 1 cup / 90 g
- cooked brown rice — 1 cup / 185 g
- baby spinach — 1 cup / 30 g

For the miso-ginger dressing:

- white miso paste — 1 tbsp / 15 ml
- fresh ginger, grated — ½ tsp / 2.5 g
- rice vinegar — 1 tbsp / 15 ml
- sesame oil — 1 tsp / 5 ml
- warm water — 2 tbsp / 30 ml



Ingredients:

1. Slice the tempeh into ½-inch / 1 cm thick rectangles. Whisk together the tamari, sesame oil, rice vinegar, and garlic. Pour over the tempeh and marinate for 10 minutes.
2. Set the oven's temperature to 425 °F / 220 °C. Toss the sweet potato, bell pepper, and broccoli with olive oil, salt, and pepper. Roast for 25–30 minutes until soft and caramelized, tossing once halfway.
3. Whisk together all miso-ginger dressing ingredients until smooth. Set aside.
4. Pour olive oil into a non-stick pan and warm over medium-high heat. Take the tempeh out of the marinade, cooking 3–4 minutes per side until nicely golden and crispy.
5. Divide the brown rice between two bowls. Add baby spinach and stir gently to wilt.
6. Arrange the roasted vegetables and seared tempeh over the rice. Drizzle generously with the miso-ginger dressing.

Per serving:

• Calories: 510 kcal • Protein: 28 g • Fat: 18 g • Carbs: 60 g • Fiber: 10 g





CHAPTER 6 — SIDE DISHES AND SNACKS

Homemade Multi-Seed Crispbread with Smashed Avocado, Radish, and Microgreens

Thin, crunchy homemade seed crispbread topped with creamy smashed avocado, crisp sliced radish, and fresh microgreens.

Prep Time: 10 min • **Cook Time:** 25 min • **Total Time:** 35 min • **Servings:** 2

Ingredients:

For the crispbread:

- pumpkin seeds — 3 tbsp / 27 g
- sunflower seeds — 3 tbsp / 27 g
- sesame seeds — 2 tbsp / 18 g
- flaxseed — 2 tbsp / 20 g
- chia seeds — 1 tbsp / 10 g
- water — 3 tbsp / 45 ml
- sea salt — ¼ tsp / 1.5 g

For the topping:

- ripe avocado — 1 medium / 150 g
- fresh lemon juice — 1 tsp / 5 ml
- radishes, thinly sliced — 4 / 60 g
- microgreens or pea shoots — ¼ cup / 15 g
- sea salt and black pepper — to taste



Ingredients:

1. Set the oven's temperature to 325 °F / 165 °C, then cover a baking tray with parchment paper.
2. Combine all the seeds in a bowl with the water and salt. Stir well and let sit for 5 minutes until the chia and flaxseed absorb the water and the mixture becomes cohesive and slightly sticky.
3. Spread the mixture onto the prepared tray as thinly and evenly as possible — aim for ⅛ inch / 3 mm thickness. Use the back of a wet spoon to press it flat.
4. Bake for 22 to 25 minutes until the crispbread is golden and dry throughout. It should feel firm and not soft in the center. Allow to cool completely on the tray — it will crisp further as it cools.
5. Break the crispbread into large, irregular pieces.
6. Mash the avocado with lemon juice, salt, and pepper. Spread over the crispbread pieces. Top with sliced radish and microgreens. Serve immediately.

Per serving:

• Calories: 370 kcal • Protein: 11 g • Fat: 28 g • Carbs: 20 g • Fiber: 11 g



White Miso-Glazed Roasted Asparagus with Sesame Seeds and Lemon Zest

Tender roasted asparagus spears coated in a sweet-savory white miso glaze, finished with toasted sesame seeds and bright lemon zest.

Prep Time: 8 min • **Cook Time:** 15 min • **Total Time:** 23 min • **Servings:** 2

Ingredients:

- asparagus, woody ends snapped off — 1 bunch / 350 g
- white miso paste — 1 tbsp / 15 ml
- sesame oil — 1 tsp / 5 ml
- rice vinegar — 1 tsp / 5 ml
- pure maple syrup — 1 tsp / 5 ml
- garlic clove, minced — 1
- sesame seeds — 1 tbsp / 9 g
- lemon zest — ½ tsp / 1 g



Ingredients:

1. Set the oven's temperature to 425 °F / 220 °C. Cover a baking tray with parchment paper.
2. Mix the miso paste, sesame oil, rice vinegar, maple syrup, and garlic in a small bowl, stirring until the mixture is even and silky.
3. Place the asparagus spears in a single layer on the prepared tray. Brush the miso glaze generously over each spear, coating them thoroughly.
4. Roast for 12 to 15 minutes until the asparagus is tender and the glaze has caramelized and darkened at the tips.
5. While the asparagus roasts, toast the sesame seeds in a dry skillet over moderate heat for 1 to 2 minutes until lightly golden.
6. Transfer the asparagus to a serving plate. Scatter the toasted sesame seeds and lemon zest over the top. Serve immediately.

Per serving: • Calories: 115 kcal • Protein: 5 g • Fat: 5 g • Carbs: 14 g • Fiber: 4 g

Turmeric Cauliflower Rice Pilaf with Toasted Pine Nuts and Fresh Herbs

Lightly seasoned cauliflower rice sautéed with warming turmeric and finished with golden toasted pine nuts and a generous handful of fresh herbs.

Prep Time: 10 min • **Cook Time:** 12 min • **Total Time:** 22 min • **Servings:** 2

Ingredients:

- cauliflower — ½ large head / 400 g
- garlic cloves, minced — 2
- yellow onion, finely diced — ¼ / 40 g
- extra-virgin olive oil — 1 tbsp / 15 ml
- ground turmeric — ¾ tsp / 1.5 g
- ground cumin — ¼ tsp / 0.5 g
- pine nuts — 2 tbsp / 16 g
- fresh flat-leaf parsley, chopped — 3 tbsp / 12 g
- fresh mint, chopped — 1 tbsp / 4 g
- fresh lemon juice — 1 tsp / 5 ml
- sea salt and black pepper — to taste



Ingredients:

1. Separate the cauliflower into florets and process in a food processor in two rounds until it looks like coarse grains of rice. Do not over-process into a paste. You can also grate it using the bigger holes on a box grater.
2. Toast the pine nuts in a dry skillet over moderate heat for 2 to 3 minutes, stirring constantly, until golden. Transfer to a plate and set aside.
3. Gently heat olive oil in a spacious skillet on moderate heat, then add the onion and cook until it becomes soft, around 3 minutes.
4. Add the garlic, turmeric, and cumin. Cook for 1 minute, stirring constantly.
5. Incorporate the cauliflower rice with a dash of salt, mixing thoroughly to distribute the spices evenly. Sauté for 5–6 minutes, stirring often, until tender yet still firm.
6. Remove from heat. Stir in the fresh parsley, mint, and lemon juice. Taste and adjust seasoning. Top with toasted pine nuts and serve immediately.

Per serving:

• Calories: 195 kcal • Protein: 6 g • Fat: 14 g • Carbs: 14 g • Fiber: 5 g

Charred Broccoli with Garlic-Tahini Sauce and Toasted Almonds

Deeply charred, crispy-edged broccoli florets served with a smooth garlic tahini sauce and a scatter of toasted slivered almonds.

Prep Time: 8 min • **Cook Time:** 22 min • **Total Time:** 30 min • **Servings:** 2

Ingredients:

- broccoli, cut into florets — 1 large head / 400 g
- extra-virgin olive oil — 1 tbsp / 15 ml
- garlic clove, minced — 1
- sea salt and black pepper — to taste
- slivered almonds — 2 tbsp / 14 g
- red pepper flakes — pinch

For the garlic-tahini sauce:

- tahini — 2 tbsp / 30 ml
- garlic clove, minced — 1
- fresh lemon juice — 1 tbsp / 15 ml
- warm water — 2 to 3 tbsp / 30 to 45 ml
- sea salt — pinch



Ingredients:

1. Set the oven's temperature to 450 °F / 230 °C. Line a spacious baking tray with parchment paper.
2. Toss the broccoli florets with olive oil, minced garlic, salt, pepper, and red pepper flakes. Spread in a single layer on the tray, making sure the florets are not crowded — this is essential for charring rather than steaming.
3. Roast for 18 to 22 minutes without stirring until the edges are deeply charred and crispy and the stems are tender.
4. While the broccoli roasts, toast the slivered almonds in a dry skillet over moderate heat for 2 to 3 minutes, stirring often, until golden. Set aside.
5. Whisk together the tahini, garlic, lemon juice, and warm water until smooth and pourable. Season with salt and add more water if too thick.
6. Arrange the charred broccoli on a serving plate. Drizzle the garlic-tahini sauce generously over the top and scatter with toasted almonds.

Per serving:

• Calories: 255 kcal • Protein: 10 g • Fat: 18 g • Carbs: 16 g • Fiber: 6 g

Wilted Spinach with Crispy Garlic, Lemon, and Toasted Pine Nuts

Fresh spinach wilted in a hot pan and finished with deeply golden crispy garlic slivers, a bright squeeze of lemon, and toasted pine nuts.

Prep Time: 5 min • **Cook Time:** 8 min • **Total Time:** 13 min • **Servings:** 2

Ingredients:

- fresh spinach — 6 cups / 180 g
- garlic cloves, thinly sliced — 3
- extra-virgin olive oil — 1 tbsp / 15 ml
- pine nuts — 2 tbsp / 16 g
- fresh lemon juice — 1 tbsp / 15 ml
- lemon zest — ¼ tsp / 0.5 g
- red pepper flakes — pinch
- sea salt and black pepper — to taste



Ingredients:

1. Toast the pine nuts in a dry skillet over moderate heat for 2 minutes, stirring often, until golden. Transfer to a plate and set aside.
2. Using the same skillet, heat the olive oil over medium-low heat. Add the sliced garlic in a single layer.
3. Cook the garlic slowly for 3 to 4 minutes, watching closely, until evenly golden and crispy. Remove with a slotted spoon and set aside. Do not let it burn — the oil should bubble gently, not spit.
4. Increase the heat to medium-high. Add the spinach to the garlic-infused oil in large handfuls, stirring between each addition.
5. Cook for 1 to 2 minutes only until just wilted. Season with salt, pepper, and red pepper flakes.
6. Transfer to a serving plate. Top with crispy garlic slivers, toasted pine nuts, lemon zest, and a squeeze of lemon juice.

Per serving:

• Calories: 165 kcal • Protein: 5 g • Fat: 14 g • Carbs: 7 g • Fiber: 3 g

Miso-Roasted Sweet Potato Wedges with Scallion and Sesame

Thick sweet potato wedges coated in a sticky miso-sesame glaze, roasted until caramelized, and finished with scallions and sesame seeds.

Prep Time: 8 min • **Cook Time:** 30 min • **Total Time:** 38 min • **Servings:** 2

Ingredients:

- sweet potatoes, medium — 2 / 450 g total
- white miso paste — 1 tbsp / 15 ml
- sesame oil — 1 tsp / 5 ml
- extra-virgin olive oil — 1 tsp / 5 ml
- pure maple syrup — 1 tsp / 5 ml
- rice vinegar — 1 tsp / 5 ml
- garlic clove, minced — 1
- sesame seeds — 1 tbsp / 9 g
- scallions, thinly sliced — 2 stalks



Ingredients:

1. Set the oven's temperature to 425 °F / 220 °C. Line a spacious baking tray with parchment paper.
2. Scrub the sweet potatoes and cut each into 6 to 8 even wedges, leaving the skin on.
3. Whisk together the miso paste, sesame oil, olive oil, maple syrup, rice vinegar, and garlic until smooth.
4. Toss the sweet potato wedges in the miso glaze until evenly coated on all sides. Spread on the prepared tray in a single layer.
5. Roast for 25 to 30 minutes, flipping once halfway through, until deeply caramelized and tender throughout.
6. Transfer to a serving plate. Scatter the sesame seeds and sliced scallions over the top. Serve immediately.

Per serving:

• Calories: 215 kcal • Protein: 4 g • Fat: 6 g • Carbs: 38 g • Fiber: 5 g

Zucchini Ribbons with Burst Cherry Tomatoes, Capers, and Fresh Herb Oil

Thin zucchini ribbons tossed with sweet burst cherry tomatoes, briny capers, and a vibrant fresh herb oil in a quick pan finish.

Prep Time: 12 min • **Cook Time:** 8 min • **Total Time:** 20 min • **Servings:** 2

Ingredients:

- zucchini, large — 2 / 400 g total
- cherry tomatoes — 1 cup / 150 g
- capers, drained — 1 tbsp / 9 g
- garlic clove, thinly sliced — 1
- extra-virgin olive oil — 1 tbsp / 15 ml
- sea salt and black pepper — to taste

For the herb oil:

- fresh basil leaves — ¼ cup / 8 g
- fresh flat-leaf parsley — 2 tbsp / 8 g
- extra-virgin olive oil — 2 tbsp / 30 ml
- fresh lemon juice — 1 tsp / 5 ml
- sea salt — pinch



Ingredients:

1. Make the herb oil first. Place the basil, parsley, olive oil, lemon juice, and salt into a small blender or processor and blend until fully smooth. Alternatively, finely chop the herbs and whisk with the oil and lemon. Set aside.
2. Using a vegetable peeler, cut the zucchini into thin, wide strips, rotating it as you cut and stopping when you reach the core with the seeds.
3. Warm the olive oil in a spacious skillet over medium-high heat. Incorporate the garlic and cook for 30 seconds until fragrant.
4. Incorporate the cherry tomatoes and cook for 3 minutes, pressing them gently until they burst and release their juices.
5. Add the capers and zucchini ribbons. Toss quickly for 1 to 2 minutes until the ribbons are just warmed through and slightly softened. Season with salt and pepper.
6. Divide between two plates and drizzle generously with the fresh herb oil. Serve immediately.

Per serving:

• Calories: 200 kcal • Protein: 3 g • Fat: 17 g • Carbs: 11 g • Fiber: 3 g

Slow-Roasted Beets with Orange Zest, Walnuts, and Fresh Thyme

Deeply sweet, tender, slow-roasted beets finished with fragrant orange zest, crunchy walnuts, and earthy fresh thyme.

Prep Time: 8 min • **Cook Time:** 55 min • **Total Time:** 63 min • **Servings:** 2

Ingredients:

- medium beets, scrubbed — 4 / 450 g total
- extra-virgin olive oil — 1 tbsp / 15 ml
- orange zest — 1 tsp / 2 g
- fresh orange juice — 1 tbsp / 15 ml
- walnuts, roughly chopped — 3 tbsp / 22 g
- fresh thyme leaves — 1 tsp / 1 g
- sea salt and black pepper — to taste



Ingredients:

1. Set the oven's temperature to 400 °F / 200 °C. Trim the beet tops, leaving about 1 inch / 2.5 cm of stem. Rub each beet with a small amount of olive oil and season with salt. Wrap each individually in foil.
2. Place the wrapped beets on a baking tray. Roast for 50 to 55 minutes until completely tender when pierced through the foil with a sharp knife.
3. Unwrap the beets and allow them to cool for 10 minutes. Peel by rubbing the skin off firmly with paper towels — it will slip off easily. Slice into rounds or wedges.
4. Toast the walnuts in a dry skillet over moderate heat for 3 to 4 minutes, stirring often, until golden and fragrant. Set aside.
5. Arrange the sliced beets on a serving plate. Drizzle with the remaining olive oil and orange juice.
6. Scatter the orange zest, fresh thyme leaves, and toasted walnuts over the top. Season with black pepper and serve warm or at room temperature.

Per serving: • Calories: 210 kcal • Protein: 5 g • Fat: 14 g • Carbs: 18 g • Fiber: 4 g

Baked Cinnamon Apple Chips with Walnut-Almond Dipping Butter

Paper-thin oven-baked cinnamon apple chips served with a creamy homemade walnut-almond butter for dipping.

Prep Time: 10 min • **Cook Time:** 90 min • **Total Time:** 100 min • **Servings:** 2

Ingredients:

For the apple chips:

- apples, any firm variety — 2 medium / 340 g total
- ground cinnamon — ½ tsp / 1 g

For the walnut-almond butter:

- raw walnuts — 3 tbsp / 22 g
- raw almonds — 3 tbsp / 26 g
- ground cinnamon — ¼ tsp / 0.5 g
- sea salt — pinch



Ingredients:

1. Set the oven's temperature to 225 °F / 107 °C. Line two baking trays with parchment paper.
2. Core the apples and slice crosswise as thinly as possible — ideally ⅛ inch / 3 mm thick. A mandoline produces the most even results.
3. Arrange the apple slices in a single layer on the prepared trays. Dust lightly and evenly with ground cinnamon.
4. Bake for 80 to 90 minutes, flipping once halfway through, until the chips are dry and crisp. They will continue to crisp up further as they cool. If they are still soft after 90 minutes, return to the oven for 10 more minutes.
5. While the chips bake, make the walnut-almond butter. Toast the walnuts and almonds in a dry skillet over moderate heat for 3 minutes until golden and fragrant. Allow to cool for 5 minutes.
6. Transfer the toasted nuts to a food processor. Add cinnamon and salt. Process for 5 to 8 minutes, scraping down the sides frequently, until a smooth, creamy butter forms. Serve with the cooled apple chips.

Per serving: • Calories: 270 kcal • Protein: 6 g • Fat: 14 g • Carbs: 34 g • Fiber: 6 g

Brown Rice Pilaf with Toasted Almonds, Dried Cranberries, and Fresh Parsley

A fragrant, lightly spiced brown rice pilaf with golden toasted almonds, tart dried cranberries, and a generous amount of fresh flat-leaf parsley.

Prep Time: 10 min • **Cook Time:** 10 min • **Total Time:** 20 min • **Servings:** 2

Ingredients:

- brown rice, dry — ½ cup / 95 g
- low-sodium vegetable broth — 1 ¼ cups / 300 ml
- yellow onion, finely diced — ¼ / 40 g
- garlic clove, minced — 1
- extra-virgin olive oil — 1 tbsp / 15 ml
- ground cumin — ¼ tsp / 0.5 g
- slivered almonds — 3 tbsp / 21 g
- unsweetened dried cranberries — 2 tbsp / 18 g
- fresh flat-leaf parsley, chopped — 3 tbsp / 12 g
- sea salt and black pepper — to taste



Ingredients:

1. Heat the olive oil in a medium-sized saucepan over moderate heat. Add the onion and cook for 3 minutes until softened.
2. Add the garlic and cumin. Cook for 1 minute, stirring.
3. Incorporate the dry rice and stir to coat in the oil and spices for 1 minute — this toasts the rice lightly and adds flavor.
4. Pour in the vegetable broth and bring to a boil. Reduce the heat to a minimum, cover tightly, and let it cook for 30 minutes without removing the lid.
5. Take it off the heat, leave it covered for 5 minutes so the steam can finish the cooking, then gently fluff with a fork.
6. While the rice steams, toast the slivered almonds in a dry skillet over moderate heat for 2 to 3 minutes, stirring often, until golden.
7. Fold the toasted almonds, dried cranberries, and fresh parsley into the pilaf. Taste and adjust seasoning. Serve warm.

Per serving: • Calories: 310 kcal • Protein: 7 g • Fat: 12 g • Carbs: 46 g • Fiber: 4 g

Walnut, Almond, and Date Energy Balls with Cacao and Chia Seeds

Naturally sweetened no-bake energy balls packed with walnuts, almonds, Medjool dates, raw cacao powder, and chia seeds.

Prep Time: 15 min • **Cook Time:** 0 min • **Total Time:** 15 min + 30 min chilling • **Servings:** 2 (3 balls per person)

Ingredients:

- Medjool dates, pitted — 8 / 160 g
- walnuts — ¼ cup / 30 g
- raw almonds — ¼ cup / 35 g
- raw cacao powder — 1 tbsp / 6 g
- chia seeds — 1 tbsp / 10 g
- vanilla extract — ¼ tsp / 1 ml
- sea salt — pinch



Ingredients:

1. If the dates are not soft, soak them in warm water for 5 minutes, then drain and lightly pat dry.
2. Transfer the walnuts and almonds into a food processor. Pulse 8 to 10 times until coarsely chopped — the texture should be chunky, not a fine powder.
3. Add the pitted dates, cacao powder, chia seeds, vanilla, and salt. Process until the mixture comes together into a sticky, cohesive dough that holds its shape when pressed. If it is too dry, add one date at a time. If too sticky, add a few more nuts.
4. Divide the mixture into 6 equal portions. Roll each firmly between your palms into a smooth ball.
5. Arrange on a plate lined with parchment paper and refrigerate for at least 30 minutes to allow the mixture to set.
6. Refrigerate in a tightly sealed container and consume within 1 week.

Per serving: • Calories: 310 kcal • Protein: 7 g • Fat: 16 g • Carbs: 40 g • Fiber: 6 g

Smoky Roasted Chickpeas with Cumin, Paprika, and Lime Zest

Irresistibly crunchy oven-roasted chickpeas seasoned with smoky paprika, cumin, and a bright finish of fresh lime zest.

Prep Time: 5 min • **Cook Time:** 35 min • **Total Time:** 40 min • **Servings:** 2

Ingredients:

- canned chickpeas, drained — 1 ½ cups / 260 g
- extra-virgin olive oil — 1 tbsp / 15 ml
- smoked paprika — 1 tsp / 2 g
- ground cumin — ½ tsp / 1 g
- garlic powder — ¼ tsp / 0.5 g
- lime zest — ½ tsp / 1 g
- sea salt — ¼ tsp / 1.5 g



Ingredients:

1. Set the oven's temperature to 425 °F / 220 °C, then cover a baking tray with parchment paper.
2. Drain the chickpeas and rinse under cold water. Spread on a clean kitchen towel and pat very thoroughly dry — this is the most important step for achieving crunch. Allow to air-dry for 5 minutes.
3. Transfer to the prepared tray. Drizzle with olive oil and toss to coat. Spread in a single layer.
4. Roast for 20 minutes without disturbing. Shake the tray, then roast for a further 10 to 15 minutes until the chickpeas are deeply golden, visibly shrunk, and crispy throughout.
5. Remove from the oven and, while the dish is still hot, immediately toss it with smoked paprika, cumin, garlic powder, and salt — the spices adhere better to warm chickpeas.
6. Allow to cool on the tray for 5 minutes. Finish with a fine dusting of lime zest just before serving.

Per serving: • Calories: 230 kcal • Protein: 10 g • Fat: 9 g • Carbs: 28 g • Fiber: 8 g

Roasted Garlic Cauliflower Mash with Chives and Extra-Virgin Olive Oil

A silky, buttery-textured cauliflower mash enriched with slow-roasted garlic, fresh chives, and a generous pour of grassy olive oil.

Prep Time: 10 min • **Cook Time:** 45 min • **Total Time:** 55 min • **Servings:** 2

Ingredients:

- cauliflower, cut into florets — 1 large head / 600 g
- garlic head, top sliced off — 1 whole
- extra-virgin olive oil — 2 tbsp / 30 ml
- unsweetened almond milk, warm — 3 tbsp / 45 ml
- fresh chives, finely chopped — 2 tbsp / 8 g
- sea salt and white pepper — to taste



Ingredients:

1. Set the oven's temperature to 400 °F / 200 °C. Drizzle the garlic head with a small amount of olive oil, wrap tightly in foil, and roast for 35 to 40 minutes until the cloves are completely soft and golden. Set it aside to cool a bit, then remove the cloves by squeezing them from their skins.
2. Steam or boil the cauliflower florets for 12 to 14 minutes until very tender — they should break apart easily with a fork. Drain thoroughly and allow to steam-dry in the colander for 2 minutes. Excess moisture will make the mash watery.
3. Transfer the cauliflower to a food processor. Add the roasted garlic cloves, olive oil, and warm almond milk.
4. Blend on high for 1 to 2 minutes until completely smooth and creamy. Scrape down the sides and blend again.
5. Season generously with salt and white pepper. Taste and adjust — roasted garlic is sweet, so it may need a little more salt than expected.
6. Transfer to a warm serving bowl. Top with fresh chives and a drizzle of olive oil. Serve immediately.

Per serving: • Calories: 200 kcal • Protein: 6 g • Fat: 14 g • Carbs: 14 g • Fiber: 5 g

Mixed Seed Crackers with Herbed Cottage Cheese and Cucumber

Crispy homemade mixed seed crackers served with a light herbed cottage cheese spread and cool, thinly sliced cucumber.

Prep Time: 12 min • **Cook Time:** 24 min • **Total Time:** 34 min • **Servings:** 2

Ingredients:

For the crackers:

- rolled oats — ½ cup / 45 g
- sunflower seeds — 2 tbsp / 18 g
- pumpkin seeds — 2 tbsp / 18 g
- sesame seeds — 1 tbsp / 9 g
- flaxseed, ground — 1 tbsp / 10 g
- extra-virgin olive oil — 1 tbsp / 15 ml
- water — 2 tbsp / 30 ml
- sea salt — ¼ tsp / 1.5 g

For the herbed cottage cheese:

- low-fat cottage cheese — ¾ cup / 170 g
- fresh chives, chopped — 1 tbsp / 5 g
- fresh dill, chopped — 1 tbsp / 4 g
- fresh lemon juice — 1 tsp / 5 ml
- sea salt and black pepper — to taste
- English cucumber, thinly sliced — ½ / 175 g



Ingredients:

1. Set the oven's temperature to 350 °F / 175 °C, then cover a baking tray with parchment paper.
2. Combine the oats, sunflower seeds, pumpkin seeds, sesame seeds, and ground flaxseed in a bowl. Add the olive oil, water, and salt. Mix until the dough holds together when pressed.
3. Transfer to the lined tray and press into a thin, even rectangle approximately ¼ inch / 6 mm thick using the back of a spoon or a second sheet of parchment.
4. Score lightly into cracker-sized portions with a knife — this makes breaking them apart easier after baking.
5. Bake for 18 to 22 minutes until golden and firm. Allow to cool completely before breaking along the scored lines.
6. Stir together the cottage cheese, chives, dill, lemon juice, salt, and pepper. Spread onto the crackers and top with cucumber slices.

Per serving: • Calories: 320 kcal • Protein: 16 g • Fat: 16 g • Carbs: 28 g • Fiber: 5 g



Roasted Carrot and Ginger Hummus with Raw Vegetable Crudités

A deeply flavored hummus blended with sweet roasted carrots and fresh ginger, served with a colorful spread of raw vegetable crudités.

Prep Time: 10 min • **Cook Time:** 25 min • **Total Time:** 35 min • **Servings:** 2

Ingredients:

For the hummus:

- carrots, peeled and roughly chopped – 2 medium / 180 g
- canned chickpeas, drained – $\frac{3}{4}$ cup / 130 g
- fresh ginger, peeled – 1 inch / 2.5 cm piece
- tahini – 2 tbsp / 30 ml
- fresh lemon juice – 1 $\frac{1}{2}$ tbsp / 22 ml
- garlic clove – 1
- extra-virgin olive oil – 1 tbsp / 15 ml
- cold water – 2 to 3 tbsp / 30 to 45 ml
- ground cumin – $\frac{1}{4}$ tsp / 0.5 g
- sea salt – to taste

For the crudités:

- celery stalks – 2, cut into sticks
- cucumber, cut into sticks – $\frac{1}{2}$
- radishes, halved – 4
- red bell pepper, sliced – $\frac{1}{2}$



Ingredients:

1. Set the oven's temperature to 400 °F / 200 °C. Coat the chopped carrots in a drizzle of olive oil and a pinch of salt, arrange on a baking sheet, and roast for 22 to 25 minutes until soft with lightly browned edges. Allow to cool a bit.
2. Transfer the roasted carrots, along with chickpeas, ginger, tahini, lemon juice, garlic, olive oil, and cumin, into a food processor.
3. Blend on high for 1 minute. With the motor running, add cold water one tablespoon at a time until the hummus reaches a smooth, creamy, and spreadable consistency.
4. Sample and adjust with more lemon juice, salt, or cumin as needed.
5. Prepare all the crudité vegetables and arrange on a board or plate.
6. Move the hummus to a serving bowl, drizzle with a bit of olive oil, and serve with raw veggies on the side.

Per serving:

• Calories: 510 kcal • Protein: 28 g • Fat: 18 g • Carbs: 60 g • Fiber: 10 g





CHAPTER 7 — DRINKS, JUICES, AND HERBAL TEAS

Milk Thistle, Ginger, and Lemon Healing Tea

A soothing, lightly bitter herbal tea brewed from milk thistle seeds and fresh ginger, finished with a warming squeeze of lemon.

Prep Time: 3 min • **Cook Time:** 12 min • **Total Time:** 15 min • **Servings:** 2

Ingredients:

- milk thistle seeds, lightly crushed — 1 tbsp / 8 g
- fresh ginger, thinly sliced — 4 slices
- water — 2 ½ cups / 600 ml
- fresh lemon juice — 1 tbsp / 15 ml
- pure maple syrup — 1 tsp / 5 ml (optional)



Ingredients:

1. Lightly crush the milk thistle seeds using a mortar and pestle or the flat of a knife. Crushing them helps release their active compounds during brewing.
2. Combine the crushed seeds and ginger slices in a small saucepan with the cold water.
3. Bring to a light boil, then reduce the heat to low. Simmer for 8 to 10 minutes.
4. Take off the heat and allow to steep for 3 minutes.
5. Strain the mixture into two mugs, applying gentle pressure on the ginger and seeds to extract all the liquid.
6. Incorporate the lemon juice and maple syrup if using. Serve hot.

Per serving: • Calories: 12 kcal • Protein: 0 g • Fat: 0 g • Carbs: 3 g • Fiber: 0 g

Beet, Carrot, Apple, and Turmeric Fresh-Pressed Juice

A jewel-toned, earthy-sweet fresh juice of raw beet, carrot, apple, and a pinch of turmeric for a vibrant daily drink.

Prep Time: 10 min • **Cook Time:** 0 min • **Total Time:** 10 min • **Servings:** 2

Ingredients:

- raw beet, scrubbed and roughly chopped — 1 medium / 180 g
- carrots, scrubbed — 3 medium / 270 g
- green apple, cored — 1 large / 200 g
- fresh ginger, peeled — ½ inch / 1.5 cm piece
- fresh lemon juice — 1 tbsp / 15 ml
- ground turmeric — ¼ tsp / 0.5 g
- black pepper — small pinch



Ingredients:

1. Wash and scrub all produce. You can peel the beet if desired; the skin is edible but has a stronger, earthier taste. Core the apple and cut into wedges.
2. If using a juicer: feed the beet, carrots, apple, and ginger through the juicer. Stir in the lemon juice, turmeric, and a pinch of black pepper.
3. If using a blender: blend all ingredients with $\frac{1}{4}$ cup / 60 ml of cold water until smooth. Strain through a fine mesh sieve, pressing to extract as much liquid as possible.
4. Stir the juice well — turmeric settles quickly and needs to be distributed evenly before serving.
5. Pour into two glasses over ice.
6. Consume immediately. Beet juice stains — rinse equipment promptly after use.

Per serving:

• Calories: 95 kcal • Protein: 2 g • Fat: 0 g • Carbs: 22 g • Fiber: 1 g

Liver-Boost Green Juice with Celery, Cucumber, Spinach, Lemon, Ginger, and Green Apple

A vibrant, fresh-pressed green juice of celery, cucumber, spinach, tart green apple, and ginger — best enjoyed first thing in the morning.

Prep Time: 10 min • **Cook Time:** 0 min • **Total Time:** 10 min • **Servings:** 2

Ingredients:

- celery stalks — 4 / 160 g
- English cucumber — 1 / 350 g
- fresh spinach, packed — 1 cup / 30 g
- green apple, cored — 1 medium / 180 g
- fresh ginger, peeled — 1 inch / 2.5 cm piece
- fresh lemon juice — 2 tbsp / 30 ml



Ingredients:

1. Rinse all produce well under cold running water.
2. Cut the celery, cucumber, and apple into pieces small enough to fit into the feed tube of a juicer or blender.
3. If using a juicer: feed the celery, cucumber, apple, ginger, and spinach through the juicer in alternating batches. Incorporate the lemon juice and serve over ice.
4. Using a blender, mix all ingredients with cold water and blend on high speed for 60 seconds until smooth. Strain the mixture through a fine mesh sieve or nut milk bag, pressing to remove as much liquid as possible. Discard the pulp or keep it for later use.
5. Sample and adjust the lemon juice to your preference.
6. Pour into two tall glasses over ice and serve immediately. Juice oxidizes quickly and is best consumed within 15 minutes of preparation.

Per serving:

• Calories: 75 kcal • Protein: 2 g • Fat: 0 g • Carbs: 17 g • Fiber: 1 g

Golden Milk Turmeric Latte with Black Pepper and Coconut Milk

A warming, aromatic golden latte of turmeric, ginger, and cinnamon whisked into light coconut milk – served hot or cold.

Prep Time: 5 min • **Cook Time:** 8 min • **Total Time:** 13 min • **Servings:** 2

Ingredients:

- light coconut milk – 1 cup / 240 ml
- unsweetened almond milk – 1 cup / 240 ml
- ground turmeric – 1 tsp / 2 g
- ground cinnamon – ½ tsp / 1 g
- fresh ginger, grated – ½ tsp / 2.5 g
- ground black pepper – ¼ tsp / 0.5 g
- pure maple syrup – 1 tsp / 5 ml
- vanilla extract – ¼ tsp / 1 ml



Ingredients:

1. Combine the coconut and almond milk in a small pan and warm over moderate heat.
2. Add the turmeric, cinnamon, grated ginger, and black pepper. Whisk continuously as the milk heats to prevent the turmeric from clumping.
3. Heat gently for 5 to 6 minutes until steaming but not boiling. Do not allow the milk to boil, as this can alter the flavor.
4. Remove from the stove and stir in both the maple syrup and vanilla.
5. Use a fine mesh strainer to pour into two mugs, trapping the ginger fibers if preferred.
6. Serve hot. Alternatively, allow to cool, then refrigerate and serve over ice as an iced golden latte.

Per serving: • Calories: 105 kcal • Protein: 1 g • Fat: 6 g • Carbs: 11 g • Fiber: 1 g

Dandelion Root and Burdock Decoction with Ginger and Lemon

A deep, earthy herbal decoction of roasted dandelion root and dried burdock, simmered with fresh ginger and brightened with lemon.

Prep Time: 5 min • **Cook Time:** 20 min • **Total Time:** 25 min • **Servings:** 2

Ingredients:

- dried roasted dandelion root – 2 tsp / 4 g
- dried burdock root – 1 tsp / 2 g
- fresh ginger, thinly sliced – 4 to 5 slices
- water – 2 ½ cups / 600 ml
- fresh lemon juice – 1 tbsp / 15 ml
- pure maple syrup – 1 tsp / 5 ml (optional)



Ingredients:

1. Combine the dried dandelion root, burdock root, and ginger slices in a small saucepan with the cold water.
2. Raise the heat to medium-high to boil, then reduce to a gentle simmer.
3. Cook uncovered for around 15–18 minutes, allowing the liquid to condense slightly and develop a warm amber shade.
4. Remove from the heat source and allow it to develop flavor for a short 2-minute rest.
5. Strain through a fine mesh sieve into two mugs, pressing the roots gently to extract the full flavor.
6. Incorporate the lemon juice and maple syrup as preferred, then ladle into mugs to serve warm.

Per serving:

• Calories: 15 kcal • Protein: 0 g • Fat: 0 g • Carbs: 4 g • Fiber: 0 g

Anti-Inflammatory Morning Tonic with Ginger, Turmeric, Lemon, Black Pepper, and Cayenne

A sharp, warming morning tonic of fresh ginger, turmeric, and lemon juice with a grounding hit of black pepper and a trace of cayenne.

Prep Time: 5 min • **Cook Time:** 0 min • **Total Time:** 5 min • **Servings:** 2

Ingredients:

- fresh lemon juice — 3 tbsp / 45 ml
- fresh ginger, peeled and finely grated — 1 tsp / 5 g
- ground turmeric — ½ tsp / 1 g
- ground black pepper — ¼ tsp / 0.5 g
- cayenne pepper — small pinch
- warm water — 1 ½ cups / 360 ml
- pure maple syrup — ½ tsp / 2.5 ml (optional)



Ingredients:

1. Combine the lemon juice, grated ginger, turmeric, black pepper, and cayenne in a small bowl or jar.
2. Pour the warm water over the mixture. Stir thoroughly until the turmeric is fully dissolved and the ginger is evenly distributed. The water should be warm but not boiling — very high heat can diminish the flavor of fresh lemon juice.
3. Add the maple syrup if a touch of sweetness is preferred.
4. Strain through a fine mesh sieve into two small glasses if you prefer a smoother texture, or leave unstrained for a more intense flavor.
5. Stir once more before drinking, as the turmeric will settle.
6. Serve warm immediately. This tonic is most effective when consumed on an empty stomach before breakfast.

Per serving:

• Calories: 12 kcal • Protein: 0 g • Fat: 0 g • Carbs: 3 g • Fiber: 0 g

Green Smoothie with Kale, Pineapple, Flaxseed, and Hemp Seeds

A creamy, naturally sweet green smoothie blending fresh kale, frozen pineapple, and almond milk with a double hit of ground flaxseed and hemp seeds.

Prep Time: 5 min • **Cook Time:** 0 min • **Total Time:** 5 min • **Servings:** 2

Ingredients:

- fresh kale leaves, stems removed — 2 cups / 60 g
- frozen pineapple chunks — 1 cup / 165 g
- ripe banana, frozen — 1 medium / 120 g
- unsweetened almond milk — 1 ½ cups / 360 ml
- ground flaxseed — 2 tbsp / 14 g
- hemp seeds — 2 tbsp / 20 g
- fresh lemon juice — 1 tbsp / 15 ml
- ice cubes — 4



Ingredients:

1. Start by pouring the almond milk into the blender to keep the blades running smoothly.
2. Add the kale leaves, frozen pineapple, frozen banana, flaxseed, hemp seeds, and lemon juice.
3. Add the ice cubes on top.
4. Process on high speed for 60 to 90 seconds until completely smooth. Kale requires a longer blend time than softer greens — blend until no green specks remain.
5. Taste and add a small drizzle of maple syrup if a sweeter flavor is preferred.
6. Pour into two tall glasses and serve immediately.

Per serving:

• Calories: 235 kcal • Protein: 9 g • Fat: 8 g • Carbs: 35 g • Fiber: 6 g

Hibiscus, Ginger, and Cinnamon Iced Tea with Orange Slices

A stunning deep-crimson iced tea brewed from dried hibiscus flowers with warming ginger and cinnamon, served over ice with fresh orange.

Prep Time: 5 min • **Cook Time:** 10 min • **Total Time:** 15 min + 1 hr chilling • **Servings:** 2

Ingredients:

- dried hibiscus flowers — 2 tbsp / 8 g
- fresh ginger, thinly sliced — 4 slices
- cinnamon stick — 1
- water — 2 ½ cups / 600 ml
- pure maple syrup — 1 tbsp / 15 ml
- fresh orange, thinly sliced — ½
- fresh mint leaves — 4 to 6
- ice cubes — as needed



Ingredients:

1. Combine the hibiscus flowers, ginger, and cinnamon stick in a small saucepan with the water.
2. Bring to a gentle boil over moderate heat, then reduce to a low simmer. Simmer for 5 minutes.
3. Remove from heat and steep for a further 5 minutes — longer steeping intensifies the tartness.
4. Filter through a fine sieve into a jug that can handle heat, then fold in maple syrup while the tea is warm, tasting and tweaking the sweetness as needed.
5. Let it come to room temperature before placing it in the fridge for at least an hour to chill completely.
6. Fill two tall glasses with ice. Pour the chilled hibiscus tea over the ice and garnish with fresh orange slices and mint leaves.

Per serving:

• Calories: 35 kcal • Protein: 0 g • Fat: 0 g • Carbs: 9 g • Fiber: 0 g

Watermelon, Mint, and Lime Agua Fresca with Chia Seeds

A refreshing, lightly sweet agua fresca of blended watermelon, fresh lime, and mint, with chia seeds stirred in for texture.

Prep Time: 10 min • **Cook Time:** 0 min • **Total Time:** 10 min + 10 min resting • **Servings:** 2

Ingredients:

- seedless watermelon, cubed — 4 cups / 600 g
- fresh lime juice — 2 tbsp / 30 ml
- fresh mint leaves — 6 to 8, plus extra to serve
- chia seeds — 1 tbsp / 10 g
- cold water — ¼ cup / 60 ml
- pure maple syrup — ½ tsp / 2.5 ml (optional)
- ice cubes — as needed



Ingredients:

1. Place the watermelon cubes and mint leaves in a blender. Incorporate the cold water and blend on high for 30 seconds until completely smooth.
2. Strain through a fine mesh sieve into a large jug, pressing to extract all the liquid. Discard the pulp.
3. Stir in the lime juice and maple syrup if using. Taste and adjust the lime to your preference.
4. Add the chia seeds and stir well. Allow the mixture to rest for 10 minutes, stirring once or twice, until the chia seeds have softened and swelled slightly.
5. Fill two tall glasses with ice. Pour the agua fresca over the ice.
6. Garnish with fresh mint leaves and a thin lime wheel. Stir before drinking as the chia seeds settle.

Per serving: • Calories: 90 kcal • Protein: 2 g • Fat: 1 g • Carbs: 20 g • Fiber: 3 g

Liver-Support Matcha Latte with Oat Milk and Ashwagandha

A smooth, earthy matcha latte whisked with creamy oat milk and a small amount of ashwagandha powder for a calming, grounding morning drink.

Prep Time: 5 min • **Cook Time:** 5 min • **Total Time:** 10 min • **Servings:** 2

Ingredients:

- ceremonial or culinary grade matcha powder — 2 tsp / 4 g
- ashwagandha powder — ½ tsp / 1.5 g
- hot water, 175 °F / 80 °C — 4 tbsp / 60 ml
- unsweetened oat milk — 2 cups / 480 ml
- pure maple syrup — 1 tsp / 5 ml
- vanilla extract — ¼ tsp / 1 ml



Ingredients:

1. Sift the matcha powder and ashwagandha powder together into a small bowl or matcha bowl to remove any lumps.
2. Add the hot water at 175 °F / 80 °C — do not use boiling water as it will make the matcha taste bitter.
3. Whisk vigorously in a zigzag or W-motion for 20 to 30 seconds until a smooth, slightly frothy paste forms with no lumps remaining. A bamboo matcha whisk produces the best result, though a small regular whisk works too.
4. Heat the oat milk in a small saucepan over moderate heat until steaming but not boiling, about 3 to 4 minutes. Stir in the maple syrup and vanilla.
5. Pour the warm oat milk slowly into the matcha paste, stirring constantly to combine.
6. Divide between two mugs and serve hot. For an iced version, allow to cool, then pour over ice.

Per serving: • Calories: 35 kcal • Protein: 0 g • Fat: 0 g • Carbs: 9 g • Fiber: 0 g



CHAPTER 8 — DESSERTS

Banana and Almond Flour Muffins

Moist, naturally sweetened muffins made with ripe bananas and almond flour — gluten-free, tender, and lightly spiced with cinnamon.

Prep Time: 12 min • **Cook Time:** 22 min • **Total Time:** 34 min • **Servings:** 2 (2 muffins per person)

Ingredients:

- ripe bananas, mashed — 2 medium / 200 g
- almond flour — 1 cup / 96 g
- eggs, large — 2
- pure maple syrup — 1 tbsp / 15 ml
- extra-virgin olive oil — 1 tbsp / 15 ml
- vanilla extract — ½ tsp / 2.5 ml
- baking powder — ½ tsp / 2 g
- ground cinnamon — ½ tsp / 1 g
- sea salt — pinch
- walnuts, roughly chopped — 2 tbsp / 15 g



Ingredients:

1. Set the oven's temperature to 350 °F / 175 °C. Line 4 cups of a muffin tin with paper liners or grease lightly with olive oil.
2. Mash the bananas thoroughly in a spacious bowl until smooth with very few lumps remaining.
3. Whisk in the eggs, maple syrup, olive oil, and vanilla until fully combined.
4. Add the almond flour, baking powder, cinnamon, and salt. Stir until a smooth, thick batter forms.
5. Evenly portion the batter into four muffin cups, filling each three-quarters full, and garnish each with some chopped walnuts.
6. Bake for 20 to 22 minutes until golden on top and a toothpick inserted in the center comes out clean. Allow to cool in the tin for 5 minutes before transferring to a rack.

Per serving:

• Calories: 430 kcal • Protein: 14 g • Fat: 28 g • Carbs: 36 g • Fiber: 5 g

Baked Apple with Oat Crumble

A classic baked apple filled with a lightly spiced oat and walnut crumble — warming, naturally sweet, and entirely wholesome.

Prep Time: 10 min • **Cook Time:** 35 min • **Total Time:** 45 min • **Servings:** 2

Ingredients:

- large baking apples, such as Honeycrisp or Granny Smith — 2 / 400 g total
- rolled oats — 3 tbsp / 18 g
- walnuts, finely chopped — 2 tbsp / 15 g
- pure maple syrup — 2 tsp / 10 ml
- extra-virgin olive oil — 1 tsp / 5 ml
- ground cinnamon — ½ tsp / 1 g
- ground ginger — ¼ tsp / 0.5 g
- raisins or unsweetened dried cranberries — 1 tbsp / 10 g
- vanilla extract — ¼ tsp / 1 ml
- plain Greek yogurt — 4 tbsp / 60 g (to serve)



Ingredients:

1. Set the oven's temperature to 375 °F / 190 °C.
2. Core each apple from the top, creating a cavity about 1 inch / 2.5 cm wide and reaching to just above the base. Do not pierce all the way through — the base should remain intact to hold the filling.
3. Combine the oats, walnuts, maple syrup, olive oil, cinnamon, ginger, dried fruit, and vanilla in a small bowl. Mix until the oats are coated and the mixture holds together loosely.
4. Pack the crumble filling firmly into each apple cavity, mounding it slightly above the top.
5. Place the apples upright in a small baking dish. Add 3 tablespoons / 45 ml of water to the base of the dish.
6. Bake for 30 to 35 minutes until the apples are completely tender, the skin has wrinkled slightly, and the crumble topping is golden. Serve warm with Greek yogurt alongside.

Per serving:

• Calories: 265 kcal • Protein: 6 g • Fat: 10 g • Carbs: 40 g • Fiber: 6 g

Dark Chocolate and Walnut Bark

A simple, elegant bark of rich dark chocolate studded with toasted walnuts and a light dusting of sea salt and cinnamon.

Prep Time: 10 min • **Cook Time:** 5 min • **Total Time:** 15 min + 45 min setting
Servings: 2 (3 to 4 pieces per person)

Ingredients:

- dark chocolate, 75% cacao or higher — 3 oz / 85 g
- walnuts, roughly chopped — 3 tbsp / 22 g
- flaxseed — 1 tsp / 3 g
- ground cinnamon — ¼ tsp / 0.5 g
- flaky sea salt — small pinch



Ingredients:

1. Place parchment paper on a small tray or flat plate.
2. Toast the walnuts in a dry skillet over moderate heat for 3 to 4 minutes, stirring often, until golden and fragrant. Set aside to cool.
3. Break the dark chocolate into pieces and place in a heatproof bowl. Melt above a pot of lightly simmering water, keeping the bowl off the water, and stir until smooth and fully liquefied.
4. Pour the melted chocolate onto the prepared tray and spread into a thin, even rectangle approximately ¼ inch / 6 mm thick using a spatula.
5. Immediately scatter the toasted walnuts and flaxseed evenly over the surface. Dust lightly with cinnamon and finish with a pinch of flaky sea salt.
6. Refrigerate for 45 minutes until completely set and firm. Break into irregular pieces and serve. Refrigerate in an airtight container to maintain freshness for up to fourteen days.

Per serving:

• Calories: 270 kcal • Protein: 5 g • Fat: 20 g • Carbs: 18 g • Fiber: 4 g

Baked Cinnamon Pears

Tender oven-baked pears with warming cinnamon, a drizzle of maple syrup, and a dollop of cool Greek yogurt to serve.

Prep Time: 5 min • **Cook Time:** 25 min • **Total Time:** 30 min • **Servings:** 2

Ingredients:

- ripe but firm pears — 2 medium / 360 g total
- ground cinnamon — ½ tsp / 1 g
- ground ginger — ¼ tsp / 0.5 g
- pure maple syrup — 1 tsp / 5 ml
- fresh lemon juice — 1 tsp / 5 ml
- vanilla extract — ¼ tsp / 1 ml
- plain Greek yogurt — 4 tbsp / 60 g (to serve)
- walnuts, roughly chopped — 1 tbsp / 8 g (to serve)



Ingredients:

1. Set the oven's temperature to 375 °F / 190 °C. Halve the pears lengthwise and use a small spoon or melon baller to scoop out the core and seeds, creating a small hollow in each half.
2. Place the pear halves cut-side up in a snug baking dish.
3. Mix together the cinnamon, ginger, maple syrup, lemon juice, and vanilla in a small bowl. Spoon the mixture evenly into each pear hollow and brush any excess over the cut surface.
4. Add 2 tablespoons / 30 ml of water to the base of the baking dish to prevent scorching.
5. Bake for 22 to 25 minutes until the pears are tender throughout when pierced with a knife and the edges are lightly caramelized.
6. Serve warm with a spoonful of Greek yogurt and a scatter of chopped walnuts.

Per serving:

• Calories: 175 kcal • Protein: 5 g • Fat: 4 g • Carbs: 32 g • Fiber: 5 g

Frozen Yogurt Bark with Mixed Berries

A simple, naturally sweetened frozen bark of thick Greek yogurt and fresh mixed berries — set hard in the freezer and broken into shards.

Prep Time: 10 min • **Cook Time:** 0 min • **Total Time:** 10 min + 3 hr freezing • **Servings:** 2

Ingredients:

- plain Greek yogurt, full-fat — 1 ½ cups / 360 g
- pure maple syrup — 1 tsp / 5 ml
- vanilla extract — ¼ tsp / 1 ml
- mixed berries, fresh — ¾ cup / 110 g
- chia seeds — 1 tsp / 3 g
- walnuts, roughly chopped — 2 tbsp / 15 g
- ground cinnamon — pinch



Ingredients:

1. Line a small baking tray or flat container with parchment paper.
2. Stir together the Greek yogurt, maple syrup, and vanilla until smooth.
3. Spread the yogurt mixture onto the prepared tray in an even layer approximately ½ inch / 1 cm thick.
4. Scatter the mixed berries evenly over the surface, pressing each one gently into the yogurt.
5. Sprinkle the chia seeds, chopped walnuts, and a pinch of cinnamon over the top.
6. Freeze for at least 3 hours until completely solid. Remove from the freezer and break into irregular shards using your hands or a sharp knife. Serve immediately, directly from frozen. Store any remaining pieces in the freezer in an airtight container.

Per serving:

• Calories: 255 kcal • Protein: 17 g • Fat: 11 g • Carbs: 22 g • Fiber: 3 g

Berry and Chia Seed Compote

A quick, naturally sweetened compote of mixed berries and chia seeds — thick, jammy, and ready in under 15 minutes.

Prep Time: 3 min • **Cook Time:** 12 min • **Total Time:** 15 min • **Servings:** 2

Ingredients:

- mixed berries, fresh or frozen — 2 cups / 300 g
- chia seeds — 1 tbsp / 10 g
- pure maple syrup — 1 tsp / 5 ml
- fresh lemon juice — 1 tsp / 5 ml
- vanilla extract — ¼ tsp / 1 ml
- water — 2 tbsp / 30 ml



Instructions:

1. Combine the berries, water, and maple syrup in a small saucepan over moderate heat.
2. Cook for 8–10 minutes with intermittent stirring, letting the berries release their juices. Press them softly with a spoon to encourage breakdown.
3. Remove from heat. Stir in the lemon juice and vanilla extract.
4. Incorporate the chia seeds and stir well to distribute evenly. The chia seeds will begin to absorb the liquid and thicken the compote.
5. Allow to cool for 5 minutes — the compote will continue to thicken as it cools.
6. Serve warm over Greek yogurt, overnight oats, or buckwheat pancakes. Store in a hermetically sealed jar in the refrigerator for no more than 5 days.

Per serving: • Calories: 115 kcal • Protein: 2 g • Fat: 2 g • Carbs: 23 g • Fiber: 7 g

Mango Coconut Chia Pudding

A luxuriously creamy, tropical chia pudding layered with a smooth mango purée and light coconut milk — served chilled.

Prep Time: 10 min • **Cook Time:** 0 min • **Total Time:** 10 min + overnight chilling • **Servings:** 2

Ingredients:

- chia seeds — ⅓ cup / 55 g
- light coconut milk — 1 cup / 240 ml
- unsweetened almond milk — ½ cup / 120 ml
- pure maple syrup — 1 tsp / 5 ml
- vanilla extract — ¼ tsp / 1 ml
- fresh mango, roughly chopped — 1 ½ cups / 250 g
- fresh lime juice — 1 tsp / 5 ml
- unsweetened coconut flakes, toasted — 1 tbsp / 5 g



Instructions:

1. Whisk together the coconut milk, almond milk, maple syrup, and vanilla in a bowl.
2. Add the chia seeds and whisk vigorously to prevent clumping. Let sit for 5 minutes, then whisk once more.
3. Divide between two jars or glasses. Place a lid on and refrigerate for a minimum of 4 hours, or leave overnight, until it solidifies completely.
4. Place the mango and lime juice into the blender and blend until creamy. Sample, and add maple syrup sparingly if more sweetness is desired.
5. When ready to serve, spoon the mango purée over the top of each pudding to form an even layer.
6. Finish with a layer of toasted coconut flakes and serve cold.

Per serving: • Calories: 360 kcal • Protein: 7 g • Fat: 17 g • Carbs: 48 g • Fiber: 12 g

No-Bake Chocolate Avocado Mousse

A velvety, intensely chocolatey mousse made entirely from ripe avocado and raw cacao powder — rich, dairy-free, and ready in 10 minutes.

Prep Time: 10 min • **Cook Time:** 0 min • **Total Time:** 10 min + 30 min chilling • **Servings:** 2

Ingredients:

- ripe avocados — 2 medium / 300 g flesh
- raw cacao powder — 3 tbsp / 18 g
- pure maple syrup — 2 tbsp / 30 ml
- vanilla extract — ½ tsp / 2.5 ml
- unsweetened almond milk — 2 tbsp / 30 ml
- ground cinnamon — ¼ tsp / 0.5 g
- sea salt — pinch
- fresh berries or cacao nibs — to serve



Ingredients:

1. Split the avocados, take out the pits, and spoon the green flesh into a processor. The avocados must be fully ripe — the mousse will not be smooth with underripe fruit.
2. Add the cacao powder, maple syrup, vanilla, almond milk, cinnamon, and salt.
3. Process on high for 2 minutes, scraping down the sides twice, until the mousse is completely smooth, glossy, and free of any lumps. Taste and adjust — add more cacao for intensity, more maple syrup for sweetness, or a drop more almond milk for a lighter texture.
4. Divide between two small glasses or ramekins.
5. Refrigerate for at least 30 minutes before serving to allow the mousse to firm up and the flavors to deepen.
6. Top with fresh berries, cacao nibs, or a light dusting of cacao powder. Serve chilled.

Per serving: • Calories: 310 kcal • Protein: 4 g • Fat: 22 g • Carbs: 28 g • Fiber: 10 g

Oat and Date Cookies

Soft, chewy cookies made with rolled oats, Medjool dates, and almond butter — no refined sugar, no flour, and ready in 25 minutes.

Prep Time: 12 min • **Cook Time:** 12 min • **Total Time:** 24 min (3 cookies per person) • **Servings:** 2

Ingredients:

- rolled oats — ¾ cup / 67 g
- Medjool dates, pitted — 6 / 120 g
- natural almond butter — 2 tbsp / 32 g
- egg, large — 1
- vanilla extract — ½ tsp / 2.5 ml
- ground cinnamon — ½ tsp / 1 g
- baking powder — ¼ tsp / 1 g
- sea salt — pinch
- dark chocolate chips, 70% cacao — 1 tbsp / 12 g (optional)



Ingredients:

1. Set the oven's temperature to 350 °F / 175 °C, then cover a baking tray with parchment paper.
2. Place the pitted dates in warm water for 5 minutes to loosen, then remove excess moisture by patting dry.
3. Place the dates in a food processor and blend until a smooth paste forms.
4. Combine the date paste, almond butter, egg, vanilla, cinnamon, baking powder, and salt in a mixing bowl. Mix until smooth.
5. Incorporate the rolled oats and dark chocolate chips if using. The dough will be soft and sticky.
6. Scoop 6 equal portions onto the prepared tray, spacing them apart. Flatten each gently with the back of a wet spoon to about ½ inch / 1 cm thickness — the cookies will not spread much on their own.
7. Place in the oven for 11 to 12 minutes, letting the edges set and the tops become lightly golden. Allow to cool on the tray for 5 minutes before handling — they firm up as they cool.

Per serving:

• Calories: 340 kcal • Protein: 10 g • Fat: 13 g • Carbs: 48 g • Fiber: 6 g

Poached Pears in Spiced Herbal Tea

Whole pears slow-poached until silky in a fragrant spiced herbal tea of cinnamon, star anise, ginger, and orange peel.

Prep Time: 8 min • **Cook Time:** 30 min • **Total Time:** 38 min • **Servings:** 2

Ingredients:

- ripe but firm pears — 2 medium / 360 g total
- water — 2 cups / 480 ml
- hibiscus or rooibos herbal tea bags — 2
- cinnamon stick — 1
- star anise — 1
- fresh ginger, sliced — 3 slices
- strip of orange peel — 1 / 5 cm long
- pure maple syrup — 1 tbsp / 15 ml
- vanilla extract — ¼ tsp / 1 ml
- plain Greek yogurt — 4 tbsp / 60 g (to serve)



Ingredients:

1. Take off the pear skins cautiously, leaving the stems intact for a stylish display. Slice a thin sliver off the base of each so they stand upright.
2. Combine the water, tea bags, cinnamon stick, star anise, ginger, orange peel, and maple syrup in a medium-sized saucepan just wide enough to hold both pears upright. Bring to a light simmer over moderate heat.
3. Steep the tea bags for 3 minutes, then remove and discard them.
4. Lower the peeled pears into the simmering poaching liquid. The liquid should come at least halfway up the pears — add a little more water if needed.
5. Cover partially and simmer gently over low heat for 25 to 30 minutes, turning the pears once or twice, until completely tender throughout when pierced with a thin skewer.
6. Remove the pears and place upright in two shallow bowls. Reduce the poaching liquid over moderate heat for 5 minutes until slightly syrupy. Strain and spoon a small amount over each pear. Serve with Greek yogurt.

Per serving:

• Calories: 185 kcal • Protein: 4 g • Fat: 1 g • Carbs: 42 g • Fiber: 5 g



PART TWO — MEAL PLANS AND SHOPPING LISTS

How to Follow the Meal Plan

Portion Guidance

All recipes in this book are written for two servings. When following the meal plan solo, prepare each recipe as written and refrigerate the second portion for the following day's lunch, where appropriate, or halve the ingredients if preferred. The calorie range across the full day sits between 1,400 and 1,800 kcal, depending on the recipes selected, which supports gradual, sustainable weight management for most adults. If you have specific caloric needs set by your physician or dietitian, adjust portion sizes accordingly.

Meal Prep Tips and Batch Cooking

Preparing certain components in advance significantly reduces daily cooking time. At the start of each week, cook a large batch of brown rice or quinoa and refrigerate it in an airtight container — it keeps well for up to 5 days and forms the base of multiple recipes. Roast a tray of mixed vegetables on Sunday to use across Monday and Tuesday. Hard-boil a batch of eggs to have on hand for quick breakfasts and salads. Overnight oats and chia puddings can be prepared the evening before and require no morning effort. Soups and stews from Chapters 2 and 5 reheat well and are ideal for batch cooking in larger quantities.

Hydration Recommendations

Aim for at least 6 to 8 cups (1.4 to 1.9 liters) of plain water per day in addition to the teas, juices, and smoothies in the plan. Begin each morning with a glass of warm water before breakfast. Herbal teas from Chapter 7 count toward your daily fluid intake and are a valuable replacement for sugary beverages and alcohol. Avoid taking in substantial amounts of liquid directly before or following eating.

Adjusting the Plan for Individual Needs

The meal plan is a framework, not a rigid prescription. If a particular recipe does not suit your taste, ingredient availability, or schedule, substitute it with another recipe from the same chapter category. If a week feels too demanding, simplify by repeating recipes you have already prepared rather than introducing new ones every day. **Always work alongside your healthcare provider when making significant dietary changes.**



WEEK 1 – GETTING STARTED: Building a Foundation

The first week focuses on introducing the key principles of liver-supportive eating. Recipes are straightforward, use widely available ingredients, and establish the core habits — fiber-rich breakfasts, vegetable-forward lunches, and lean protein dinners — that the rest of the plan builds upon.

Day	Breakfast	Lunch	Dinner	Snack
Monday	Steel-Cut Oatmeal with Cinnamon, Apple, and Toasted Pumpkin Seeds (p. 10)	Lentil and Roasted Vegetable Soup with Cumin and Lemon (p. 22)	Za'atar Baked Chicken Breast with Roasted Garlic and Lemon Tahini Drizzle (p. 33)	Baked Cinnamon Apple Chips with Walnut-Almond Dipping Butter (p. 60)
Tuesday	Overnight Oats with Mixed Berries, Flaxseed, and Toasted Walnuts (p. 12)	Mediterranean Chopped Salad with Roasted Chickpeas, Kalamata Olives, and Herb Lemon Vinaigrette (p. 21)	Miso-Glazed Baked Salmon with Bok Choy and Sesame Brown Rice (p. 38)	Smoky Roasted Chickpeas with Cumin, Paprika, and Lime Zest (p. 62)
Wednesday	Scrambled Eggs with Sautéed Mushrooms, Spinach, and Fresh Herbs (p. 16)	Roasted Tomato and Red Pepper Soup with Smoked Paprika (p. 26)	Red Lentil Dal with Brown Basmati Rice and Crispy Shallots (p. 46)	Roasted Carrot and Ginger Hummus with Raw Vegetable Crudités (p. 65)
Thursday	Smashed Avocado and Poached Egg on Whole-Grain Toast with Dukkah and Microgreens (p. 14)	Quinoa Tabbouleh with Cucumber, Tomato, Fresh Herbs, and Pomegranate (p. 28)	Baked Chicken with Cherry Tomatoes, Olives, Capers, and Herbs (p. 34)	Walnut, Almond, and Date Energy Balls with Cacao and Chia Seeds (p. 62)
Friday	Coconut Chia Seed Pudding with Fresh Mango and Toasted Coconut (p. 16)	Chickpea, Spinach, and Harissa Soup (p. 24)	Shrimp and Broccoli Stir-Fry with Ginger, Garlic, and Brown Rice (p. 40)	Mixed Seed Crackers with Herbed Cottage Cheese and Cucumber (p. 64)
Saturday	Buckwheat Pancakes with Fresh Strawberries and Greek Yogurt (p. 11)	Asian Cabbage and Edamame Slaw with Sesame-Ginger Dressing (p. 23)	Lentil and Mushroom Shepherd's Pie (p. 47)	Homemade Multi-Seed Crispbread with Smashed Avocado, Radish, and Microgreens (p. 55)
Sunday	Cottage Cheese Power Bowl with Flaxseed, Peach, and Pumpkin Seeds (p. 18)	Cold Cucumber, Avocado, and Herb Gazpacho (p. 20)	Tempeh and Roasted Vegetable Bowl (p. 54)	Baked Cinnamon Apple Chips with Walnut-Almond Dipping Butter (p. 60)

Week 1 Shopping List

Produce:

- apples, firm variety — 5 medium
- avocados, ripe — 3
- baby bok choy — 2 heads
- broccoli — 1 medium head
- carrots — 5 medium
- cauliflower — ½ large head
- celery — 3 stalks
- cherry tomatoes — 2 cups / 335 g
- cucumber, English — 3 medium
- edamame, shelled and frozen — 1 cup / 160 g
- garlic — 3 bulbs (1 whole head for roasting)
- ginger root, fresh — 1 x 2-inch / 5 cm piece
- green cabbage — ¼ small head
- Kalamata olives — ⅓ cup / 80 g
- lemon — 5
- lime — 1
- mango, fresh — 1 medium
- microgreens or pea shoots — 1 small pack / 30 g
- mushrooms, cremini — 3 cups / 240 g
- onion, red — 1 small
- onions, yellow — 3 medium
- peach — 1 large
- pomegranate seeds, ready-shelled — 3 tbsp / 40 g
- radishes — 8 / 1 bunch
- red bell peppers — 4
- red cabbage — ¼ small head
- romaine lettuce — 1 heart
- scallions — 1 bunch
- shallots — 2 large
- spinach, fresh — 1 large bag / 150 g
- steel-cut apple — 1 medium (included in apples above)
- strawberries — 1 cup / 150 g
- sweet potato — 1 small
- tomatoes, ripe — 6 medium
- zucchini — 1 small

Fresh herbs:

- chives — 1 small bunch
- cilantro — 1 small bunch
- dill — 1 small pack
- flat-leaf parsley — 2 large bunches
- fresh mint — 1 bunch
- fresh oregano — 1 small bunch (or use dried)
- fresh thyme — 1 pack (about 7 sprigs)

Proteins:

- chicken breast, boneless and skinless — 4 breasts / 680 g
- cottage cheese, low-fat — 2 cups / 510 g
- eggs, large — 1 dozen
- Greek yogurt, plain — 1 ¼ cups / 300 g
- green lentils, dry — ½ cup / 95 g
- red lentils, dry — 1 ¼ cups / 235 g
- salmon fillets, skin-on — 2 x 6 oz / 340 g

- shrimp, raw, peeled and deveined — 12 oz / 340 g
- tempeh — 8 oz / 225 g
- canned chickpeas — 4 x 15 oz / 4 x 425 g cans

Grains:

- brown basmati rice, dry — ½ cup / 95 g
- brown rice, dry — 1 ½ cups / 285 g
- buckwheat flour — ¾ cup / 90 g
- quinoa, dry — ½ cup / 85 g
- rolled oats — ¾ cup / 135 g
- steel-cut oats — 1 cup / 160 g
- whole-grain bread — 1 small loaf

Pantry:

- capers — 1 small jar
- chia seeds — ⅓ cup / 90 g
- coconut flakes, unsweetened — 2 tbsp / 10 g
- dukkah — 1 small jar or pack
- flaxseed, whole — 2 tbsp / 20 g (or buy ground, use for all)
- ground flaxseed — ¾ cup / 50 g
- harissa paste — 1 small jar
- light coconut milk — 2 x 14 oz / 2 x 400 ml cans
- low-sodium tamari — ½ cup / 105 ml
- maple syrup, pure — 1 small bottle / 60 ml
- Medjool dates — 8 / 160 g
- pumpkin seeds — ⅓ cup / 85 g
- raw almonds — ⅓ cup / 90 g
- raw cacao powder — 1 tbsp / 6 g
- rice vinegar — 3 tbsp / 50 ml
- sesame oil — 3 tbsp / 40 ml
- sesame seeds — ¼ cup / 45 g
- sunflower seeds — 3 tbsp / 45 g
- tahini — ¼ cup / 60 ml
- vanilla extract — 1 small bottle
- vegetable broth, low-sodium — 3 x 1 L cartons
- walnuts — ½ cup / 100 g
- white miso paste — 2 tbsp / 30 ml
- za'atar spice blend — 2 tbsp

Spices (check pantry before buying):

- baking powder
- dried oregano
- garlic powder
- ground cinnamon
- ground coriander
- ground cumin
- ground ginger
- ground turmeric
- smoked paprika
- white vinegar

Dairy and Alternatives:

- almond milk, unsweetened — 1 L
- feta cheese — 1 small pack (optional, for R4 later in Week 2)

WEEK 2 – BUILDING HABITS: Anti-Inflammatory Focus

Week 2 introduces a wider variety of anti-inflammatory ingredients — turmeric, ginger, fatty fish, and a broader range of vegetables. The recipes are slightly more varied in technique, building confidence in the kitchen while deepening the nutritional approach established in Week 1.

Day	Breakfast	Lunch	Dinner	Snack
Monday	Green Liver-Boost Smoothie with Spinach, Banana, Ginger, Flaxseed, and Almond Milk (p. 14)	Turmeric, Lemongrass, and Shiitake Healing Broth with Brown Rice Noodles (p. 24)	Pan-Seared Cod with Burst Cherry Tomatoes, Capers, and Basil (p. 38)	Walnut, Almond, and Date Energy Balls with Cacao and Chia Seeds (p. 62)
Tuesday	Whole-Grain Blueberry and Walnut Muffins with Oat Topping (p. 12)	Roasted Beet and Arugula Salad with Candied Walnuts and Orange Dressing (p. 27)	Black Bean and Sweet Potato Tacos (p. 44)	Smoky Roasted Chickpeas with Cumin, Paprika, and Lime Zest (p. 62)
Wednesday	Layered Greek Yogurt Parfait with Walnuts, Berries, and Chia Seeds (p. 10)	White Bean, Kale, and Rosemary Soup with Parmesan Rind (p. 22)	Turmeric and Yogurt Marinated Chicken Thighs with Roasted Cauliflower (p. 31)	Roasted Carrot and Ginger Hummus with Raw Vegetable Crudités (p. 65)
Thursday	Almond Butter, Banana, and Hemp Seed Smoothie Bowl with Granola (p. 17)	Warm Lentil Salad with Roasted Carrots, Tahini, and Preserved Lemon (p. 25)	Grilled Mackerel with Herb and Fennel Salad and Lemon Dressing (p. 41)	Homemade Multi-Seed Crispbread with Smashed Avocado, Radish, and Microgreens (p. 55)
Friday	Turmeric Scrambled Tofu with Peppers, Onion, and Nutritional Yeast (p. 19)	Miso Soup with Tofu, Wakame, Shiitake, and Scallions (p. 20)	Chickpea and Spinach Curry (p. 48)	Mixed Seed Crackers with Herbed Cottage Cheese and Cucumber (p. 64)
Saturday	Baked Egg Cups with Roasted Vegetables and Feta (p. 15)	Nicoise-Style Tuna Salad with Green Beans, Eggs, and Dijon Vinaigrette (p. 28)	One-Pan Lemon Chicken with Asparagus, Mushrooms, and Brown Rice (p. 32)	Baked Cinnamon Apple Chips with Walnut-Almond Dipping Butter (p. 60)
Sunday	Quinoa Breakfast Bowl with Roasted Vegetables, Soft-Boiled Egg, and Herb Oil (p. 13)	Roasted Broccoli and Leek Cream Soup with Toasted Seeds (p. 26)	Sweet Potato and Black Bean Chili (p. 52)	Walnut, Almond, and Date Energy Balls with Cacao and Chia Seeds (p. 62)

Week 2 Shopping List

Produce:

- apples, firm variety — 2 medium
- arugula, baby — 1 large bag / 80 g
- asparagus — 1 bunch / 170 g
- avocados, ripe — 2
- bananas — 3 (2 to freeze, 1 fresh)
- basil, fresh — 1 small bunch / 14 g
- beets, medium — 3 / 350 g
- blueberries — $\frac{3}{4}$ cup / 110 g
- broccoli — 1 large head / 400 g
- carrots — 3 medium
- cauliflower — $\frac{1}{2}$ head / 300 g
- celery — 1 stalk
- cherry tomatoes — 2 $\frac{1}{2}$ cups / 445 g
- cilantro — 1 small bunch
- cucumber, English — 2 medium
- fennel bulb — 1 small / 180 g
- garlic — 2 bulbs
- ginger root, fresh — 1 x 1-inch / 2.5 cm piece
- green beans — 1 $\frac{1}{2}$ cups / 150 g
- kale — 1 small bunch / 70 g
- leeks — 2 medium / 250 g
- lemongrass stalk — 1
- lemons — 4
- limes — 3
- microgreens or pea shoots — 1 small pack / 15 g
- mixed berries, fresh — 1 cup / 150 g
- mushrooms, cremini — 1 $\frac{1}{2}$ cups / 120 g
- mushrooms, shiitake, dried — 1 oz / 28 g
- mushrooms, shiitake, fresh — $\frac{3}{4}$ cup / 60 g
- onions, red — 1 small
- onions, yellow — 2 medium
- orange — 1
- preserved lemon — 1 small jar
- radishes — 8 / 1 bunch
- red bell peppers — 2
- red cabbage — $\frac{1}{4}$ small head
- rosemary, fresh — 1 small sprig
- scallions — 1 bunch
- spinach, fresh — 1 large bag / 180 g
- sweet potatoes — 2 medium / 550 g total
- thyme, fresh — 1 small pack (5 sprigs)
- zucchini — 2 small

Fresh herbs:

- basil — 1 small bunch
- chives — 1 small bunch
- cilantro — 1 small bunch
- dill — 1 small pack
- flat-leaf parsley — 1 large bunch
- fresh thyme — 1 pack

Proteins:

- chicken breast, boneless and skinless — 2 x 6 oz / 340 g
- chicken thighs, boneless and skinless — 4 / 480 g
- cod fillets, skinless — 2 x 6 oz / 340 g
- cottage cheese, low-fat — $\frac{3}{4}$ cup / 170 g
- eggs, large — 1 dozen
- Greek yogurt, plain — 2 $\frac{1}{2}$ cups / 600 g
- green or Puy lentils, dry — $\frac{1}{2}$ cup / 95 g

- mackerel fillets, skin-on — 2 x 6 oz / 340 g
- silken tofu — 5 oz / 140 g
- firm tofu — 10 oz / 280 g
- canned chickpeas — 3 x 15 oz / 3 x 425 g cans
- canned black beans — 2 x 15 oz / 2 x 425 g cans
- canned cannellini beans — 1 x 15 oz / 425 g can
- canned tuna in water — 2 x 4 oz / 2 x 113 g cans

Grains:

- almond butter, natural — 3 tbsp / 50 g
- brown rice noodles, dry — 3 oz / 85 g
- brown rice, dry — $\frac{1}{2}$ cup / 95 g
- granola, unsweetened — 4 tbsp / 30 g
- hemp seeds — 2 tbsp / 20 g
- quinoa, dry — $\frac{1}{2}$ cup / 85 g
- rolled oats — $\frac{1}{2}$ cup / 100 g
- tortillas, whole-grain or corn, small — 4
- whole-wheat flour — $\frac{3}{4}$ cup / 90 g

Pantry:

- apple cider vinegar — 1 tsp
- balsamic vinegar — 2 tbsp (for Week 3, buy now)
- capers — 1 small jar
- chia seeds — 3 tbsp / 40 g
- Dijon mustard — 1 small jar
- dried wakame seaweed — 1 tbsp / 5 g
- flaxseed, ground — 2 tbsp / 17 g
- Kalamata olives — $\frac{1}{4}$ cup / 40 g
- light coconut milk — 1 x 14 oz / 400 ml can
- low-sodium tamari — 2 tbsp / 25 ml
- maple syrup, pure — 3 tbsp / 45 ml
- Medjool dates — 16 / 320 g
- mixed seeds (pumpkin, sunflower, sesame) — 2 tbsp / 18 g
- nutritional yeast — 2 tbsp / 10 g
- pumpkin seeds — $\frac{1}{3}$ cup / 65 g
- raw almonds — $\frac{1}{2}$ cup / 100 g
- raw cacao powder — 1 tbsp / 12 g (use leftover from Week 1)
- red wine vinegar — 1 tbsp
- rice vinegar — small amount (use leftovers)
- roasted red peppers, jarred — none this week
- sesame oil — small amount (use leftovers)
- sesame seeds — $\frac{1}{4}$ cup / 30 g
- sunflower seeds — $\frac{1}{4}$ cup / 60 g
- tahini — 3 tbsp / 45 ml
- vanilla extract — use Week 1 bottle
- vegetable broth, low-sodium — 3 x 1 L cartons
- chicken broth, low-sodium — 1 x 2 cups / 500 ml carton
- walnuts — $\frac{1}{2}$ cup / 150 g
- white miso paste — 2 tbsp / 30 ml

Spices (check pantry before buying):

- chili powder
- garam masala
- garlic powder
- ground coriander
- ground cumin
- ground turmeric
- smoked paprika

Dairy and Alternatives:

- almond milk, unsweetened — 1 L
- feta cheese — 1 small pack / 50 g
- Parmesan rind — 1 small piece (optional)

WEEK 3 – DEEPENING CHANGE: Gut Health and Fiber Focus

Week 3 concentrates on gut microbiome support through high-fiber legumes, fermented ingredients, and a wide range of prebiotic vegetables. The recipes lean into plant-based proteins and complex carbohydrates that support stable blood sugar throughout the day.

Day	Breakfast	Lunch	Dinner	Snack
Monday	Overnight Oats with Mixed Berries, Flaxseed, and Toasted Walnuts (p. 12)	Lentil and Roasted Vegetable Soup with Cumin and Lemon (p. 22)	Veggie Stir-Fry with Tofu and Soba Noodles (p. 50)	Smoky Roasted Chickpeas with Cumin, Paprika, and Lime Zest (p. 62)
Tuesday	Steel-Cut Oatmeal with Cinnamon, Apple, and Toasted Pumpkin Seeds (p. 10)	Spinach, Strawberry, and Avocado Salad with Poppy Seed Balsamic Dressing (p. 29)	Asian Tuna Poke Bowl with Brown Rice, Edamame, Pickled Cucumber, and Avocado (p. 37)	Roasted Carrot and Ginger Hummus with Raw Vegetable Crudités (p. 65)
Wednesday	Savory Oatmeal with Poached Egg, Wilted Greens, and Tahini Drizzle (p. 18)	Mediterranean Chopped Salad with Roasted Chickpeas, Kalamata Olives, and Herb Lemon Vinaigrette (p. 21)	Slow-Cooked Chicken, White Bean and Kale Stew with Rosemary (p. 30)	Baked Cinnamon Apple Chips with Walnut-Almond Dipping Butter (p. 60)
Thursday	Smashed Avocado and Poached Egg on Whole-Grain Toast with Dukkah and Microgreens (p. 14)	Roasted Tomato and Red Pepper Soup with Smoked Paprika (p. 26)	Zucchini Noodles with Walnut Pesto (p. 50)	Mixed Seed Crackers with Herbed Cottage Cheese and Cucumber (p. 64)
Friday	Coconut Chia Seed Pudding with Fresh Mango and Toasted Coconut (p. 16)	Quinoa Tabbouleh with Cucumber, Tomato, Fresh Herbs, and Pomegranate (p. 28)	Steamed Sea Bass with Ginger, Scallions, Tamari, and Sesame Oil (p. 42)	Walnut, Almond, and Date Energy Balls with Cacao and Chia Seeds (p. 62)
Saturday	Scrambled Eggs with Sautéed Mushrooms, Spinach, and Fresh Herbs (p. 16)	Asian Cabbage and Edamame Slaw with Sesame-Ginger Dressing (p. 23)	Stuffed Cabbage Rolls with Herbed Rice (p. 51)	Homemade Multi-Seed Crispbread with Smashed Avocado, Radish, and Microgreens (p. 55)
Sunday	Cottage Cheese Power Bowl with Flaxseed, Peach, and Pumpkin Seeds (p. 18)	Cold Cucumber, Avocado, and Herb Gazpacho (p. 20)	Harissa-Spiced Sheet-Pan Chicken with Root Vegetables and Preserved Lemon (p. 30)	Smoky Roasted Chickpeas with Cumin, Paprika, and Lime Zest (p. 62)

Week 3 Shopping List

Produce:

- apples, firm variety — 3 medium
- avocados, ripe — 5
- basil, fresh — 1 large bunch / 25 g
- broccoli — 1 small head / 90 g (florets only)
- carrots — 6 medium
- celery — 3 stalks
- cherry tomatoes — 1 ½ cups / 220 g
- cilantro — 1 small bunch
- cucumber, English — 3 medium
- edamame, shelled and frozen — 1 cup / 160 g
- garlic — 2 bulbs
- ginger root, fresh — 1 x 2-inch / 5 cm piece
- green cabbage — 1 small head (for rolls and slaw)
- Kalamata olives — ¼ cup / 40 g
- kale — 1 bunch / 130 g
- lemons — 5
- limes — 2
- mango, fresh — 1 medium
- microgreens or pea shoots — 1 small pack / 15 g
- mushrooms, cremini — 1 ½ cups / 120 g
- onions, red — 1 medium
- onions, yellow — 2 medium
- parsnip — 1 medium / 130 g
- peach — 1 large
- pine nuts — 2 tbsp / 16 g
- pomegranate seeds, ready-shelled — 3 tbsp / 40 g
- radishes — 8 / 1 bunch
- red bell peppers — 3
- red cabbage — ¼ small head
- romaine lettuce — 1 heart
- rosemary, fresh — 1 sprig
- scallions — 2 bunches
- sea bass fillets, skin-on — 2 x 6 oz / 340 g
- spinach and baby spinach — 1 large bag / 210 g
- strawberries — 1 cup / 150 g
- sushi-grade tuna — 10 oz / 280 g
- tomatoes, ripe — 6 medium
- zucchini — 4 (1 small for soup, 3 large for noodles)

Fresh herbs:

- basil — 1 large bunch (for pesto)
- chives — 1 small bunch
- cilantro — 1 small bunch
- dill — 1 small pack
- flat-leaf parsley — 2 bunches
- fresh mint — 1 bunch
- fresh rosemary — 1 sprig

Proteins:

- chicken thighs, boneless and skinless — 7 / 840 g total
- cottage cheese, low-fat — 2 cups / 510 g
- eggs, large — 1 dozen

- firm tofu — 10 oz / 280 g
- Greek yogurt, plain — ¾ cup / 180 g
- red lentils, dry — ½ cup / 95 g
- sea bass fillets — listed above
- sushi-grade tuna — listed above
- canned chickpeas — 4 x 15 oz / 4 x 425 g cans
- canned cannellini beans — 1 x 15 oz / 425 g can

Grains:

- brown rice, dry — 1 cup / 190 g
- quinoa, dry — ½ cup / 85 g
- rolled oats — 1 ¼ cups / 225 g
- soba noodles, dry — 4 oz / 113 g
- steel-cut oats — 1 cup / 160 g
- whole-grain bread — 1 small loaf

Pantry:

- balsamic vinegar — 2 tbsp / 22 ml
- chia seeds — ⅓ cup / 85 g
- coconut flakes, unsweetened — 2 tbsp / 10 g
- Dijon mustard — small amount (use Week 2 jar)
- dukkah — 1 tbsp (use Week 1 jar)
- flaxseed, ground — 3 tbsp / 50 g
- harissa paste — 1 small jar
- Kalamata olives — listed above under produce
- light coconut milk — 1 x 14 oz / 400 ml can
- low-sodium tamari — ½ cup / 105 ml
- maple syrup, pure — 2 tbsp / 30 ml
- Medjool dates — 8 / 160 g
- nutritional yeast — 1 tbsp / 5 g
- pine nuts — 2 tbsp / 16 g
- poppy seeds — ½ tsp / 2 g
- preserved lemon — 1 tsp (use existing jar)
- pumpkin seeds — ½ cup / 100 g
- raw almonds — ¼ cup / 60 g
- rice vinegar — ¼ cup / 65 ml
- sesame oil — ¼ cup / 55 ml
- sesame seeds — ¼ cup / 42 g
- sunflower seeds — 3 tbsp / 45 g
- tahini — 3 tbsp / 50 ml
- vegetable broth, low-sodium — 2 x 1 L cartons
- chicken broth, low-sodium — 1 x 600 ml carton
- walnuts — ½ cup / 104 g
- canned crushed tomatoes — 1 x 14 oz / 400 g can
- canned diced tomatoes — 1 x 14 oz / 400 g can

Spices (check pantry before buying):

- dried basil
- dried oregano
- ground cumin
- ground turmeric
- smoked paprika

Dairy and Alternatives:

- almond milk, unsweetened — 1 L

WEEK 4 – MAINTAINING PROGRESS: Variety and Long-Term Balance

The final week introduces the greatest variety of the plan. The goal of this week is to demonstrate the full range of what a sustained liver-supportive diet can look like – rich, varied, and genuinely enjoyable over the long term.

Day	Breakfast	Lunch	Dinner	Snack
Monday	Quinoa Breakfast Bowl with Roasted Vegetables, Soft-Boiled Egg, and Herb Oil (p. 13)	Warm Lentil Salad with Roasted Carrots, Tahini, and Preserved Lemon (p. 25)	Omega-3 Salmon and Quinoa Patties with Cucumber-Dill Yogurt Sauce (p. 43)	Walnut, Almond, and Date Energy Balls with Cacao and Chia Seeds (p. 62)
Tuesday	Green Liver-Boost Smoothie with Spinach, Banana, Ginger, Flaxseed, and Almond Milk (p. 14)	Chickpea, Spinach, and Harissa Soup (p. 24)	Mushroom and Lentil Bolognese (p. 48)	Roasted Carrot and Ginger Hummus with Raw Vegetable Crudités (p. 65)
Wednesday	Layered Greek Yogurt Parfait with Walnuts, Berries, and Chia Seeds (p. 10)	Roasted Beet and Arugula Salad with Candied Walnuts and Orange Dressing (p. 27)	Turkey and Zucchini Stuffed Bell Peppers with Tomato Herb Sauce (p. 32)	Smoky Roasted Chickpeas with Cumin, Paprika, and Lime Zest (p. 62)
Thursday	Almond Butter, Banana, and Hemp Seed Smoothie Bowl with Granola (p. 17)	Turmeric, Lemongrass, and Shiitake Healing Broth with Brown Rice Noodles (p. 24)	Sardine, White Bean, and Roasted Pepper Open-Faced Toast with Herbs (p. 40)	Mixed Seed Crackers with Herbed Cottage Cheese and Cucumber (p. 64)
Friday	Whole-Grain Blueberry and Walnut Muffins with Oat Topping (p. 12)	Nicoise-Style Tuna Salad with Green Beans, Eggs, and Dijon Vinaigrette (p. 28)	Black-Eyed Pea and Collard Green Stew (p. 52)	Homemade Multi-Seed Crispbread with Smashed Avocado, Radish, and Microgreens (p. 55)
Saturday	Turmeric Scrambled Tofu with Peppers, Onion, and Nutritional Yeast (p. 19)	Miso Soup with Tofu, Wakame, Shiitake, and Scallions (p. 20)	Baked Turkey Meatballs in Roasted Tomato and Herb Sauce (p. 34)	Baked Cinnamon Apple Chips with Walnut-Almond Dipping Butter (p. 60)
Sunday	Baked Egg Cups with Roasted Vegetables and Feta (p. 15)	Roasted Broccoli and Leek Cream Soup with Toasted Seeds (p. 26)	Charred Broccoli with Garlic-Tahini Sauce and Toasted Almonds (p. 57)	Walnut, Almond, and Date Energy Balls with Cacao and Chia Seeds (p. 62)

Week 4 Shopping List

Produce:

- apples, firm variety — 2 medium
- arugula, baby — 1 bag / 60 g
- avocado, ripe — 1
- bananas — 3 (2 to freeze, 1 fresh)
- beets, medium — 3 / 350 g
- bell peppers, large (red or yellow) — 2 (for stuffed peppers)
- bell peppers, red — 2 (for breakfast recipes)
- blueberries — $\frac{3}{4}$ cup / 110 g
- broccoli — 2 large heads / 800 g total
- carrots — 4 medium
- celery — 2 stalks
- cherry tomatoes — 1 $\frac{1}{2}$ cups / 220 g
- cilantro — 1 small bunch
- collard greens — 1 small bunch / 100 g
- cucumber, English — 2 medium
- garlic — 3 bulbs
- ginger root, fresh — 1 small piece / 15 g
- green beans — 1 $\frac{1}{2}$ cups / 150 g
- kale — 1 bunch / 70 g
- leeks — 2 medium / 250 g
- lemongrass stalk — 1
- lemons — 4
- lime — 1
- microgreens or pea shoots — 1 small pack / 15 g
- mixed berries — 1 cup / 150 g
- mushrooms, cremini — 2 $\frac{1}{2}$ cups / 220 g
- mushrooms, shiitake, dried — 1 oz / 28 g
- mushrooms, shiitake, fresh — $\frac{3}{4}$ cup / 60 g
- onions, red — 1 small
- onions, yellow — 3 medium
- orange — 1
- radishes — 4 / $\frac{1}{2}$ bunch
- scallions — 1 bunch
- spinach, fresh — 1 large bag / 150 g
- zucchini — 3 small

Fresh herbs:

- chives — 1 small bunch
- cilantro — 1 small bunch
- dill — 1 bunch
- flat-leaf parsley — 1 bunch
- fresh basil — 2 tbsp (can use dried if unavailable)
- fresh rosemary — 1 sprig

Proteins:

- canned salmon in water — 2 x 5 oz / 2 x 140 g cans
- canned sardines in water — 1 x 4.4 oz / 125 g tin
- canned tuna in water — 2 x 4 oz / 2 x 113 g cans
- cottage cheese, low-fat — $\frac{3}{4}$ cup / 170 g
- eggs, large — 1 dozen
- firm tofu — 10 oz / 280 g
- Greek yogurt, plain — 2 $\frac{1}{2}$ cups / 620 g
- green lentils, dry — $\frac{1}{3}$ cup / 65 g
- ground turkey, lean — 1 lb 6 oz / 620 g total
- silken tofu — 5 oz / 140 g
- canned black-eyed peas — 1 x 15 oz / 425 g can
- canned cannellini beans — 2 x 15 oz / 2 x 425 g cans
- canned chickpeas — 3 x 15 oz / 3 x 425 g cans

Grains:

- almond butter, natural — 3 tbsp / 50 g
- brown rice noodles, dry — 3 oz / 85 g
- brown rice, dry — $\frac{1}{4}$ cup / 30 g
- granola, unsweetened — 4 tbsp / 30 g
- hemp seeds — 2 tbsp / 20 g
- quinoa, dry — 1 cup / 140 g
- rolled oats — $\frac{1}{2}$ cup / 100 g
- whole-grain bread — 1 small loaf
- whole-grain breadcrumbs — 3 tbsp / 20 g
- whole-grain pasta (spaghetti or penne), dry — 4 oz / 113 g
- whole-wheat flour — $\frac{3}{4}$ cup / 90 g

Pantry:

- apple cider vinegar — 1 tsp
- chia seeds — 3 tbsp / 40 g
- Dijon mustard — small amount (use existing jar)
- dried wakame seaweed — 1 tbsp / 5 g
- flaxseed, ground — 2 tbsp / 17 g
- harissa paste — 1 tbsp (use existing jar)
- Kalamata olives — $\frac{1}{4}$ cup / 40 g
- lemongrass — 1 stalk (see produce)
- low-sodium tamari — 2 tbsp / 25 ml
- maple syrup, pure — 3 tbsp / 45 ml
- Medjool dates — 16 / 320 g
- nutritional yeast — 2 tbsp / 10 g
- preserved lemon — 1 tsp (use existing jar)
- pumpkin seeds — $\frac{1}{4}$ cup / 45 g
- raw almonds — $\frac{1}{2}$ cup / 110 g (includes slivered for Recipe 66)
- raw cacao powder — 1 tbsp / 12 g (use existing)
- red wine vinegar — 1 tbsp
- roasted red peppers, jarred — $\frac{1}{3}$ cup / 60 g
- sesame oil — small amount (use leftovers)
- sesame seeds — $\frac{1}{4}$ cup / 27 g
- slivered almonds — 2 tbsp / 14 g (included in almonds above)
- sunflower seeds — $\frac{1}{4}$ cup / 45 g
- tahini — 6 tbsp / 90 ml
- vanilla extract — small amount (use existing bottle)
- vegetable broth, low-sodium — 3 x 1 L cartons
- walnuts — $\frac{1}{2}$ cup / 110 g
- white miso paste — 2 tbsp / 30 ml
- canned crushed tomatoes — 2 x 14 oz / 2 x 400 g cans
- canned diced tomatoes — 2 x 14 oz / 2 x 400 g cans

Spices (check pantry before buying):

- dried basil
- dried oregano
- dried thyme
- garlic powder
- ground cumin
- ground turmeric
- smoked paprika

Dairy and Alternatives:

- almond milk, unsweetened — 1 L
- feta cheese — 1 small pack / 25 g
- Parmesan rind — 1 small piece (optional)



APPENDIX

Appendix A – Measurement Conversion Charts

Volume Conversions

US Measurement	Metric Equivalent
1 teaspoon (tsp)	5 ml
1 tablespoon (tbsp)	15 ml
¼ cup	60 ml
⅓ cup	80 ml
½ cup	120 ml
⅔ cup	160 ml
¾ cup	180 ml
1 cup	240 ml
1 pint (2 cups)	480 ml
1 quart (4 cups)	950 ml
1 gallon	3.8 L
1 fluid ounce	30 ml

Weight Conversions

US Measurement	Metric Equivalent
¼ oz	7 g
½ oz	14 g
1 oz	28 g
2 oz	57 g
4 oz (¼ lb)	113 g
8 oz (½ lb)	227 g
12 oz (¾ lb)	340 g
16 oz (1 lb)	454 g
2 lb	907 g
2.2 lb	1 kg

Oven Temperature Conversions

Fahrenheit (°F)	Celsius (°C)	Gas Mark
250 °F	120 °C	½
300 °F	150 °C	2
325 °F	165 °C	3
350 °F	175 °C	4
375 °F	190 °C	5
400 °F	200 °C	6
425 °F	220 °C	7
450 °F	230 °C	8

Common Ingredient Weight References

Ingredient	1 Cup (US)	Grams
All-purpose flour	1 cup	125 g
Oat flour	1 cup	100 g
Rolled oats	1 cup	90 g
White rice, dry	1 cup	185 g
Brown rice, dry	1 cup	195 g
Quinoa, dry	1 cup	170 g
Lentils, dry	1 cup	190 g
Honey	1 cup	340 g
Olive oil	1 cup	215 g
Greek yogurt	1 cup	245 g
Chia seeds	1 cup	160 g
Walnuts, chopped	1 cup	120 g
Spinach, raw	1 cup	30 g
Cherry tomatoes	1 cup	150 g



Appendix B – Liver Health Glossary

NAFLD

Non-Alcoholic Fatty Liver Disease. A condition where the liver stores too much fat in those who rarely or never drink alcohol. It is the most common chronic liver condition worldwide and is closely linked to obesity, insulin resistance, and metabolic syndrome.

NASH

Non-Alcoholic Steatohepatitis. A more advanced form of NAFLD in which liver fat accumulation is accompanied by inflammation and varying degrees of liver cell injury. NASH carries a risk of progression to fibrosis and cirrhosis.

Steatosis

The accumulation of fat within liver cells beyond the threshold of approximately 5 percent of total liver weight. Simple steatosis without significant inflammation is considered the earliest and most reversible stage of fatty liver disease.

Fibrosis

The formation of scar tissue in the liver in response to repeated injury and inflammation. Fibrosis is staged from F1 (mild) to F4 (cirrhosis) and progressively reduces the liver's functional capacity.

Cirrhosis

The most advanced stage of liver scarring, in which extensive fibrosis has replaced healthy liver tissue. Cirrhosis may result in liver failure, elevated portal blood pressure, and a higher likelihood of developing liver cancer.

Insulin Resistance

A disorder in which the body's cells show an abnormal response to insulin, leading to elevated blood glucose and compensatory high insulin levels. Insulin resistance is a central driver of fat accumulation in the liver.

De Novo Lipogenesis

The metabolic process by which the liver converts excess carbohydrates – particularly fructose – into fatty acids and stores them as fat. Diets rich in processed carbohydrates and extra sugars can accelerate this process.

Antioxidants

Compounds that protect cells by combating free radicals and lessening oxidative stress. Many plant foods contain antioxidants that have been studied for their potential role in protecting liver tissue.

Omega-3 Fatty Acids

A class of polyunsaturated fats found in fatty fish (EPA and DHA) and plant sources such as flaxseed and walnuts (ALA). Research has associated omega-3 intake with reductions in liver fat and inflammatory markers.

Fiber

Indigestible plant carbohydrate that slows glucose absorption, feeds beneficial gut bacteria, and supports regularity. Both soluble fiber (found in oats, legumes, and fruit) and insoluble fiber (found in vegetables and whole grains) contribute to metabolic health.

Glycemic Index (GI)

A scale from 0 to 100 that measures how quickly a food raises blood glucose levels relative to pure glucose. Foods with a high GI cause rapid blood sugar spikes and are generally less favorable for liver health than low-GI alternatives.

Polyphenols

A broad class of plant compounds with antioxidant and anti-inflammatory properties. Polyphenols are found in berries, olive oil, green tea, dark chocolate, turmeric, and many other plant foods and have been studied in relation to liver health outcomes.

Silymarin

The active compound complex found in milk thistle (*Silybum marianum*). It has been studied in research contexts for potential liver-protective properties, though clinical evidence in humans continues to be evaluated.

Betaine

A compound found in beets, quinoa, and spinach that plays a role in fat metabolism within the liver. It has been studied in relation to liver fat accumulation, though dietary amounts from food alone may differ from supplemental doses used in research.

Portal Vein

The large blood vessel that carries nutrient-rich blood from the digestive tract directly to the liver. All nutrients absorbed through digestion pass through the liver first, making diet one of the most direct influences on liver function.

Appendix C – Key Nutrients for Liver Health

Nutrient	Role in Liver Health	Key Food Sources in This Book
Omega-3 fatty acids	Associated with reductions in liver fat and inflammatory markers	Salmon, mackerel, sardines, walnuts, flaxseed, hemp seeds
Dietary fiber	Supports gut microbiome health and stable blood sugar levels	Oats, lentils, chickpeas, vegetables, flaxseed, chia seeds
Vitamin E	Antioxidant associated with protection of liver cells from oxidative stress	Sunflower seeds, almonds, spinach, pumpkin seeds
Vitamin C	Antioxidant that supports liver enzyme function	Bell peppers, broccoli, strawberries, citrus fruits
Choline	Supports fat transport out of liver cells	Eggs, salmon, broccoli, quinoa
Magnesium	Associated with improved insulin sensitivity	Leafy greens, legumes, walnuts, pumpkin seeds, quinoa
Polyphenols	Anti-inflammatory compounds associated with liver health markers	Berries, green tea, extra-virgin olive oil, turmeric, dark chocolate
Silymarin	Studied for potential liver-protective properties	Milk thistle tea
Betaine	Studied in relation to liver fat metabolism	Beets, quinoa, spinach
Protein	Supports liver cell repair and regeneration	Eggs, Greek yogurt, legumes, fish, tofu, tempeh





CONCLUSION

Your Liver, Your Health

The liver does not send early warnings. Unlike the heart, which may signal distress with chest pain, or the lungs, which make breathlessness hard to ignore, the liver tends to work in silence — adapting, compensating, and continuing to function long after fat accumulation has begun. This is why fatty liver disease affects so many people without their knowledge, and why dietary change, once someone does know, carries such weight.

What you eat reaches your liver directly, before it reaches anywhere else in the body. Every meal is, in a very real sense, a communication with your liver. The choices made consistently over days, weeks, and months either support its function or add to its burden. The 100 recipes and four-week meal plan in this book are built around that principle — **not as a medical intervention**, but as a way of making the food that benefits your liver the food you actually want to cook and eat.

A liver-supportive diet does not require deprivation. It asks for the replacement of refined grains with whole ones, added sugars with natural sweetness from fruit, processed foods with whole ingredients, and alcohol with something genuinely satisfying. These are not radical changes. They are the kinds of shifts that, sustained over time, have the potential to make a meaningful difference.

Sustainable change matters more than perfection. A week of consistently good eating followed by one imperfect day does not undo progress. The direction of your habits over months is what counts, not every individual meal. If a recipe does not work for your schedule, swap it. If a week feels overwhelming, simplify it. The goal is not to follow this book without deviation — the goal is to build a way of eating that you can sustain, enjoy, and adapt as your life changes.

Diet is also only one part of the picture. Regular physical activity, even moderate walking for 30 minutes most days, has been shown in research to reduce liver fat independently of dietary change. Sleep quality affects insulin sensitivity, hunger hormones, and the liver's ability to manage glucose and fat metabolism overnight. Chronic stress elevates cortisol, which drives fat storage and disrupts metabolic function. These factors do not replace dietary change — they work alongside it.

Moving Forward After 28 Days

After completing the four-week plan, you have a foundation of recipes you know, techniques you have practiced, and habits that have begun to take root. The question of what to do next has a simple answer: continue.

You do not need another structured plan to do that. Return to the recipes you enjoyed most and make them part of your regular rotation. Revisit the categories you explored less — perhaps the plant-based mains or the herbal teas — and experiment further. Seasonal eating naturally introduces variety: the soups and stews of autumn and winter give way to the lighter salads and grain bowls of spring and summer, and the recipes in this book are designed to accommodate that rhythm.

As you become more familiar with the principles behind the recipes — high fiber, healthy fats, lean protein, minimal refined carbohydrates — you will find it easier to apply them to meals outside the book: at restaurants, at social gatherings, and when cooking from whatever is available. The principles are more durable than any specific recipe.

Regular check-ins with your physician or hepatologist remain important. Dietary changes alone may not be sufficient for everyone, and the appropriate pace and target of dietary change can vary significantly depending on the stage of liver disease, the presence of other conditions, and individual metabolic factors. A registered dietitian with experience in liver health can provide guidance tailored to your specific situation in ways that a general cookbook cannot.

A Final Word

Choosing to take care of your liver through food is a quiet but significant act. It does not announce itself. It does not produce immediate visible results. But over time — measured in months, not days — it accumulates into something real.

The recipes in this book were chosen and developed to make that process as straightforward and as enjoyable as possible. Good food and liver-supportive food are not in opposition. The meals in these pages are intended to demonstrate that clearly.

Eat well. Cook with intention. And consult the people who know your health best.