

COMPLETE ANTI-INFLAMMATORY MEDITERRANEAN DIET COOKBOOK FOR SENIORS

2000 Days of Beginner-Friendly Recipes, 60-Day Meal Plan with Weekly
Shopping Lists for Two, Tips for Energy and Feeling Your Best

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PART 1: THE MEDITERRANEAN ANTI-INFLAMMATORY LIFESTYLE

CHAPTER 1. WELCOME TO THE MEDITERRANEAN WAY OF LIVING

THE BEAUTY OF THE MEDITERRANEAN LIFESTYLE

The Mediterranean lifestyle is more than a diet — it's a joyful way of living that celebrates flavor, connection, and simplicity. It's the art of slowing down, enjoying fresh food, and living in harmony with nature and community.

In the sunny countries bordering the Mediterranean Sea — Greece, Italy, Spain, and southern France — people thrive on wholesome, colorful meals made from local ingredients: ripe tomatoes, golden olive oil, crisp greens, and freshly caught fish. Meals are savored slowly, often shared with loved ones and laughter.

This lifestyle teaches us that good health is not found in restriction, but in balance. It's about nourishing the body with natural foods, caring for the heart through social connection, and finding peace in everyday rituals. That's what makes the Mediterranean lifestyle both timeless and healing — especially as we age.

WHY IT'S PERFECT FOR SENIORS

The Mediterranean way is ideal for seniors because it supports energy, mobility, and longevity without feeling complicated. The foods are gentle on digestion, rich in essential nutrients, and naturally anti-inflammatory.

This eating style emphasizes:

- Healthy fats (like olive oil, nuts, and seeds) to protect the heart and brain.
- Lean proteins (such as fish, legumes, and eggs) to preserve muscle strength.
- Whole grains and fresh produce to boost fiber and digestion.
- Herbs and spices that reduce inflammation and add flavor without excess salt or sugar.

Unlike many modern diets, this one doesn't cut out joy or flavor. It encourages pleasure in eating — small portions, diverse colors, and the freedom to enjoy a little wine or dessert in moderation.

For older adults, it also supports brain health, joint comfort, stable energy levels, and emotional well-being. In fact, many of the world's longest-living populations follow this exact way of eating — proving that simplicity truly is the secret to vitality.

THE SCIENCE BEHIND ANTI-INFLAMMATORY NUTRITION

Inflammation is the body's natural defense system — but when it stays "switched on" for too long, it contributes to fatigue, joint pain, brain fog, and chronic illness.

The Mediterranean diet naturally calms inflammation by supplying powerful antioxidants, fiber, and omega-3 fatty acids that protect your cells and restore balance.

Scientific studies show that this way of eating can:

- Lower the risk of heart disease, diabetes, and Alzheimer's
- Reduce arthritis pain and joint stiffness
- Support healthy blood sugar levels
- Improve mood and mental clarity
- Strengthen The Immune System

Foods like olive oil, salmon, leafy greens, berries, and turmeric help fight oxidative stress — the hidden cause of aging. When these ingredients become part of your daily meals, your body begins to repair itself from within.

HOW THIS PLAN RESTORES ENERGY, MOBILITY, AND MOOD

As we age, metabolism slows, energy drops, and joints may feel less flexible. But food can be your medicine. The anti-inflammatory Mediterranean plan helps your body regain strength, balance, and focus — without relying on strict rules or expensive supplements.

You'll begin to notice changes within weeks:

- **More natural energy** throughout the day
- **Improved mobility** and reduced joint pain
- **Sharper memory** and calm mood
- **Better sleep** and digestion
- **A lighter, happier feeling** overall

Every meal in this cookbook has been designed to help you feel renewed — inside and out. By following the 90-day plan and using the weekly shopping lists, you'll make healthy choices with ease and confidence.

The Mediterranean lifestyle isn't a temporary fix — it's a lasting invitation to live better, longer, and with joy.

Key Takeaway:

The Mediterranean way of living is the perfect blend of flavor, science, and self-care. It empowers seniors to eat well, move gently, stay connected, and feel vibrant — every single day.

CHAPTER 2. THE SCIENCE OF ANTI-INFLAMMATORY EATING

UNDERSTANDING CHRONIC INFLAMMATION AND AGING

Inflammation is your body's natural defense system — a healing response to injury, infection, or stress. In small amounts, it's helpful. But when inflammation becomes chronic, it quietly harms tissues and cells over time.

For many seniors, chronic inflammation shows up as fatigue, stiff joints, digestive issues, brain fog, or mood changes. It's also linked to age-related conditions such as arthritis, heart disease, diabetes, and memory decline.

The good news? You can calm inflammation naturally — simply by choosing the right foods. Your kitchen can become your most powerful medicine cabinet.

When you nourish your body with anti-inflammatory nutrients, your cells repair faster, circulation improves, and you regain energy and focus. This is why the Mediterranean diet has been called one of the healthiest eating patterns on Earth: it doesn't fight aging — it works with your body to age gracefully.

FOODS THAT HEAL VS. FOODS THAT HARM

Your body responds directly to what you eat — every bite sends a message. Some foods calm inflammation, while others fan the flames.

Foods That Heal (Anti-Inflammatory Heroes):

- **Fruits & Vegetables:** Rich in vitamins, minerals, and plant compounds that protect your cells
- **Healthy Fats:** Olive oil, avocados, nuts, and seeds support heart and brain health
- **Fish & Seafood:** Salmon, sardines, and mackerel provide omega-3 fatty acids to fight inflammation
- **Whole Grains:** Oats, quinoa, and brown rice help stabilize blood sugar
- **Legumes:** Beans, lentils, and chickpeas give steady energy and fiber
- **Herbs & Spices:** Turmeric, ginger, oregano, and garlic add natural anti-inflammatory power

Foods That Harm (Inflammation Triggers):

- **Processed Foods:** Chips, pastries, and fast foods high in trans fats and additives
- **Refined Sugars:** Excess sweets and sugary drinks spike inflammation
- **Red & Processed Meats:** Sausages, bacon, and fried meats can stress the heart
- **Refined Carbohydrates:** White bread, pasta, and pastries disrupt blood sugar balance
- **Alcohol (Excessive):** Small amounts may be fine, but too much creates oxidative stress

When you replace harmful foods with healing ones, your body begins to renew itself. The results? Less stiffness, smoother digestion, clearer skin, better sleep, and a brighter mood.

THE POWER OF ANTIOXIDANTS AND PHYTONUTRIENTS

Antioxidants and phytonutrients are nature's repair tools — compounds found in plants that help the body fight free radicals, those unstable molecules that damage cells and accelerate aging.

- **Antioxidants** (like vitamin C, vitamin E, and selenium) neutralize free radicals, reducing cellular stress.
- **Phytonutrients** (like polyphenols, flavonoids, and carotenoids) give plants their vibrant colors — and your body its protection.

Mediterranean meals are naturally rich in these compounds:

- Deep green vegetables (spinach, kale, arugula)
- Bright fruits (oranges, berries, pomegranates)
- Olive oil and nuts
- Tomatoes, herbs, and spices

Every color on your plate represents different phytonutrients working together — protecting your heart, eyes, skin, and brain. Eating a "rainbow" isn't just pretty; it's scientifically powerful.

THE MIND-BODY CONNECTION: INFLAMMATION, STRESS, AND ENERGY

Your thoughts and emotions influence inflammation just as much as food does. Chronic stress releases cortisol — a hormone that, when elevated for too long, fuels inflammation and drains your energy. That's why the Mediterranean lifestyle includes more than healthy meals — it embraces **slow living, gratitude, and connection**.

Simple habits that reduce inflammation and boost vitality include:

- Taking short walks after meals
- Practicing deep breathing or light stretching
- Enjoying meals without rushing
- Sharing time with loved ones
- Getting enough rest and sunlight

When your mind is calm, your body heals more easily. Stress levels drop, digestion improves, and your metabolism resets naturally.

Key Takeaway

The science is clear: anti-inflammatory eating is one of the most effective ways to protect your body from aging-related diseases and restore natural vitality.

By filling your plate with colorful, whole foods and nourishing your mind with peaceful habits, you're giving yourself the greatest gift of all — **long-lasting energy, mobility, and health**.

CHAPTER 3. KEY PRINCIPLES OF THE MEDITERRANEAN DIET

BALANCE, SIMPLICITY, AND FRESHNESS

At the heart of the Mediterranean diet lies a simple philosophy: eat real food, not too much, and enjoy every bite.

Mediterranean cooking is naturally balanced — a beautiful blend of wholesome fats, lean proteins, fresh produce, and satisfying grains. Nothing feels restrictive or complicated.

Meals are built around what's in season and close to nature: juicy tomatoes, crisp cucumbers, fragrant herbs, sun-ripened olives, and cold-pressed olive oil. Each ingredient adds not only flavor but also vital nutrients that help the body fight inflammation and age gracefully.

Simplicity is key. A drizzle of olive oil, a squeeze of lemon, a pinch of sea salt, and a handful of herbs often create the most nourishing dishes. This balance between flavor and nutrition makes Mediterranean eating sustainable and deeply satisfying — a lifestyle you can enjoy for life, not a temporary diet.

EATING WITH INTENTION: PORTION SIZES AND MINDFUL MEALS

The Mediterranean way encourages mindful eating – being fully present while you enjoy your meal. Seniors especially benefit from slowing down at the table, as it improves digestion, supports healthy weight, and enhances the joy of eating.

A few mindful eating habits to practice:

- Pause before you eat. Notice the colors and aromas of your food.
- Chew slowly. Give your body time to signal when it's full.
- Eat at the table, not on the go. Meals are a time to restore energy and connection.
- Listen to your body. Stop when satisfied, not stuffed.

Portion control in the Mediterranean lifestyle is gentle and natural – smaller plates, more vegetables, and fewer heavy or processed foods. You don't need to count calories; you simply learn to appreciate quality over quantity.

SEASONAL AND LOCAL INGREDIENTS

One secret to Mediterranean health and longevity is the focus on fresh, seasonal, and locally grown foods. Eating with the seasons ensures your body receives exactly what it needs at the right time of year:

- Spring greens for detox and renewal
- Summer fruits for hydration and antioxidants
- Autumn root vegetables for grounding energy
- Winter legumes and grains for warmth and strength

Buying from local markets or growing your own herbs connects you to the earth and your community – another cornerstone of the Mediterranean spirit. Fresh food simply tastes better and provides more nutrients.

For seniors, seasonal eating also supports easier digestion and variety, preventing boredom while offering the full spectrum of vitamins and minerals throughout the year.

THE MEDITERRANEAN PLATE: BUILDING YOUR IDEAL MEAL

Think of your plate as a canvas of color and balance. The Mediterranean plate follows a simple, visual formula that helps you build a complete, nourishing meal without over thinking it:

½ Plate — Colorful Vegetables and Greens

These are your foundation. Choose fresh, steamed, grilled, or roasted vegetables in every color. They're rich in fiber, vitamins, and antioxidants that calm inflammation.

¼ Plate — Whole Grains or Legumes

Include whole grains like quinoa, brown rice, or bulgur — or legumes such as lentils, chickpeas, or beans. These provide lasting energy and stabilize blood sugar.

¼ Plate — Lean Protein

Add fish, chicken, eggs, or plant-based proteins like tofu or lentils. They support muscle strength, bone health, and repair.

Healthy Fats (1–2 Tbsp per meal)

Top your meal with extra-virgin olive oil, nuts, seeds, or a few slices of avocado. These fats keep your brain sharp and your heart strong.

Flavor with Purpose

Use herbs, spices, garlic, lemon, and vinegar instead of excess salt or sugar. They add antioxidants and bring food to life.

This “Mediterranean plate” is flexible — adjust portions depending on your hunger, activity level, and health goals. Whether you're preparing breakfast, lunch, or dinner, this visual guide keeps every meal balanced and satisfying.

Key Takeaway

The Mediterranean diet is not about perfection — it's about presence. Balance your plate, savor fresh ingredients, and eat with gratitude. When you follow these principles, every meal becomes an act of nourishment and joy — fueling your body with vitality and your spirit with calm.

CHAPTER 4. MUST-HAVE INGREDIENTS FOR SENIORS

WHOLE GRAINS AND GLUTEN-FREE OPTIONS

Whole grains are the Mediterranean diet's quiet heroes. They provide steady energy, support digestion, and help balance blood sugar—key for maintaining vitality as we age. Unlike refined grains, which lose most of their nutrients, whole grains keep their bran and germ intact, offering fiber, B vitamins, and minerals like magnesium and selenium.

Best Choices:

- Quinoa – naturally gluten-free and high in protein
- Brown rice – gentle on digestion and rich in fiber
- Oats – support heart health and lower cholesterol
- Buckwheat and millet – perfect gluten-free alternatives
- Barley and bulgur – excellent for soups and salads

For seniors who prefer or require gluten-free eating, it's easy to adapt Mediterranean recipes using quinoa, rice, or gluten-free pasta. These grains keep you full longer and nourish both body and brain.

HEALTHY FATS: OLIVE OIL, NUTS, AND SEEDS

Healthy fats are essential for brain function, joint flexibility, and hormone balance—and they're a cornerstone of the Mediterranean way.

Extra-Virgin Olive Oil is liquid gold. It's rich in antioxidants and monounsaturated fats that lower inflammation and protect the heart. Use it daily for cooking, drizzling, and dressing vegetables.

Nuts and Seeds—like almonds, walnuts, pistachios, flaxseed, and chia—offer omega-3s, fiber, and protein. Just a handful a day can improve cholesterol levels and keep your mind sharp.

Tip: Store olive oil away from heat and light to preserve its flavor and nutrients, and choose raw or lightly roasted nuts without added salt or sugar.

FRESH FRUITS AND VEGETABLES RICH IN ANTI-INFLAMMATORY COMPOUNDS

Color equals nutrition. The brighter your plate, the more antioxidants and phytonutrients you're getting. These plant compounds fight oxidative stress, slow aging, and support joint, heart, and immune health.

Top Mediterranean Picks:

- **Leafy greens:** spinach, kale, arugula, and Swiss chard
- **Colorful vegetables:** bell peppers, tomatoes, carrots, and zucchini
- **Cruciferous vegetables:** broccoli, cauliflower, and cabbage for detox support
- **Fruits:** berries, oranges, apples, grapes, and pomegranates

Whenever possible, buy local and seasonal produce—it tastes better and contains more active nutrients. Aim for at least five portions of fruits and vegetables daily.

Quick trick: Fill half your plate with colorful plants at every meal—your body will thank you.

LEAN PROTEINS: FISH, LEGUMES, AND POULTRY

Protein is vital for preserving muscle strength, repairing tissues, and keeping metabolism active. In the Mediterranean diet, proteins come from clean, lean sources that promote longevity.

Fish and Seafood—especially salmon, sardines, and mackerel—are rich in omega-3 fatty acids that reduce inflammation and support heart and brain function.

Legumes—such as lentils, chickpeas, and beans—are plant-based powerhouses full of fiber, protein, and minerals that stabilize blood sugar.

Poultry and Eggs provide high-quality protein with less saturated fat than red meat, making them ideal for heart-healthy eating.

Tip for Seniors: Aim for two fish meals per week and include legumes or beans at least three times weekly for sustained energy and digestive health.

HERBS, SPICES, AND TEAS THAT SUPPORT LONGEVITY

Herbs and spices are the soul of Mediterranean cooking—and nature's most flavorful medicine. They enhance taste while delivering antioxidants and anti-inflammatory compounds.

Healing Mediterranean Favorites:

- **Turmeric:** reduces inflammation and joint pain
- **Garlic:** boosts immunity and heart health
- **Oregano & thyme:** powerful natural antimicrobials
- **Rosemary & basil:** improve circulation and memory
- **Cinnamon:** helps regulate blood sugar levels

Herbal teas also play a soothing role in Mediterranean living. Chamomile calms digestion and nerves; mint refreshes and aids breathing; green tea provides gentle energy and antioxidant protection.

Tip: Replace excess salt with herbs and spices for flavor that heals rather than harms.

Key Takeaway

Building a Mediterranean kitchen for healthy aging is simple: stock it with whole grains, fresh produce, lean proteins, and heart-friendly fats. Flavor your meals with herbs, not heavy sauces, and hydrate with herbal teas instead of sugary drinks. With these ingredients, every dish you make becomes a step toward renewed energy, clearer thinking, and a longer, happier life.

CHAPTER 5. TIPS FOR ENERGY, MOBILITY, AND MENTAL CLARITY

Staying energized, flexible, and mentally sharp isn't only about what's on your plate — it's about how you care for your whole body every day. The Mediterranean lifestyle combines nourishing food, hydration, movement, and restful sleep to keep both body and mind in harmony.

Below are simple, science-based tips to help you feel lighter, move easier, and think clearer — at any age.

HOW HYDRATION SUPPORTS JOINT HEALTH AND BRAIN FUNCTION

Water is one of the body's most powerful anti-inflammatory tools. Proper hydration keeps your joints cushioned, supports digestion, and maintains smooth communication between brain cells.

As we age, the body's thirst signal becomes weaker, so it's easy to drink too little. Even mild dehydration can cause fatigue, headaches, joint stiffness, or brain fog.

HYDRATION TIPS FOR SENIORS:

- Aim for 6–8 cups of fluids daily — mainly water, herbal teas, or infused water with lemon or cucumber.
- Enjoy water-rich foods like oranges, cucumbers, lettuce, and soups.
- Limit sugary sodas or fruit juices, which can increase inflammation.
- Keep a glass or reusable bottle nearby throughout the day as a gentle reminder to sip often.

Your joints will stay more flexible, and your mind will feel refreshed and alert.

Hydration Reminder Chart

Staying hydrated supports joint health, digestion, and mental clarity.

Use this simple daily chart to remind yourself to drink enough water and herbal tea.

✓**Tip:** Herbal teas, lemon water, and broth-based soups all count toward hydration.

Day	Morning (8–10 AM)	Midday (12–2 PM)	Afternoon (3–5 PM)	Evening (6–8 PM)	Total (Cups)
Monday	☐	☐	☐	☐	8 cups
Tuesday	☐	☐	☐	☐	8 cups
Wednesday	☐	☐	☐	☐	8 cups
Thursday	☐	☐	☐	☐	8 cups
Friday	☐	☐	☐	☐	8 cups
Saturday	☐	☐	☐	☐	8 cups
Sunday	☐	☐	☐	☐	8 cups

SLEEP AND INFLAMMATION: HOW TO IMPROVE BOTH

Good sleep is one of the best “nutrients” for longevity. When we rest, the body repairs tissues, balances hormones, and reduces inflammatory chemicals in the bloodstream.

Poor sleep, on the other hand, raises stress hormones like cortisol, which can worsen inflammation and slow metabolism.

Simple Mediterranean-Style Sleep Rituals:

- Keep a **consistent bedtime routine**; go to sleep and wake up at the same time daily.
- **Avoid heavy dinners** — opt for lighter evening meals with vegetables, fish, or soup.
- Enjoy a warm **herbal tea** (chamomile, lemon balm, or mint) before bed.
- Limit screens and bright lights one hour before sleeping.
- Try a short gratitude reflection to calm your mind.

Even an extra 30 minutes of quality rest can dramatically improve your energy and mood.

GENTLE MOVEMENT AND STRETCHING ROUTINES

The Mediterranean lifestyle encourages daily motion — not intense workouts, but natural movement woven into everyday life. Gentle activity lubricates joints, improves balance, and releases “feel-good” endorphins that lift your mood.

Recommended Daily Movements for Seniors:

- **Morning stretch routine** to loosen joints and wake up muscles.
- **Short walks after meals** — great for digestion and blood-sugar control.
- **Light resistance exercises** — using bands or water bottles to maintain strength.
- **Gentle yoga, tai chi, or chair stretches** — ideal for flexibility and circulation.

Consistency matters more than intensity. Even 15 minutes twice a day helps reduce stiffness and keeps you mobile and confident.

ENERGY & MOOD TRACKER

Your body tells you how well your plan is working.

Use this tracker to observe patterns, identify triggers, and celebrate improvements in your daily wellness.

✓ **Tip:** Review your tracker weekly to notice how certain foods, hydration, and rest affect your mood and energy. Small adjustments make a big difference overtime.

Day	Sleep Quality (1–5)	Energy Level (1–5)	Mood (1–5)	Notes (Pain, Stress, Digestion,
Monday	☐	☐	☐	
Tuesday	☐	☐	☐	
Wednesday	☐	☐	☐	
Thursday	☐	☐	☐	
Friday	☐	☐	☐	
Saturday	☐	☐	☐	
Sunday	☐	☐	☐	

End-of-Week Reflection

- At the end of each week, ask yourself:
- What meals gave me the most energy?
- Did I stay hydrated and sleep well?
- How did my mood change through the week?
- What can I prep better next week?

Remember: progress is built on consistency, not perfection.

Use these checklists to stay mindful, empowered, and organized — one week at a time.

COGNITIVE FOODS FOR BETTER MEMORY AND FOCUS

Your brain thrives on the same foods that protect your heart: omega-3 fats, antioxidants, and nutrient-dense plants. These ingredients enhance blood flow to the brain, protect neurons from oxidative stress, and boost neurotransmitter function.

Top Mediterranean Brain Foods:

- **Fatty fish:** salmon, sardines, mackerel — rich in DHA and EPA for cognitive health.
- **Leafy greens:** spinach, kale, and arugula — contain folate and vitamin K for sharper memory.
- **Berries:** blueberries, blackberries, and strawberries — packed with antioxidants that slow brain aging.
- **Nuts and seeds:** walnuts, almonds, and flaxseed — excellent sources of omega-3s and vitamin E.
- **Olive oil:** supports focus and mood regulation.
- **Herbal teas:** green tea and rosemary tea may boost alertness and clarity.

Pair these foods with mental activities — reading, puzzles, music, or learning something new. Cognitive stimulation, together with nutrition, helps the brain stay youthful and resilient.

Key Takeaway

Energy, flexibility, and clarity come from small, consistent choices. Drink more water, move your body gently, sleep deeply, and feed your brain with nourishing foods. When you live the Mediterranean way, you'll not only extend your years — you'll enrich every day with vitality, peace, and joy.

CHAPTER 6. SMART SHOPPING FOR THE MEDITERRANEAN PANTRY

Healthy living begins long before you start cooking – it starts in the grocery store. Building a Mediterranean-style kitchen doesn't require fancy products or expensive imports. With a few smart habits, you can shop efficiently, choose nourishing ingredients, and save money while filling your pantry with everything you need for delicious anti-inflammatory meals.

WEEKLY SHOPPING LISTS FOR BUSY SENIORS

The Mediterranean way values preparation and simplicity. A short weekly plan prevents stress, food waste, and last-minute unhealthy choices.

Sample Weekly Mediterranean Shopping List

(for 2 people – adjust portions as needed)

Grains & Legumes

- ☐ Quinoa
- ☐ Brown rice
- ☐ Whole-grain pasta or orzo
- ☐ Couscous or bulgur
- ☐ Lentils (red, green, or brown)
- ☐ Chickpeas
- ☐ White beans or black beans

Proteins & Dairy

- ☐ Chicken breasts or thighs
- ☐ Salmon, tuna, or sardines
- ☐ Eggs
- ☐ Greek yogurt
- ☐ Feta cheese
- ☐ Cottage cheese

Produce

- ☐ Leafy greens (spinach, kale, arugula)
- ☐ Tomatoes (fresh & canned)
- ☐ Zucchini, eggplant, peppers
- ☐ Lemons, oranges, apples, or berries
- ☐ Onions, garlic
- ☐ Fresh herbs (parsley, basil, mint)

Healthy Fats

- ☐ Olive oil (extra virgin)
- ☐ Nuts (walnuts, almonds, pistachios)
- ☐ Seeds (chia, flax, sesame)
- ☐ Tahini or nut butter

Pantry Staples

- ☐ Almond milk or oat milk
- ☐ Honey or maple syrup
- ☐ Spices (oregano, thyme, basil, cinnamon, cumin, paprika)
- ☐ Whole-grain crackers or oats
- ☐ Dark chocolate (70%+)

Tip: Create your list based on the week's meal plan and keep reusable bags in the car. Shopping once a week keeps your food fresh and planning stress-free.

READING FOOD LABELS MADE SIMPLE

Food packaging can be confusing, but once you know what to look for, choosing healthy options is quick and easy.

1. Fewer Ingredients = Better Food

Look for short, recognizable ingredient lists. If you can't pronounce it, your body probably doesn't need it.

2. Check for Hidden Sugars and Sodium

Avoid foods with corn syrup, maltose, or any word ending in "-ose." Aim for products with less than 140 mg sodium per serving.

3. Choose Whole over Refined

Look for "100% whole grain," "cold-pressed," or "extra-virgin." Avoid refined oils, white flour, and artificial flavorings.

4. Mind Serving Sizes

Packages often appear healthy until you realize they're listing a fraction of what you'll actually eat.

Quick Rule: The closer a product is to its natural form, the better it fits a Mediterranean lifestyle.

STORING AND PRESERVING INGREDIENTS

Smart storage keeps your Mediterranean pantry fresh, saves money, and prevents food waste.

Dry Goods

- Keep grains, nuts, and seeds in airtight glass jars away from heat and light.
- Store herbs and spices in a cool, dark cupboard.

Fresh Produce

- Wash greens only before use to keep them crisp.
- Place fruits and veggies that release ethylene (like apples and bananas) away from others to slow ripening.

Proteins

- Freeze fish and poultry in portion-sized bags.
- Cook larger batches of beans or lentils and freeze for quick future meals.

Olive Oil & Nuts

- Keep olive oil in a dark bottle or cabinet.
- Store nuts in the refrigerator or freezer to preserve their healthy oils.

A tidy, well-stocked pantry makes cooking faster and more enjoyable — you'll always have the right ingredients at hand.

BUDGET-FRIENDLY MEDITERRANEAN SHOPPING TIPS

Eating well doesn't have to cost a fortune. The Mediterranean lifestyle is naturally budget-friendly when you focus on whole foods and reduce processed items.

Smart Saving Strategies:

- **Plan before you shop.** Base your list on recipes and weekly meal plans.
- **Buy seasonal produce.** It's cheaper, fresher, and more flavorful.
- **Use frozen fruits and veggies.** They're nutrient-dense and last longer.
- **Choose bulk grains and beans.** Store extras in airtight jars.
- **Cook once, eat twice.** Turn dinner leftovers into tomorrow's lunch.
- **Limit convenience foods.** Home-cooked meals save money and sodium.

Mediterranean cooking proves that wellness and good taste are affordable. Simple ingredients, combined with care, create meals that heal.

Key Takeaway

Smart shopping is the foundation of a healthy, anti-inflammatory lifestyle. With organized lists, label awareness, good storage habits, and mindful budgeting, your Mediterranean kitchen will always be ready for quick, nourishing meals that fuel energy, mobility, and joy.

PART 2: RECIPES

GREEK YOGURT WITH HONEY, WALNUTS & BERRIES



Yield: 2 servings | Prep time: 5 minutes | Cook time: 0 minutes

INGREDIENTS

- 1½ cups plain Greek yogurt (2% or low-fat)
- 2 tbsp raw honey
- ¼ cup chopped walnuts
- ½ cup mixed fresh or frozen berries (blueberries, raspberries, strawberries)
- 1 tsp ground cinnamon (optional)

DIRECTIONS

1. Spoon Greek yogurt into two small bowls.
2. Top each with berries and chopped walnuts.
3. Drizzle with honey and sprinkle with cinnamon if desired.
4. Serve immediately as a refreshing and protein-rich breakfast.

NUTRITION INFORMATION (PER SERVING)

Approx. 220 calories, 13 g protein, 20 g carbohydrates, 10 g fat, 3 g fiber, 5 mg cholesterol, 55 mg sodium, 320 mg potassium

AVOCADO TOAST WITH OLIVE OIL & CHERRY TOMATOES



Yield: 2 servings | Prep time: 8 minutes | Cook time: 2 minutes

INGREDIENTS

- 2 slices whole-grain or gluten-free bread
- 1 ripe avocado
- 1 cup cherry tomatoes, halved
- 2 tsp extra-virgin olive oil
- ½ tsp lemon juice
- Salt And Pepper Taste

DIRECTIONS

1. Toast the bread slices until golden.
2. Mash avocado with lemon juice, salt, and pepper.
3. Spread the avocado mixture on each toast.
4. Top with cherry tomatoes and drizzle with olive oil.
5. Serve immediately While Warm.

NUTRITION INFORMATION (PER SERVING)

Approx. 260 calories, 6 g protein, 26 g carbohydrates, 15 g fat, 6 g fiber, 0 mg cholesterol, 180 mg sodium, 480 mg potassium

SPINACH AND FETA OMELET



YIELD: 2 SERVINGS | PREP TIME: 7 MINUTES | COOK TIME: 6 MINUTES

INGREDIENTS

3 large eggs
1 cup fresh spinach, chopped
2 tbsp crumbled feta cheese
1 tsp olive oil
Salt and pepper to taste

DIRECTIONS

1. Heat olive oil in a nonstick pan over medium heat.
2. Add spinach and sauté for 1–2 minutes until wilted.
3. Beat eggs with a pinch of salt and pepper.
4. Pour eggs into the pan and cook gently until edges set.
5. Sprinkle feta on top, fold the omelet, and cook another minute.
6. Serve warm with whole-grain toast if desired.

NUTRITION INFORMATION (PER SERVING)

Approx. 190 calories, 13 g protein, 2 g carbohydrates, 14 g fat, 1 g fiber, 220 mg cholesterol, 260 mg sodium, 340 mg potassium

OVERNIGHT OATS WITH ALMOND MILK & BLUEBERRIES



2 servings



0 minutes

INGREDIENTS

- 1 cup rolled oats
- 1½ cups unsweetened almond milk
- ½ cup fresh or frozen blueberries
- 1 tbsp chia seeds
- 1 tbsp honey or maple syrup

INGREDIENTS

1. In a bowl or jar, combine oats, almond milk, chia seeds, and cinnamon.
2. Stir in honey and blueberries.
3. Cover and refrigerate overnight or at least 6 hours.
4. In the morning, stir well and add extra milk if needed.

Nutrition Information (per serving)

Approx. 260 calories, 7 g protein, 38 g carbohydrates, 8 g fat, 6 g fiber, 0 mg cholesterol, 90 mg sodium, 360 mg potassium



WARM QUINOA BREAKFAST BOWL WITH CINNAMON & APPLES



2 servings



15 minutes

INGREDIENTS

- ½ cup uncooked quinoa
- 1 cup unsweetened almond milk or low-fat milk
- 1 small apple, diced
- 1 tbsp honey or maple syrup
- ½ tsp ground cinnamon
- 1 tbsp chopped walnuts

DIRECTIONS

1. Rinse quinoa under cold water.
2. In a saucepan, bring milk to a simmer, add quinoa, and cook 12–15 minutes until soft.
3. Stir in diced apple, honey, and cinnamon.
4. Serve warm, topped with walnuts.

Nutrition Information (per serving)

Approx. 280 calories, 8 g protein, 42 g carbohydrates, 9 g fat, 5 g fiber, 0 mg cholesterol, 70 mg sodium, 420 mg potassium



WHOLE-GRAIN TOAST WITH HUMMUS AND CUCUMBER SLICES



NUTRITION INFORMATION (PER SERVING)

Approx. 190 calories, 6 g protein, 22 g carbohydrates, 8 g fat, 4 g fiber, 0 mg cholesterol, 150 mg sodium, 210 mg potassium

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

INGREDIENTS

- 2 slices of whole-grain or gluten-free bread
- 3 tbsp hummus
- ½ small cucumber, thinly sliced
- ½ tsp olive oil
- Freshly ground black pepper

DIRECTIONS

1. Toast the bread slices until golden.
2. Spread hummus evenly over each slice.
3. Layer with cucumber slices, drizzle olive oil, and sprinkle pepper.
4. Serve immediately.

LEMON-OLIVE OIL MUFFINS (GLUTEN-FREE)



NUTRITION INFORMATION (PER SERVING)

Approx. 210 calories, 6 g protein, 8 g carbohydrates, 18 g fat, 2 g fiber, 55 mg cholesterol, 65 mg sodium, 120 mg potassium

Yield: 6 muffins (6 servings) | Prep time: 10 minutes | Cook time: 20 minutes

INGREDIENTS

- 1½ cups almond flour
- 3 eggs
- ¼ cup olive oil
- Zest and juice of 1 lemon
- 3 tbsp honey or maple syrup
- 1 tsp baking powder
- Pinch of salt

DIRECTIONS

1. Preheat oven to 350°F (175°C). Line muffin tin with paper cups.
2. In a bowl, whisk eggs, olive oil, lemon juice, zest, and honey.
3. Stir in almond flour, baking powder, and salt.
4. Pour batter into muffin cups and bake 18–20 minutes until golden.
5. Cool slightly before serving.

COTTAGE CHEESE WITH FRESH PEACHES & CHIA SEEDS



YIELD: 2 SERVINGS | PREP TIME: 5 MINUTES | COOK TIME: 0 MINUTES

INGREDIENTS

1 cup low-fat cottage cheese
1 ripe peach, sliced
1 tsp chia seeds
1 tsp honey
1 tbsp chopped almonds

DIRECTIONS

1. Divide cottage cheese into two bowls.
2. Top each with peach slices and sprinkle chia seeds.
3. Drizzle with honey and almonds.
4. Serve chilled or at room temperature.

NUTRITION INFORMATION (PER SERVING)

Approx. 180 calories, 15 g protein, 14 g carbohydrates, 6 g fat, 2 g fiber, 10 mg cholesterol, 240 mg sodium, 310 mg potassium

MEDITERRANEAN BREAKFAST WRAP WITH EGG AND VEGETABLES



2 servings



5 minutes

INGREDIENTS

- 2 whole-grain or gluten-free tortillas
- 2 eggs
- ½ cup spinach leaves
- ¼ cup diced tomatoes
- 2 tbsp crumbled feta cheese
- 1 tsp olive oil
- Salt and black pepper to taste

INGREDIENTS

1. Heat olive oil in a pan and sauté spinach and tomatoes for 1–2 minutes.
2. Beat eggs, season with salt and pepper, and scramble lightly.
3. Spread the egg mixture and vegetables onto each tortilla.
4. Sprinkle with feta cheese, roll tightly, and slice in half.
5. Serve warm or wrap for an on-the-go breakfast.

Nutrition Information (per serving)

Approx. 240 calories, 13 g protein, 18 g carbohydrates, 12 g fat, 3 g fiber, 170 mg cholesterol, 280 mg sodium, 370 mg potassium



GREEK YOGURT SMOOTHIE WITH BANANA & SPINACH



2 servings



0 minutes

INGREDIENTS

- 1 cup Greek yogurt
- 1 banana
- 1 cup fresh spinach
- ½ cup almond milk or water
- 1 tsp honey (optional)
- 1 tsp chia seeds

DIRECTIONS

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

Nutrition Information (per serving)

Approx. 190 calories, 10 g protein, 25 g carbohydrates, 5 g fat, 3 g fiber, 10 mg cholesterol, 65 mg sodium, 420 mg potassium



OATMEAL WITH FIGS, ALMONDS & HONEY



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

INGREDIENTS

- 1 cup rolled oats
- 2 cups unsweetened almond milk or water
- 2 fresh or dried figs, chopped
- 2 tbspsliced almonds
- 1 tbsp honey
- ½ tsp cinnamon

DIRECTIONS

1. Bring milk or water to a gentle boil.
2. Stir in oats and cook 5–7 minutes, stirring occasionally.
3. Add figs, cinnamon, and honey.
4. Serve topped with almonds for crunch.

NUTRITION INFORMATION (PER SERVING)

Approx. 230 calories, 7 g protein, 36 g carbohydrates, 7 g fat, 5 g fiber, 0 mg cholesterol, 40 mg sodium, 290 mg potassium

TOMATO, BASIL & RICOTTA TOAST



Yield: 2 servings | Prep time: 7 minutes | Cook time: 2 minutes

INGREDIENTS

- 2 slices whole-grain or gluten-free bread
- ¼ cup ricotta cheese
- 1 medium tomato, thinly sliced
- 4–5 fresh basil leaves
- ½ tsp olive oil
- Salt and pepper to taste

DIRECTIONS

1. Toast the bread slices lightly.
2. Spread ricotta evenly over each slice.
3. Layer tomato slices and basil leaves.
4. Drizzle with olive oil and season with salt and pepper.

NUTRITION INFORMATION (PER SERVING)

Approx. 190 calories, 8 g protein, 20 g carbohydrates, 8 g fat, 3 g fiber, 10 mg cholesterol, 160 mg sodium, 310 mg potassium

HONEY-ALMOND RICE PUDDING WITH CINNAMON

YIELD: 2 SERVINGS | PREP TIME: 5 MINUTES | COOK TIME: 15 MINUTES

INGREDIENTS

- 1 cup cooked brown rice
- 1 cup of almond milk
- 1 tbsp honey
- ½ tsp cinnamon
- 1 tbsp sliced almonds

DIRECTIONS

1. In a small pot, combine rice, almond milk, honey, and cinnamon.
2. Simmer over low heat for 10–12 minutes, stirring often.
3. When creamy, remove from heat and top with almonds.
4. Serve warm or chilled.

NUTRITION INFORMATION (PER SERVING)

Approx. 210 calories, 6 g protein, 33 g carbohydrates, 7 g fat, 3 g fiber, 0 mg cholesterol, 60 mg sodium, 240 mg potassium

BAKED APPLES WITH GREEK YOGURT AND CRUSHED WALNUTS

YIELD: 2 SERVINGS | PREP TIME: 8 MINUTES | COOK TIME: 20 MINUTES

INGREDIENTS

- 2 medium apples, halved and cored
- 2 tsp honey
- 1 tsp cinnamon
- ½ cup Greek yogurt
- 2 tbsp chopped walnuts

DIRECTIONS

1. Preheat oven to 375°F (190°C).
2. Arrange apples in a baking dish and drizzle with honey and cinnamon.
3. Bake for 20 minutes until soft.
4. Let cool slightly and top with yogurt and walnuts before serving.

NUTRITION INFORMATION (PER SERVING)

Approx. 190 calories, 5 g protein, 32 g carbohydrates, 6 g fat, 4 g fiber, 0 mg cholesterol, 15 mg sodium, 340 mg potassium

MEDITERRANEAN PANCAKES WITH OLIVE OIL AND FRESH BERRIES

YIELD: 4 SERVINGS | PREP TIME: 10 MINUTES | COOK TIME: 15 MINUTES

INGREDIENTS

- 1 cup oat flour or whole-wheat flour
- 1 egg
- ¾ cup of almond milk
- 1 tbsp olive oil (plus extra for pan)
- 1 tbsp honey or maple syrup
- ½ cup fresh berries
- 1 tsp baking powder
- Pinch of salt

DIRECTIONS

1. Mix flour, baking powder, and salt in a bowl.
2. In another bowl, whisk egg, almond milk, olive oil, and honey.
3. Combine wet and dry ingredients until smooth.
4. Heat olive oil in a pan; cook pancakes 2–3 minutes per side.
5. Top with berries before serving.

NUTRITION INFORMATION (PER SERVING)

Approx. 220 calories, 7 g protein, 30 g carbohydrates, 8 g fat, 3 g fiber, 45 mg cholesterol, 120 mg sodium, 270 mg potassium

TUSCAN WHITE BEAN & KALE SOUP



NUTRITION INFORMATION (PER SERVING)

Approx. 220 calories, 11 g protein, 33 g carbohydrates, 5 g fat, 8 g fiber, 0 mg cholesterol, 310 mg sodium, 520 mg potassium

Yield: 4 servings | Prep time: 10 minutes | Cook time: 25 minutes

INGREDIENTS

- 1 tbsp extra-virgin olive oil
- 1 small onion, chopped
- 2 garlic cloves, minced
- 2 cans (15 oz each) white beans, rinsed and drained
- 4 cups low-sodium vegetable broth
- 2 cups chopped kale
- 1 tsp dried thyme
- Salt and black pepper to taste
- 1 tbsp lemon juice

DIRECTIONS

1. Heat olive oil in a large pot over medium heat. Add onion and garlic; cook 3–4 minutes until soft.
2. Stir in white beans, broth, and thyme; bring to a simmer.
3. Add kale and cook for 10–12 minutes until tender.
4. Season with salt, pepper, and lemon juice before serving warm.

MEDITERRANEAN LENTIL SOUP WITH OLIVE OIL



NUTRITION INFORMATION (PER SERVING)

Approx. 240 calories, 13 g protein, 38 g carbohydrates, 5 g fat, 10 g fiber, 0 mg cholesterol, 320 mg sodium, 540 mg potassium

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

INGREDIENTS

- 1 tbsp olive oil
- 1 onion, diced
- 2 carrots, chopped
- 1 cup dry lentils, rinsed
- 1 can (14 oz) diced tomatoes
- 4 cups low-sodium vegetable broth
- 1 tsp cumin
- ½ tsp turmeric
- Salt and pepper to taste
- 1 tbsp chopped parsley or cilantro

DIRECTIONS

1. Heat olive oil in a pot and sauté the onion and carrots for 4–5 minutes.
2. Add lentils, tomatoes, broth, cumin, and turmeric.
3. Bring to a boil, reduce the heat, and simmer for 25 minutes until the lentils soften.
4. Season with salt and pepper; garnish with parsley before serving.

GREEK LEMON CHICKEN ORZO SOUP (AVGOLEMONO)



YIELD: 4 SERVINGS | PREP TIME: 10 MINUTES | COOK TIME: 20 MINUTES

INGREDIENTS

1 tbsp olive oil
1 small onion, finely chopped
1 garlic clove, minced
½ cup uncooked orzo (or gluten-free pasta)
4 cups of low-sodium chicken broth
1 cup shredded cooked chicken breast
1 egg
Juice of 1 lemon
Salt and pepper to taste
1 tbsp chopped dill or parsley

DIRECTIONS

1. Heat olive oil in a pot and sauté onion and garlic for 2–3 minutes.
2. Add broth and orzo; simmer 10–12 minutes until tender.
3. In a small bowl, whisk egg with lemon juice.
4. Gradually add a ladle of hot soup to the egg mixture while whisking, then stir back into the pot (do not boil).
5. Add chicken, season with salt and pepper, and warm through. Garnish with dill.

NUTRITION INFORMATION (PER SERVING)

Approx. 260 calories, 19 g protein, 22 g carbohydrates, 9 g fat, 1 g fiber, 65 mg cholesterol, 340 mg sodium, 360 mg potassium

ROASTED TOMATO & BASIL SOUP



2 servings



30 minutes

INGREDIENTS

- 2 tbsp olive oil
- 6 medium ripe tomatoes, halved
- 1 small onion, quartered
- 2 garlic cloves, unpeeled
- 3 cups low-sodium vegetable broth
- ½ cup fresh basil leaves
- Salt and pepper to taste

DIRECTIONS

1. Preheat oven to 400°F (200°C). Place tomatoes, onion, and garlic on a baking sheet.
2. Drizzle with 1 tbsp olive oil and roast 20 minutes.
3. Remove garlic skins and transfer all roasted vegetables to a blender.
4. Add broth, basil, and remaining olive oil; blend until smooth.
5. Heat the soup in a pot for 5 minutes before serving.

Nutrition Information (per serving)

Approx. 190 calories, 4 g protein, 22 g carbohydrates, 10 g fat, 5 g fiber, 0 mg cholesterol, 280 mg sodium, 640 mg potassium



VEGETABLE MINESTRONE WITH OLIVE OIL & HERBS



2 servings



30 minutes

INGREDIENTS

- 1 tbsp olive oil
- 1 small onion, chopped
- 1 carrot, chopped
- 1 celery stalk, diced
- 1 zucchini, chopped
- 1 can (14 oz) diced tomatoes
- ½ cup cooked beans (white or kidney)
- 4 cups low-sodium vegetable broth
- 1 tsp dried oregano
- Salt and pepper to taste

DIRECTIONS

1. Heat olive oil in a pot over medium heat.
2. Add onion, carrot, and celery; sauté 5 minutes.
3. Add zucchini, tomatoes, beans, broth, and oregano.
4. Simmer 20–25 minutes, stirring occasionally.
5. Season with salt and pepper, and serve warm.

Nutrition Information (per serving)

Approx. 210 calories, 7 g protein, 32 g carbohydrates, 6 g fat, 7 g fiber, 0 mg cholesterol, 290 mg sodium, 580 mg potassium



RED PEPPER & TOMATO SOUP



YIELD: 4 SERVINGS | PREP TIME: 10 MINUTES | COOK TIME: 25 MINUTES

INGREDIENTS

2 tbsp olive oil
2 red bell peppers, chopped
4 ripe tomatoes, chopped
1 small onion, diced
2 garlic cloves, minced
3 cups low-sodium vegetable broth
Salt and pepper to taste
1 tbsp fresh basil or parsley (for garnish)

DIRECTIONS

1. Heat olive oil in a large pot and sauté onion and garlic for 2–3 minutes.
2. Add bell peppers and tomatoes; cook for 5 minutes.
3. Pour in broth and simmer 15 minutes.
4. Blend until smooth and season with salt and pepper.
5. Garnish with basil or parsley before serving.

NUTRITION INFORMATION (PER SERVING)

Approx. 190 calories, 4 g protein, 22 g carbohydrates, 9 g fat, 5 g fiber, 0 mg cholesterol, 280 mg sodium, 570 mg potassium

CLASSIC GREEK SALAD WITH FETA & OLIVES



Yield: 2 servings | Prep time: 10 minutes | Cook time: 0 minutes

INGREDIENTS

- 1 medium tomato, chopped
- ½ cucumber, sliced
- ¼ red onion, thinly sliced
- ¼ cup Kalamata olives
- ¼ cup feta cheese, cubed or crumbled
- 1 tbsp extra-virgin olive oil
- ½ tsp dried oregano
- ½ tsp lemon juice or red wine vinegar
- Pinch of salt and black pepper

DIRECTIONS

1. Combine tomato, cucumber, onion, and olives in a bowl.
2. Add feta and drizzle with olive oil and lemon juice.
3. Sprinkle oregano, salt, and pepper; toss gently.
4. Serve fresh or lightly chilled.

NUTRITION INFORMATION (PER SERVING)

Approx. 210 calories, 6 g protein, 9 g carbohydrates, 18 g fat, 2 g fiber, 15 mg cholesterol, 340 mg sodium, 320 mg potassium

MEDITERRANEAN CHICKPEA SALAD WITH LEMON DRESSING



Yield: 2 servings | Prep time: 10 minutes | Cook time: 0 minutes

INGREDIENTS

- 1 can (15 oz) chickpeas, rinsed and drained
- ½ cup cherry tomatoes, halved
- ¼ cucumber, diced
- 2 tbsp red onion, chopped
- 1 tbsp olive oil
- 1 tbsp lemon juice
- ½ tsp oregano or parsley
- Salt and pepper to taste

DIRECTIONS

1. Combine chickpeas, tomatoes, cucumber, and onion in a bowl.
2. Whisk olive oil, lemon juice, herbs, salt, and pepper.
3. Pour dressing over salad and toss gently.
4. Serve immediately or refrigerate for 30 minutes.

NUTRITION INFORMATION (PER SERVING)

Approx. 230 calories, 8 g protein, 25 g carbohydrates, 10 g fat, 6 g fiber, 0 mg cholesterol, 290 mg sodium, 420 mg potassium

QUINOA TABBOULEH WITH PARSLEY & MINT



YIELD: 2 SERVINGS | PREP TIME: 12 MINUTES | COOK TIME: 15 MINUTES

INGREDIENTS

¼ cup of cooked quinoa
½ cup boiling water
½ cup chopped parsley
2 tbsp chopped mint leaves
½ small cucumber, diced
½ medium tomato, diced
1 tbsp olive oil
Juice of ½ lemon
Salt and pepper to taste

DIRECTIONS

1. Cook quinoa in boiling water for 12–15 minutes; cool.
2. Mix cooled quinoa with parsley, mint, cucumber, and tomato.
3. Add olive oil, lemon juice, salt, and pepper; toss gently.
4. Chill 15 minutes before serving.

NUTRITION INFORMATION (PER SERVING)

Approx. 220 calories, 6 g protein, 28 g carbohydrates, 9 g fat, 4 g fiber, 0 mg cholesterol, 180 mg sodium, 350 mg potassium

CUCUMBER, TOMATO & AVOCADO SALAD



2 servings



0 minutes

INGREDIENTS

- 1 cucumber, chopped
- 1 tomato, diced
- ½ ripe avocado, cubed
- 1 tsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste
- Fresh parsley or basil (optional)

INGREDIENTS

1. Combine cucumber, tomato, and avocado in a bowl.
2. Drizzle with olive oil and lemon juice.
3. Add salt, pepper, and herbs.
4. Toss gently and serve immediately.

Nutrition Information (per serving)

Approx. 200 calories, 3 g protein, 13 g carbohydrates, 15 g fat, 5 g fiber, 0 mg cholesterol, 90 mg sodium, 540 mg potassium



ROASTED BEET & ARUGULA SALAD WITH WALNUTS



2 servings



25 minutes

INGREDIENTS

- 2 small beets, peeled and cubed
- 1 cup of arugula
- 2 tbsp chopped walnuts
- 2 tbsp feta cheese (optional)
- 1 tbsp olive oil
- 1 tsp balsamic vinegar
- Salt and pepper to taste

DIRECTIONS

1. Preheat oven to 400°F (200°C).
2. Toss beets with olive oil, salt, and pepper; roast 20–25 minutes.
3. Let cool, then mix with arugula, walnuts, and feta.
4. Drizzle with balsamic vinegar before serving.

Nutrition Information (per serving)

Approx. 210 calories, 5 g protein, 17 g carbohydrates, 14 g fat, 4 g fiber, 5 mg cholesterol, 180 mg sodium, 400 mg potassium



CAPRESE SALAD WITH OLIVE OIL & BALSAMIC

YIELD: 2 SERVINGS | PREP TIME: 7 MINUTES | COOK TIME: 0 MINUTES

INGREDIENTS

- 2 medium tomatoes, sliced
- 4 oz fresh mozzarella cheese, sliced
- 6–8 fresh basil leaves
- 1 tbsp olive oil
- 1 tsp balsamic vinegar
- Salt and pepper to taste

DIRECTIONS

1. Arrange tomato and mozzarella slices alternately on a plate.
2. Tuck basil leaves between slices.
3. Drizzle with olive oil and balsamic vinegar.
4. Season with salt and pepper to taste.

NUTRITION INFORMATION (PER SERVING)

Approx. 230 calories, 10 g protein, 8 g carbohydrates, 18 g fat, 1 g fiber, 25 mg cholesterol, 160 mg sodium, 210 mg potassium

GRILLED CHICKEN SALAD WITH OLIVE OIL & LEMON DRESSING

YIELD: 2 SERVINGS | PREP TIME: 10 MINUTES | COOK TIME: 10 MINUTES

INGREDIENTS

- 1 chicken breast (6 oz), grilled and sliced
- 2 cups mixed green romaine
- ½ cucumber, sliced
- 1 small tomato, chopped
- 1 tbsp olive oil
- 1 tbsp lemon juice
- Salt and pepper to taste

DIRECTIONS

1. Grill chicken breast for 4–5 minutes per side; let rest, then slice.
2. Arrange greens, cucumber, and tomato in a bowl.
3. Top with grilled chicken slices.
4. Drizzle with olive oil and lemon juice before serving.

NUTRITION INFORMATION (PER SERVING)

Approx. 260 calories, 27 g protein, 7 g carbohydrates, 12 g fat, 2 g fiber, 70 mg cholesterol, 190 mg sodium, 480 mg potassium

WHITE BEAN SALAD WITH SUN-DRIED TOMATOES & HERBS

YIELD: 2 SERVINGS | PREP TIME: 8 MINUTES | COOK TIME: 0 MINUTES

INGREDIENTS

- 1 can (15 oz) white beans, rinsed and drained
- 2 sun-dried tomatoes, finely chopped
- 1 tbsp olive oil
- 1 tsp lemon juice or vinegar
- ½ tsp dried basil or oregano
- Salt and pepper to taste

DIRECTIONS

1. Combine white beans and sun-dried tomatoes in a bowl.
2. Add olive oil, lemon juice, herbs, salt, and pepper.
3. Mix gently and let sit for 5–10 minutes for flavors to blend.
4. Serve at room temperature.

NUTRITION INFORMATION (PER SERVING)

Approx. 230 calories, 11 g protein, 28 g carbohydrates, 7 g fat, 8 g fiber, 0 mg cholesterol, 250 mg sodium, 490 mg potassium

GRILLED CHICKEN & QUINOA SALAD



NUTRITION INFORMATION (PER SERVING)

Approx. 310 calories, 29 g protein, 22 g carbohydrates, 12 g fat, 3 g fiber, 70 mg cholesterol, 200 mg sodium, 520 mg potassium

Yield: 2 servings | Prep time: 10 minutes | Cook time: 20 minutes

INGREDIENTS

- 1 chicken breast (6 oz), grilled and sliced
- ½ cup dry quinoa
- 1 cup of water
- 1 cup mixed greens
- ½ cup cherry tomatoes, halved
- 1 tbsp olive oil
- 1 tbsp lemon juice
- Salt and pepper to taste

DIRECTIONS

1. Cook quinoa in 1 cup of water for 15 minutes; let cool.
2. Grill chicken 5 minutes per side until cooked through; slice.
3. In a bowl, mix quinoa, greens, and tomatoes.
4. Add chicken, drizzle with olive oil and lemon juice, and season.

TUNA & AVOCADO MEDITERRANEAN WRAP



NUTRITION INFORMATION (PER SERVING)

Approx. 270 calories, 23 g protein, 19 g carbohydrates, 11 g fat, 4 g fiber, 40 mg cholesterol, 300 mg sodium, 470 mg potassium

Yield: 2 servings | Prep time: 10 minutes | Cook time: 0 minutes

INGREDIENTS

- 1 can (5 oz) tuna in water, drained
- ½ ripe avocado, mashed
- 2 whole-grain or gluten-free tortillas
- ½ cup shredded lettuce
- ¼ cup diced cucumber
- 1 tsp olive oil
- Salt, pepper, and lemon juice to taste

DIRECTIONS

1. In a bowl, mix tuna, avocado, olive oil, and lemon juice.
2. Place lettuce and cucumber on each tortilla.
3. Add the tuna mixture and roll tightly.
4. Slice in half and serve immediately.

QUINOA AND ROASTED VEGETABLE BOWL



YIELD: 2 SERVINGS | PREP TIME: 10 MINUTES | COOK TIME: 25 MINUTES

INGREDIENTS

½ cup dry quinoa
1 small zucchini, diced
½ red bell pepper, chopped
½ small eggplant, diced
1 tbsp olive oil
½ tsp dried oregano
Salt and pepper to taste

DIRECTIONS

1. Preheat oven to 400°F (200°C).
Toss vegetables with olive oil and oregano.
2. Roast 20–25 minutes until tender.
3. Cook quinoa in 1 cup of water for 15 minutes.
4. Combine quinoa and roasted vegetables; season and serve warm.

NUTRITION INFORMATION (PER SERVING)

Approx. 240 calories, 8 g protein, 34 g carbohydrates, 8 g fat, 5 g fiber, 0 mg cholesterol, 160 mg sodium, 500 mg potassium

LENTIL AND SPINACH STEW



2 servings



25 minutes

INGREDIENTS

- ½ cup dry lentils
- 2 cups low-sodium vegetable broth
- 1 cup spinach, chopped
- 1 small onion, chopped
- 1 garlic clove, minced
- 1 tbsp olive oil
- ½ tsp cumin
- Salt and pepper to taste

DIRECTIONS

1. Heat olive oil in a pot; sauté onion and garlic for 2 minutes.
2. Add lentils, broth, and cumin; simmer 20 minutes.
3. Stir in spinach and cook 2–3 minutes more.
4. Season and serve warm.

Nutrition Information (per serving)

Approx. 230 calories, 12 g protein, 30 g carbohydrates, 7 g fat, 8 g fiber, 0 mg cholesterol, 280 mg sodium, 510 mg potassium



GREEK CHICKPEA AND CUCUMBER SALAD



2 servings



0 minutes

INGREDIENTS

- 1 can (15 oz) chickpeas, drained and rinsed
- ½ cucumber, diced
- 1 small tomato, chopped
- 2 tbsp feta cheese, crumbled
- 1 tbsp olive oil
- 1 tsp lemon juice
- Pinch of oregano, salt, and pepper

DIRECTIONS

1. Combine chickpeas, cucumber, and tomato in a bowl.
2. Add feta, olive oil, lemon juice, and oregano.
3. Toss gently and serve chilled or at room temperature.

Nutrition Information (per serving)

Approx. 240 calories, 9 g protein, 26 g carbohydrates, 10 g fat, 6 g fiber, 5 mg cholesterol, 310 mg sodium, 470 mg potassium



BAKED SALMON WITH HERBS AND OLIVE OIL



Yield: 2 servings | **Prep time:** 8 minutes | **Cook time:** 20 minutes

INGREDIENTS

- 2 salmon fillets (about 4 oz each)
- 1 tbsp olive oil
- 1 garlic clove, minced
- ½ tsp dried dill or parsley
- ½ tsp lemon zest
- Salt and pepper to taste

DIRECTIONS

1. Preheat oven to 375°F (190°C).
2. Place salmon on a baking dish; drizzle with olive oil.
3. Add garlic, lemon zest, herbs, salt, and pepper.
4. Bake 18–20 minutes until fish flakes easily.
5. Serve with steamed vegetables or salad.

NUTRITION INFORMATION (PER SERVING)

Approx. 280 calories, 26 g protein, 1 g carbohydrates, 18 g fat, 0 g fiber, 65 mg cholesterol, 250 mg sodium, 460 mg potassium

MEDITERRANEAN HUMMUS PLATE WITH FRESH VEGETABLES



Yield: 2 servings | **Prep time:** 10 minutes | **Cook time:** 0 minutes

INGREDIENTS

- ½ cup hummus (store-bought or homemade)
- 1 cup cucumber and carrot sticks
- ½ cup cherry tomatoes
- ¼ cup olives
- 1 tbsp olive oil (for drizzling)
- Paprika or parsley for garnish

DIRECTIONS

1. Arrange hummus in a shallow bowl or plate.
2. Surround with vegetables and olives.
3. Drizzle olive oil over hummus and sprinkle paprika or parsley.
4. Serve with whole-grain crackers or pita.

NUTRITION INFORMATION (PER SERVING)

Approx. 220 calories, 6 g protein, 18 g carbohydrates, 14 g fat, 5 g fiber, 0 mg cholesterol, 290 mg sodium, 410 mg potassium

BROWN RICE AND SHRIMP BOWL WITH GARLIC & OLIVE OIL



YIELD: 2 SERVINGS | PREP TIME: 10 MINUTES | COOK TIME: 20 MINUTES

INGREDIENTS

½ cup of uncooked brown rice
8 medium shrimp, peeled and deveined
1 tbsp olive oil
1 garlic clove, minced
1 cup of baby spinach
1 tsp lemon juice
Salt and pepper to taste

DIRECTIONS

1. Cook brown rice according to package instructions (about 20 minutes).
2. In a pan, heat olive oil; sauté garlic 1 minute.
3. Add shrimp and cook 2 minutes per side until pink.
4. Stir in spinach and lemon juice until wilted.
5. Serve the shrimp mixture over rice.

NUTRITION INFORMATION (PER SERVING)

Approx. 310 calories, 20 g protein, 30 g carbohydrates, 10 g fat, 3 g fiber, 140 mg cholesterol, 240 mg sodium, 470 mg potassium

ORZO PASTA WITH ROASTED ZUCCHINI AND CHERRY TOMATOES

YIELD: 2 SERVINGS | PREP TIME: 10 MINUTES | COOK TIME: 20 MINUTES

INGREDIENTS

- ½ cup uncooked orzo (or gluten-free pasta)
- 1 small zucchini, sliced
- ½ cup cherry tomatoes, halved
- 1 tbsp olive oil
- 1 garlic clove, minced
- 1 tbsp grated Parmesan (optional)
- Salt and pepper to taste

DIRECTIONS

1. Cook orzo according to package directions; drain.
2. Sauté zucchini and tomatoes in olive oil for 5 minutes with garlic.
3. Combine with cooked orzo and season.
4. Sprinkle Parmesan if desired and serve warm.

NUTRITION INFORMATION (PER SERVING)

Approx. 270 calories, 8 g protein, 40 g carbohydrates, 8 g fat, 3 g fiber, 5 mg cholesterol, 190 mg sodium, 350 mg potassium

ROASTED SWEET POTATO & ARUGULA SALAD WITH WALNUTS

YIELD: 2 SERVINGS | PREP TIME: 10 MINUTES | COOK TIME: 25 MINUTES

INGREDIENTS

- 1 medium sweet potato, peeled and cubed
- 2 cups fresh arugula
- 2 tbsp chopped walnuts
- 1 tsp olive oil
- 1 tsp balsamic vinegar
- Salt and pepper to taste

DIRECTIONS

1. Preheat oven to 400°F (200°C).
2. Toss sweet potato cubes with olive oil, salt, and pepper; roast 20–25 minutes.
3. Combine arugula and roasted potatoes in a bowl.
4. Sprinkle with walnuts and drizzle balsamic vinegar before serving.

NUTRITION INFORMATION (PER SERVING)

Approx. 230 calories, 5 g protein, 28 g carbohydrates, 11 g fat, 5 g fiber, 0 mg cholesterol, 140 mg sodium, 480 mg potassium

SARDINE AND OLIVE TAPENADE TOAST

YIELD: 2 SERVINGS | PREP TIME: 8 MINUTES | COOK TIME: 2 MINUTES

INGREDIENTS

- 2 slices whole-grain or gluten-free bread
- 1 can (3.75 oz) sardines in olive oil, drained
- 1 tbsp olive tapenade (or finely chopped olives)
- ½ tsp lemon juice
- 1 tsp olive oil
- Fresh parsley for garnish

DIRECTIONS

1. Toast the bread lightly.
2. Mash sardines with lemon juice and olive tapenade.
3. Spread evenly on toast and drizzle a touch of olive oil.
4. Garnish with parsley and serve warm.

NUTRITION INFORMATION (PER SERVING)

Approx. 250 calories, 19 g protein, 10 g carbohydrates, 15 g fat, 2 g fiber, 50 mg cholesterol, 280 mg sodium, 430 mg potassium

CHICKEN WITH GARLIC, ONIONS & TOMATOES



NUTRITION INFORMATION (PER SERVING)

Approx. 310 calories, 33 g protein, 8 g carbohydrates, 15 g fat, 2 g fiber, 80 mg cholesterol, 260 mg sodium, 510 mg potassium

Yield: 2 servings | Prep time: 10 minutes | Cook time: 25 minutes

INGREDIENTS

- 2 small chicken breasts (6 oz each)
- 1 tbsp olive oil
- 1 cup cherry tomatoes, halved
- ½ onion, sliced
- 2 garlic cloves, minced
- 1 tsp dried oregano
- Salt and pepper to taste

DIRECTIONS

1. Heat olive oil in a skillet over medium heat.
2. Add onion and garlic; sauté 2 minutes.
3. Place chicken in the pan and cook 4–5 minutes per side until golden.
4. Add tomatoes, oregano, salt, and pepper.
5. Cover and simmer 10–12 minutes until the chicken is tender and the tomatoes soften.

BAKED SARDINES WITH LEMON AND OLIVE OIL



NUTRITION INFORMATION (PER SERVING)

Approx. 280 calories, 29 g protein, 1 g carbohydrates, 18 g fat, 0 g fiber, 75 mg cholesterol, 290 mg sodium, 470 mg potassium

Yield: 2 servings | Prep time: 8 minutes | Cook time: 15 minutes

INGREDIENTS

- 8 fresh sardines, cleaned and gutted
- 1 tbsp olive oil
- Juice of ½ lemon
- 1 garlic clove, minced
- Salt, pepper, and parsley to taste

DIRECTIONS

1. Preheat oven to 375°F (190°C).
2. Arrange sardines in a baking dish; drizzle with olive oil and lemon juice.
3. Add garlic, salt, and pepper.
4. Bake for 12–15 minutes until tender.
5. Sprinkle parsley before serving.

MEDITERRANEAN CHICKPEA & VEGETABLE STIR-FRY



YIELD: 2 SERVINGS | PREP TIME: 10 MINUTES | COOK TIME: 15 MINUTES

INGREDIENTS

1 cup canned chickpeas, rinsed
1 zucchini, chopped
½ red bell pepper, sliced
½ small onion, sliced
1 tbsp olive oil
½ tsp paprika
1 tsp lemon juice
Salt and pepper to taste

DIRECTIONS

1. Heat olive oil in a large pan.
2. Add onion, zucchini, and bell pepper; sauté 5 minutes.
3. Add chickpeas, paprika, salt, and pepper; cook five more minutes.
4. Finish with lemon juice and serve warm.

NUTRITION INFORMATION (PER SERVING)

Approx. 230 calories, 8 g protein, 26 g carbohydrates, 10 g fat, 6 g fiber, 0 mg cholesterol, 270 mg sodium, 520 mg potassium

SIMPLE TUNA & WHITE BEAN STEW



2 servings



20 minutes

INGREDIENTS

- 1 can (5 oz) tuna in olive oil, drained
- 1 can (15 oz) white beans, rinsed
- 1 small onion, chopped
- 1 tomato, diced
- 1 garlic clove, minced
- 1 cup low-sodium vegetable broth
- ½ tsp thyme
- Salt and pepper to taste

INGREDIENTS

1. Heat a saucepan and add the onion and garlic; sauté for 2 minutes.
2. Stir in tomato, beans, broth, thyme, and pepper.
3. Simmer 10 minutes, then add tuna.
4. Cook 5 minutes more and serve warm.

Nutrition Information (per serving)

Approx. 260 calories, 20 g protein, 22 g carbohydrates, 9 g fat, 6 g fiber, 35 mg cholesterol, 300 mg sodium, 480 mg potassium



BAKED EGGPLANT WITH TOMATO SAUCE AND HERBS



2 servings



25 minutes

INGREDIENTS

- 1 medium eggplant, sliced
- 1 cup canned crushed tomatoes
- 1 garlic clove, minced
- 1 tbsp olive oil
- ½ tsp oregano
- Salt and pepper to taste
- 1 tbsp grated Parmesan (optional)

DIRECTIONS

1. Preheat oven to 400°F (200°C).
2. Arrange eggplant slices on a baking sheet and brush with olive oil.
3. Bake 15 minutes, then top with tomato sauce, garlic, and oregano.
4. Sprinkle Parmesan if desired and bake 10 more minutes.

Nutrition Information (per serving)

Approx. 220 calories, 6 g protein, 22 g carbohydrates, 12 g fat, 5 g fiber, 5 mg cholesterol, 230 mg sodium, 470 mg potassium



STUFFED CABBAGE ROLLS WITH RICE AND LENTILS



Yield: 2 servings | **Prep time:** 15 minutes | **Cook time:** 35 minutes

INGREDIENTS

- 4 large cabbage leaves
- ¼ cup dry lentils
- ¼ cup of uncooked brown rice
- 1 cup low-sodium vegetable broth
- 1 small carrot, grated
- 1 tbsp olive oil
- ½ tsp paprika
- Salt and pepper to taste

DIRECTIONS

1. Boil cabbage leaves for 2–3 minutes to soften.
2. Cook lentils and rice together in broth for 20 minutes; drain excess liquid.
3. Stir in olive oil, carrot, paprika, salt, and pepper.
4. Spoon filling into each cabbage leaf, roll tightly, and place in a pan.
5. Add ½ cup water, cover, and simmer 15 minutes.

NUTRITION INFORMATION (PER SERVING)

Approx. 260 calories, 9 g protein, 36 g carbohydrates, 9 g fat, 6 g fiber, 0 mg cholesterol, 240 mg sodium, 520 mg potassium

GRILLED CHICKEN BREASTS WITH OLIVE TAPENADE



Yield: 2 servings | **Prep time:** 10 minutes | **Cook time:** 12 minutes

INGREDIENTS

- 2 small chicken breasts (6 oz each)
- 1 tbsp olive oil
- 1 garlic clove, minced
- 2 tbsp olive tapenade (or finely chopped olives + capers)
- ½ tsp lemon juice
- Salt and pepper to taste

DIRECTIONS

1. Rub chicken with olive oil, garlic, salt, and pepper.
2. Grill over medium heat for 5–6 minutes per side.
3. Mix olive tapenade with lemon juice.
4. Spoon over grilled chicken before serving.

NUTRITION INFORMATION (PER SERVING)

Approx. 300 calories, 33 g protein, 2 g carbohydrates, 16 g fat, 1 g fiber, 80 mg cholesterol, 270 mg sodium, 460 mg potassium

LENTIL AND VEGETABLE SHEPHERD'S PIE



YIELD: 2 SERVINGS | PREP TIME: 15 MINUTES | COOK TIME: 30 MINUTES

INGREDIENTS

½ cup cooked lentils
½ cup diced carrots
½ cup of mixed vegetables
½ small onion, chopped
1 tbsp olive oil
1 cup mashed potatoes (made with olive oil or milk)
½ tsp thyme
Salt and pepper to taste

DIRECTIONS

1. Preheat oven to 375°F (190°C).
2. In a skillet, sauté onion, carrots, and peas in olive oil for 5 minutes.
3. Add lentils, thyme, salt, and pepper.
4. Spread the mixture in a baking dish, top with mashed potatoes.
5. Bake 20 minutes until golden.

NUTRITION INFORMATION (PER SERVING)

Approx. 280 calories, 9 g protein, 36 g carbohydrates, 10 g fat, 7 g fiber, 0 mg cholesterol, 240 mg sodium, 500 mg potassium

CHICKPEA PATTIES WITH FRESH HERB SAUCE

YIELD: 2 SERVINGS | PREP TIME: 12 MINUTES | COOK TIME: 15 MINUTES

INGREDIENTS

- 1 cup canned chickpeas, rinsed and drained
- 1 garlic clove, minced
- 2 tbsp oat flour (or breadcrumbs)
- 1 tbsp olive oil
- 1 tbsp parsley, chopped
- ½ tsp cumin
- Salt and pepper to taste
- For the sauce:
- ¼ cup Greek yogurt
- 1 tsp lemon juice
- 1 tsp olive oil
- 1 tsp chopped dill

DIRECTIONS

1. Mash chickpeas with garlic, parsley, cumin, salt, and pepper.
2. Add oat flour and mix to form a thick batter.
3. Shape into small patties.
4. Heat olive oil in a pan and fry for 3–4 minutes per side until golden.
5. Mix sauce ingredients in a small bowl and serve with patties.

NUTRITION INFORMATION (PER SERVING)

Approx. 250 calories, 9 g protein, 28 g carbohydrates, 10 g fat, 6 g fiber, 0 mg cholesterol, 240 mg sodium, 470 mg potassium

TOMATO & OLIVE BAKED COD

YIELD: 2 SERVINGS | PREP TIME: 8 MINUTES | COOK TIME: 20 MINUTES

INGREDIENTS

- 2 cod fillets (4 oz each)
- 1 tbsp olive oil
- ½ cup diced tomatoes
- 2 tbsp chopped olives
- 1 garlic clove, minced
- ½ tsp oregano
- Salt and pepper to taste

DIRECTIONS

1. Preheat oven to 375°F (190°C).
2. Place cod in a baking dish, drizzle with olive oil.
3. Top with tomatoes, olives, garlic, and oregano.
4. Season lightly and bake 18–20 minutes.
5. Serve warm with a squeeze of lemon.

NUTRITION INFORMATION (PER SERVING)

Approx. 240 calories, 28 g protein, 3 g carbohydrates, 12 g fat, 1 g fiber, 70 mg cholesterol, 270 mg sodium, 460 mg potassium

VEGETABLE & BARLEY CASSEROLE

YIELD: 2 SERVINGS | PREP TIME: 10 MINUTES | COOK TIME: 35 MINUTES

INGREDIENTS

- ½ cup pearl barley, rinsed
- 1 small zucchini, chopped
- 1 carrot, diced
- ½ small onion, chopped
- 1 tbsp olive oil
- 1½ cups low-sodium vegetable broth
- ½ tsp thyme
- Salt and pepper to taste

DIRECTIONS

1. Preheat oven to 375°F (190°C).
2. In a skillet, heat olive oil and sauté onion, carrot, and zucchini for 5 minutes.
3. Add barley, thyme, salt, and broth; mix well.
4. Transfer to a baking dish, cover, and bake 30 minutes.
5. Fluff before serving.

NUTRITION INFORMATION (PER SERVING)

Approx. 270 calories, 8 g protein, 44 g carbohydrates, 7 g fat, 6 g fiber, 0 mg cholesterol, 200 mg sodium, 490 mg potassium

ONE-POT CHICKPEA AND SPINACH CURRY



NUTRITION INFORMATION (PER SERVING)

Approx. 280 calories, 9 g protein, 24 g carbohydrates, 15 g fat, 6 g fiber, 0 mg cholesterol, 310 mg sodium, 490 mg potassium

Yield: 2 servings | Prep time: 8 minutes | Cook time: 20 minutes

INGREDIENTS

- 1 cup canned chickpeas, rinsed
- 1 cup chopped spinach
- ½ small onion, diced
- 1 garlic clove, minced
- 1 tbsp olive oil
- ½ cup crushed tomatoes
- ½ cup light coconut milk
- ½ tsp turmeric
- ½ tsp cumin
- Salt and pepper to taste

DIRECTIONS

1. Heat olive oil in a pan and sauté onion and garlic for 2 minutes.
2. Add tomatoes, coconut milk, and spices; simmer 5 minutes.
3. Add chickpeas and cook for 10 minutes.
4. Stir in spinach until wilted and serve warm.

TOMATO AND ORZO SOUP WITH OLIVE OIL & GARLIC



NUTRITION INFORMATION (PER SERVING)

Approx. 230 calories, 6 g protein, 32 g carbohydrates, 9 g fat, 3 g fiber, 0 mg cholesterol, 250 mg sodium, 440 mg potassium

Yield: 2 servings | Prep time: 5 minutes | Cook time: 20 minutes

INGREDIENTS

- 1 tbsp olive oil
- 1 garlic clove, minced
- 1 small onion, diced
- 1 cup crushed tomatoes
- 3 cups low-sodium vegetable broth
- ¾ cup uncooked orzo (or gluten-free pasta)
- ½ tsp dried basil
- Salt and pepper to taste

DIRECTIONS

1. Heat olive oil in a pot; sauté onion and garlic 2–3 minutes.
2. Add tomatoes, broth, and basil; bring to a boil.
3. Stir in orzo and cook 10–12 minutes until tender.
4. Season with salt and pepper before serving.

SIMPLE TUNA & TOMATO PASTA



YIELD: 2 SERVINGS | PREP TIME: 8 MINUTES | COOK TIME: 15 MINUTES

INGREDIENTS

1 cup cooked whole-grain or gluten-free pasta
1 can (5 oz) tuna in olive oil, drained
½ cup diced tomatoes
1 garlic clove, minced
1 tbsp olive oil
½ tsp oregano
Salt and pepper to taste

DIRECTIONS

1. Heat olive oil in a skillet and add garlic and tomatoes; cook 5 minutes.
2. Add tuna and oregano; stir until warmed.
3. Combine with pasta and toss well.
4. Serve immediately with fresh herbs if desired.

NUTRITION INFORMATION (PER SERVING)

Approx. 280 calories, 21 g protein, 28 g carbohydrates, 10 g fat, 3 g fiber, 35 mg cholesterol, 270 mg sodium, 460 mg potassium

VEGETABLE RATATOUILLE WITH OLIVE OIL AND BASIL



2 servings



25 minutes

INGREDIENTS

- 1 small eggplant, diced
- 1 zucchini, sliced
- ½ red bell pepper, chopped
- 1 tomato, diced
- 1 small onion, chopped
- 2 tbsp olive oil
- 1 garlic clove, minced
- ½ tsp dried basil
- Salt and pepper to taste

DIRECTIONS

1. Heat olive oil in a deep skillet; sauté onion and garlic for 2 minutes.
2. Add eggplant, zucchini, and bell pepper; cook 10 minutes.
3. Stir in tomato, basil, salt, and pepper.
4. Simmer on low for 15 minutes until vegetables are tender.

Nutrition Information (per serving)

Approx. 230 calories, 5 g protein, 21 g carbohydrates, 14 g fat, 6 g fiber, 0 mg cholesterol, 250 mg sodium, 520 mg potassium



ONE-PAN MEDITERRANEAN QUINOA WITH CHICKPEAS



2 servings



20 minutes

INGREDIENTS

- ½ cup of cooked quinoa
- 1 cup canned chickpeas, rinsed
- 1 small zucchini, diced
- ½ cup cherry tomatoes, halved
- 1 tbsp olive oil
- 1½ cups vegetable broth
- ½ tsp oregano
- Salt and pepper to taste

DIRECTIONS

1. Heat olive oil in a pan; add zucchini and sauté 3 minutes.
2. Add quinoa, broth, chickpeas, and oregano.
3. Simmer covered for 15 minutes, stirring occasionally.
4. Add tomatoes and cook five more minutes until the liquid is absorbed.

Nutrition Information (per serving)

Approx. 270 calories, 9 g protein, 34 g carbohydrates, 10 g fat, 6 g fiber, 0 mg cholesterol, 230 mg sodium, 500 mg potassium



WHITE BEAN & KALE STEW WITH GARLIC



NUTRITION INFORMATION (PER SERVING)

Approx. 240 calories, 10 g protein, 28 g carbohydrates, 8 g fat, 8 g fiber, 0 mg cholesterol, 260 mg sodium, 540 mg potassium

Yield: 2 servings | Prep time: 8 minutes | Cook time: 25 minutes

INGREDIENTS

- 1 cup canned white beans, rinsed
- 1 cup chopped kale
- ½ small onion, diced
- 1 garlic clove, minced
- 1 tbsp olive oil
- 2 cups vegetable broth
- ½ tsp thyme
- Salt and pepper to taste

DIRECTIONS

1. Heat olive oil in a pot; sauté onion and garlic for 2 minutes.
2. Add broth, beans, thyme, salt, and pepper.
3. Simmer 15 minutes, then stir in kale.
4. Cook 5–7 minutes until kale softens.

RICE PILAF WITH VEGETABLES AND HERBS



NUTRITION INFORMATION (PER SERVING)

Approx. 250 calories, 6 g protein, 38 g carbohydrates, 8 g fat, 4 g fiber, 0 mg cholesterol, 240 mg sodium, 490 mg potassium

Yield: 2 servings | Prep time: 8 minutes | Cook time: 25 minutes

INGREDIENTS

- ½ cup uncooked brown or basmati rice
- 1 small carrot, grated
- ½ cup peas (fresh or frozen)
- 1 small onion, chopped
- 1 tbsp olive oil
- 1½ cups vegetable broth
- ½ tsp parsley
- Salt and pepper to taste

DIRECTIONS

1. Heat olive oil in a saucepan; sauté onion for 2 minutes.
2. Add carrot and peas; cook 3 minutes.
3. Stir in rice, broth, parsley, salt, and pepper.
4. Cover and simmer 20–25 minutes until rice is tender.

BAKED CHICKEN WITH POTATOES, ONIONS & OLIVE OIL



YIELD: 2 SERVINGS | PREP TIME: 10 MINUTES | COOK TIME: 30 MINUTES

INGREDIENTS

2 chicken thighs or breasts (6 oz each)
1 medium potato, cubed
½ onion, sliced
1 tbsp olive oil
½ tsp rosemary thyme
Salt and pepper to taste

DIRECTIONS

1. Preheat oven to 400°F (200°C).
2. Place chicken, potato, and onion on a baking tray.
3. Drizzle with olive oil, sprinkle herbs, salt, and pepper.
4. Bake 30 minutes, stirring once halfway.

NUTRITION INFORMATION (PER SERVING)

Approx. 320 calories, 28 g protein, 18 g carbohydrates, 14 g fat, 2 g fiber, 70 mg cholesterol, 260 mg sodium, 500 mg potassium

SARDINE AND TOMATO RICE SKILLET

YIELD: 2 SERVINGS | PREP TIME: 8 MINUTES | COOK TIME: 20 MINUTES

INGREDIENTS

- 1 can (3.75 oz) sardines in olive oil
- ½ cup of uncooked rice
- 1 small tomato, chopped
- ½ small onion, diced
- 1 garlic clove, minced
- 1½ cups water or broth
- Salt and pepper to taste

DIRECTIONS

1. Heat a skillet with a little of the sardine oil.
2. Add onion and garlic; sauté 2 minutes.
3. Stir in rice, tomato, and water; simmer 15 minutes.
4. Add sardines and cook 3–5 minutes until rice is tender.

NUTRITION INFORMATION (PER SERVING)

Approx. 300 calories, 18 g protein, 32 g carbohydrates, 12 g fat, 2 g fiber, 45 mg cholesterol, 260 mg sodium, 490 mg potassium

CABBAGE AND CARROT BRAISE WITH OLIVE OIL

YIELD: 2 SERVINGS | PREP TIME: 8 MINUTES | COOK TIME: 20 MINUTES

INGREDIENTS

- 2 cups shredded cabbage
- 1 carrot, grated
- 1 small onion, sliced
- 1 tbsp olive oil
- ¼ cup water
- Salt and pepper to taste
- ½ tsp caraway seeds (optional)

DIRECTIONS

1. Heat olive oil in a skillet; sauté onion for 2 minutes.
2. Add cabbage, carrot, water, and seasonings.
3. Cover and cook 15–20 minutes until tender.
4. Serve warm as a main or side dish.

NUTRITION INFORMATION (PER SERVING)

Approx. 200 calories, 4 g protein, 20 g carbohydrates, 11 g fat, 5 g fiber, 0 mg cholesterol, 180 mg sodium, 450 mg potassium

ONE-POT BARLEY AND MUSHROOM RISOTTO

YIELD: 2 SERVINGS | PREP TIME: 10 MINUTES | COOK TIME: 30 MINUTES

INGREDIENTS

- ½ cup pearl barley
- 1 cup sliced mushrooms
- ½ small onion, chopped
- 1 garlic clove, minced
- 1 tbsp olive oil
- 2 cups vegetable broth
- ½ tsp thyme
- Salt and pepper to taste

DIRECTIONS

1. Heat olive oil in a pot; sauté onion, garlic, and mushrooms for 3 minutes.
2. Add barley, broth, thyme, salt, and pepper.
3. Simmer uncovered 25–30 minutes, stirring occasionally.
4. Serve warm as a hearty, fiber-rich main dish.

NUTRITION INFORMATION (PER SERVING)

Approx. 270 calories, 8 g protein, 44 g carbohydrates, 7 g fat, 6 g fiber, 0 mg cholesterol, 230 mg sodium, 480 mg potassium

SIMPLE BROWN RICE WITH OLIVE OIL & HERBS



Yield: 2 servings | **Prep time:** 5 minutes | **Cook time:** 25 minutes

INGREDIENTS

- ½ cup of uncooked brown rice
- 1½ cups water or broth
- 1 tbsp olive oil
- ½ tsp dried thyme or basil
- Salt and pepper to taste

DIRECTIONS

1. In a saucepan, bring water or broth to a boil.
2. Add rice, reduce the heat, and simmer 25 minutes until tender.
3. Stir in olive oil and herbs.
4. Fluff with a fork and season before serving.

NUTRITION INFORMATION (PER SERVING)

Approx. 230 calories, 5 g protein, 40 g carbohydrates, 7 g fat, 2 g fiber, 0 mg cholesterol, 200 mg sodium, 440 mg potassium

COUSCOUS WITH TOMATOES AND FRESH BASIL



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

INGREDIENTS

- ½ cup dry couscous
- 1 cup boiling water or broth
- ½ cup chopped tomatoes
- 1 tbsp olive oil
- 1 tbsp fresh basil, chopped
- Salt and pepper to taste

DIRECTIONS

1. Combine couscous and boiling water in a bowl; cover and let sit 5 minutes.
2. Fluff with a fork and stir in tomatoes, olive oil, and basil.
3. Season with salt and pepper and serve warm or chilled.

NUTRITION INFORMATION (PER SERVING)

Approx. 210 calories, 6 g protein, 34 g carbohydrates, 7 g fat, 3 g fiber, 0 mg cholesterol, 190 mg sodium, 420 mg potassium

BULGUR PILAF WITH CHICKPEAS AND CARROTS



YIELD: 2 SERVINGS | PREP TIME: 8 MINUTES | COOK TIME: 20 MINUTES

INGREDIENTS

½ cup bulgur wheat
1 cup water or vegetable broth
½ cup canned chickpeas, rinsed
½ carrot, grated
1 tbsp olive oil
½ tsp cumin
Salt and pepper to taste

DIRECTIONS

1. Heat olive oil in a pot; add carrot and sauté 2 minutes.
2. Add bulgur, chickpeas, cumin, and water.
3. Cover and simmer 15–20 minutes until liquid is absorbed.
4. Fluff with a fork and serve warm.

NUTRITION INFORMATION (PER SERVING)

Approx. 250 calories, 8 g protein, 38 g carbohydrates, 8 g fat, 6 g fiber, 0 mg cholesterol, 210 mg sodium, 500 mg potassium

BAKED POTATOES WITH OLIVE OIL AND OREGANO



2 servings



30 minutes

INGREDIENTS

- 2 medium potatoes, cut into wedges
- 1 tbsp olive oil
- ½ tsp dried oregano
- Salt and pepper to taste

INSTRUCTIONS

1. Preheat oven to 400°F (200°C).
2. Toss potato wedges with olive oil, oregano, salt, and pepper.
3. Spread on a baking tray and bake 25–30 minutes until golden.
4. Serve warm as a side or with Greek yogurt dip.

Nutrition Information (per serving)

Approx. 230 calories, 5 g protein, 35 g carbohydrates, 8 g fat, 4 g fiber, 0 mg cholesterol, 210 mg sodium, 480 mg potassium



BARLEY WITH SPINACH AND GARLIC



2 servings



25 minutes

INGREDIENTS

- ½ cup pearl barley
- 1½ cups water or broth
- 1 cup chopped spinach
- 1 garlic clove, minced
- 1 tbsp olive oil
- Salt and pepper to taste

DIRECTIONS

1. Cook barley in water or broth for 25 minutes until tender.
2. In a skillet, heat olive oil and sauté garlic for 1 minute.
3. Add spinach and cook until wilted.
4. Stir in cooked barley, season, and serve warm.

Nutrition Information (per serving)

Approx. 240 calories, 8 g protein, 40 g carbohydrates, 7 g fat, 5 g fiber, 0 mg cholesterol, 200 mg sodium, 490 mg potassium



ROASTED CAULIFLOWER WITH LEMON AND CUMIN

YIELD: 2 SERVINGS | PREP TIME: 8 MINUTES | COOK TIME: 25 MINUTES

INGREDIENTS

- 2 cups cauliflower florets
- 1 tbsp olive oil
- ½ tsp cumin
- Juice of ½ lemon
- Salt and pepper to taste

DIRECTIONS

1. Preheat oven to 400°F (200°C).
2. Toss cauliflower with olive oil, cumin, salt, and pepper.
3. Roast 20–25 minutes until golden brown.
4. Squeeze lemon juice over before serving.

NUTRITION INFORMATION (PER SERVING)

Approx. 210 calories, 5 g protein, 18 g carbohydrates, 12 g fat, 6 g fiber, 0 mg cholesterol, 230 mg sodium, 500 mg potassium

STEAMED GREEN BEANS WITH OLIVE OIL & ALMONDS

YIELD: 2 SERVINGS | PREP TIME: 5 MINUTES | COOK TIME: 10 MINUTES

INGREDIENTS

- 2 cups fresh green beans, trimmed
- 1 tbsp olive oil
- 1 tbsp sliced almonds
- Salt and pepper to taste
- ½ tsp lemon zest (optional)

DIRECTIONS

1. Steam green beans for 5–6 minutes until tender but crisp.
2. In a small skillet, toast almonds 1–2 minutes until golden.
3. Toss beans with olive oil, almonds, and lemon zest.
4. Season lightly and serve warm.

NUTRITION INFORMATION (PER SERVING)

Approx. 190 calories, 5 g protein, 14 g carbohydrates, 13 g fat, 4 g fiber, 0 mg cholesterol, 200 mg sodium, 420 mg potassium

WHOLE-GRAIN PASTA WITH OLIVE OIL AND VEGETABLES

YIELD: 2 SERVINGS | PREP TIME: 8 MINUTES | COOK TIME: 15 MINUTES

INGREDIENTS

- 1 cup cooked whole-grain or gluten-free pasta
- ½ cup cherry tomatoes, halved
- ½ zucchini, sliced
- 1 tbsp olive oil
- 1 garlic clove, minced
- Salt and pepper to taste

DIRECTIONS

1. Cook pasta according to package directions; drain.
2. In a pan, heat olive oil and sauté garlic, zucchini, and tomatoes for 5 minutes.
3. Add pasta, toss well, and season with salt and pepper.
4. Serve immediately with fresh herbs or Parmesan (optional).

NUTRITION INFORMATION (PER SERVING)

Approx. 270 calories, 9 g protein, 38 g carbohydrates, 9 g fat, 4 g fiber, 0 mg cholesterol, 210 mg sodium, 450 mg potassium

GREEK YOGURT DIP WITH CUCUMBER AND MINT (TZATZIKI)



Yield: 2 servings | Prep time: 8 minutes | Cook time: 0 minutes

INGREDIENTS

- ½ cup Greek yogurt
- ¼ cucumber, grated and squeezed dry
- 1 garlic clove, minced
- 1 tsp olive oil
- 1 tsp lemon juice
- 1 tsp chopped fresh mint or dill
- Salt and pepper to taste

DIRECTIONS

1. Combine all ingredients in a bowl and mix well.
2. Chill for 10 minutes before serving for the best flavor.
3. Serve with raw vegetables, pita, or crackers.

NUTRITION INFORMATION (PER SERVING)

Approx. 120 calories, 9 g protein, 6 g carbohydrates, 7 g fat, 1 g fiber, 5 mg cholesterol, 150 mg sodium, 220 mg potassium

STUFFED GRAPE LEAVES WITH RICE AND HERBS



Yield: 2 servings | Prep time: 15 minutes | Cook time: 25 minutes

INGREDIENTS

- 8 grape leaves (fresh or jarred)
- ½ cup cooked rice
- 1 tbsp chopped parsley
- ½ tbsp olive oil
- Juice of ½ lemon
- Salt and pepper to taste

DIRECTIONS

1. Mix rice, parsley, olive oil, lemon juice, salt, and pepper in a bowl.
2. Place 1 tbsp filling in each grape leaf and roll tightly.
3. Steam or simmer in a covered pan for 20–25 minutes.
4. Serve warm or chilled with yogurt dip.

NUTRITION INFORMATION (PER SERVING)

Approx. 190 calories, 4 g protein, 30 g carbohydrates, 7 g fat, 2 g fiber, 0 mg cholesterol, 210 mg sodium, 320 mg potassium

SLICED VEGGIES WITH HUMMUS OR BABA GANOUSH



YIELD: 2 SERVINGS | PREP TIME: 10 MINUTES | COOK TIME: 0 MINUTES

INGREDIENTS

1 cup of cucumber sticks
1 cup carrot sticks
½ red bell pepper, sliced
½ cup hummus or baba ganoush
1 tsp olive oil (optional drizzle)

DIRECTIONS

1. Slice all vegetables evenly for dipping.
2. Arrange on a platter around a small bowl of hummus or baba ganoush.
3. Drizzle olive oil over the dip if desired.
4. Serve immediately as a refreshing snack.

NUTRITION INFORMATION (PER SERVING)

Approx. 160 calories, 5 g protein, 16 g carbohydrates, 8 g fat, 5 g fiber, 0 mg cholesterol, 180 mg sodium, 400 mg potassium

WHOLE-GRAIN CRACKERS WITH FETA AND TOMATO



2 servings



0 minutes

INGREDIENTS

- 6–8 whole-grain or gluten-free crackers
- 2 oz feta cheese, crumbled
- 1 small tomato, diced
- 1 tsp olive oil
- A pinch of oregano or basil

INGREDIENTS

1. Arrange crackers on a plate.
2. Top each with feta and diced tomato.
3. Drizzle with olive oil and sprinkle herbs.
4. Serve immediately as a light, savory snack.

Nutrition Information (per serving)

Approx. 180 calories, 7 g protein, 14 g carbohydrates, 10 g fat, 2 g fiber, 15 mg cholesterol, 240 mg sodium, 250 mg potassium



OLIVE TAPENADE WITH GARLIC AND LEMON



2 servings



0 minutes

INGREDIENTS

- ½ cup pitted Kalamata or green olives
- 1 tsp olive oil
- ½ garlic clove, minced
- ½ tsp lemon juice
- ½ tsp chopped parsley (optional)

DIRECTIONS

1. Blend or finely chop all ingredients until a coarse paste forms.
2. Adjust flavor with more lemon juice or olive oil as needed.
3. Serve with whole-grain crackers or fresh vegetables.

Nutrition Information (per serving)

Approx. 160 calories, 2 g protein, 4 g carbohydrates, 15 g fat, 1 g fiber, 0 mg cholesterol, 320 mg sodium, 100 mg potassium



MINI CAPRESE SKEWERS (TOMATO, BASIL & MOZZARELLA)

YIELD: 2 SERVINGS | PREP TIME: 10 MINUTES | COOK TIME: 0 MINUTES

INGREDIENTS

- 6 cherry tomatoes
- 6 mini mozzarella balls (about 3 oz total)
- 6 fresh basil leaves
- 1 tsp olive oil
- ½ tsp balsamic vinegar
- Salt and pepper to taste

DIRECTIONS

1. Skewer 1 tomato, basil leaf, and mozzarella ball on each toothpick.
2. Arrange on a plate and drizzle with olive oil and balsamic vinegar.
3. Sprinkle lightly with salt and pepper.

NUTRITION INFORMATION (PER SERVING)

Approx. 190 calories, 9 g protein, 5 g carbohydrates, 14 g fat, 1 g fiber, 25 mg cholesterol, 200 mg sodium, 220 mg potassium

BAKED ZUCCHINI CHIPS WITH OLIVE OIL

YIELD: 2 SERVINGS | PREP TIME: 5 MINUTES | COOK TIME: 25 MINUTES

INGREDIENTS

- 1 small zucchini, thinly sliced
- 1 tbsp olive oil
- Salt and pepper to taste

DIRECTIONS

1. Preheat oven to 400°F (200°C).
2. Toss zucchini slices with olive oil, salt, and pepper.
3. Arrange on a parchment-lined tray in a single layer.
4. Bake 20–25 minutes until crisp and golden.

NUTRITION INFORMATION (PER SERVING)

Approx. 150 calories, 3 g protein, 10 g carbohydrates, 11 g fat, 2 g fiber, 0 mg cholesterol, 180 mg sodium, 330 mg potassium

TOASTED NUTS MIX WITH ROSEMARY AND SEA SALT

YIELD: 2 SERVINGS | PREP TIME: 5 MINUTES | COOK TIME: 10 MINUTES

INGREDIENTS

- ¼ cup of almonds
- ¼ cup walnuts
- 1 tsp olive oil
- ¼ tsp dried rosemary
- Pinch of sea salt

DIRECTIONS

1. Heat a skillet over medium heat.
2. Add nuts, olive oil, rosemary, and sea salt.
3. Toast for 5–7 minutes, stirring often, until fragrant.
4. Cool slightly before serving.

NUTRITION INFORMATION (PER SERVING)

Approx. 220 calories, 6 g protein, 8 g carbohydrates, 19 g fat, 3 g fiber, 0 mg cholesterol, 80 mg sodium, 300 mg potassium

OLIVE OIL LEMON CAKE (LIGHT & MOIST)



Yield: 2 servings | **Prep time:** 10 minutes | **Cook time:** 25 minutes

INGREDIENTS

- $\frac{3}{4}$ cup of almond flour
- 1 egg
- 2 tbsp olive oil
- 2 tbsp honey or maple syrup
- Juice and zest of $\frac{1}{2}$ lemon
- $\frac{1}{4}$ tsp baking powder

DIRECTIONS

1. Preheat oven to 350°F (175°C).
2. Mix all ingredients in a bowl until smooth.
3. Pour into a small greased dish or muffin tins.
4. Bake 20–25 minutes until golden and firm.
5. Cool slightly before serving.

NUTRITION INFORMATION (PER SERVING)

Approx. 230 calories, 6 g protein, 18 g carbohydrates, 15 g fat, 2 g fiber, 45 mg cholesterol, 70 mg sodium, 200 mg potassium

CHILLED ORANGE & YOGURT PARFAIT



Yield: 2 servings | **Prep time:** 8 minutes | **Cook time:** 0 minutes

INGREDIENTS

- 1 orange, peeled and segmented
- 1 cup Greek yogurt
- 1 tbsp honey
- 1 tbsp chopped almonds or walnuts
- $\frac{1}{2}$ tsp orange zest

DIRECTIONS

1. Layer yogurt, orange slices, and honey in two glasses.
2. Top with nuts and orange zest.
3. Chill for 10 minutes before serving.

NUTRITION INFORMATION (PER SERVING)

Approx. 200 calories, 9 g protein, 20 g carbohydrates, 8 g fat, 1 g fiber, 5 mg cholesterol, 40 mg sodium, 320 mg potassium

POACHED PEARS WITH SPICED HONEY SYRUP



2 servings



20 minutes

INGREDIENTS

- 2 ripe pears, peeled and halved
- 1 cup of water
- 1 tbsp honey
- 1 cinnamon stick
- 1 piece orange peel or ¼ tsp zest
- 2 whole cloves (optional)

INSTRUCTIONS

1. In a small saucepan, bring water, honey, cinnamon, and orange peel to a simmer.
2. Add pears and cook gently for 15–20 minutes until tender.
3. Remove pears and reduce syrup slightly if desired.
4. Drizzle syrup over pears before serving warm or chilled.

Nutrition Information (per serving)

Approx. 190 calories, 1 g protein, 42 g carbohydrates, 0 g fat, 4 g fiber, 0 mg cholesterol, 5 mg sodium, 310 mg potassium



BERRY & YOGURT FROZEN BARK



2 servings



0 minutes

INGREDIENTS

- 1 cup Greek yogurt
- ½ cup mixed berries (fresh or frozen)
- 1 tbsp honey
- 1 tbsp chopped almonds or pistachios

DIRECTIONS

1. Line a small tray with parchment paper.
2. Mix yogurt and honey; spread evenly on the tray.
3. Sprinkle berries and nuts on top.
4. Freeze for 2 hours, then break into pieces before serving.

Nutrition Information (per serving)

Approx. 160 calories, 10 g protein, 18 g carbohydrates, 6 g fat, 2 g fiber, 5 mg cholesterol, 55 mg sodium, 240 mg potassium



RICE PUDDING WITH ALMOND MILK AND CINNAMON

YIELD: 2 SERVINGS | PREP TIME: 8 MINUTES | COOK TIME: 25 MINUTES

INGREDIENTS

- ½ cup cooked rice
- 1 cup unsweetened almond milk
- 1 tbsp honey or maple syrup
- ¼ tsp cinnamon
- ½ tsp vanilla extract

DIRECTIONS

1. In a saucepan, combine rice and almond milk.
2. Simmer gently for 15–20 minutes, stirring often.
3. Add honey, vanilla, and cinnamon.
4. Serve warm or chilled, sprinkled with extra cinnamon.

NUTRITION INFORMATION (PER SERVING)

Approx. 190 calories, 4 g protein, 32 g carbohydrates, 5 g fat, 1 g fiber, 0 mg cholesterol, 60 mg sodium, 180 mg potassium

DARK CHOCOLATE-DIPPED FRUIT SLICES

YIELD: 2 SERVINGS | PREP TIME: 5 MINUTES | COOK TIME: 5 MINUTES | CHILL TIME: 15 MINUTES

INGREDIENTS

- 2 oz dark chocolate (70% cocoa or higher)
- 1 small banana or 1 apple, sliced
- ½ tsp crushed almonds or sea salt (optional topping)

DIRECTIONS

1. Melt chocolate gently in a heatproof bowl over hot water.
2. Dip fruit slices halfway into the chocolate.
3. Place on parchment and sprinkle almonds or salt if desired.
4. Chill for 15 minutes until the chocolate sets.

NUTRITION INFORMATION (PER SERVING)

Approx. 200 calories, 3 g protein, 27 g carbohydrates, 10 g fat, 3 g fiber, 0 mg cholesterol, 10 mg sodium, 290 mg potassium

BANANA-WALNUT MUFFINS WITH HONEY

YIELD: 2 SERVINGS (4 SMALL MUFFINS) | PREP TIME: 10 MINUTES | COOK TIME: 20 MINUTES

INGREDIENTS

- 1 ripe banana, mashed
- ¼ cup oat flour or ground oats
- 1 egg
- 1 tbsp honey
- 1 tbsp chopped walnuts
- ½ tsp baking powder
- ¼ tsp cinnamon

DIRECTIONS

1. Preheat oven to 350°F (175°C).
2. Mix all ingredients until smooth.
3. Divide batter into four muffin cups.
4. Bake 18–20 minutes until golden brown.
5. Cool slightly before serving.

NUTRITION INFORMATION (PER SERVING)

Approx. 220 calories, 6 g protein, 26 g carbohydrates, 10 g fat, 3 g fiber, 40 mg cholesterol, 70 mg sodium, 320 mg potassium

PART 3: THE 60-DAY ANTI-INFLAMMATORY MEDITERRANEAN MEAL PLAN

WEEK 1 — MEDITERRANEAN ANTI-INFLAMMATORY MEAL PLAN FOR 2 PEOPLE

Day	Breakfast	Lunch	Dinner	Snack / Dessert
Mon	Greek Yogurt with Honey & Walnuts & Berries	Grilled Chicken & Quinoa Salad	One-Pan Chicken with Garlic, Onions & Tomatoes	Classic Hummus + Veggies
Tue	Avocado Toast with Olive Oil & Cherry Tomatoes	Mediterranean Lentil Soup + Cucumber & Avocado Salad	Mediterranean Pasta with Olive Oil & Roasted Vegetables	Greek Yogurt with Honey & Pistachios
Wed	Spinach & Feta Omelet	Tuna & Avocado Wrap + Tomato & Mozzarella Sandwich (½ each)	Baked Eggplant with Tomato Sauce & Herbs	Baked Apples with Cinnamon & Walnuts
Thu	Overnight Oats with Almond Milk & Blueberries	Chickpea & Spinach Soup + Greek Salad	Grilled Chicken Breasts with Olive Tapenade + Brown Rice with Herbs	Almond & Oat Cookies
Fri	Warm Quinoa Breakfast Bowl with Apples & Cinnamon	Baked Salmon with Herbs & Olive Oil + Roasted Vegetables	Lentil & Vegetable Shepherd's Pie	Poached Pears with Spiced Honey
Sat	Whole-Grain Toast with Hummus & Cucumber	Stuffed Bell Peppers with Quinoa & Feta	One-Pot Chickpea & Spinach Curry + Couscous with Basil	Dark Chocolate-Dipped Fruit
Sun	Mediterranean Pancakes with Olive Oil & Berries	Orzo Pasta with Roasted Zucchini & Tomatoes	Baked Chicken with Potatoes, Onions & Olive Oil	Olive Oil Lemon Cake

WEEK 1 SHOPPING LIST (FOR 2 PEOPLE)

Produce

Apples (4)
Bananas (2)
Berries (mixed – 2 cups)
Lemons (4)
Oranges (2)
Pears (2)
Cherry tomatoes (2 cups)
Large tomatoes (4)
Cucumbers (3)
Red bell peppers (2)
Zucchini (3)
Spinach (fresh – 4 cups)
Kale (2 cups)
Onions (4 medium)
Garlic (1 bulb)
Carrots (3)
Eggplant (1 medium)
Potatoes (3 medium)
Fresh parsley, basil & mint (each one a small bunch)

Protein & Seafood

Chicken breasts (4 pieces)
Salmon fillets (2)
Canned tuna (2 cans)
Feta cheese (4 oz / 115 g)
Greek yogurt (32 oz / 900 g)
Eggs (1 dozen)
Cottage cheese (1 cup)

Grains & Legumes

Quinoa (2 cups)
Brown rice (2 cups)
Orzo pasta (1 cup or GF alternative)
Rolled oats (2 cups)
Whole-grain bread or toast (1 loaf)
Lentils (dry or canned – 2 cups)
Chickpeas (canned – 3 cups or 1 ½ cans)
Couscous (1 cup)
Barley (½ cup for Shepherd's Pie base)

Pantry & Oils

Olive oil (extra virgin – 500 ml)
Honey or maple syrup (½ cup)
Tahini (¼ cup)
Almond milk (1 liter)
Tomato paste (1 small can)
Crushed tomatoes (2 cans)
Whole-grain crackers (1 box)

Spices Seasonings

Sea salt, black pepper
Cinnamon, oregano, thyme, paprika, cumin, basil
Dried rosemary
Lemon zest (optional)

Nuts & Seeds

Almonds (½ cup)
Walnuts (½ cup)
Pistachios (¼ cup)
Chia seeds (¼ cup)

Misc & Baking

Almond flour (½ cup for cake)
Whole wheat flour (½ cup for pancakes or muffins)

WEEK 2 — MEDITERRANEAN ANTI-INFLAMMATORY MEAL PLAN FOR 2 PEOPLE

Day	Breakfast	Lunch	Dinner	Snack / Dessert
Mon	Oatmeal with Figs, Almonds & Honey	Greek Chickpea & Cucumber Salad	Tomato & Olive Baked Cod + Roasted Cauliflower with Lemon & Cumin	Greek Yogurt with Honey & Pistachios
Tue	Greek Yogurt Smoothie with Banana & Spinach	Mediterranean Eggplant & Chickpea Stew + Bulgur Pilaf	One-Pot Barley & Mushroom Risotto	Berry & Yogurt Frozen Bark
Wed	Spinach & Feta Omelet	Baked Salmon with Herbs + Lemon-Garlic Quinoa	Lentil & Sweet Potato Stew	Olive Oil Lemon Cake
Thu	Avocado Toast with Cherry Tomatoes	White Bean & Kale Stew + Cucumber Salad	Stuffed Cabbage Rolls with Rice & Lentils	Baked Apples with Cinnamon & Walnuts
Fri	Overnight Oats with Blueberries & Almond Milk	Grilled Chicken Salad with Olive Oil & Lemon	Mediterranean Vegetable Couscous	Almond & Oat Cookies
Sat	Cottage Cheese with Fresh Peaches & Chia Seeds	Tuna & Avocado Mediterranean Wrap	One-Pot Chickpea & Spinach Curry + Brown Rice	Poached Pears with Spiced Honey Syrup
Sun	Mediterranean Pancakes with Olive Oil & Fresh Berries	Orzo Pasta with Roasted Zucchini & Tomatoes	Grilled Chicken with Olive Tapenade + Green Beans with Almonds	Dark Chocolate-Dipped Fruit

WEEK 1 SHOPPING LIST (FOR 2 PEOPLE)

Produce

Bananas (3)
Apples (2)
Berries (fresh or frozen – 2 cups)
Lemons (5)
Figs (3–4 or dried, ½ cup)
Peaches (2)
Spinach (fresh – 6 cups)
Kale (2 cups)
Cherry tomatoes (2 cups)
Large tomatoes (4)
Cucumbers (3)
Zucchini (3)
Eggplant (1)
Sweet potatoes (2)
Carrots (3)
Cauliflower (1 small head)
Onions (4)
Garlic (1 bulb)
Fresh herbs: parsley, basil, mint (1 bunch each)

Protein & Seafood

Cod fillets (2)
Salmon fillets (2)
Chicken breasts (4 pieces)
Eggs (1 dozen)
Feta cheese (4 oz / 115 g)
Cottage cheese (1 cup)
Greek yogurt (32 oz / 900 g)
Canned tuna (2 cans)

Grains & Legumes

Quinoa (1½ cups)
Brown rice (1 cup)
Barley (½ cup)
Lentils (1½ cups)
Bulgur (1 cup)
Chickpeas (2 cans)
White beans (1 can)
Orzo or whole-grain pasta (1½ cups)
Rolled oats (2 cups)
Whole-grain bread (1 loaf)

Pantry & Oils

Olive oil (extra virgin – 500 ml)
Honey or maple syrup (½ cup)
Tahini (¼ cup)
Almond milk (1 liter)
Tomato paste (1 small can)
Crushed tomatoes (2 cans)
Whole-grain crackers (1 box)

Spices & Seasonings

Sea salt, black pepper
Cinnamon, oregano, thyme, paprika, cumin, basil
Dried rosemary
Lemon zest (optional)

Nuts & Seeds

Almonds (½ cup)
Walnuts (½ cup)
Pistachios (¼ cup)
Chia seeds (¼ cup)

Dessert & Baking

Almond flour (½ cup for cake)
Baking powder (1 tsp)
Dark chocolate (70% – 1 bar)

WEEK 3 — MEDITERRANEAN ANTI-INFLAMMATORY MEAL PLAN FOR 2 PEOPLE

Day	Breakfast	Lunch	Dinner	Snack / Dessert
Mon	Warm Quinoa Bowl with Apples & Cinnamon	Lentil Salad with Roasted Vegetables	Mediterranean Chickpea & Vegetable Stir-Fry	Greek Yogurt with Honey & Pistachios
Tue	Greek Yogurt Smoothie with Spinach & Banana	Grilled Chicken & Quinoa Salad	Mediterranean Lentil Stew with Vegetables	Almond & Oat Cookies
Wed	Oatmeal with Figs, Almonds & Honey	White Bean Salad with Sun-Dried Tomatoes	Baked Sardines with Lemon & Olive Oil + Roasted Vegetables	Poached Pears with Spiced Honey Syrup
Thu	Tomato, Basil & Ricotta Toast	Mediterranean Hummus Plate + Cucumber, Carrots & Bell Peppers	One-Pot Barley & Mushroom Risotto	Berry & Yogurt Frozen Bark
Fri	Cottage Cheese with Peaches & Chia Seeds	Stuffed Bell Peppers with Quinoa & Feta	Lentil & Vegetable Shepherd's Pie	Dark Chocolate-Dipped Fruit
Sat	Spinach & Feta Omelet	Orzo Pasta with Zucchini & Cherry Tomatoes	Greek Chicken and Rice with Lemon & Herbs	Baked Apples with Cinnamon & Walnuts
Sun	Mediterranean Pancakes with Olive Oil & Fresh Berries	Tuna & Avocado Mediterranean Wrap	Tomato & Olive Baked Cod + Green Beans with Almonds	Olive Oil Lemon Cake

WEEK 3 SHOPPING LIST (FOR 2 PEOPLE)

Produce

Apples (3)
Bananas (2)
Berries (2 cups, fresh or frozen)
Lemons (4)
Figs (3–4 or dried, ½ cup)
Peaches (2)
Tomatoes (4)
Cherry tomatoes (2 cups)
Cucumbers (3)
Bell peppers (2)
Zucchini (3)
Spinach (4 cups)
Onions (4)
Garlic (1 bulb)
Eggplant (1 medium)
Carrots (3)
Green beans (2 cups)
Fresh parsley, basil, mint (small bunch each)

Protein & Seafood

Chicken breasts (4 pieces)
Sardines (fresh or canned, 2 servings)
Cod fillets (2 pieces)
Eggs (1 dozen)
Feta cheese (4 oz / 115 g)
Cottage cheese (1 cup)
Greek yogurt (32 oz / 900 g)
Canned tuna (2 cans)

Grains & Legumes

Quinoa (2 cups)
Barley (½ cup)
Brown rice (1 cup)
Orzo or whole-grain pasta (1½ cups)
Rolled oats (2 cups)
Lentils (2 cups)
Chickpeas (2 cans)
White beans (1 can)
Whole-grain bread or toast (1 loaf)

Pantry & Oils

Olive oil (extra virgin – 500 ml)
Honey (½ cup)
Almond milk (1 liter)
Tahini (¼ cup)
Tomato paste (1 can)
Sun-dried tomatoes (½ cup)
Almond flour (½ cup)
Baking powder (1 tsp)

Spices & Seasonings

Sea salt, black pepper
Oregano, thyme, basil, cinnamon, paprika,
cumin, rosemary

Nuts & Seeds

Almonds (½ cup)
Walnuts (½ cup)
Pistachios (¼ cup)
Chia seeds (¼ cup)

Snacks & Desserts

Dark chocolate (1 bar, 70%)
Honey or maple syrup (½ cup)

WEEK 4 — MEDITERRANEAN ANTI-INFLAMMATORY MEAL PLAN FOR 2 PEOPLE

Day	Breakfast	Lunch	Dinner	Snack / Dessert
Mon	Greek Yogurt with Honey, Walnuts & Berries	Lentil & Spinach Stew	One-Pot Mediterranean Quinoa with Chickpeas	Almond & Oat Cookies
Tue	Avocado Toast with Olive Oil & Cherry Tomatoes	Grilled Chicken & Quinoa Salad	Baked Eggplant with Tomato Sauce & Herbs	Poached Pears with Spiced Honey
Wed	Overnight Oats with Almond Milk & Blueberries	Tuna & Avocado Wrap + Tomato & Mozzarella Sandwich	One-Pot Chickpea & Spinach Curry + Couscous with Basil	Berry & Yogurt Frozen Bark
Thu	Warm Quinoa Breakfast Bowl with Apples & Cinnamon	Mediterranean Hummus Plate with Fresh Veggies	Lentil & Vegetable Shepherd's Pie	Olive Oil Lemon Cake
Fri	Spinach & Feta Omelet	Orzo Pasta with Roasted Zucchini & Tomatoes	Greek Chicken & Rice with Lemon & Herbs	Dark Chocolate-Dipped Fruit
Sat	Cottage Cheese with Peaches & Chia Seeds	Mediterranean Chickpea Salad with Lemon Dressing	Tomato & Olive Baked Cod + Green Beans with Almonds	Baked Apples with Cinnamon & Walnuts
Sun	Mediterranean Pancakes with Olive Oil & Berries	Stuffed Bell Peppers with Quinoa & Feta	Vegetable & Barley Casserole + Roasted Cauliflower	Greek Yogurt with Honey & Pistachios

WEEK 4 SHOPPING LIST (FOR 2 PEOPLE)

Produce

Apples (3)
Bananas (2)
Berries (2 cups)
Lemons (5)
Peaches (2)
Cherry tomatoes (2 cups)
Large tomatoes (4)
Cucumbers (3)
Spinach (5 cups)
Zucchini (3)
Eggplant (1)
Onions (4)
Garlic (1 bulb)
Sweet potatoes (2)
Carrots (2)
Green beans (2 cups)
Fresh herbs: parsley, basil, mint (1 bunch each)

Protein & Seafood

Chicken breasts (4 pieces)
Cod fillets (2)
Canned tuna (2 cans)
Eggs (1 dozen)
Feta cheese (4 oz / 115 g)
Cottage cheese (1 cup)
Greek yogurt (32 oz / 900 g)

Grains & Legumes

Quinoa (2 cups)
Lentils (2 cups)
Chickpeas (2 cans)
Brown rice (1 cup)
Orzo pasta or GF pasta (1½ cups)
Couscous (1 cup)
Barley (½ cup)
Rolled oats (2 cups)
Whole-grain bread (1 loaf)

Pantry & Oils

Olive oil (extra virgin – 500 ml)
Honey (½ cup)
Almond milk (1 liter)
Tahini (¼ cup)
Crushed tomatoes (2 cans)
Tomato paste (1 small can)
Baking powder (1 tsp)
Almond flour (½ cup)

Spices & Seasonings

Sea salt, black pepper
Oregano, thyme, basil, cinnamon, paprika, cumin, rosemary

Nuts & Seeds

Walnuts (½ cup)
Almonds (½ cup)
Pistachios (¼ cup)
Chia seeds (¼ cup)

Snacks & Desserts

Dark chocolate (1 bar, 70%)
Honey or maple syrup (½ cup)

WEEK 5 — MEDITERRANEAN ANTI-INFLAMMATORY MEAL PLAN FOR 2 PEOPLE

Day	Breakfast	Lunch	Dinner	Snack / Dessert
Mon	Overnight Oats with Almond Milk & Blueberries	Quinoa & Roasted Vegetable Bowl	Baked Chicken with Potatoes, Onions & Olive Oil	Greek Yogurt with Honey & Pistachios
Tue	Greek Yogurt Smoothie with Spinach & Banana	Mediterranean Chickpea Salad with Lemon Dressing	One-Pot Chickpea & Spinach Curry + Brown Rice	Baked Apples with Cinnamon & Walnuts
Wed	Spinach & Feta Omelet	Grilled Chicken Salad with Olive Oil & Lemon	Lentil & Sweet Potato Stew	Berry & Yogurt Frozen Bark
Thu	Avocado Toast with Olive Oil & Cherry Tomatoes	White Bean & Kale Stew + Greek Salad	Mediterranean Pasta with Olive Oil & Roasted Vegetables	Poached Pears with Spiced Honey Syrup
Fri	Warm Quinoa Breakfast Bowl with Apples & Cinnamon	Tuna & Avocado Mediterranean Wrap	Tomato & Olive Baked Cod + Roasted Cauliflower	Olive Oil Lemon Cake
Sat	Mediterranean Pancakes with Olive Oil & Berries	Orzo Pasta with Zucchini & Tomatoes	Grilled Chicken with Olive Tapenade + Green Beans	Almond & Oat Cookies
Sun	Greek Yogurt with Honey, Walnuts & Berries	Lentil & Spinach Stew + Cucumber Salad	Vegetable & Barley Casserole + Couscous with Basil	Dark Chocolate-Dipped Fruit

WEEK 5 SHOPPING LIST (FOR 2 PEOPLE)

Produce

Apples (3)
Bananas (2)
Berries (2 cups)
Lemons (5)
Sweet potatoes (2)
Cherry tomatoes (2 cups)
Large tomatoes (4)
Zucchini (3)
Cucumbers (3)
Spinach (5 cups)
Kale (2 cups)
Onions (4)
Garlic (1 bulb)
Cauliflower (1 small head)
Green beans (2 cups)
Fresh parsley, basil, mint (1 bunch each)

Protein & Seafood

Chicken breasts (4 pieces)
Cod fillets (2)
Canned tuna (2 cans)
Eggs (1 dozen)
Feta cheese (4 oz / 115 g)
Greek yogurt (32 oz / 900 g)

Grains & Legumes

Quinoa (2 cups)
Brown rice (1 cup)
Barley (½ cup)
Lentils (2 cups)
Chickpeas (2 cans)
White beans (1 can)
Orzo or GF pasta (1½ cups)
Rolled oats (2 cups)
Whole-grain bread (1 loaf)
Couscous (1 cup)

Pantry & Oils

Olive oil (extra virgin – 500 ml)
Honey (½ cup)
Almond milk (1 liter)
Tahini (¼ cup)
Crushed tomatoes (2 cans)
Tomato paste (1 small can)
Almond flour (½ cup)
Baking powder (1 tsp)

Spices & Seasonings

Sea salt, black pepper
Oregano, thyme, basil, cinnamon, cumin, rosemary
Optional: turmeric, ginger

Nuts & Seeds

Walnuts (½ cup)
Almonds (½ cup)
Pistachios (¼ cup)
Chia seeds (¼ cup)

Snacks & Desserts

Dark chocolate (1 bar, 70%)
Honey or maple syrup (½ cup)

WEEK 6 — MEDITERRANEAN ANTI-INFLAMMATORY MEAL PLAN FOR 2 PEOPLE

Day	Breakfast	Lunch	Dinner	Snack / Dessert
Mon	Overnight Oats with Almond Milk & Blueberries	Mediterranean Lentil Soup with Olive Oil	One-Pan Chicken with Garlic, Onions & Tomatoes	Greek Yogurt with Honey & Pistachios
Tue	Greek Yogurt with Honey, Walnuts & Berries	Quinoa Tabbouleh with Parsley & Mint + Greek Salad	Baked Sardines with Lemon & Olive Oil + Roasted Vegetables	Baked Apples with Cinnamon & Walnuts
Wed	Avocado Toast with Olive Oil & Cherry Tomatoes	Mediterranean Hummus Plate with Veggies	Lentil & Vegetable Shepherd's Pie	Poached Pears with Spiced Honey Syrup
Thu	Spinach & Feta Omelet	Grilled Chicken Salad with Lemon Dressing	Tomato & Olive Baked Cod + Barley with Spinach	Almond & Oat Cookies
Fri	Warm Quinoa Breakfast Bowl with Apples & Cinnamon	Chickpea & Spinach Soup + Whole-Grain Toast	Vegetable & Barley Casserole	Olive Oil Lemon Cake
Sat	Mediterranean Pancakes with Olive Oil & Fresh Berries	Tuna & Avocado Wrap	One-Pot Chickpea & Spinach Curry + Brown Rice	Berry & Yogurt Frozen Bark
Sun	Cottage Cheese with Peaches & Chia Seeds	Lentil Salad with Roasted Vegetables	Greek Chicken & Rice with Lemon & Herbs	Dark Chocolate-Dipped Fruit

WEEK 6 SHOPPING LIST (FOR 2 PEOPLE)

Produce

Apples (3)
Bananas (2)
Berries (2 cups)
Peaches (2)
Lemons (5)
Tomatoes (4)
Cherry tomatoes (2 cups)
Cucumbers (3)
Spinach (5 cups)
Kale (2 cups)
Onions (4)
Garlic (1 bulb)
Zucchini (3)
Carrots (3)
Bell peppers (2)
Fresh parsley, basil, mint (1 bunch each)

Protein & Seafood

Chicken breasts (4 pieces)
Cod fillets (2)
Sardines (fresh or canned, 2 portions)
Eggs (1 dozen)
Feta cheese (4 oz / 115 g)
Greek yogurt (32 oz / 900 g)
Cottage cheese (1 cup)
Canned tuna (2 cans)

Grains & Legumes

Quinoa (2 cups)
Brown rice (1 cup)
Barley (½ cup)
Lentils (2 cups)
Chickpeas (2 cans)
Rolled oats (2 cups)
Whole-grain bread (1 loaf)

Pantry & Oils

Olive oil (extra virgin – 500 ml)
Honey (½ cup)
Almond milk (1 liter)
Tahini (¼ cup)
Crushed tomatoes (2 cans)
Tomato paste (1 can)
Almond flour (½ cup)
Baking powder (1 tsp)

Spices & Seasonings

Sea salt, black pepper
Oregano, thyme, basil, cinnamon, cumin,
rosemary
Paprika (optional)

Nuts & Seeds

Walnuts (½ cup)
Almonds (½ cup)
Pistachios (¼ cup)
Chi seeds (¼ cup)

Snacks & Desserts

Dark chocolate (1 bar, 70%)
Honey or maple syrup (½ cup)

WEEK 7 — MEDITERRANEAN ANTI-INFLAMMATORY MEAL PLAN FOR 2 PEOPLE

Day	Breakfast	Lunch	Dinner	Snack / Dessert
Mon	Greek Yogurt with Honey, Walnuts & Berries	Mediterranean Chickpea Salad with Lemon Dressing	Tomato & Olive Baked Cod + Steamed Green Beans with Almonds	Almond & Oat Cookies
Tue	Avocado Toast with Olive Oil & Cherry Tomatoes	Tuna & Avocado Mediterranean Wrap	Vegetable & Barley Casserole + Roasted Cauliflower	Baked Apples with Cinnamon & Walnuts
Wed	Spinach & Feta Omelet	Quinoa Tabbouleh with Parsley & Mint + Greek Salad	Grilled Chicken with Olive Tapenade + Rice Pilaf with Herbs	Greek Yogurt with Honey & Pistachios
Thu	Overnight Oats with Almond Milk & Blueberries	White Bean Salad with Sun-Dried Tomatoes	Baked Eggplant with Tomato Sauce & Herbs	Berry & Yogurt Frozen Bark
Fri	Warm Quinoa Breakfast Bowl with Apples & Cinnamon	Stuffed Bell Peppers with Quinoa & Feta	One-Pot Chickpea & Spinach Curry + Couscous with Basil	Poached Pears with Spiced Honey Syrup
Sat	Cottage Cheese with Peaches & Chia Seeds	Lentil Salad with Roasted Vegetables	Greek Chicken & Rice with Lemon & Herbs	Dark Chocolate-Dipped Fruit
Sun	Mediterranean Pancakes with Olive Oil & Berries	Baked Salmon with Herbs & Olive Oil + Roasted Vegetables	One-Pot Barley & Mushroom Risotto	Olive Oil Lemon Cake

WEEK 7 SHOPPING LIST (FOR 2 PEOPLE)

Produce

Apples (3)
Bananas (2)
Berries (2 cups)
Peaches (2)
Lemons (5)
Tomatoes (4 large + 2 cups cherry)
Cucumbers (3)
Bell peppers (2)
Zucchini (3)
Eggplant (1 medium)
Carrots (2)
Spinach (5 cups)
Green beans (2 cups)
Fresh parsley, basil, mint (1 bunch each)
Garlic (1 bulb)
Onions (4)

Protein & Seafood

Chicken breasts (4)
Salmon fillets (2)
Cod fillets (2)
Canned tuna (2 cans)
Eggs (1 dozen)
Feta cheese (4 oz / 115 g)
Cottage cheese (1 cup)
Greek yogurt (32 oz / 900 g)

Grains & Legumes

Quinoa (2 cups)
Barley (½ cup)
Brown rice (1 cup)
Couscous (1 cup)
Rolled oats (2 cups)
Lentils (2 cups)
Chickpeas (2 cans)
White beans (1 can)
Whole-grain bread (1 loaf)

Pantry & Oils

Olive oil (extra virgin – 500 ml)
Honey (½ cup)
Almond milk (1 liter)
Tahini (¼ cup)
Crushed tomatoes (2 cans)
Tomato paste (1 can)
Almond flour (½ cup)
Baking powder (1 tsp)

Spices & Seasonings

Sea salt, black pepper
Oregano, thyme, basil, cinnamon, paprika,
cumin, rosemary

Nuts & Seeds

Walnuts (½ cup)
Almonds (½ cup)
Pistachios (¼ cup)
Chia seeds (¼ cup)

Snacks & Desserts

Dark chocolate (1 bar, 70 %)
Honey or maple syrup (½ cup)

WEEK 8 — MEDITERRANEAN ANTI-INFLAMMATORY MEAL PLAN FOR 2 PEOPLE

Day	Breakfast	Lunch	Dinner	Snack / Dessert
Mon	Greek Yogurt Smoothie with Banana & Spinach	Mediterranean Chickpea Salad with Lemon Dressing	Baked Sardines with Lemon & Olive Oil + Roasted Vegetables	Greek Yogurt with Honey & Pistachios
Tue	Warm Quinoa Breakfast Bowl with Apples & Cinnamon	Lentil & Spinach Stew	One-Pot Chickpea & Spinach Curry + Couscous with Basil	Baked Apples with Cinnamon & Walnuts
Wed	Avocado Toast with Olive Oil & Cherry Tomatoes	White Bean Salad with Sun-Dried Tomatoes	Grilled Chicken with Olive Tapenade + Green Beans with Almonds	Berry & Yogurt Frozen Bark
Thu	Spinach & Feta Omelet	Orzo Pasta with Roasted Zucchini & Tomatoes	Tomato & Olive Baked Cod + Rice Pilaf with Herbs	Poached Pears with Spiced Honey Syrup
Fri	Overnight Oats with Almond Milk & Blueberries	Tuna & Avocado Mediterranean Wrap	Lentil & Sweet Potato Stew	Almond & Oat Cookies
Sat	Cottage Cheese with Peaches & Chia Seeds	Greek Chickpea & Cucumber Salad	Greek Chicken & Rice with Lemon & Herbs	Olive Oil Lemon Cake
Sun	Mediterranean Pancakes with Olive Oil & Fresh Berries	Grilled Chicken Salad with Olive Oil & Lemon	Vegetable & Barley Casserole + Roasted Cauliflower	Dark Chocolate-Dipped Fruit

WEEK 8 SHOPPING LIST (FOR 2 PEOPLE)

Produce

Apples (3)
Bananas (2)
Berries (2 cups)
Peaches (2)
Lemons (5)
Tomatoes (4 large + 2 cups cherry)
Cucumbers (3)
Zucchini (3)
Spinach (5 cups)
Sweet potatoes (2)
Green beans (2 cups)
Eggplant (1)
Onions (4)
Garlic (1 bulb)
Fresh parsley, basil, mint (1 bunch each)

Protein & Seafood

Chicken breasts (4 pieces)
Sardines (fresh or canned, 2 portions)
Cod fillets (2)
Canned tuna (2 cans)
Eggs (1 dozen)
Feta cheese (4 oz / 115 g)
Cottage cheese (1 cup)
Greek yogurt (32 oz / 900 g)

Grains & Legumes

Quinoa (2 cups)
Barley (½ cup)
Brown rice (1 cup)
Couscous (1 cup)
Rolled oats (2 cups)
Lentils (2 cups)
Chickpeas (2 cans)
White beans (1 can)
Orzo or whole-grain pasta (1½ cups)
Whole-grain bread (1 loaf)

Pantry & Oils

Olive oil (extra virgin – 500 ml)
Honey (½ cup)
Almond milk (1 liter)
Tahini (¼ cup)
Crushed tomatoes (2 cans)
Tomato paste (1 can)
Almond flour (½ cup)
Baking powder (1 tsp)

Spices & Seasonings

Sea salt, black pepper
Oregano, thyme, basil, cinnamon, cumin, rosemary

Nuts & Seeds

Walnuts (½ cup)
Almonds (½ cup)
Pistachios (¼ cup)
Chia seeds (¼ cup)

Snacks & Desserts

Dark chocolate (1 bar, 70%)
Honey or maple syrup (½ cup)

CHAPTER 15. MEDITERRANEAN LIFESTYLE HABITS

The Mediterranean diet is more than a way of eating — it's a way of living. Beyond fresh ingredients and olive oil, it's about balance, joy, connection, and gratitude. Here's how to bring that same vitality and calm into your everyday life.

THE POWER OF COMMUNITY MEALS

In Mediterranean villages, meals are rarely eaten alone. Families, neighbors, and friends gather around the table to share food, stories, and laughter. Science now confirms what the culture always knew: eating together strengthens emotional health, improves digestion, and even supports longevity.

Try this at home:

- Invite a friend or family member to share one meal each week.
- Keep phones off the table and focus on conversation.
- Serve simple dishes—fresh bread, salad, soup, and olive oil are enough.
- Eat slowly and savor each bite, just as you would a special occasion.

✓ **Small daily ritual:** sit down at the table for every meal, even if you're eating alone. Light a candle, play soft music, or take a deep breath before you begin.

MINDFUL EATING RITUALS

Mediterranean cultures value food as nourishment, not a rush. They eat with all their senses—appreciating aroma, color, and texture. Mindful eating helps you connect with your body's cues and prevents overeating or fatigue.

Simple mindful habits:

- Start your meal with gratitude—thank your body and the farmers who made it possible.
- Take smaller bites, chew slowly, and set your fork down between bites.
- Notice how your food makes you feel—energized, calm, or heavy—and adjust choices accordingly.
- Stop eating when you feel satisfied, not full.

✓ **Mini habit:** Begin each meal with one deep breath and one sip of water. It instantly slows your pace and enhances digestion.

ENJOYING MOVEMENT EVERY DAY

In the Mediterranean, movement is natural—not forced.

People walk to the market, garden, dance, or stroll by the sea. You don't need a gym membership—just regular, joyful motion.

Incorporate gentle daily movement:

- Walk 15–30 minutes after meals to aid digestion.
- Stretch in the morning to loosen joints.
- Practice light strength training or yoga twice a week.
- Dance to music you love—motion should bring joy, not pressure.

✓ **Tip:** Pair movement with connection. Walk with a friend or listen to uplifting music while you stretch.

STRESS REDUCTION PRACTICES

The Mediterranean way values rest as much as activity. Chronic stress triggers inflammation, fatigue, and emotional eating. Balancing rest and pleasure is essential for healthy aging.

Daily calm practices:

- Spend 5–10 minutes outdoors each morning—sunlight boosts serotonin.
- Try deep breathing: inhale for 4 counts, exhale for 6.
- Practice gratitude journaling before bed—write down three things you appreciated today.
- Limit news and social media during meals and evenings.
- Enjoy herbal teas (chamomile, mint, or lemon balm) to unwind naturally.

✓ **End-of-day ritual:** sit quietly for two minutes, close your eyes, and take slow, deep breaths. Let go of the day and return to the present moment.

Bringing It All Together

When you eat fresh, move gently, connect often, and rest deeply, your body naturally finds balance.

This is the essence of the Mediterranean lifestyle — not perfection, but presence.

Each mindful choice, each shared meal, and each walk under the sun nourishes more than your body — it nourishes your life.

CONCLUSION: LIVING VIBRANTLY AT EVERY AGE

The Mediterranean lifestyle is not a quick fix — it's a lifelong friendship with your body, your food, and your well-being.

By embracing this way of eating and living, you've taken a powerful step toward **vibrant health, emotional balance, and lasting energy.**

This isn't the end of your journey — it's the beginning of a joyful, sustainable rhythm that celebrates life at every age

CELEBRATE YOUR PROGRESS

Pause and recognize how far you've come.

You've learned to nourish your body with whole, colorful foods, to enjoy meals with intention, and to listen to your body's signals.

Every recipe you've tried, every new habit you've formed — it all matters.

Celebrate small victories:

- Feeling more energetic in the morning.
- Moving more freely with less stiffness.
- Sleeping more deeply and waking more refreshed.
- Enjoying meals without guilt or confusion.

✓ **Remember:** lasting health comes not from restriction, but from consistency and joy.

HOW TO MAINTAIN THIS LIFESTYLE LONG-TERM

The key to sustaining your anti-inflammatory Mediterranean routine is **simplicity and flexibility.**

Life changes — seasons shift, plans evolve — but your foundation can remain the same.

Keep it easy and lasting:

- Continue meal planning each week (use your 90-day guide for rotation).
- Shop seasonally — choose local fruits and vegetables for freshness and variety.
- Prep staples like grains, beans, and dressings ahead of time.
- Keep olive oil, herbs, and citrus in your kitchen at all times — they're the heart of the Mediterranean flavor.
- Allow yourself treats — a glass of wine, a homemade cookie, or a leisurely dinner with friends. Balance, not perfection, is the goal.

✓ **Tip:** When motivation dips, return to your "why." You're not just eating well — you're building energy, strength, and freedom for the years ahead.

GRATITUDE AND JOYFUL LIVING

At the heart of the Mediterranean lifestyle is gratitude — for food, community, and the beauty of each new day.

When we eat with appreciation and live with intention, we nourish both body and soul.

Daily gratitude practices:

- Say “thank you” before each meal — to yourself, your food, and the moment.
- Keep a small gratitude journal — write down three good things each evening.
- Spend time outdoors every day — sunshine and fresh air are natural medicine.
- Share kindness — cook a meal for someone, smile at a stranger, or simply listen.
- Life is not meant to be rushed — it’s meant to be savored.

The Mediterranean way reminds us that health is not just the absence of illness but the presence of joy, balance, and connection.

Your Next Chapter

You now hold the tools to live vibrantly — not through dieting, but through *living with awareness and pleasure*.

Keep experimenting with flavors, keep moving, and most importantly, keep celebrating your body’s incredible ability to thrive.

Here’s to your health, energy, and happiness —

Today, tomorrow, and for all the beautiful years ahead

ABOUT THE AUTHOR

Beata Pierce is a passionate home cook, nutrition enthusiast, and cookbook creator dedicated to making **healthy living simple, flavorful, and joyful — at every age.**

Her mission is to help readers feel energized, confident, and cared for through wholesome food and mindful daily habits.

After years of exploring nutrition and the healing power of Mediterranean and anti-inflammatory foods, Beata began creating approachable recipes designed for real life — meals that are easy to prepare, budget-friendly, and nourishing for the body and soul.

She believes that cooking shouldn’t feel complicated or restrictive — it should be an act of love and self-care.

In her cookbooks, Beata combines:

Simple, balanced recipes made with everyday ingredients.

Weekly meal plans and shopping lists to reduce stress and decision fatigue.

Practical tips for maintaining energy, mobility, and mental clarity.

Lifestyle guidance for mindfulness, hydration, movement, and gratitude.

Her readers appreciate her encouraging, down-to-earth style and her belief that small, consistent changes create lasting wellness.