

# **Heart-Healthy Cookbook for Beginners:**

**150+ Easy and Delicious Recipes to Boost Vitality and Improve Cardiovascular Wellness Naturally. Includes a 30-Day Meal Plan to Reduce Cholesterol**

**Bridget Woolery**

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# Introduction

## What Is a Heart-Healthy Diet?

A heart-healthy diet is a way of eating that supports the cardiovascular system, reduces risk factors for heart disease, and helps maintain overall well-being. This approach to nutrition emphasizes foods that nourish the body while limiting those that may put stress on the heart.

## Key Principles

### 1. Low Sodium (Salt)

Reducing sodium intake helps prevent high blood pressure — one of the main risk factors for heart disease. Instead of salt, use herbs, spices, lemon, or vinegar to add flavor.

### 2. Low Saturated Fat

Choose lean meats, low-fat dairy products, and limit butter and fried foods. This helps lower cholesterol and keeps blood vessels healthy.

### 3. High Fiber

Fiber from whole grains, fruits, vegetables, and legumes supports digestion, helps control blood sugar, and lowers cholesterol.

### 4. Whole Grains

Oats, brown rice, quinoa, and whole wheat provide steady energy, essential nutrients, and protect heart health.

### 5. Lean Protein

Include fish, skinless poultry, beans, tofu, and lentils. These foods provide protein without excess saturated fat.

### 6. Healthy Fats

Focus on sources of unsaturated fats such as olive oil, avocado, nuts, and seeds. These fats support good cholesterol levels and reduce inflammation.

Nutrition has a profound impact on heart health. Every food choice—from breakfast to dinner—either supports the heart and blood vessels or adds unnecessary strain. Foods rich in fiber, healthy fats, and essential vitamins help lower cholesterol, stabilize blood pressure, and reduce the risk of cardiovascular disease.

The purpose of this book is to show that caring for your heart can be both delicious and enjoyable. Inside, you will discover simple recipes that combine health benefits with great taste. Our goal is to inspire you not just to cook, but to create a lifestyle that nurtures your heart and brings joy into your everyday life.

## Heart Friends and Foes

| Friends               | Foes                |
|-----------------------|---------------------|
| Vegetables and fruits | Fried and fast food |
| Fish and seafood      | Sweets              |
| Nuts and seeds        | Too much salt       |
| Whole grains          | Fatty meat          |
| Olive oil             | Soda                |

Eating well keeps your heart strong, gives you more energy, and reduces the risk of disease.

## How to Use This Cookbook

This book is designed to inspire you to cook delicious and healthy meals. To make it easy, every recipe follows the same structure:

1. **Recipe Title** — so you know what you're cooking right away.
2. **Yield (Servings)** — helps you plan your ingredients.
3. **Preparation & Cooking Time** — includes both prep and cooking time.
4. **Ingredients** — a clear list with exact measurements.
5. **Step-by-Step Instructions** — simple steps that are easy to follow.

### Helpful tips:

- Always read the recipe through before you start.
- Prepare your ingredients in advance.
- Feel free to make substitutions (e.g., plant-based milk instead of dairy) to suit your needs

## A Positive Approach to Eating for Your Heart

A heart-healthy diet is not about strict rules or giving up everything you love — it is about discovering new flavors, enjoying colorful meals, and nourishing your body with care. Every recipe in this book is designed to be both delicious and beneficial, proving that healthy eating can be joyful, satisfying, and sustainable. By choosing these meals, you are taking small but powerful steps toward a stronger heart and a healthier future.

# Chapter 1. Breakfasts

# Overnight Oats with Berries & Chia

## INGREDIENTS

1 cup (240 ml) unsweetened almond milk (or other unsweetened plant-based milk, fortified with calcium & vitamin D)  
1 cup (90 g) old-fashioned rolled oats (whole grain, no added salt)  
2 tbsp (20 g) chia seeds  
1 tbsp (20 g) ground flaxseed (optional, for extra omega-3s)  
1 tsp pure  
g) mixed berries (blueberries  
vanilla extract (optional, for flavor)  
1 cup (150, raspberries, strawberries; fresh or frozen)

Prep. time: 10 min

Cook time: 0 min

Serves: 2

## DIRECTIONS

**Combine Dry Ingredients:** In a medium bowl or jar, mix rolled oats, chia seeds, and flaxseed.

**Add Liquids & Flavor:** Pour in almond milk and stir in vanilla extract. If using maple syrup or honey, add now.

**Add Berries:** Gently fold in the berries. If using frozen berries, no need to thaw.

**Mix & Refrigerate:** Stir well so chia seeds are evenly distributed. Cover and refrigerate for 6–8 hours.

**Serve:** In the morning, stir and adjust consistency with almond milk if needed. Top with walnuts or cinnamon.

# Mediterranean Vegetable Omelet

## INGREDIENTS

4 large egg whites + 2 large whole eggs, 1/4 cup (60 ml) skim milk or unsweetened almond milk  
1 cup (150 g) diced tomatoes  
1/2 cup (75 g) diced red bell pepper, 1/2 cup (75 g) diced zucchini  
1/4 cup (30 g) chopped red onion  
1/2 cup (40 g) fresh spinach leaves, 1 tbsp (15 ml) extra-virgin olive oil, 1 tbsp (15 g) crumbled low-fat feta cheese (optional)  
1 tbsp fresh parsley or basil, chopped  
Pinch of ground black pepper (optional)

Prep. time: 10 min

Cook time: 10 min

Serves: 2

## DIRECTIONS

**Prepare Vegetables:** Wash and dice tomatoes, bell pepper, zucchini, and onion. Rinse spinach leaves.

**Whisk Eggs:** In a medium bowl, whisk together egg whites, whole eggs, milk, and black pepper until slightly frothy.

**Sauté Vegetables:** Heat olive oil in a non-stick skillet over medium heat. Add onion, bell pepper, and zucchini; cook for 3–4 minutes until softened.

**Add Tomatoes & Spinach:** Stir in tomatoes and spinach, cooking for another 1–2 minutes until spinach wilts.

**Pour Egg Mixture:** Reduce heat to low, pour eggs evenly over vegetables. Cook without stirring until eggs begin to set around the edges.

**Add Cheese (Optional):** Sprinkle low-fat feta on top.

**Finish Cooking:** Cover skillet with a lid and cook for 2–3 minutes until eggs are fully set. Fold the omelet in half and serve warm.

# Whole Grain Banana Pancakes

## INGREDIENTS

1 cup (120 g) whole wheat flour  
1 tsp baking powder (low-sodium)  
½ tsp baking soda  
½ tsp cinnamon  
2 ripe bananas (mashed)  
1 egg (or 2 egg whites)  
1 cup (240 ml) unsweetened almond milk  
1 tsp vanilla extract  
1 tbsp olive or avocado oil  
*Optional:* flax/chia seeds, chopped nuts, berries

Prep. time: 10 min

Cook time: 12 min

Serves: 4

## DIRECTIONS

Mix dry ingredients (flour, baking powder, soda, cinnamon).

Mash bananas, add egg, milk, vanilla, and oil.

Combine wet and dry mixtures. Fold in optional seeds, nuts, or berries.

Cook ¼ cup batter per pancake on a lightly greased skillet: 2–3 min per side.

Serve warm with fruit, a little honey or maple syrup, and nuts/seeds.

# Avocado Toast on Whole Wheat with Tomato Slice

## INGREDIENTS

2 slices whole wheat bread  
(preferably 100% whole grain, no added sodium)  
1 ripe avocado (medium, about 150 g)  
1 medium tomato (about 120 g), sliced  
1 teaspoon fresh lemon juice  
¼ teaspoon ground black pepper  
*Optional:* fresh basil leaves or microgreens for garnish  
*Optional:* 1/8 teaspoon red pepper flakes for mild spice

Prep. time: 10 min

Cook time: 0 min

Serves: 2

## DIRECTIONS

Lightly toast the whole wheat bread slices to your desired crispness.

While the bread is toasting, cut the avocado in half, remove the pit, and scoop the flesh into a small bowl.

Add fresh lemon juice to the avocado and mash with a fork until creamy but slightly chunky.

Evenly spread the mashed avocado over each toasted bread slice.

Top each slice with fresh tomato slices.

Sprinkle with ground black pepper and, if desired, red pepper flakes.

Garnish with fresh basil leaves or microgreens for extra flavor and nutrients.

Serve immediately to enjoy the freshness of the ingredients.

# Greek Yogurt with Fresh Fruit & Flaxseeds

## INGREDIENTS

1 cup (240 g) low-fat Greek yogurt (unsweetened, plain)

1 cup (150 g) fresh mixed fruit (e.g., berries, kiwi, mango, or peach), chopped

2 teaspoons ground flaxseeds

1 teaspoon honey or pure maple syrup (optional, for sweetness)

1/4 teaspoon ground cinnamon (optional)

Fresh mint leaves for garnish (optional)

Prep. time: 5 min

Cook time: 0 min

Serves: 2

## DIRECTIONS

Spoon half of the Greek yogurt into two serving bowls or glasses.

Add a layer of fresh mixed fruit on top of the yogurt.

Sprinkle 1 teaspoon of ground flaxseeds over each serving.

If desired, drizzle with honey or maple syrup for natural sweetness.

Add a pinch of cinnamon for extra flavor and antioxidants.

Garnish with fresh mint leaves for a refreshing touch.

Serve immediately to preserve the texture and nutrients of the fresh fruit.

# Spinach & Mushroom Egg Scramble

## INGREDIENTS

4 large eggs (or 2 eggs + 4 egg whites)

1 cup fresh spinach, chopped

1 cup mushrooms, sliced

1 tbsp olive oil or avocado oil

1/8 tsp ground black pepper

Optional: fresh herbs (parsley, chives) for garnish

Prep. time: 5 min

Cook time: 7 min

Serves: 2

## DIRECTIONS

Whisk eggs (and egg whites if using) in a bowl until smooth.

Heat olive oil in a nonstick skillet over medium heat.

Add mushrooms and sauté for 3–4 minutes until softened.

Add spinach and cook for 1–2 minutes until wilted.

Pour eggs into the skillet and cook gently, stirring, until set.

Season with black pepper and garnish with fresh herbs.

# Apple-Cinnamon Quinoa Breakfast Bowl

## INGREDIENTS

1 cup cooked quinoa  
1 medium apple, diced  
1 tsp cinnamon  
1/2 cup unsweetened almond milk  
1 tbsp flaxseeds  
1 tsp honey (optional)

Prep. time: 5 min

Cook time: 15 min

Serves: 2

## DIRECTIONS

In a small pot, combine cooked quinoa, almond milk, and cinnamon.

Heat over medium heat, stirring, until warmed through.

Add diced apple and cook for 2–3 minutes until softened.

Stir in flaxseeds and drizzle with honey if desired.

Serve warm.

# Blueberry-Almond Smoothie

## INGREDIENTS

1 cup unsweetened almond milk  
1 cup frozen blueberries  
1 tbsp almond butter  
1 tbsp ground flaxseeds  
1/2 banana  
Optional: 1/2 tsp vanilla extract

Prep. time: 3 min

Cook time: 0 min

Serves: 2

## DIRECTIONS

Place all ingredients into a blender.

Blend until smooth and creamy.

Pour into glasses and serve immediately

# Sweet Potato Breakfast Hash

## INGREDIENTS

- 2 small sweet potatoes, diced
- 1 tbsp olive oil
- 1/4 tsp paprika
- 1/8 tsp black pepper
- 1/2 cup diced bell peppers
- 1/2 cup diced onions
- Optional: fresh parsley for garnish

Prep. time: 5 min

Cook time: 15 min

Serves: 2

## DIRECTIONS

Heat olive oil in a skillet over medium heat.

Add diced sweet potatoes and cook for 8–10 minutes until tender.

Add bell peppers and onions; cook for another 5 minutes until vegetables are soft.

Season with paprika and pepper.

Garnish with parsley before serving.

# Cottage Cheese with Peach Slices & Cinnamon

## INGREDIENTS

- 1 cup low-fat cottage cheese
- 1 medium peach, sliced
- 1/4 tsp cinnamon
- Optional: 1 tsp honey or maple syrup

Prep. time: 3 min

Cook time: 0 min

Serves: 2

## DIRECTIONS

Spoon cottage cheese into serving bowls.

Top with peach slices.

Sprinkle with cinnamon and drizzle with honey if desired.



# Oatmeal with Pear and Walnuts

## INGREDIENTS

Rolled oats – ½ cup (45 g)

Water or unsweetened almond milk – 1 cup (240 ml)

Pear – 1 medium (150 g), chopped

Walnuts – 2 tbsp (15 g), chopped

Ground cinnamon – ¼ tsp

Prep. time: 10 min

Cook time: 5-7 min

Serves: 2

## DIRECTIONS

In a small pot, bring water or almond milk to a boil.

Add oats and cook for 5–7 minutes, stirring occasionally.

Stir in chopped pear, walnuts, and cinnamon.

Serve warm.

# Savory Quinoa & Veggie Breakfast Bowl

## INGREDIENTS

Cooked quinoa – 1 cup (185 g)

Spinach – 1 cup (30 g)

Cherry tomatoes – 6 pcs (90 g), halved

Olive oil – 1 tsp

Egg – 2

Salt, pepper – to taste

Prep. time: 15 min

Cook time: 5-7 min

Serves: 2

## DIRECTIONS

Heat olive oil in a skillet, sauté spinach and tomatoes for 2–3 minutes.

Add quinoa and mix well.

Fry eggs separately or poach them, then place them on top of the quinoa-vegetable mixture.

Season with salt and pepper.

# Banana-Peanut Butter Smoothie Bowl

## INGREDIENTS

Ingredients:

Banana – 1 large (120 g)

Unsweetened almond milk – ½ cup (120 ml)

Peanut butter – 1 tbsp (16 g)

Chia seeds – 1 tsp (5 g)

Rolled oats – 2 tbsp (15 g)

Prep. time: 5 min

Cook time: 0 min

Serves: 2

## DIRECTIONS

Blend banana, almond milk, peanut butter, and oats until smooth.

Pour into bowls and sprinkle chia seeds on top.

# Whole-Grain Waffles with Mixed Berrie

## INGREDIENTS

Whole-grain flour – ½ cup (60 g)

Baking powder – ½ tsp

Egg – 1

Unsweetened almond milk – ½ cup (120 ml)

Olive oil – 1 tsp

Mixed berries – ½ cup (75 g)

Prep. time: 20 min

Cook time: 3-5 min

Serves: 2

## DIRECTIONS

Preheat waffle iron.

Mix flour and baking powder. Add egg, almond milk, and olive oil; mix until smooth.

Cook batter in waffle iron for 3–5 minutes.

Top with mixed berries.

# Scrambled Tofu with Spinach and Bell Peppers

## INGREDIENTS

Firm tofu – 200 g, crumbled

Spinach – 1 cup (30 g)

Bell pepper – ½ medium (75 g),  
diced

Olive oil – 1 tsp

Turmeric – ¼ tsp

Salt, pepper – to taste

Prep. time: 5 min

Cook time: 10 min

Serves: 2

## DIRECTIONS

Heat olive oil in a skillet.

Sauté bell pepper for 2–3 minutes, add spinach, and cook 1 minute.

Add crumbled tofu and turmeric, cook 5 minutes, stirring occasionally.

Season with salt and pepper, serve warm.

# Buckwheat with Milk and Blueberries

## INGREDIENTS

1 cup (160 g) buckwheat groats

2 cups (480 ml) water

1 cup (240 ml) low-fat mil

½ cup (70 g) fresh or frozen  
blueberries

1 tsp honey (optional)

Prep. time: 5 min

Cook time: 15 min

Serves: 2

## DIRECTIONS

Cook the buckwheat in water until tender (about 15 minutes).

Pour in milk and heat for another 3 minutes.

Serve with blueberries and honey.

# **Chapter 2.**

## **Snacks & Appetizers**

# Roasted Chickpeas with Paprika

## INGREDIENTS

Chickpeas, canned or cooked – 1 cup (165 g)

Olive oil – 1 tsp

Paprika – ½ tsp

Garlic powder – ¼ tsp

Salt – pinch

Prep. time: 5 min

Cook time: 25 min

Serves: 2

## DIRECTIONS

Preheat oven to 200 °C (390 °F).

Rinse and dry chickpeas well.

Toss with olive oil, paprika, garlic powder, and salt.

Spread evenly on a baking sheet.

Roast 20–25 minutes, shaking halfway, until crispy.

Cool slightly before serving.

# Veggie Sticks with Hummus

## INGREDIENTS

Carrot – 1 medium (70 g)

Cucumber – ½ medium (75 g)

Bell pepper – ½ medium (60 g)

Hummus – 4 tbsp (60 g)

Prep. time: 5 min

Cook time: 0 min

Serves: 2

## DIRECTIONS

Cut vegetables into sticks.

Serve with hummus on the side.

# Stuffed Mini Bell Peppers with Quinoa

## INGREDIENTS

Mini bell peppers – 6 (150 g)

Cooked quinoa – ½ cup (90 g)

Cherry tomatoes – ¼ cup (40 g),  
chopped

Fresh basil – 1 tsp, chopped

Olive oil – 1 tsp

Prep. time: 10 min

Cook time: 15 min

Serves: 2

## DIRECTIONS

Preheat oven to 180°C (350°F).

Cut the tops off the peppers and remove seeds.

Mix quinoa, tomatoes, basil, and olive oil. Fill peppers with the mixture.

Bake 12–15 min until peppers are tender.

# Baked Zucchini Fries

## INGREDIENTS

**Zucchini – 1 medium**

## INGREDIENTS

edum (200 g)

Whole-wheat breadcrumbs – ¼  
cup (25 g)

Parmesan, grated – 2 tbsp (10 g)

Olive oil – 1 tsp

Garlic powder – ¼ tsp

Prep. time: 10 min

Cook time: 20 min

Serves: 2

## DIRECTIONS

Preheat oven to 200°C (400°F).

Cut zucchini into sticks. Mix breadcrumbs, parmesan, and garlic.

Coat zucchini with olive oil and roll in breadcrumb mixture.

Bake 20 min until golden.

## Edamame with Sea Salt

### INGREDIENTS

Edamame, shelled – 1 cup (155 g)

Sea salt – pinch

Prep. time: 5 min

Cook time: 5 min

Serves: 2

### DIRECTIONS

Boil edamame 5 minutes until tender.

Sprinkle with sea salt and serve.

## Avocado Toast with Tomato and Basil

### INGREDIENTS

Whole-grain bread – 2 slices (60 g)

Avocado – ½ medium (75 g)

Tomato – 1 medium (100 g), sliced

Fresh basil – 1 tsp, chopped

Lemon juice – ½ tsp

Prep. time: 5 min

Cook time: 0 min

Serves: 2

### DIRECTIONS

Toast bread slices.

Mash avocado with lemon juice and spread on toast.

Top with tomato slices and basil.

# Greek Yogurt Dip with Cucumber and Dill

## INGREDIENTS

Greek yogurt, low-fat – ½ cup (100 g)

Cucumber – ½ medium (75 g), grated

Fresh dill – 1 tsp, chopped

Lemon juice – ½ tsp

Garlic powder – ¼ tsp

Prep. time: 5 min

Cook time: 0 min

Serves: 2

## DIRECTIONS

Mix all ingredients in a bowl.

Chill 5 min before serving.

# Spicy Black Bean Salsa

## INGREDIENTS

rinsed

Red bell pepper – ½ medium (60g), diced

Tomato – ½ medium (50 g), diced Black beans, canned – ½ cup (90 g),

Onion – 2 tbsp (20 g), chopped

Lime juice – 1 tsp

Cumin – ¼ tsp

Chili powder – ¼ tsp

Prep. time: 10 min

Cook time: 0 min

Serves: 2

## DIRECTIONS

Mix all ingredients in a bowl.

Serve chilled or at room temperature with whole-grain crackers.



# Whole-Grain Crackers with Nut Butter

## INGREDIENTS

Whole-grain crackers – 6 pcs (30 g)

Almond or peanut butter – 2 tsp (10 g)

Prep. time: 5 min

Cook time: 0 min

Serves: 2

## DIRECTIONS

Spread nut butter on crackers.

Serve immediately.

# Caprese Skewers with Balsamic Glaze

## INGREDIENTS

Cherry tomatoes – 8 pcs (120 g)

Mozzarella balls – 8 pcs (100 g)

Fresh basil – 8 leaves

Balsamic glaze – 1 tsp

Prep. time: 10 min

Cook time: 0 min

Serves: 2

## DIRECTIONS

Skewer tomato, basil, and mozzarella alternately.

Drizzle with balsamic glaze.

Serve immediately.

# Lentil Patties with Garlic Yogurt Dip

## INGREDIENTS

1 cup cooked lentils  
1/2 cup rolled oats  
1/4 cup grated carrot  
2 tbsp chopped parsley  
1 garlic clove, minced  
1 egg (or 1 flax egg for vegan)  
1/2 tsp ground cumin  
1/4 tsp black pepper  
2 tbsp olive oil (for pan-frying)

### Garlic Yogurt Dip:

1/2 cup plain low-fat Greek yogurt  
1 garlic clove, minced  
1 tsp lemon juice

Prep. time: 15 min

Cook time: 20 min

Serves: 4

## DIRECTIONS

In a food processor, combine lentils, oats, carrot, parsley, garlic, egg, cumin, and pepper. Blend until the mixture holds together.

Shape into small patties.

Heat olive oil in a non-stick pan over medium heat. Cook patties for 3–4 minutes per side until golden brown.

For dip, mix Greek yogurt, garlic, lemon juice, and salt in a small bowl.

Serve patties warm with the dip.

# Baked Sweet Potato Chips with Rosemary

## INGREDIENTS

2 medium sweet potatoes, thinly sliced  
1 tbsp olive oil  
1 tsp fresh rosemary, finely chopped  
1/4 tsp sea salt

Prep. time: 10 min

Cook time: 25 min

Serves 3

## DIRECTIONS

Preheat oven to 375°F (190°C). Line a baking sheet with parchment paper.

Toss sweet potato slices with olive oil, rosemary, and salt.

Spread evenly on the baking sheet.

Bake for 20–25 minutes, flipping halfway, until crispy.

Let cool slightly before serving.

# Cucumber Rolls with Herbed Cream Cheese (Greek Yogurt-based)

## INGREDIENTS

2 large cucumbers, thinly sliced lengthwise

1/2 cup Greek yogurt (low-fat)

2 tbsp light cream cheese

1 tbsp fresh dill, chopped

1 tbsp fresh chives, chopped

1/2 tsp lemon zest

Prep. time: 15 min

Cook time: 0 min

Serves: 4

## DIRECTIONS

Mix Greek yogurt, cream cheese, dill, chives, and lemon zest until smooth.

Lay cucumber slices flat and spread a thin layer of the mixture.

Roll up each slice tightly and secure with a toothpick if needed.

Serve chilled.

# Quinoa & Spinach Mini Fritters

## INGREDIENTS

1 cup cooked quinoa

1 cup chopped spinach

1/4 cup grated zucchini (squeezed dry)

1 egg

1/4 cup whole-wheat breadcrumbs

1 garlic clove, minced

1/4 tsp black pepper

2 tbsp olive oil (for pan-frying)

Prep. time: 15 min

Cook time: 15 min

Serves: 4

## DIRECTIONS

In a large bowl, mix quinoa, spinach, zucchini, egg, breadcrumbs, garlic, and pepper.

Form small fritters.

Heat olive oil in a skillet over medium heat and cook fritters 3–4 minutes per side until golden.

Serve warm with a light yogurt dip or lemon wedge.

# Apple Slices with Almond Butter & Flax Seeds

## INGREDIENTS

2 medium apples, sliced  
2 tbsp unsalted almond butter  
1 tsp ground flax seeds

Prep. time: 5 min

Cook time: 0 min

Serves: 2

## DIRECTIONS

Slice apples into wedges.  
Spread almond butter on each slice.  
Sprinkle flax seeds on top.  
Serve immediately as a quick and heart-healthy snack.

# Carrot & Oat Energy Bites

## INGREDIENTS

Carrot & Oat Energy Bites  
Rolled oats – 1 cup (90 g)  
Grated carrot – 1 medium (70 g)  
Almond butter – 3 tbsp  
Honey or maple syrup – 2 tbsp  
Ground cinnamon – ½ tsp  
Chia seeds – 1 tbsp  
Raisins – 2 tbsp

Prep. time: 15 min

Cook time: 0 min

Serves: 4

## DIRECTIONS

In a medium bowl, combine oats, grated carrot, cinnamon, chia seeds, and raisins.  
Add almond butter, honey, and vanilla extract. Mix until the mixture sticks together.  
Scoop out small portions and roll into bite-sized balls.  
Chill in the refrigerator for 30 minutes before serving.

# **Chapter 3.**

## **Soups & Cream Soups**

# Tomato Basil Soup

## INGREDIENTS

large ripe tomatoes, chopped (400 g)  
1 medium onion, chopped (70 g)  
2 cloves garlic, minced  
2 cups low-sodium vegetable broth (480 ml)  
1 tbsp olive oil (15 ml)  
¼ cup fresh basil leaves, chopped  
Black pepper to taste

Prep. time: 25 min

Cook time: 20 min

Serves: 2

## DIRECTIONS

Heat olive oil in a pot, sauté onion and garlic until soft.

Add tomatoes, cook 5 minutes.

Pour in vegetable broth, simmer 15 minutes.

Blend until smooth, stir in basil.

Season with black pepper and serve warm

# Lentil & Spinach Soup

## INGREDIENTS

½ cup dry lentils, rinsed (100 g)  
2 cups low-sodium vegetable broth (480 ml)  
1 medium carrot, diced (70 g)  
1 small onion, chopped (50 g)  
2 cups fresh spinach (60 g)  
1 tbsp olive oil (15 ml)  
1 clove garlic, minced  
Black pepper and cumin to taste

Prep. time: 10 min

Cook time: 22 min

Serves: 2

## DIRECTIONS

Heat olive oil, sauté onion, garlic, and carrot.

Add lentils and vegetable broth. Simmer 20 minutes until tender.

Stir in spinach and cook 2 minutes.

Season with black pepper and cumin before serving.

# Creamy Broccoli Soup (with Greek Yogurt)

## INGREDIENTS

2 cups broccoli florets (200 g)  
1 small onion, chopped (50 g)  
2 cups low-sodium vegetable broth (480 ml)  
½ cup plain Greek yogurt, low-fat (120 g)  
1 tbsp olive oil (15 ml)  
1 clove garlic, minced  
Black pepper to taste

Prep. time: 15 min

Cook time: 15 min

Serves: 2

## DIRECTIONS

Heat olive oil, sauté onion and garlic until soft.  
Add broccoli and broth, simmer 10 minutes until tender.  
Blend until smooth.  
Stir in Greek yogurt before serving.  
Add black pepper to taste.

# Butternut Squash Soup

## INGREDIENTS

2 cups butternut squash, peeled and cubed (250 g)  
1 medium carrot, diced (70 g)  
1 small onion, chopped (50 g)  
2 cups low-sodium vegetable broth (480 ml)  
1 tbsp olive oil (15 ml)  
1 clove garlic, minced  
1 tsp ground ginger (optional)  
Black pepper to taste

Prep. time: 10 min

Cook time: 25 min

Serves: 2

## DIRECTIONS

Heat olive oil, sauté onion, carrot, and garlic.  
Add butternut squash and broth, simmer 20–25 minutes until tender.  
Blend until smooth, stir in ginger if desired.  
Add black pepper before serving.

# Mediterranean Chickpea Soup

## INGREDIENTS

1 cup cooked chickpeas (170 g)  
2 medium tomatoes, chopped  
(200 g)  
1 small onion, chopped (50 g)  
2 cups low-sodium vegetable  
broth (480 ml)  
1 tbsp olive oil (15 ml)  
1 clove garlic, minced  
1 tsp dried oregano  
Black pepper to taste  
•

Prep. time: 10 min

Cook time: 20 min

Serves: 2

## DIRECTIONS

Heat olive oil, sauté onion and garlic.  
Add tomatoes, cook 5 minutes.  
Stir in chickpeas, broth, and oregano. Simmer 15 minutes.  
Add black pepper before serving.

# Carrot Ginger Soup

## INGREDIENTS

3 medium carrots, sliced (200 g)  
1 small onion, chopped (50 g)  
2 cups low-sodium vegetable  
broth (480 ml)  
1 tbsp olive oil (15 ml)  
1 clove garlic, minced  
1 tsp fresh grated ginger  
Black pepper to taste

Prep. time: 10 min

Cook time: 20 min

Serves: 2

## DIRECTIONS

Heat olive oil, sauté onion, garlic, and ginger until fragrant.  
Add carrots and broth, simmer 20 minutes until tender.  
Blend until smooth.  
Season with black pepper before serving.



# Sweet Potato & Red Lentil Soup

## INGREDIENTS

1 medium sweet potato, cubed  
(200 g)  
½ cup red lentils, rinsed (100 g)  
2 cups low-sodium vegetable  
broth (480 ml)  
1 small onion, chopped (50 g)  
1 tbsp olive oil (15 ml)  
1 clove garlic, minced  
1 tsp turmeric powder  
Black pepper to taste  
•

Prep. time: 10 min

Cook time: 25 min

Serves: 2

## DIRECTIONS

Heat olive oil, sauté onion and garlic.  
Add sweet potato, lentils, turmeric, and broth. Simmer 20–25 minutes until tender.  
Blend until smooth.  
Season with black pepper.

# Cauliflower Cream Soup

## INGREDIENTS

2 cups cauliflower florets (200 g)  
1 small onion, chopped (50 g)  
2 cups low-sodium vegetable  
broth (480 ml)  
½ cup plain Greek yogurt, low-fat  
(120 g)  
1 tbsp olive oil (15 ml)  
1 clove garlic, minced  
Black pepper and nutmeg to taste

Prep. time: 10 min

Cook time: 15 min

Serves: 2

## DIRECTIONS

Heat olive oil, sauté onion and garlic until soft.  
Add cauliflower and broth, simmer 15 minutes.  
Blend until smooth, stir in Greek yogurt.  
Season with black pepper and nutmeg before serving warm.

# Tomato & Roasted Red Pepper Soup

## INGREDIENTS

2 large tomatoes, chopped (300 g)  
1 red bell pepper, roasted & peeled (150 g)  
1 small onion, chopped (50 g)  
2 cups low-sodium vegetable broth (480 ml)  
1 tbsp olive oil (15 ml)  
1 clove garlic, minced  
Fresh basil leaves (for garnish)  
Black pepper to taste

Prep. time: 10 min

Cook time: 20 min

Serves: 2

## DIRECTIONS

Roast the red pepper until the skin is charred, peel and chop.  
Heat olive oil, sauté onion and garlic.  
Add tomatoes, roasted pepper, and broth. Simmer 15 minutes.  
Blend until smooth. Garnish with fresh basil.

# Mushroom & Barley Soup

## INGREDIENTS

1 cup mushrooms, sliced (100 g)  
½ cup pearl barley, rinsed (100 g)  
1 small carrot, diced (50 g)  
1 small onion, chopped (50 g)  
3 cups low-sodium vegetable broth (720 ml)  
1 tbsp olive oil (15 ml)  
1 clove garlic, minced  
1 tsp dried thyme  
Black pepper to taste

Prep. time: 10 min

Cook time: 30 min

Serves: 2

## DIRECTIONS

Heat olive oil, sauté onion, garlic, mushrooms, and carrot until fragrant.  
Add barley, thyme, and broth. Simmer 30 minutes until barley is tender.  
Adjust seasoning with black pepper and serve warm.

# Spinach & Potato Soup

## INGREDIENTS

2 medium potatoes, cubed (250 g)  
2 cups fresh spinach (60 g)  
2 cups low-sodium vegetable broth (480 ml)  
1 small onion, chopped (50 g)  
1 tbsp olive oil (15 ml)  
1 clove garlic, minced  
Black pepper and nutmeg to taste

Prep. time: 10 min

Cook time: 20 min

Serves: 2

## DIRECTIONS

Heat olive oil, sauté onion and garlic.  
Add potatoes and broth, cook 15 minutes until tender.  
Add spinach, simmer 5 minutes, then blend until smooth.  
Season with black pepper and nutmeg.

# Pea & Mint Soup

## INGREDIENTS

2 cups green peas, fresh or frozen (250 g)  
1 small onion, chopped (50 g)  
2 cups low-sodium vegetable broth (480 ml)  
1 tbsp olive oil (15 ml)  
1 clove garlic, minced  
Fresh mint leaves (for garnish)  
Black pepper to taste

Prep. time: 10 min

Cook time: 10 min

Serves: 2

## DIRECTIONS

Heat olive oil, sauté onion and garlic.  
Add peas and broth, cook 10 minutes.  
Blend until smooth. Garnish with mint leaves.

# Zucchini & Leek Soup

## INGREDIENTS

2 medium zucchinis, chopped  
2 leeks (white and light green parts only), sliced  
1 medium onion, diced  
2 cloves garlic, minced  
4 cups low-sodium vegetable broth  
1 tbsp olive oil  
1 tsp dried thyme  
Salt and pepper to taste  
Fresh parsley for garnish

Prep. time: 10 min

Cook time: 25 min

Serves: 4

## DIRECTIONS

In a large pot, heat olive oil over medium heat.

Add onion, garlic, and leeks. Sauté for 5 minutes until softened.

Add zucchini and thyme. Cook for another 3 minutes.

Pour in vegetable broth, bring to a boil, then reduce the heat and simmer for 15–20 minutes.

Blend soup until smooth with an immersion blender.

Season with salt and pepper to taste. Garnish with fresh parsley.

# Cabbage & White Bean Soup

## INGREDIENTS

1/2 head green cabbage, shredded  
1 can (15 oz) white beans, drained and rinsed  
2 carrots, diced  
2 celery stalks, diced  
1 onion, chopped  
3 cloves garlic, minced  
6 cups low-sodium vegetable broth  
1 tbsp olive oil  
1 tsp paprika  
Salt and black pepper to taste  
Fresh dill for garnish

Prep. time: 15 min

Cook time: 35 min

Serves: 6

## DIRECTIONS

Heat olive oil in a large pot over medium heat.

Add onion, garlic, carrots, and celery. Cook for 5–7 minutes until softened.

Stir in cabbage and paprika. Cook for another 5 minutes.

Add beans and vegetable broth. Bring to a boil, then reduce the heat and simmer for 25 minutes.

Season with salt and pepper. Garnish with fresh dill before serving.

# Lemon & Dill Salmon Soup

## INGREDIENTS

8 oz salmon fillet, cut into chunks  
2 medium potatoes, diced  
2 carrots, sliced  
1 small onion, chopped  
4 cups low-sodium fish or vegetable broth  
1 tbsp olive oil  
1 lemon (zest and juice)  
2 tbsp fresh dill, chopped  
Salt and pepper to taste

Prep. time: 10 min

Cook time: 20 min

Serves:4

## DIRECTIONS

Heat olive oil in a pot over medium heat. Add onion, carrots, and potatoes. Cook for 5 minutes.

Pour in broth and bring to a boil. Reduce heat and simmer for 10 minutes until potatoes are tender.

Add salmon chunks and cook for 5–7 minutes until the fish is opaque.

Stir in lemon juice, zest, and fresh dill. Season with salt and pepper.

Serve hot with extra dill garnish.

# Pumpkin Cream Soup

## INGREDIENTS

Pumpkin – 200 g  
Carrot – 1 pc. (80 g)  
Onion – 1/2 pc.  
Olive oil – 1 tsp.  
Water – 2 cups (480 ml)

Prep. time: 5 min

Cook time: 20 min

Serves: 2

## DIRECTIONS

Chop vegetables, sauté for 5 minutes in oil.

Add water and cook for 15 minutes.

Blend until smooth.

# Chapter 4. Salads

# Quinoa & Roasted Vegetable Salad separate

## INGREDIENTS

1 cup quinoa, uncooked  
2 cups water or low-sodium vegetable broth  
1 medium zucchini, diced  
1 red bell pepper, diced  
1 small eggplant, diced  
2 tbsp olive oil  
1 tsp dried oregano  
1/2 tsp ground black pepper  
1/4 tsp salt (optional)  
2 tbsp fresh parsley, chopped  
2 tbsp lemon juice

Prep. time: 15 min

Cook time: 25 min

Serves: 4

## DIRECTIONS

### Instructions:

Rinse quinoa under cold water. In a saucepan, bring water or broth to a boil, add quinoa, reduce heat, cover, and simmer for 15 minutes.

Preheat oven to 200°C (400°F). Spread zucchini, bell pepper, and eggplant on a baking sheet. Drizzle with olive oil, sprinkle oregano, pepper, and a little salt. Roast for 20–25 minutes.

Fluff cooked quinoa with a fork. Combine with roasted vegetables, parsley, and lemon juice. Mix well and serve warm or chilled.

# Kale Salad with Lemon-Garlic Dressing

## INGREDIENTS

6 cups chopped kale, stems removed  
1 tbsp olive oil  
2 tbsp lemon juice  
1 garlic clove, minced  
1/4 tsp black pepper  
1/4 cup grated Parmesan cheese (optional)  
1/4 cup toasted sunflower seeds

Prep. time: 15 min

Cook time: 0 min

Serves: 4

## DIRECTIONS

Place kale in a large bowl. Drizzle with olive oil and massage leaves for 2–3 minutes until tender.

In a small bowl, whisk lemon juice, garlic, and pepper. Pour over kale and toss.

Sprinkle with Parmesan (if using) and sunflower seeds before serving.

# Grilled Chicken & Avocado Salad

## INGREDIENTS

2 small chicken breasts (skinless, boneless)

1 tbsp olive oil

1/4 tsp paprika

1/4 tsp black pepper

4 cups mixed salad greens

1 avocado, sliced

1/2 cup cherry tomatoes, halved

2 tbsp lemon juice

Prep. time: 10 min

Cook time: 15 min

Serves: 2

## DIRECTIONS

Rub chicken breasts with olive oil, paprika, and pepper. Grill for 6–7 minutes per side until fully cooked.

Slice chicken and place over salad greens with avocado and tomatoes.

Drizzle with lemon juice before serving.

# Cucumber, Tomato & Dill Salad

## INGREDIENTS

2 medium cucumbers, sliced

2 medium tomatoes, chopped

2 tbsp fresh dill, chopped

1 tbsp olive oil

2 tbsp lemon juice

1/4 tsp black pepper

Prep. time: 10 min

Cook time: 0 min

Serves: 4

## DIRECTIONS

In a bowl, combine cucumbers, tomatoes, and dill.

Whisk together olive oil, lemon juice, and pepper. Pour over salad and toss.



# Lentil & Roasted Beet Salad

## INGREDIENTS

1 cup cooked lentils  
2 medium beets, roasted and diced  
2 tbsp olive oil  
2 tbsp balsamic vinegar  
1 tbsp fresh parsley, chopped  
1/4 tsp black pepper

Prep. time: 15 min

Cook time: 30 min

Serves: 4

## DIRECTIONS

Roast beets at 200°C (400°F) for 30 minutes until tender. Peel and dice.

In a bowl, combine lentils, beets, parsley, olive oil, balsamic vinegar, and pepper.

Mix gently and serve warm or chilled.

# Watermelon & Feta Salad with Mint

## INGREDIENTS

3 cups watermelon, cubed  
1/2 cup feta cheese, crumbled  
2 tbsp fresh mint leaves, chopped  
1 tbsp olive oil  
1 tbsp lime juice

Prep. time: 10 min

Cook time: 0 min

Serves: 4

## DIRECTIONS

In a bowl, combine watermelon, feta, and mint.

Drizzle with olive oil and lime juice. Toss gently and serve immediately.

# Arugula & Pear Salad with Walnuts

## INGREDIENTS

4 cups arugula  
2 pears, sliced  
1/4 cup walnuts, chopped  
1 tbsp olive oil  
1 tbsp balsamic vinegar  
1/4 tsp black pepper

Prep. time: 10 min

Cook time: 0 min

Serves: 4

## DIRECTIONS

Place arugula in a salad bowl. Top with pear slices and walnuts.

Whisk olive oil, balsamic vinegar, and pepper. Pour over salad and toss gently.

# Greek Salad with Olives & Feta

## INGREDIENTS

2 medium cucumbers, chopped  
2 medium tomatoes, chopped  
1/2 red onion, thinly sliced  
1/2 cup Kalamata olives, pitted  
1/2 cup feta cheese, crumbled  
2 tbsp olive oil  
1 tbsp red wine vinegar  
1 tsp dried oregano  
1/4 tsp black pepper

Prep. time: 15 min

Cook time: 0 min

Serves: 4

## DIRECTIONS

In a large bowl, combine cucumbers, tomatoes, onion, olives, and feta.

Whisk together olive oil, vinegar, oregano, and pepper. Drizzle over salad and toss.

# Spinach & Strawberry Salad with Balsamic Glaze

## INGREDIENTS

6 cups baby spinach leaves  
2 cups fresh strawberries, sliced  
¼ cup crumbled feta cheese  
(optional, reduced-fat)  
2 tbsp chopped walnuts (unsalted)  
2 tbsp balsamic glaze  
1 tbsp extra-virgin olive oil

Prep. time: 10 min

Cook time: 0 min

Serves: 4

## DIRECTIONS

Wash and dry spinach leaves and place in a large salad bowl.  
Add sliced strawberries and gently toss.  
Sprinkle with walnuts and feta cheese, if using.  
Drizzle olive oil and balsamic glaze over the salad.  
Toss lightly and serve immediately.

# Chickpea & Cucumber Salad with Herbs

## INGREDIENTS

2 cups cooked chickpeas (or  
canned, rinsed & drained)  
1 large cucumber, diced  
1 medium red bell pepper, diced  
¼ cup red onion, finely chopped  
3 tbsp fresh parsley, chopped  
Juice of 1 lemon  
1 tbsp extra-virgin olive oil  
½ tsp ground cumin

Prep. time: 15 min

Cook time: 0 min

Serves: 4

## DIRECTIONS

In a large bowl, combine chickpeas, cucumber, bell pepper, and onion.  
Add chopped parsley and mix gently.  
In a small bowl, whisk together lemon juice, olive oil, and cumin.  
Pour dressing over salad and toss to combine.  
Serve chilled or at room temperature.

# Roasted Cauliflower & Tahini Salad

## INGREDIENTS

1 medium cauliflower, cut into florets  
1 tbsp olive oil  
1 tsp smoked paprika  
¼ tsp sea salt  
2 cups mixed greens  
2 tbsp tahini  
1 tbsp lemon juice  
1 garlic clove, minced  
1–2 tbsp water (to thin dressing)

Prep. time: 10 min

Cook time: 25 min

Serves: 4

## DIRECTIONS

Preheat oven to 400°F (200°C).

Toss cauliflower florets with olive oil, smoked paprika, and salt. Spread on a baking sheet.

Roast for 20–25 minutes, until golden brown.

In a small bowl, whisk tahini, lemon juice, garlic, and water to form a creamy dressing.

Place mixed greens on a serving dish, top with roasted cauliflower, and drizzle dressing.

# Mixed Greens with Apple & Sunflower Seeds

## INGREDIENTS

4 cups mixed salad greens  
1 medium apple, thinly sliced  
2 tbsp unsalted sunflower seeds  
¼ cup crumbled goat cheese  
(optional)  
2 tbsp balsamic vinegar  
1 tbsp olive oil

Prep. time: 10 min

Cook time: 0 min

Serves: 4

## DIRECTIONS

Place mixed greens in a salad bowl.

Add sliced apple and sunflower seeds.

Sprinkle with goat cheese if desired.

Drizzle with balsamic vinegar and olive oil. Toss gently.

Serve immediately.

# Carrot & Orange Salad with Ginger Dressing

## INGREDIENTS

3 medium carrots, grated  
2 oranges, peeled and segmented  
¼ cup raisins  
2 tbsp chopped fresh mint  
1 tbsp olive oil  
1 tbsp lemon juice  
1 tsp grated fresh ginger

Prep. time: 15 min

Cook time: 0 min

Serves: 4

## DIRECTIONS

Place grated carrots, orange segments, and raisins in a mixing bowl.  
Add fresh mint leaves.  
In a small bowl, whisk together olive oil, lemon juice, and ginger.  
Pour dressing over salad and mix well.  
Serve chilled.

# Brown Rice & Edamame Salad

## INGREDIENTS

2 cups cooked brown rice  
1 cup shelled edamame (cooked)  
½ red bell pepper, diced  
2 tbsp green onion, chopped  
2 tbsp rice vinegar  
1 tbsp sesame oil  
1 tsp low-sodium soy sauce

Prep. time: 15 min

Cook time: 25 min

Serves: 4

## DIRECTIONS

Cook brown rice according to package directions and let cool slightly.  
In a large bowl, combine rice, edamame, bell pepper, and green onion.  
In a small bowl, whisk rice vinegar, sesame oil, and soy sauce.  
Pour dressing over salad and toss gently.  
Chill before serving.

# Mediterranean Farro Salad with Tomatoes & Parsley

## INGREDIENTS

1 cup farro, cooked and cooled  
1 cup cherry tomatoes, halved  
¼ cup red onion, diced  
¼ cup fresh parsley, chopped  
2 tbsp extra-virgin olive oil  
1 tbsp lemon juice  
½ tsp dried oregano

Prep. time: 15 min

Cook time: 25 min

Serves: 4

## DIRECTIONS

Cook farro according to package directions, then cool.  
In a mixing bowl, combine farro, cherry tomatoes, onion, and parsley.  
Whisk olive oil, lemon juice, and oregano in a small bowl.  
Pour dressing over salad and mix well.  
Serve slightly chilled.

# Turkey, Apple & Walnut Salad

## INGREDIENTS

200 g cooked or roasted turkey breast  
1 green apple, diced  
2 celery stalks  
2 tbsp (15 g) walnuts, chopped  
2 handfuls (60 g) salad greens  
2 tbsp (30 g) low-fat natural yogurt  
1 tsp Dijon mustard  
1 tsp lemon juice

Prep. time: 20 min

Cook time: 0 min

Serves: 2

## DIRECTIONS

Dice the turkey.  
In a bowl, mix salad greens, apple, celery, and walnuts.  
In a separate bowl, make the dressing with yogurt, mustard, and lemon juice.  
Combine all ingredients and serve.

# **Chapter 5.**

## **Grains, Pasta & Rice**

# Brown Rice with Steamed Vegetables & Herbs

## INGREDIENTS

1 cup brown rice (uncooked)  
2 cups broccoli florets  
1 medium carrot, sliced  
1 small zucchini, sliced  
1 tbsp olive oil  
1 tbsp fresh parsley, chopped  
1 tbsp fresh dill, chopped  
1/4 tsp black pepper  
1/4 tsp salt (optional, or use a sodium substitute)

Prep. time: 10min

Cook time: 30 min

Serves: 2

## DIRECTIONS

Cook brown rice according to package instructions.

Steam broccoli, carrot, and zucchini until tender.

Toss vegetables with olive oil, herbs, and pepper.

-Serve vegetables over rice.

# Whole Wheat Spaghetti with Tomato-Basil Sauce

## INGREDIENTS

4 oz whole wheat spaghetti  
2 medium tomatoes, diced  
2 tbsp tomato paste  
2 cloves garlic, minced  
1 tbsp olive oil  
1/4 tsp black pepper  
1/4 tsp oregano  
1/4 tsp red chili flakes (optional)  
1/4 cup fresh basil, chopped

Prep. time: 10 min

Cook time: 20 min

Serves: 2

## DIRECTIONS

Cook pasta according to package directions.

Heat olive oil in a pan, sauté garlic for 1 minute.

Add tomatoes, tomato paste, and spices. Cook 10 minutes.

Stir in fresh basil and combine with pasta.



# Quinoa Pilaf with Spinach & Carrots

## INGREDIENTS

1 cup quinoa (uncooked, rinsed)  
2 cups fresh spinach  
1 medium carrot, grated  
1 tbsp olive oil  
1 clove garlic, minced  
1/4 tsp black pepper  
1 tbsp lemon juice

Prep. time: 10 min

Cook time: 20 min

Serves: 2

## DIRECTIONS

Cook quinoa according to package directions.

In a pan, heat olive oil, sauté garlic and carrot for 2 minutes.

Add spinach and cook until wilted.

Mix with quinoa and drizzle with lemon juice.

# Barley Risotto with Mushrooms

## INGREDIENTS

1 cup pearl barley (200 g)  
2 cups low-sodium vegetable  
broth (480 ml)  
1 cup mushrooms, sliced (100 g)  
1 medium onion, finely chopped  
(70 g)  
1 tbsp olive oil (15 ml)  
1 clove garlic, minced  
2 tbsp grated Parmesan cheese  
(optional)  
2 tbsp fresh parsley, chopped  
Black pepper to taste

Prep. time: 10 min

Cook time: 30 min

Serves: 2

## DIRECTIONS

Heat olive oil in a pan, sauté onion and garlic until soft.

Add mushrooms, cook until lightly browned.

Stir in barley, cook 2 minutes.

Gradually add vegetable broth, stirring until barley absorbs liquid (about 30 minutes).

Stir in parsley and Parmesan before serving.

# Wild Rice Salad with Cranberries & Almonds

## INGREDIENTS

1 cup cooked wild rice (180 g)  
¼ cup dried cranberries (30 g)  
¼ cup sliced almonds, lightly  
toasted (25 g)  
1 small apple, diced  
2 tbsp olive oil (30 ml)  
1 tbsp lemon juice (15 ml)  
Black pepper to taste

Prep. time: 10 min

Cook time: 25 min

Serves: 2

## DIRECTIONS

Cook wild rice according to package directions and let cool.  
In a bowl, combine rice, cranberries, apple, and almonds.  
Whisk olive oil and lemon juice, pour over salad.  
Toss gently and serve chilled or at room temperature.

# Buckwheat with Roasted Zucchini & Garlic

## INGREDIENTS

1 cup cooked buckwheat (170 g)  
1 medium zucchini, diced (150 g)  
2 cloves garlic, minced  
1 tbsp olive oil (15 ml)  
Fresh herbs (parsley or dill),  
chopped

Prep. time: 10 min

Cook time: 15 min

Serves: 2

## DIRECTIONS

Roast zucchini with olive oil and garlic at 200°C (400°F) for 15 minutes.  
Cook buckwheat according to package instructions.  
Mix roasted zucchini with buckwheat and top with herbs.

# Whole Grain Penne with Broccoli & Olive Oil

## INGREDIENTS

1 ½ cups whole grain penne pasta  
(150 g, uncooked)  
1 cup broccoli florets (100 g)  
2 tbsp olive oil (30 ml)  
1 clove garlic, minced  
Black pepper and lemon zest to  
taste

Prep. time: 5-10 min

Cook time: 10 min

Serves: 2

## DIRECTIONS

Cook pasta according to package directions.  
Steam broccoli until tender (5 minutes).  
Heat olive oil with garlic, then toss with pasta and broccoli.  
Add black pepper and lemon zest before serving

# Bulgur with Chickpeas & Lemon Dressing

## INGREDIENTS

1 cup cooked bulgur (170 g)  
½ cup cooked chickpeas (90 g)  
1 tbsp olive oil (15 ml)  
1 tbsp lemon juice (15 ml)  
Fresh parsley, chopped  
Black pepper to taste

Prep. time: 5-10 min

Cook time: 10 min

Serves: 2

## DIRECTIONS

Cook bulgur according to package instructions.  
Mix with chickpeas, parsley, olive oil, and lemon juice.  
Season with black pepper and serve warm or chilled

# Millet with Roasted Sweet Potatoes

## INGREDIENTS

1 cup cooked millet (170 g)  
1 cup sweet potato, diced (130 g)  
1 tbsp olive oil (15 ml)  
1 tsp cinnamon (optional)  
Fresh parsley for garnish

Prep. time: 10 min

Cook time: 20 min

Serves: 2

## DIRECTIONS

Roast sweet potato with olive oil at 200°C (400°F) for 20 minutes.  
Cook millet according to package instructions.  
Mix millet with roasted sweet potato, and garnish with parsley.

# Oat Groats with Fresh Herbs & Cherry Tomatoes

## INGREDIENTS

1 cup cooked oat groats (170 g)  
1 cup cherry tomatoes, halved (150 g)  
2 tbsp fresh herbs (parsley, basil, or dill), chopped  
1 tbsp olive oil (15 ml)  
Black pepper to taste

Prep. time: 5-10 min

Cook time: 15 min

Serves: 2

## DIRECTIONS

Cook oat groats until tender.  
Toss with cherry tomatoes, olive oil, and herbs.  
Add black pepper before serving.

# Farro Salad with Spinach & Pomegranate Seeds

## INGREDIENTS

1 cup farro, uncooked  
2 cups fresh spinach leaves, chopped  
1/2 cup pomegranate seeds  
1/4 cup walnuts, chopped  
2 tbsp extra-virgin olive oil  
1 tbsp lemon juice  
1/2 tsp black pepper  
1/4 tsp sea salt (optional)

Prep. time: 15 min

Cook time: 25 min

Serves: 4

## DIRECTIONS

Cook farro according to package instructions, then drain and let cool.

In a large bowl, combine farro, spinach, pomegranate seeds, and walnuts.

Drizzle with olive oil and lemon juice. Season with black pepper and salt (if desired).

Toss well and serve warm or chilled.

# Whole Wheat Couscous with Roasted Vegetables

## INGREDIENTS

1 cup whole wheat couscous  
1 zucchini, diced  
1 red bell pepper, diced  
1 carrot, diced  
2 tbsp olive oil  
1 tsp dried oregano  
1/2 tsp black pepper  
1/4 tsp sea salt

Prep. time: 10 min

Cook time: 20 min

Serves: 4

## DIRECTIONS

Preheat oven to 200°C (400°F).

Spread zucchini, bell pepper, and carrot on a baking sheet. Drizzle with 1 tbsp olive oil, season with oregano, pepper, and salt, and roast for 15 minutes.

Meanwhile, cook couscous according to package instructions.

Mix couscous with roasted vegetables and drizzle with remaining olive oil before serving.

# Brown Rice & Lentil Stew

## INGREDIENTS

1 cup brown rice  
1/2 cup green lentils  
1 onion, chopped  
2 carrots, diced  
2 celery stalks, diced  
1 can (400g) diced tomatoes, no salt added  
4 cups low-sodium vegetable broth  
2 tbsp olive oil  
1 tsp cumin  
1/2 tsp turmeric  
1/2 tsp black pepper

Prep. time: 15 min

Cook time: 40 min

Serves: 6

## DIRECTIONS

Heat olive oil in a pot. Sauté onion, carrots, and celery for 5 minutes.

Add cumin and turmeric, stirring until fragrant.

Add rice, lentils, tomatoes, and vegetable broth. Bring to a boil.

Reduce the heat and simmer for 35–40 minutes until rice and lentils are tender.

Serve warm.

# Quinoa Stuffed Peppers

## INGREDIENTS

4 bell peppers, tops cut off and seeds removed  
1 cup quinoa, cooked  
1/2 cup black beans, rinsed  
1/2 cup corn kernels  
1/2 cup diced tomatoes  
2 tbsp olive oil  
1 tsp cumin  
1/2 tsp chili powder  
1/2 tsp black pepper

Prep. time: 20 min

Cook time: 30 min

Serves: 4

## DIRECTIONS

Preheat oven to 190°C (375°F).

In a bowl, combine cooked quinoa, beans, corn, tomatoes, olive oil, and spices.

Stuff the peppers with the quinoa mixture and place them in a baking dish.

Bake for 30 minutes until peppers are tender.

Serve warm.

# Wild Rice & Mushroom Pilaf

## INGREDIENTS

1 cup wild rice  
2 cups low-sodium vegetable broth  
1 onion, finely chopped  
1 cup mushrooms, sliced  
2 tbsp olive oil  
1 tsp thyme  
1/2 tsp black pepper

Prep. time: 15 min

Cook time: 40 min

Serves: 4

## DIRECTIONS

Cook wild rice in vegetable broth according to package instructions (about 35–40 minutes).

In a skillet, heat olive oil and sauté the onion and mushrooms until softened.

Stir in thyme and pepper, then mix with the cooked rice.

Serve warm.

# Amaranth & Vegetable Stir-Fry

## INGREDIENTS

1/2 cup amaranth  
1 cup water or low-sodium vegetable broth  
1 tbsp olive oil  
1 cup mixed vegetables (broccoli, carrot, zucchini, bell pepper)  
1 garlic clove, minced  
1 tsp low-sodium soy sauce or lemon juice

Prep. time: 10min

Cook time: 20min

Serves: 4

## DIRECTIONS

Rinse amaranth and cook in water or broth for 12–15 minutes until tender.

Heat olive oil in a skillet, sauté garlic for 30 seconds.

Add mixed vegetables and stir-fry 5 minutes until tender-crisp.

Combine vegetables with cooked amaranth, add soy sauce or lemon juice, stir, and serve.

# **Chapter 6.**

# **Fish & Seafood**



# Easy Beef Tacos Salmon with Quinoa & Spinach

## INGREDIENTS

2 salmon fillets (120 g each)  
1 cup cooked quinoa (185 g)  
2 cups fresh spinach (60 g)  
1 tbsp olive oil  
Juice of ½ lemon  
1 garlic clove, minced  
½ tsp dried oregano  
Pinch of black pepper

Prep. time: 10 min

Cook time: 15 -20 min

Serves: 2

## DIRECTIONS

Preheat oven to 190°C (375°F).

Place salmon fillets on a parchment-lined baking sheet. Drizzle with olive oil, lemon juice, oregano, and black pepper.

Bake for 15–18 minutes until cooked through.

Meanwhile, sauté garlic in a nonstick pan, add spinach, and cook until wilted (2–3 minutes).

Serve baked salmon with quinoa and sautéed spinach.

# Grilled Tuna with Lemon-Herb Dressing

## INGREDIENTS

2 tuna steaks (150 g each)  
1 tbsp olive oil  
Juice of 1 lemon  
1 tbsp fresh parsley, chopped  
1 tsp Dijon mustard (low-sodium)  
½ tsp garlic powder  
Pinch of black pepper

Prep. time: 10 min

Cook time: 30 min

Serves: 2

## DIRECTIONS

Heat the grill pan over medium-high heat.

Rub tuna steaks with olive oil, garlic powder, and pepper.

Grill for 2–3 minutes per side for medium-rare (longer if desired).

Mix lemon juice, parsley, and mustard for the dressing.

Serve tuna steaks with lemon-herb dressing on top.

# Shrimp & Vegetable Stir-Fry

## INGREDIENTS

300 g shrimp, peeled and deveined  
1 red bell pepper, sliced  
1 cup broccoli florets (90 g)  
1 medium carrot, sliced  
2 tbsp olive oil  
2 tbsp low-sodium soy sauce  
1 tbsp fresh ginger, grated  
1 garlic clove, minced

Prep. time: 10 min

Cook time: 15 min

Serves: 3

## DIRECTIONS

Heat olive oil in a large skillet. Add garlic and ginger, sauté 1 minute.

Add shrimp, cook 2–3 minutes until pink, then remove.

Stir-fry vegetables for 5–6 minutes until tender-crisp.

Return shrimp to pan, add soy sauce, and toss to combine.

Serve hot with brown rice if desired.

# Baked Cod with Garlic & Herbs

## INGREDIENTS

2 cod fillets (120 g each)  
1 tbsp olive oil  
1 garlic clove, minced  
1 tbsp fresh dill, chopped  
Juice of ½ lemon  
Pinch of paprika & black pepper

Prep. time: 5 min

Cook time: 20 min

Serves: 2

## DIRECTIONS

Preheat oven to 190°C (375°F).

Place cod fillets in a baking dish, drizzle with olive oil, lemon juice, garlic, dill, and paprika.

Bake 15–18 minutes until fish flakes easily.

Serve with steamed vegetables or quinoa.

# Mediterranean Sardine Salad

## INGREDIENTS

1 can sardines in water (100 g,  
drained)  
1 cup cherry tomatoes, halved  
½ cucumber, diced  
¼ red onion, finely chopped  
1 tbsp olive oil  
Juice of ½ lemon  
1 tbsp fresh parsley, chopped  
1 tbsp capers (rinsed, optional)

Prep. time: 5 min

Cook time: 10 min

Serves:2

## DIRECTIONS

In a bowl, combine tomatoes, cucumber, and onion.

Add sardines, drizzle with olive oil and lemon juice.

Sprinkle parsley and optional capers. Toss gently.

Serve with whole-grain bread or on leafy greens.

# Seared Scallops with Garlic-Lemon Sauce

## INGREDIENTS

8 large sea scallops (about 200 g)  
1 tbsp olive oil  
2 cloves garlic, minced  
Juice of 1 lemon  
1 tbsp fresh parsley, chopped  
1/4 tsp black pepper  
Pinch of sea salt (optional)

Prep. time: 5-10 min

Cook time:10 min

Serves: 2

## DIRECTIONS

Pat scallops dry with paper towels.

Heat olive oil in a skillet over medium-high heat.

Place scallops in the pan and sear for 2 minutes per side until golden. Remove and keep warm.

In the same skillet, sauté garlic for 30 seconds, then add lemon juice. Stir well.

Return scallops to the skillet, coat with sauce, and garnish with parsley.

# Mackerel with Roasted Vegetables

## INGREDIENTS

2 fresh mackerel fillets (about 300 g)  
1 zucchini, sliced  
1 red bell pepper, chopped  
1 small red onion, sliced  
1 tbsp olive oil  
1/2 tsp dried oregano  
1/2 tsp black pepper

Prep. time: 10 min

Cook time: 20 min

Serves: 2

## DIRECTIONS

Preheat oven to 190°C (375°F).

Place vegetables on a baking tray, drizzle with half the olive oil, sprinkle with oregano, and roast for 20 minute

Season mackerel with pepper and remaining olive oil.

Add mackerel to the tray and bake for another 10 minutes until the fish is cooked through.

# Grilled Shrimp Skewers with Vegetables

## INGREDIENTS

2 tbsp olive oil  
1 tbsp lemon juice  
1/2 tsp paprika 400 g large shrimp,  
peeled and deveined  
1 red bell pepper, cubed  
1 yellow bell pepper, cubed  
1 zucchini, cubed  
1/2 tsp black pepper

Prep. time: 10 min

Cook time: 6 min

Serves: 4

## DIRECTIONS

Preheat grill to medium-high heat.

In a bowl, combine olive oil, lemon juice, paprika, and peppe

Thread shrimp and vegetables onto skewers. Brush with marinade.

Grill skewers 2–3 minutes per side until shrimp turn pink.

## . Steamed Mussels with Tomato & Herbs

### INGREDIENTS

1 kg fresh mussels, cleaned  
2 tbsp olive oil  
2 garlic cloves, minced  
1 small onion, chopped  
1 cup diced tomatoes (fresh or  
canned, no salt added)  
1/4 cup white wine (optional)  
1/4 cup parsley, chopped  
1/2 tsp black pepper

Prep. time: 10 min

Cook time: 10 min

Serves:2

### DIRECTIONS

Heat olive oil in a large pot. Add onion and garlic, cook until softened.

Add tomatoes, pepper, and wine (if using). Simmer 5 minutes.

Add mussels, cover, and steam for 5–7 minutes until shells open.

Discard any mussels that remain closed. Garnish with parsley.

## Baked Halibut with Lemon & Dill

### INGREDIENTS

2 halibut fillets (about 300 g)  
1 tbsp olive oil  
Juice of 1/2 lemon  
1 tbsp fresh dill, chopped  
1/4 tsp black pepper

Prep. time: 10 min

Cook time: 15 min

Serves:2

### DIRECTIONS

Preheat oven to 200°C (400°F).

Place halibut on a baking tray lined with parchment.

Drizzle with olive oil and lemon juice, sprinkle with dill and pepper.

Bake for 12–15 minutes until fish flakes easily with a fork.

# Steamed Halibut with Ginger & Bok Choy

## INGREDIENTS

2 halibut fillets (about 150 g each)  
1 tbsp low-sodium soy sauce  
1 tsp sesame oil  
1 tbsp fresh ginger, grated  
2 cups bok choy, chopped  
1 garlic clove, minced  
1 tbsp olive oil  
Juice of 1 lime  
Fresh cilantro for garnish

Prep. time: 10 min

Cook time: 12min

Serves: 2

## DIRECTIONS

Heat olive oil in a skillet and sauté garlic and ginger for 1 minute.  
Add bok choy and cook until slightly tender.  
-Steam halibut fillets for 8–10 minutes until opaque and flaky.  
Drizzle with soy sauce, sesame oil, and lime juice.  
-Serve halibut over bok choy and garnish with cilantro.

# Mediterranean Baked Trout with Olives & Herbs

## INGREDIENTS

2 trout fillets (about 150 g each)  
1 tbsp olive oil  
1 tbsp lemon juice  
2 tbsp Kalamata olives, chopped  
1 tbsp capers  
1 tsp oregano  
1 tsp thyme  
2 garlic cloves, minced

Prep. time: 10 min

Cook time: 18 min

Serves: 2

## DIRECTIONS

Preheat oven to 180°C (350°F).  
Place trout fillets in a baking dish.  
Top with olive oil, lemon juice, garlic, herbs, olives, and capers.  
Bake for 15–18 minutes until cooked through.  
Serve warm with a side of vegetables or whole grains.

# Shrimp & Lentil Curry (Heart-Healthy Version)

## INGREDIENTS

200 g shrimp, peeled and deveined  
1 cup red lentils, rinsed  
1 tbsp olive oil  
1 onion, diced  
2 garlic cloves, minced  
1 tbsp curry powder  
1 tsp turmeric  
1 can (400 ml) light coconut milk  
1 cup low-sodium vegetable broth  
2 cups spinach leaves

Prep. time: 10 min

Cook time: 30 min

Serves: 4

## DIRECTIONS

Cook lentils in vegetable broth until soft (about 20 minutes).

In a skillet, heat olive oil and sauté onion and garlic until translucent.

Add curry powder and turmeric, stirring for 1 minute.

Add coconut milk and simmer for 10 minutes.

Add shrimp and spinach, cooking until shrimp are pink (3–4 minutes).

Serve warm with brown rice or quinoa.

# Grilled Swordfish with Tomato-Caper Salsa

## INGREDIENTS

2 swordfish steaks (about 180 g each)  
1 tbsp olive oil  
1 tbsp lemon juice  
2 tomatoes, diced  
2 tbsp capers  
2 tbsp fresh parsley, chopped  
1 garlic clove, minced  
Black pepper to taste

Prep. time: 10 min

Cook time: 10 min

Serves: 2

## DIRECTIONS

Preheat grill to medium-high heat.

Brush swordfish with olive oil and lemon juice.

Grill for 4–5 minutes per side until cooked through.

Combine tomatoes, capers, parsley, garlic, and black pepper to make salsa.

Top grilled swordfish with salsa and serve.

# Salmon & Vegetable Soup with Barley

## INGREDIENTS

150 g salmon fillet, diced

1 tbsp olive oil

1 onion, diced

2 carrots, diced

2 celery stalks, diced

1/2 cup pearl barley

1.5 L low-sodium vegetable broth

1 tsp dill

1 bay leaf

Salt and black pepper to taste

Prep. time: 10 min

Cook time: 40 min

Serves: 4

## DIRECTIONS

Heat olive oil in a pot and sauté onion, carrots, and celery until softened.

Add barley, broth, dill, and bay leaf. Simmer for 30 minutes until barley is tender.

Add diced salmon and cook for 8–10 minutes until fully cooked.

Season with salt and pepper, remove bay leaf, and serve warm.

# Baked Hake with Lemon and Herbs

## INGREDIENTS

2 hake fillets (300 g)

½ lemon, juice and zest

1 tbsp (15 ml) olive oil

2 tbsp chopped parsley

1 garlic clove, minced

A pinch of salt

Black pepper to taste

Prep. time: 10 min

Cook time: 20 min

Serves: 2

## DIRECTIONS

Preheat oven to 180°C (356°F).

Place fish on a baking tray, drizzle with oil and lemon juice.

Sprinkle with garlic, parsley, and lemon zest.

Bake for 18–20 minutes until fully cooked.



# **Chapter 7.**

## **Poultry**

# Lemon Herb Grilled Chicken Breast

## INGREDIENTS

4 boneless, skinless chicken breasts (about 4 oz each)

2 tbsp olive oil

Juice of 1 lemon

2 cloves garlic, minced

1 tsp dried oregano

1 tsp dried thyme

¼ tsp ground black pepper

Pinch of salt (optional, or use salt substitute)

Prep. time: 10 min

Cook time: 20min

Serves: 4

## DIRECTIONS

In a small bowl, whisk olive oil, lemon juice, garlic, oregano, thyme, and pepper.

Place chicken breasts in a shallow dish, pour marinade, and let rest for at least 15 minutes.

Preheat grill or grill pan to medium heat.

Cook chicken for 6–7 minutes on each side, until internal temperature reaches 165°F (74°C).

Serve with a side of steamed vegetables or salad.

# Baked Chicken with Rosemary & Garlic

## INGREDIENTS

4 chicken thighs, skin removed

1 tbsp olive oil

3 garlic cloves, minced

2 sprigs fresh rosemary (or 1 tsp dried)

½ cup low-sodium chicken broth

¼ tsp black pepper

Prep. time: 10 min

Cook time: 30 min

Serves: 4

## DIRECTIONS

Preheat oven to 375°F (190°C).

Rub chicken thighs with olive oil, garlic, rosemary, and pepper.

Place in a baking dish and pour broth around the chicken.

Cover with foil and bake for 25 minutes.

Remove foil, bake another 10–15 minutes until golden and cooked through.

# Turkey Meatballs in Tomato Sauce

## INGREDIENTS

1 lb ground turkey (lean, 93% or higher)  
1 small onion, finely chopped  
2 garlic cloves, minced  
½ cup whole grain breadcrumbs  
1 egg, lightly beaten  
1 tsp dried basil  
1 tsp dried oregano  
1 tbsp olive oil  
2 cups low-sodium tomato sauce

Prep. time: 15 min

Cook time: 20 min

Serves: 6

## DIRECTIONS

Preheat oven to 375°F (190°C).

Mix turkey, onion, garlic, breadcrumbs, egg, basil, and oregano in a bowl.

Form 1-inch meatballs and place on a baking sheet.

Bake for 15–20 minutes until cooked through.

Heat tomato sauce in a pan, add baked meatballs, and simmer 10 minutes.

# Chicken & Vegetable Stir-Fry (Low Sodium)

## INGREDIENTS

2 chicken breasts, thinly sliced  
(about 8 oz total)  
1 tbsp olive oil  
1 red bell pepper, sliced  
1 cup broccoli florets  
1 medium carrot, thinly sliced  
1 zucchini, sliced  
2 tbsp low-sodium soy sauce  
1 tsp fresh ginger, grated  
1 garlic clove, minced

Prep. time: 10 min

Cook time: 15 min

Serves: 4

## DIRECTIONS

Heat olive oil in a large skillet or wok over medium-high heat.

Add chicken slices and cook for 4–5 minutes, until lightly browned and cooked through. Remove and set aside.

Add bell pepper, broccoli, carrot, and zucchini to the skillet. Stir-fry for 5–6 minutes, until vegetables are crisp-tender.

Return chicken to the skillet. Add soy sauce, ginger, and garlic. Stir-fry for another 2–3 minutes, combining all flavors.

Serve warm with brown rice or quinoa.

# Mediterranean Chicken with Olives & Tomatoes

## INGREDIENTS

4 boneless, skinless chicken breasts  
2 tbsp olive oil  
1 small onion, chopped  
2 garlic cloves, minced  
1 cup cherry tomatoes, halved  
½ cup Kalamata olives, sliced  
1 tsp dried oregano  
¼ cup fresh parsley, chopped

Prep. time: 10 min

Cook time: 25 min

Serves: 4

## DIRECTIONS

Heat olive oil in a large skillet. Add chicken and cook 5 minutes each side until lightly browned.

Add onion and garlic, sauté 3 minutes.

Add cherry tomatoes, olives, and oregano. Cover and simmer 15 minutes.

Sprinkle with parsley before serving.

# . Chicken & Brown Rice Casserole

## INGREDIENTS

2 chicken breasts, cooked and shredded (about 8 oz)  
1 cup cooked brown rice  
1 cup low-sodium vegetable broth  
1 cup broccoli florets, lightly steamed  
½ cup carrots, diced  
1 small onion, chopped  
1 tbsp olive oil  
½ tsp dried thyme  
¼ tsp black pepper

Prep. time: 15 min

Cook time: 35 min

Serves: 4

## DIRECTIONS

Preheat oven to 375°F (190°C).

Heat olive oil in a skillet, sauté onion and carrots until softened.

In a baking dish, combine chicken, rice, broth, broccoli, carrots, onion, thyme, and pepper.

Cover with foil and bake for 25 minutes.

Remove foil and bake 5–10 minutes more. Serve warm.

# Turkey & Vegetable Chili

## INGREDIENTS

1 lb lean ground turkey  
1 tbsp olive oil  
1 medium onion, diced  
2 garlic cloves, minced  
1 red bell pepper, chopped  
1 zucchini, chopped  
1 can (15 oz) no-salt-added kidney beans, rinsed and drained  
1 can (15 oz) no-salt-added diced tomatoes  
1 tsp cumin  
1 tsp chili powder  
¼ tsp black pepper

Prep. time: 15 min

Cook time: 30 min

Serves: 6

## DIRECTIONS

Heat olive oil in a large pot, add turkey and cook until browned.

Add onion and garlic, sauté until fragrant.

Stir in bell pepper and zucchini, cook for 5 minutes.

Add beans, tomatoes, cumin, chili powder, and pepper.

Simmer for 25 minutes, stirring occasionally. Serve warm.

# Chicken & Quinoa Salad with Avocado

## INGREDIENTS

2 chicken breasts, grilled and sliced  
1 cup cooked quinoa  
1 ripe avocado, diced  
1 cup cherry tomatoes, halved  
½ cucumber, diced  
2 tbsp olive oil  
Juice of 1 lemon  
¼ tsp black pepper

Prep. time: 15 min

Cook time: 15 min

Serves: 4

## DIRECTIONS

Grill or pan-cook chicken until fully done, slice thin.

In a bowl, combine quinoa, tomatoes, cucumber, and avocado.

In a small cup, whisk olive oil, lemon juice, and pepper.

Add chicken and dressing to the salad, toss gently.

# Herb-Roasted Turkey Breast

## INGREDIENTS

2 lbs boneless turkey breast, skin removed

2 tbsp olive oil

2 garlic cloves, minced

1 tsp dried rosemary

1 tsp dried thyme

½ cup low-sodium chicken broth

¼ tsp black pepper

Prep. time: 15 min

Cook time: 45 min

Serves: 6

## DIRECTIONS

Preheat oven to 375°F (190°C).

Rub turkey breast with olive oil, garlic, rosemary, thyme, and pepper.

Place in a roasting pan and pour broth around it.

Roast uncovered for 50–60 minutes, until internal temperature reaches 165°F (74°C).

Let rest 10 minutes before slicing.

# Chicken Soup with Vegetables & Barley

## INGREDIENTS

2 chicken breasts, skinless, cut  
into cubes

1 tbsp olive oil

1 medium onion, chopped

2 carrots, sliced

2 celery stalks, sliced

1 cup pearl barley, rinsed

6 cups low-sodium chicken broth

1 tsp dried thyme

¼ tsp black pepper

Prep. time: 15 min

Cook time: 35 min

Serves: 6

## DIRECTIONS

Heat olive oil in a large pot, sauté onion, carrots, and celery for 5 minutes.

Add chicken cubes and cook until lightly browned.

Stir in barley, broth, thyme, and pepper.

Simmer for 35–40 minutes until barley is tender.

Serve hot, garnished with fresh parsley if desired.

# Chicken & Spinach Stuffed Peppers

## INGREDIENTS

- 2 large bell peppers, halved and seeded
- 200 g skinless chicken breast, cooked and diced
- 1 cup fresh spinach, chopped
- 1/2 cup cooked quinoa
- 1 tbsp olive oil
- 1 garlic clove, minced
- 1/4 tsp black pepper
- 1/4 tsp dried oregano

Prep. time: 15 min

Cook time: 25 min

Serves: 2

## DIRECTIONS

Preheat oven to 180°C (350°F).

In a pan, heat olive oil and sauté garlic until fragrant.

Add spinach and cook until wilted, then mix with chicken and quinoa.

Stuff pepper halves with mixture, place in baking dish, and bake 25 minutes.

Serve warm.

# Turkey & Brown Rice Casserole

## INGREDIENTS

- 200 g ground turkey, lean
- 1 cup cooked brown rice
- 1/2 cup low-fat Greek yogurt
- 1/2 cup steamed broccoli florets
- 1/4 cup grated low-fat cheese
- 1 tbsp olive oil
- 1/2 tsp thyme
- 1/4 tsp salt (optional)
- 1/4 tsp black pepper

Prep. time: 10 min

Cook time: 25 min

Serves: 2

## DIRECTIONS

Preheat oven to 180°C (350°F).

In a skillet, cook ground turkey with olive oil until browned.

Mix in brown rice, yogurt, broccoli, and seasonings.

Transfer mixture into a baking dish, top with cheese, and bake 25 minutes.

Serve warm.

# Lemon-Ginger Chicken Soup

## INGREDIENTS

200 g chicken breast, diced  
1 medium carrot, chopped  
1 celery stalk, chopped  
1/2 onion, chopped  
1 garlic clove, minced  
1 tsp fresh ginger, grated  
4 cups low-sodium chicken broth  
1 tbsp olive oil  
Juice of 1 lemon  
1/4 tsp black pepper  
Fresh parsley, for garnish

Prep. time: 10 min

Cook time: 20 min

Serves: 2

## DIRECTIONS

Heat olive oil in a pot, sauté onion, garlic, carrot, and celery for 5 minutes.  
Add chicken and ginger, cook until chicken is no longer pink.  
Pour in chicken broth, simmer 20 minutes.  
Add lemon juice, season with black pepper, garnish with parsley, and serve..

# Baked Chicken with Sweet Potatoes & Green Beans

## INGREDIENTS

200 g chicken breast, skinless  
1 medium sweet potato, cubed  
1 cup green beans, trimmed  
1 tbsp olive oil  
1/2 tsp paprika  
1/4 tsp garlic powder  
1/4 tsp black pepper  
1/4 tsp dried rosemary

Prep. time: 10 min

Cook time: 25 min

Serves: 2

## DIRECTIONS

Preheat oven to 190°C (375°F).  
Place chicken, sweet potatoes, and green beans on a baking tray.  
Drizzle with olive oil, season with paprika, garlic powder, pepper, and rosemary.  
Bake 30 minutes, until chicken is cooked through and vegetables are tender.  
Serve hot.



# Mediterranean Turkey Wrap with Hummus

## INGREDIENTS

1 whole wheat tortilla  
100 g sliced cooked turkey breast,  
lean  
2 tbsp hummus  
1/4 cup cucumber slices  
1/4 cup tomato slices  
1/4 cup spinach leaves  
1 tsp olive oil  
1/4 tsp black pepper

Prep. time: 5 min

Cook time: 0 min

Serves: 1

## DIRECTIONS

Spread hummus evenly on the tortilla.

Layer turkey, cucumber, tomato, and spinach.

Drizzle with olive oil and season with black pepper.

Roll into a wrap, cut in half, and serve.

# Steamed Turkey with Vegetables

## INGREDIENTS

Turkey fillet – 200 g  
Cauliflower – 1 cup (90 g)  
Carrot – 1 pc.  
Lemon juice – 1 tsp.

Prep. time: 10 min

Cook time: 20 min

Serves: 2

## DIRECTIONS

Slice the turkey and vegetables.

Steam everything for 20–25 minutes.

Before serving, drizzle with lemon juice.

# **Chapter 8.**

## **Meat Recipes (Lean Cuts Only)**

# Herb-Crusted Beef Tenderloin

## INGREDIENTS

1 lb (450 g) beef tenderloin,  
1 tbsp fresh rosemary, chopped  
2 garlic cloves, minced  
½ tsp black pepper

Prep. time: 15 min

Cook time: 25 min

Serves: 4

## DIRECTIONS

Preheat oven to 375°F (190°C).  
Rub beef tenderloin with mustard, garlic, and herbs.  
Drizzle with olive oil and sprinkle with pepper.  
Roast for 20–25 minutes until medium-rare or desired doneness.  
Let rest 5 minutes before slicing.

# Grilled Lamb Chops with Mint Yogurt Sauce

## INGREDIENTS

1 lb (450 g) lean lamb loin chops,  
trimmed of fat  
2 tbsp olive oil  
2 garlic cloves, minced  
1 tsp lemon zest  
1 cup Greek yogurt (non-fat)  
2 tbsp fresh mint, chopped  
½ tsp black pepper

Prep. time: 20 min

Cook time: 10 min

Serves: 4

## DIRECTIONS

Marinate lamb with olive oil, garlic, and lemon zest for 15 minutes.  
Grill lamb chops 4–5 minutes per side until desired doneness.  
Mix yogurt with mint and serve as a dipping sauce.

# Pork Tenderloin with Apple-Cabbage Slaw

## INGREDIENTS

1 lb (450 g) pork tenderloin, trimmed

2 tbsp olive oil

1 apple, thinly sliced

2 cups shredded cabbage

2 tbsp apple cider vinegar

1 tbsp honey

½ tsp black pepper

Prep. time: 15 min

Cook time: 25 min

Serves: 4

## DIRECTIONS

Preheat oven to 375°F (190°C).

Rub pork with 1 tbsp olive oil and pepper, roast for 20–25 minutes.

In a bowl, mix cabbage, apple, vinegar, honey, and 1 tbsp olive oil.

Slice pork and serve with slaw.

# Beef & Vegetable Stir-Fry

## INGREDIENTS

1 lb (450 g) lean beef sirloin, sliced thin

2 tbsp low-sodium soy sauce

1 tbsp sesame oil

1 cup broccoli florets

1 bell pepper, sliced

1 carrot, sliced

2 garlic cloves, minced

1 tsp fresh ginger, grated

Prep. time: 15min

Cook time: 10 min

Serves: 4

## DIRECTIONS

Heat sesame oil in a large pan.

Stir-fry beef with garlic and ginger for 3 minutes.

Add vegetables and soy sauce, cook 5–6 minutes.

Serve warm with brown rice.

# Beef & Mushroom Lettuce Wraps

## INGREDIENTS

1 lb (450 g) lean ground beef  
(95% lean)

1 cup mushrooms, finely chopped

1 onion, finely chopped

2 tbsp low-sodium soy sauce

1 garlic clove, minced

1 head butter lettuce (leaves  
separated)

Prep. time: 15 min

Cook time: 10 min

Serves: 4

## DIRECTIONS

Heat the skillet, and cook the beef until browned. Drain any excess fat.

Add mushrooms, onion, garlic, soy sauce, and sesame oil. Cook 5 minutes.

Spoon mixture into lettuce leaves and serve as wraps.

# Rosemary-Garlic Roasted Lamb Leg (Lean Cut)

## INGREDIENTS

2 lbs (900 g) lean lamb leg,  
trimmed of visible fat

2 tbsp olive oil

3 garlic cloves, minced

2 tbsp fresh rosemary, chopped

1 tbsp lemon juice

½ tsp black pepper

Prep. time: 20 min

Cook time: 1 hour

Serves: 6

## DIRECTIONS

Preheat *oven to 350°F (175°C)*.

Rub lamb with olive oil, garlic, rosemary, lemon juice, and pepper.

Roast uncovered for about 1 hour or until internal temp reaches 145°F (63°C).

Rest 10 minutes before slicing.

# Mediterranean Beef Stew

## INGREDIENTS

1 ½ lbs (680 g) lean beef chuck, trimmed and cubed  
2 tbsp olive oil  
1 onion, chopped  
2 carrots, sliced  
1 zucchini, sliced  
1 cup canned tomatoes (no salt added)  
2 cups low-sodium beef broth  
2 garlic cloves, minced  
1 tsp dried oregano  
½ tsp black pepper

Prep. time: 20 min

Cook time: 1 hour 15 min

Serves: 6

## DIRECTIONS

Heat olive oil in a large pot, and brown beef cubes for 5 minutes.

Add onion, garlic, and carrots, and cook 5 more minutes.

Stir in tomatoes, broth, zucchini, oregano, and pepper.

Simmer on low heat for 1 hour until beef is tender.

Serve hot with whole-grain bread.

# Pork Medallions with Mustard Sauce

## INGREDIENTS

1 lb (450 g) pork tenderloin, cut into medallions  
2 tbsp olive oil  
1 tbsp Dijon mustard  
½ cup low-fat Greek yogurt  
1 garlic clove, minced  
½ tsp black pepper  
1 tsp fresh thyme

Prep. time: 15 min

Cook time: 15 min

Serves: 4

## DIRECTIONS

Heat 1 tbsp olive oil in a skillet, sear pork medallions 3–4 minutes per side.

In a small bowl, mix yogurt, mustard, garlic, thyme, and remaining olive oil.

Spoon sauce over cooked pork and serve warm.

# Grilled Lamb Kebabs with Vegetables

## INGREDIENTS

1 lb (450 g) lean lamb leg, cut  
into cubes  
2 tbsp olive oil  
1 red bell pepper, cubed  
1 zucchini, cubed  
1 red onion, cubed  
2 garlic cloves, minced  
1 tsp paprika  
½ tsp black pepper

Prep. time: 20 min

Cook time: 10 min

Serves: 4

## DIRECTIONS

In a bowl, mix lamb with olive oil, garlic, paprika, and pepper. Marinate 15 minutes.

Thread lamb and vegetables onto skewers.

Grill kebabs for 8–10 minutes, turning occasionally.

Serve with whole-grain couscous or salad.

# Beef Stuffed Bell Peppers

## INGREDIENTS

1 lb (450 g) lean ground beef  
4 large bell peppers, tops cut off  
and seeds removed  
1 cup cooked quinoa (or brown  
rice)  
1 onion, chopped  
2 garlic cloves, minced  
1 cup canned diced tomatoes (no  
salt added)  
1 tsp dried oregano  
½ tsp black pepper

Prep. time: 20 min

Cook time: 40 min

Serves: 4

## DIRECTIONS

Preheat oven to 375°F (190°C).

In a skillet, cook the beef with the onion and garlic until browned.

Stir in tomatoes, quinoa, oregano, and pepper.

Stuff mixture into peppers, place in baking dish.

Bake for 35–40 minutes until peppers are tender.

# Turkey & Vegetable Stuffed Zucchini Boats

## INGREDIENTS

**Zucchini – 2 medium (400 g)**

Ground turkey – 150 g

Bell pepper – ½ (75 g), diced

Onion – ½ small (50 g), diced

Garlic – 1 clove, minced

Olive oil – 1 tsp

Tomato paste – 1 tbsp (15 g)

Fresh parsley – 1 tbsp, chopped

Salt, pepper, dried oregano – to taste

Prep. time: 15 min

Cook time: 25 min

Serves: 2

## DIRECTIONS

Preheat oven to 180°C (350°F).

Slice the zucchini in half lengthwise, scoop out the seeds to create “boats”.

Heat olive oil in a pan over medium heat, sauté onion, garlic, and bell pepper 3–4 minutes.

Add ground turkey and cook until no longer pink, about 5 minutes.

Stir in tomato paste, parsley, oregano, salt, and pepper. Cook 2 minutes.

Spoon mixture into zucchini halves, place on baking sheet, bake 15 minutes.

# Lean Beef & Lentil Chili

## INGREDIENTS

Lean ground beef – 150 g

Red lentils – ½ cup (100 g)

Onion – ½ small (50 g), diced

Garlic – 2 cloves, minced

Bell pepper – ½ (75 g), diced

Canned diced tomatoes – 200 g

Olive oil – 1 tsp

Chili powder – ½ tsp

Cumin – ½ tsp

Salt, pepper – to taste

Prep. time: 10 min

Cook time: 30 min

Serves: 2

## DIRECTIONS

Heat olive oil in a medium pot over medium heat. Sauté onion, garlic, and bell pepper for 3–4 minutes.

Add ground beef and cook until browned, about 5 minutes.

Stir in red lentils, diced tomatoes, chili powder, cumin, salt, and pepper.

Bring to a boil, then reduce heat and simmer 15–20 minutes, stirring occasionally, until lentils are tender.



# Lamb Stew with Eggplant & Chickpeas

## INGREDIENTS

Lean lamb, cubed – 200 g  
Eggplant – 1 small (150 g), diced  
Canned chickpeas – ½ cup (120 g), drained  
Onion – ½ small (50 g), diced  
Garlic – 2 cloves, minced  
Olive oil – 1 tsp  
Diced tomatoes – 200 g  
Ground cumin – ½ tsp  
Paprika – ½ tsp  
Salt, pepper – to taste  
Fresh parsley – 1 tbsp, chopped

Prep. time: 15 min

Cook time: 25 min

Serves: 2

## DIRECTIONS

Heat olive oil in a medium pot over medium heat. Sauté onion and garlic for 3–4 minutes.

Add lamb cubes and cook until lightly browned, about 5 minutes.

Stir in eggplant, chickpeas, diced tomatoes, cumin, paprika, salt, and pepper.

Cover and simmer for 20–25 minutes until lamb is tender.

Garnish with fresh parsley before serving.

# Pork Tenderloin with Citrus-Herb Marinade

## INGREDIENTS

Pork tenderloin – 250 g  
Olive oil – 1 tsp  
Lemon juice – 1 tbsp  
Orange juice – 1 tbsp  
Garlic – 1 clove, minced  
Fresh rosemary – 1 tsp, chopped  
Salt, pepper – to taste

Prep. time: 35 min

Cook time: 20 min

Serves: 2

## DIRECTIONS

Preheat oven to 180°C (350°F).

In a small bowl, mix olive oil, lemon juice, orange juice, garlic, rosemary, salt, and pepper.

Marinate pork tenderloin in the mixture for 10–15 minutes.

Place pork on a baking sheet and roast for 20–25 minutes until internal temperature reaches 63°C (145°F).

Let rest for 5 minutes before slicing.

# Bison Burgers with Avocado & Spinach

## INGREDIENTS

Lean ground bison – 200 g  
Whole wheat buns – 2  
Avocado – ½ (50 g), sliced  
Fresh spinach – 1 cup (30 g)  
Tomato – 1 small (50 g), sliced  
Red onion – 2 slices  
Olive oil – 1 tsp  
Salt, pepper – to taste

Prep. time: 10 min

Cook time: 10 min

Serves: 2

## DIRECTIONS

Form ground bison into 2 patties, season with salt and pepper.

Heat olive oil in a skillet over medium heat, cook patties 4–5 minutes per side until fully cooked.

Toast whole wheat buns lightly.

Assemble burgers: bottom bun, spinach, bison patty, tomato, avocado, onion, top bun.

# Lean Beef & Vegetable Roulade

## INGREDIENTS

400 g lean beef top round or sirloin, thinly sliced  
1 cup zucchini, thinly sliced  
1 small carrot, julienned  
1/2 cup bell pepper, thinly sliced  
1 small onion, minced  
1 garlic clove, minced  
1 tsp dried thyme or rosemary  
1 tbsp olive oil  
Salt and black pepper, to taste  
2 tbsp low-sodium beef broth

Prep. time: 15 min

Cook time: 35 min

Serves: 4

## DIRECTIONS

Preheat oven to 180°C (350°F).

Heat olive oil in a skillet. Sauté onion and garlic for 2–3 minutes. Add zucchini, carrot, and bell pepper; cook 3–4 minutes until slightly tender. Stir in thyme and remove from heat.

Lay beef slices flat, place a portion of vegetables on each, and roll tightly. Secure with toothpicks.

Place roulades in a baking dish, pour beef broth over them, and season with salt and pepper.

Bake for 30–35 minutes, until beef is cooked through.

Remove toothpicks, slice, and serve warm.

# **Chapter 9.**

## **Vegetable Dishes**

# Roasted Brussels Sprouts with Garlic

## INGREDIENTS

1 lb (450 g) Brussels sprouts,  
trimmed and halved

2 tbsp olive oil

3 garlic cloves, minced

1/4 tsp sea salt

1/4 tsp black pepper

1 tsp lemon juice

Prep. time: 10 min

Cook time: 25 min

Serves:4

## DIRECTIONS

Preheat oven to 400°F (200°C).

Toss Brussels sprouts with olive oil, garlic, salt, and pepper.

Spread evenly on a baking sheet.

Roast for 20–25 minutes until tender and golden.

Drizzle wit lemon juice before serving.

# Steamed Asparagus with Lemon Zest

## INGREDIENTS

1 lb (450 g) fresh asparagus,  
trimmed

1 tbsp olive oil

1 tsp lemon zest

1 tbsp lemon juice

1/8 tsp sea salt

Prep. time: 5 min

Cook time: 7 min

Serves: 4

## DIRECTIONS

Steam asparagus for 5–7 minutes until tender.

Drizzle with olive oil and lemon juice.

Sprinkle with lemon zest and salt before serving.

# Ratatouille (Vegetable Stew)

## INGREDIENTS

1 eggplant, diced  
1 zucchini, diced  
1 red bell pepper, diced  
1 onion, chopped  
3 garlic cloves, minced  
2 tbsp olive oil  
2 cups canned tomatoes, crushed  
1/2 tsp thyme  
1/4 tsp sea salt  
1/4 tsp black pepper

Prep. time: 15 min

Cook time: 35 min

Serves: 6

## DIRECTIONS

Heat olive oil in a large pan. Sauté onion and garlic for 2 minutes.

Add eggplant, zucchini, and bell pepper. Cook for 8 minutes.

Stir in tomatoes, thyme, salt, and pepper.

Simmer covered for 25 minutes until vegetables are tender.

# Grilled Eggplant with Olive Oil & Herbs

## INGREDIENTS

2 medium eggplants, sliced  
2 tbsp olive oil  
1 tbsp balsamic vinegar  
1/2 tsp oregano  
1/4 tsp sea salt  
1/4 tsp black pepper

Prep. time: 10 min

Cook time: 15 min

Serves: 4

## DIRECTIONS

Brush eggplant slices with olive oil and vinegar.

Season with oregano, salt, and pepper.

Grill 5–7 minutes per side until tender and charred

# Stuffed Bell Peppers with Brown Rice & Vegetables

## INGREDIENTS

4 bell peppers, tops cut off and seeds removed

1 cup cooked brown rice

1 cup zucchini, diced

1 carrot, grated

1 onion, chopped

2 tbsp olive oil

1/2 tsp paprika

1/4 tsp sea salt

1/4 tsp black pepper

Prep. time: 15 min

Cook time: 35 min

Serves: 4

## DIRECTIONS

Preheat oven to 375°F (190°C).

Heat olive oil in a skillet, sauté onion, carrot, and zucchini for 5 minutes.

Stir in brown rice, paprika, salt, and pepper.

Stuff peppers with mixture and place in a baking dish.

Bake 30–35 minutes until peppers are tender.

# Sautéed Spinach with Garlic

## INGREDIENTS

1 lb (450 g) fresh spinach

2 tbsp olive oil

2 garlic cloves, sliced

1/8 tsp sea salt

Prep. time: 5 min

Cook time: 5min

Serves: 4

## DIRECTIONS

Heat olive oil in a skillet. Add garlic and cook for 1 minute.

Add spinach, sauté until wilted (2–3 minutes).

Sprinkle lightly with salt before serving.

# Roasted Cauliflower with Turmeric

## INGREDIENTS

1 medium cauliflower, cut into florets

2 tbsp olive oil

1/2 tsp turmeric

1/4 tsp cumin

1/4 tsp sea salt

Prep. time: 10 min

Cook time: 25 min

Serves: 4

## DIRECTIONS

Preheat oven to 400°F (200°C).

Toss cauliflower with olive oil, turmeric, cumin, and salt.

Spread on a baking sheet and roast 20–25 minutes until golden.

# Zucchini Noodles with Pesto

## INGREDIENTS

4 medium zucchini, spiralized

2 tbsp olive oil

2 tbsp homemade basil pesto  
(made with olive oil & nuts)

1/4 tsp black pepper

Prep. time: 15 min

Cook time: 5 min

Serves: 4

## DIRECTIONS

Heat olive oil in a skillet, sauté zucchini noodles for 2–3 minutes.

Toss with pesto and black pepper.

Serve warm.

# Baked Sweet Potato with Cinnamon

## INGREDIENTS

4 medium sweet potatoes, washed  
1 tbsp olive oil  
1/2 tsp cinnamon

Prep. time: 5 min

Cook time: 40 min

Serves: 4

## DIRECTIONS

Preheat oven to 400°F (200°C).  
Rub sweet potatoes with olive oil.  
Place on a baking sheet and bake 40 minutes until tender.  
Sprinkle with cinnamon before serving.

# Grilled Vegetable Skewers

## INGREDIENTS

1 zucchini, sliced  
1 red bell pepper, chopped  
1 yellow bell pepper, chopped  
1 red onion, quartered  
8 mushrooms  
2 tbsp olive oil  
1 tsp Italian herbs  
1/4 tsp sea salt  
1/4 tsp black pepper

Prep. time: 15 min

Cook time: 15 min

Serves: 6

## DIRECTIONS

Preheat grill to medium heat.  
Thread vegetables onto skewers.  
Brush with olive oil, herbs, salt, and pepper.  
Grill 12–15 minutes, turning occasionally, until tender.



# Roasted Cauliflower & Chickpea Bowl

## INGREDIENTS

Cauliflower florets – 200 g

Canned chickpeas – ½ cup (120 g), drained

Olive oil – 1 tbsp

Paprika – ½ tsp

Garlic powder – ½ tsp

Salt, pepper – to taste

Fresh parsley – 1 tbsp, chopped

Prep. time: 10 min

Cook time: 20 min

Serves: 2

## DIRECTIONS

Preheat oven to 200°C (400°F).

Toss cauliflower and chickpeas with olive oil, paprika, garlic powder, salt, and pepper.

Spread on a baking sheet and roast for 20 minutes until golden and tender.

Garnish with fresh parsley before serving.

# Stuffed Bell Peppers with Quinoa & Vegetables

## INGREDIENTS

Bell peppers – 2 large, tops removed

Quinoa – ½ cup (90 g), cooked

Zucchini – ½ (75 g), diced

Tomato – 1 medium (100 g), diced

Onion – ½ small (50 g), diced

Olive oil – 1 tsp

Garlic – 1 clove, minced

Salt, pepper, dried oregano – to taste

Prep. time: 15 min

Cook time: 25 min

Serves: 2

## DIRECTIONS

Preheat oven to 180°C (350°F).

Sauté onion, garlic, zucchini, and tomato in olive oil for 5 minutes.

Mix vegetables with cooked quinoa and season with salt, pepper, and oregano.

Stuff mixture into bell peppers and bake 20 minutes until peppers are tender.

# Eggplant & Tomato Gratin

## INGREDIENTS

Eggplant – 1 medium (200 g), sliced

Tomatoes – 2 medium (200 g), sliced

Olive oil – 1 tbsp

Garlic – 1 clove, minced

Fresh basil – 1 tbsp, chopped

Salt, pepper – to taste

Whole wheat breadcrumbs – 2 tbsp

Prep. time: 15 min

Cook time: 30 min

Serves: 2

## DIRECTIONS

Preheat oven to 190°C (375°F).

Lightly brush eggplant slices with olive oil, season with salt and pepper.

Layer eggplant and tomato slices in a baking dish, sprinkle garlic, basil, and breadcrumbs on top.

Bake 25–30 minutes until vegetables are tender and top is golden.

# Steamed Asparagus with Lemon & Almonds

## INGREDIENTS

Asparagus – 200 g, trimmed

Lemon juice – 1 tbsp

Olive oil – 1 tsp

Almonds – 10 g, sliced

Salt, pepper – to taste

Prep. time: 5 min

Cook time: 5 min

Serves: 2

## DIRECTIONS

Steam asparagus for 4–5 minutes until tender-crisp.

Drizzle with lemon juice and olive oil.

Sprinkle with sliced almonds before serving.

# Carrot & Zucchini Fritters (Baked, not Fried)

## INGREDIENTS

Carrots – 1 medium (100 g),  
grated

Zucchini – 1 medium (150 g),  
grated

Egg – 1 large

Whole wheat flour – 2 tbsp

Garlic powder – ½ tsp

Olive oil – 1 tsp

Salt, pepper – to taste

Prep. time: 15 min

Cook time: 20 min

Serves: 2

## DIRECTIONS

Preheat oven to 200°C (400°F).

Mix grated carrot, zucchini, egg, flour, garlic powder, salt, and pepper.

Form 4 small patties and place on a baking sheet lined with parchment paper.

Brush lightly with olive oil and bake 15–20 minutes until golden, flipping halfway.

# Mushroom & Spinach Stuffed Portobello Caps

## INGREDIENTS

- 4 large portobello mushroom caps, stems removed
- 1 tbsp olive oil
- 1 small onion, finely diced
- 2 garlic cloves, minced
- 2 cups fresh spinach leaves
- 1/4 cup whole-grain breadcrumbs
- 2 tbsp grated Parmesan cheese (optional)
- Salt and black pepper, to taste
- 1 tsp dried thyme or oregano

Prep. time: 10 min

Cook time: 25 min

Serves: 4

## DIRECTIONS

Preheat oven to 180°C (350°F).

Heat olive oil in a skillet over medium heat. Sauté onion and garlic for 2–3 minutes until fragrant.

Add spinach and cook until wilted, about 2 minutes. Remove from heat and mix in breadcrumbs, cheese, salt, pepper, and thyme.

Place mushroom caps on a baking sheet and spoon the spinach mixture evenly into each cap.

Bake for 15–20 minutes, until mushrooms are tender and filling is lightly golden.

Serve warm as a side dish or light main course.

# **Chapter 10.**

## **Healthy Desserts**

# Baked Apples with Cinnamon & Walnuts

## INGREDIENTS

Apples – 2 medium (300 g)  
Walnuts – 30 g  
Cinnamon – 1 ts  
Honey – 1 tsp  
Lemon juice – 1 tsp

Prep. time: 10 min

Cook time: 25 min

Serves: 2

## DIRECTIONS

Preheat oven to 180°C (350°F).

Core apples and place in a baking dish.

Mix walnuts, cinnamon, and honey. Fill apples with this mixture.

Drizzle with lemon juice.

Bake 20–25 min until soft.

# Chia Pudding with Mixed Berries

## INGREDIENTS

- Chia seeds – 3 tbsp (30 g)
- Unsweetened almond milk – 1 cup (240 ml)
- Mixed berries – ½ cup (75 g)
- Honey – 1 tsp
- 

Prep. time: 5min

Cook time: 2 hr

Serves: 2

## DIRECTIONS

Mix chia seeds and almond milk.

Refrigerate 2 hours or overnight.

Top with berries and drizzle honey.

# Dark Chocolate Avocado Mousse

## INGREDIENTS

Ripe avocado – 1 medium (150 g)

Unsweetened cocoa powder – 2  
tbsp (10 g)

Honey – 2 tsp

Vanilla extract – ½ tsp

Prep. time: 10 min

Cook time: 0 min

Serves: 2

## DIRECTIONS

Blend avocado, cocoa powder, honey, and vanilla until smooth.

Chill 30 min before serving.

# Banana Oat Cookies

## INGREDIENTS

Ripe banana – 1 medium (100 g)

Rolled oats – ½ cup (50 g)

Raisins – 2 tbsp (20 g)

Cinnamon – ½ tsp

Prep. time: 10 min

Cook time: 15 min

Serves: 2

## DIRECTIONS

Preheat oven to 180°C (350°F).

Mash banana, mix with oats, raisins, and cinnamon.

Shape into 4 cookies.

Bake 15 min.

# Greek Yogurt Parfait with Honey and Almonds

## INGREDIENTS

Greek yogurt, low-fat – 1 cup  
(200 g)  
Honey – 1 tsp  
Almonds – 12 halves (15 g)  
Fresh berries – ½ cup (75 g)

Prep. time: 5 min

Cook time: 0 min

Serves: 2

## DIRECTIONS

Layer yogurt, berries, almonds, and honey in a glass.

Serve immediately.

# Blueberry Oat Crumble

## INGREDIENTS

Blueberries – 1 cup (150 g)  
Rolled oats – ½ cup (40 g)  
Almond flour – 2 tbsp  
Honey (or maple syrup) – 1 tbsp  
Coconut oil – 1 tbsp, melted

Prep. time: 10 min

Cook time: 25min

Serves: 2

## DIRECTIONS

Preheat oven to 180°C (350°F).

Place blueberries in a small baking dish.

Mix oats, almond flour, honey, and coconut oil. Sprinkle over blueberries.

Bake 20–25 minutes until golden.

# Mango Coconut Chia Pudding

## INGREDIENTS

Chia seeds – 3 tbsp (30 g)

Coconut milk, unsweetened – 1 cup (240 ml)

Ripe mango – ½ cup (80 g), diced

Maple syrup – 1 tsp

Prep. time: 5 min

Cook time: 0 min

Serves: 2

## DIRECTIONS

Mix chia seeds and coconut milk. Refrigerate 2 hours or overnight.

Top with diced mango and drizzle maple syrup.

# Fruit Salad with Citrus Mint Dressing

## INGREDIENTS

Mixed fruit (berries, kiwi, orange) – 1 cup (150 g)

Fresh mint – 1 tsp, chopped

Orange juice – 1 tbsp

Lemon juice – 1 tsp

Prep. time: 10 min

Cook time: 0 min

Serves: 2

## DIRECTIONS

Chop fruits and place in a bowl.

Mix orange juice, lemon juice, and mint.

Pour over fruits and toss gently.



# Baked Pears with Maple and Pecans

## INGREDIENTS

Pears – 2 medium (300 g)

Pecans – 20 g

Maple syrup – 1 tsp

Cinnamon – ½ tsp

Prep. time: 10min

Cook time: 20 min

Serves: 2

## DIRECTIONS

Preheat oven to 180°C (350°F).

Halve pears and remove cores.

Sprinkle with cinnamon, top with pecans, and drizzle maple syrup.

# Oatmeal and Date Energy Balls

## INGREDIENTS

Rolled oats – ½ cup (50 g)

Pitted dates – 4 pcs (40 g)

Almond butter – 1 tbsp (16 g)

Unsweetened cocoa powder – 1  
tsp

Prep. time: 10 min

Cook time: 0 min

Serves: 4

## DIRECTIONS

Blend dates and almond butter until smooth.

Mix with oats and cocoa powder.

Form 4 small balls. Chill 15 min before serving.

# Raspberry Almond Bars

## INGREDIENTS

Rolled oats – ½ cup (45 g)  
Almond flour – ¼ cup (30 g)  
Almond butter – 2 tbsp (30 g)  
Honey – 1 tbsp  
Fresh raspberries – 50 g

Prep. time: 20 min

Cook time: 0 min

Serves: 2

## DIRECTIONS

Mix oats, almond flour, almond butter, and honey until combined.  
Press mixture into a small baking dish.  
Top with raspberries and refrigerate 1–2 hours.  
Cut into 2 bars and serve.

# Pumpkin Spice Chia Pudding

## INGREDIENTS

Chia seeds – 3 tbsp (30 g)  
Almond milk – 1 cup (240 ml)  
Pumpkin puree – ¼ cup (60 g)  
Cinnamon – ½ tsp  
Nutmeg – ¼ tsp  
Maple syrup – 1 tsp

Prep. time: 10 min

Cook time: 0 min

Serves: 2

## DIRECTIONS

Mix all ingredients in a bowl.  
Refrigerate at least 4 hours or overnight.  
Stir well before serving.

# Strawberry Oat Smoothie

## INGREDIENTS

Strawberries – 100 g

Rolled oats – 3 tbsp (30 g)

Low-fat Greek yogurt – ½ cup (120 g)

Almond milk – ½ cup (120 ml)

Honey – 1 tsp

Prep. time: 5 min

Cook time: 0 min

Serves: 2

## DIRECTIONS

Blend all ingredients until smooth.

Pour into glasses and serve immediately.

# Apple Cinnamon Energy Balls

## INGREDIENTS

Dried apple – ¼ cup (25 g),  
chopped

Rolled oats – ½ cup (45 g)

Almond butter – 2 tbsp (30 g)

Cinnamon – ½ tsp

Chia seeds – 1 tsp

Prep. time: 15 min

Cook time: 0 min

Serves: 2

## DIRECTIONS

Blend or mix all ingredients until sticky.

Form into 4 small balls.

Refrigerate 20 minutes before serving.

# Coconut Mango Energy Bites

## INGREDIENTS

Dried mango – ¼ cup (30 g),  
chopped

Rolled oats – ½ cup (45 g)

Unsweetened shredded coconut –  
2 tsp

Almond butter – 2 tbsp (30 g)

Honey – 1 tsp

Prep. time: 15 min

Cook time: 0 min

Serves: 2

## DIRECTIONS

Blend or mix all ingredients until sticky.

Form into 4 small bites.

Chill 20 minutes before serving.

# Lemon Yogurt Cake (Whole Grain, Low Sugar)

## INGREDIENTS

1 cup whole wheat flour

1/2 cup almond flour

1/2 tsp each baking soda &  
baking powder

Pinch of salt

2 eggs

1/3 cup olive oil

1/2 cup low-fat Greek yogurt

1/3 cup honey or maple syrup

Zest & juice of 1 lemon

1 tsp vanilla extract

Prep. time: 10 min

Cook time: 35 min

Serves: 8

## DIRECTIONS

Preheat oven to 175°C (350°F). Line a loaf pan.

Mix flours, baking soda, baking powder, and salt.

Whisk eggs, oil, yogurt, honey, lemon, and vanilla until smooth.

Combine wet and dry ingredients; pour into the pan.

Bake 30–35 minutes until a toothpick comes out clean. Cool before slicing.

# **Chapter 11.**

## **Sauces & Dressings**

# Heart-Healthy Pesto with Walnuts

## INGREDIENTS

Fresh basil – 2 cups, packed

Walnuts – ½ cup, unsalted

Garlic – 2 cloves

Extra-virgin olive oil – ⅓ cup

Parmesan cheese (optional, low-fat) – ¼ cup

Lemon juice – 1 tbsp

Black pepper – to taste

Prep. time: 10 min

Cook time: 0 min

Serves: 8

## DIRECTIONS

Combine basil, walnuts, and garlic in a food processor.

Slowly add olive oil and blend until smooth.

Add lemon juice and cheese (if using), pulse again.

Season with black pepper.

# Greek Yogurt Ranch Dressing

## INGREDIENTS

Plain non-fat Greek yogurt – 1 cup

Skim milk – 2 tbsp

Garlic powder – ½ tsp

Onion powder – ½ tsp

Dried dill – 1 tsp

Lemon juice – 1 tsp

Black pepper – to taste

Prep. time: 5 min

Cook time: 0 min

Serves: 6

## DIRECTIONS

In a bowl, whisk together yogurt, milk, and lemon juice.

Stir in garlic powder, onion powder, dill, and pepper.

Chill before serving.

# Tahini Dressing

## INGREDIENTS

Tahini (sesame paste) – ½ cup

Lemon juice – 3 tbsp

Water – ¼ cup (adjust for consistency)

Garlic – 1 clove, minced

Cumin – ½ tsp

Salt – tiny pinch or omit

Black pepper – to taste

Prep. time: 5 min

Cook time: 0 min

Serves: 8

## DIRECTIONS

Whisk together tahini, lemon juice, and water until creamy.

Stir in garlic and cumin.

Season with pepper and serve.

# Tomato & Herb Sauce

## INGREDIENTS

Olive oil – 1 tbsp

Onion – 1 small, diced

Garlic – 2 cloves, minced

Crushed tomatoes (no salt added)  
– 2 cups

Dried oregano – 1 tsp

Fresh basil – 2 tbsp, chopped

Black pepper – to taste

Prep. time: 10 min

Cook time: 20 min

Serves: 6

## DIRECTIONS

Heat olive oil in a pan, sauté onion and garlic until soft.

Add crushed tomatoes and oregano, simmer 15 minutes.

Stir in fresh basil before serving.

# Avocado Lime Dressing

## INGREDIENTS

Ripe avocado – 1 medium  
Lime juice – 2 tbsp  
Olive oil – 2 tbsp  
Cilantro – 2 tbsp, chopped  
Water – 2–3 tbsp (for thinning)  
Black pepper – to taste

Prep. time: 5 min

Cook time: 0 min

Serves: 6

## DIRECTIONS

Blend avocado, lime juice, olive oil, and cilantro until smooth.  
Add water gradually to reach the desired consistency.  
Season with black pepper.

# Lemon Garlic Vinaigrette

## INGREDIENTS

Extra virgin olive oil – 2 tbsp (30 ml)  
Lemon juice – 2 tbsp (30 ml)  
Garlic – 1 clove, minced  
Dijon mustard – 1 tsp  
Black pepper – to taste

Prep. time: 5 min

Cook time: 0 min

Serves: 2

## DIRECTIONS

Whisk all ingredients together until emulsified.  
Use immediately or refrigerate for up to 3 days.



# Spicy Mustard Yogurt Dressing

## INGREDIENTS

Low-fat Greek yogurt – ¼ cup  
(60 g)  
Dijon mustard – 1 tsp  
Apple cider vinegar – 1 tsp  
Cayenne pepper – ⅛ tsp  
Black pepper – to taste

Prep. time: 5 min

Cook time: 0 min

Serves: 2

## DIRECTIONS

Mix all ingredients until smooth.

Serve immediately or refrigerate up to 2 days.

# Basil & Cashew Cream Sauce

## INGREDIENTS

Raw cashews – ¼ cup (35 g),  
soaked 2 hours  
Fresh basil – ¼ cup (10 g)  
Water – 3 tbsp (45 ml)  
Lemon juice – 1 tsp  
Garlic – 1 clove  
Salt – pinch

Prep. time: 10 min

Cook time: 0 min

Serves: 2

## DIRECTIONS

Blend all ingredients until creamy.

Serve as a sauce over pasta or vegetables.

# Roasted Red Pepper Dressing

## INGREDIENTS

Roasted red peppers – ½ cup (75 g)  
Olive oil – 1 tbsp (15 ml)  
Red wine vinegar – 1 tsp  
Garlic – 1 clove  
Black pepper – to taste

Prep. time: 10 min

Cook time: 0 min

Serves: 2

## DIRECTIONS

Blend all ingredients until smooth.

Serve immediately or refrigerate up to 3 days.

# Cilantro Lime Yogurt Sauce

## INGREDIENTS

Low-fat Greek yogurt – ¼ cup (60 g)  
Fresh cilantro – 2 tbsp (5 g)  
Lime juice – 1 tbsp (15 ml)  
Garlic – ½ clove  
Black pepper – to taste

Prep. time: 5 min

Cook time: 0 min

Serves: 2

## DIRECTIONS

Blend all ingredients until smooth.

Serve with grilled fish, chicken, or salads.

# Olive Tapenade

## INGREDIENTS

Kalamata olives – ½ cup (75 g),  
pitted

Capers – 1 tsp

Garlic – 1 clove

Olive oil – 1 tbsp (15 ml)

Lemon juice – 1 tsp

Prep. time: 5 min

Cook time: 0 min

Serves: 2

## DIRECTIONS

Blend all ingredients until a coarse paste forms.

Serve as a spread on whole-grain toast or as a dip.

# Sun-Dried Tomato & Herb Spread

## INGREDIENTS

Sun-dried tomatoes (unsweetened,  
oil-packed) – ½ cup (50 g)

Olive oil – 1 tbsp (15 ml)

Garlic – 1 clove

Fresh basil – 2 tbsp (5 g)

Black pepper – to taste

Prep. time: 10 min

Cook time: 0 min

Serves: 2

## DIRECTIONS

Blend all ingredients until smooth.

Use as a spread for sandwiches or a sauce for pasta.

# Carrot Ginger Dressing

## INGREDIENTS

Carrot – ½ cup (60 g), chopped

Fresh ginger – 1 tsp, grated

Rice vinegar – 1 tbsp (15 ml)

Olive oil – 1 tbsp (15 ml)

Honey – ½ tsp (optional)

Prep. time: 5 min

Cook time: 0 min

Serves: 2

## DIRECTIONS

Blend all ingredients until smooth.

Serve over salads or steamed vegetables.

# Pumpkin Seed Pesto

## INGREDIENTS

Pumpkin seeds – ¼ cup (35 g),  
toasted

Fresh basil – ½ cup (10 g)

Garlic – 1 clove

Olive oil – 1 tbsp (15 ml)

Lemon juice – 1 tsp

Prep. time: 10 min

Cook time: 0 min

Serves: 2

## DIRECTIONS

Blend all ingredients until smooth.

Toss with pasta, spread on sandwiches, or use as a dip.

# Creamy Avocado Cilantro Dressing

## INGREDIENTS

Ripe avocado – ½ (75 g)

Fresh cilantro – 2 tbsp (5 g)

Lime juice – 1 tbsp (15 ml)

Olive oil – 1 tbsp (15 ml)

Water – 2 tbsp (30 ml)

Black pepper – to taste

Prep. time: 5 min

Cook time: 0 min

Serves: 2

## DIRECTIONS

Blend all ingredients until creamy and smooth.

Serve on salads, grilled vegetables, or as a dip.

# Walnut Balsamic Dressing (Heart-Healthy)

## INGREDIENTS

1/4 cup extra virgin olive oil

2 tbsp balsamic vinegar

2 tbsp finely ground walnuts

1 tsp Dijon mustard

1 tsp honey (optional)

Pinch of black pepper

Prep. time: 5 min

Cook time: 0 min

Serves: 6

## DIRECTIONS

In a small bowl or jar, whisk together vinegar, mustard, honey, and walnuts.

Slowly drizzle in olive oil while whisking until smooth and emulsified.

Season with black pepper and adjust the sweetness if needed.

Store in refrigerator up to 5 days. Shake before use.

# **Chapter 12. 30-Day Heart-Healthy Meal Plan**

# Week 1 – Heart-Healthy Meal Plan

## Day 1

- Breakfast – Overnight Oats with Berries & Chia
- Lunch – Lentil & Spinach Soup
- Dinner – Lemon Herb Grilled Chicken Breast
- Snack/Dessert – Baked Apples with Cinnamon & Walnuts

## Day 2

- Breakfast – Mediterranean Vegetable Omelet
- Lunch – Quinoa & Roasted Vegetable Salad
- Dinner – Steamed Halibut with Ginger & Bok Choy
- Snack/Dessert – Chia Pudding with Mixed Berries

## Day 3

- Breakfast – Whole Grain Banana Pancakes
- Lunch – Tomato Basil Soup
- Dinner – Herb-Crusted Beef Tenderloin
- Snack/Dessert – Dark Chocolate Avocado Mousse

## Day 4

- Breakfast – Avocado Toast on Whole Wheat with Tomato Slices
- Lunch – Cucumber, Tomato & Dill Salad
- Dinner – Shrimp & Lentil Curry (Heart-Healthy Version)
- Snack/Dessert – Banana Oat Cookies

## Day 5

- Breakfast – Greek Yogurt with Fresh Fruit & Flaxseeds
- Lunch – Butternut Squash Soup
- Dinner – Baked Chicken with Rosemary & Garlic
- Snack/Dessert – Greek Yogurt Parfait with Honey and Almonds

## Day 6

- Breakfast – Apple-Cinnamon Quinoa Breakfast Bowl
- Lunch – Chickpea & Cucumber Salad with Herbs
- Dinner – Grilled Lamb Chops with Mint Yogurt Sauce
- Snack/Dessert – Blueberry Oat Crumble

## Day 7

- Breakfast – Blueberry-Almond Smoothie
- Lunch – Mushroom & Barley Soup
- Dinner – Grilled Swordfish with Tomato-Caper Salsa
- Snack/Dessert – Mango Coconut Chia Pudding

# Week 2 – Heart-Healthy Meal Plan

## Day 8

- Breakfast – Sweet Potato Breakfast Hash
- Lunch – Spinach & Strawberry Salad with Balsamic Glaze
- Dinner – Pork Tenderloin with Apple-Cabbage Slaw
- Snack/Dessert – Fruit Salad with Citrus Mint Dressing

## Day 9

- Breakfast – Cottage Cheese with Peach Slices & Cinnamon
- Lunch – Mediterranean Chickpea Soup
- Dinner – Grilled Tuna with Lemon-Herb Dressing
- Snack/Dessert – Baked Pears with Maple and Pecans

## Day 10

- Breakfast – Oatmeal with Pear and Walnuts
- Lunch – Lentil & Roasted Beet Salad
- Dinner – Chicken & Vegetable Stir-Fry (Low Sodium)
- Snack/Dessert – Oatmeal and Date Energy Balls

## Day 11

- Breakfast – Savory Quinoa & Veggie Breakfast Bowl
- Lunch – Tomato & Roasted Red Pepper Soup
- Dinner – Rosemary-Garlic Roasted Lamb Leg (Lean Cut)
- Snack/Dessert – Raspberry Almond Bars

## Day 12

- Breakfast – Banana-Peanut Butter Smoothie Bowl
- Lunch – Roasted Cauliflower & Tahini Salad
- Dinner – Baked Cod with Garlic & Herbs
- Snack/Dessert – Pumpkin Spice Chia Pudding

## Day 13

- Breakfast – Whole-Grain Waffles with Mixed Berries
- Lunch – Carrot & Orange Salad with Ginger Dressing
- Dinner – Turkey Meatballs in Tomato Sauce
- Snack/Dessert – Strawberry Oat Smoothie

## Day 14

- Breakfast – Scrambled Tofu with Spinach and Bell Peppers
- Lunch – Pea & Mint Soup
- Dinner – Mediterranean Beef Stew
- Snack/Dessert – Apple Cinnamon Energy Balls



# Week 3 – Heart-Healthy Meal Plan

## Day 15

- Breakfast – Spinach & Mushroom Egg Scramble
- Lunch – Mixed Greens with Apple & Sunflower Seeds
- Dinner – Bison Burgers with Avocado & Spinach
- Snack/Dessert – Coconut Mango Energy Bites

## Day 16

- Breakfast – Overnight Oats with Berries & Chia
- Lunch – Greek Salad with Olives & Feta
- Dinner – Grilled Lamb Kebabs with Vegetables
- Snack/Dessert – Chia Pudding with Mixed Berries

## Day 17

- Breakfast – Mediterranean Vegetable Omelet
- Lunch – Brown Rice & Edamame Salad
- Dinner – Lean Beef & Lentil Chili
- Snack/Dessert – Dark Chocolate Avocado Mousse

## Day 18

- Breakfast – Whole Grain Banana Pancakes
- Lunch – Quinoa & Spinach Mini Fritters
- Dinner – Pork Medallions with Mustard Sauce
- Snack/Dessert – Banana Oat Cookies

## Day 19

- Breakfast – Avocado Toast on Whole Wheat with Tomato Slices
- Lunch – Arugula & Pear Salad with Walnuts
- Dinner – Turkey & Vegetable Stuffed Zucchini Boats
- Snack/Dessert – Greek Yogurt Parfait with Honey and Almonds

## Day 20

- Breakfast – Greek Yogurt with Fresh Fruit & Flaxseeds
- Lunch – Roasted Cauliflower & Chickpea Bowl
- Dinner – Mediterranean Baked Trout with Olives & Herbs
- Snack/Dessert – Blueberry Oat Crumble

## Day 21

- Breakfast – Apple-Cinnamon Quinoa Breakfast Bowl
- Lunch – Quinoa Pilaf with Spinach & Carrots
- Dinner – Grilled Swordfish with Tomato-Caper Salsa
- Snack/Dessert – Mango Coconut Chia Pudding

# Week 4 – Heart-Healthy Meal Plan

## Day 22

- Breakfast – Blueberry-Almond Smoothie
- Lunch – Stuffed Bell Peppers with Quinoa & Vegetables
- Dinner – Baked Chicken with Sweet Potatoes & Green Beans
- Snack/Dessert – Baked Pears with Maple and Pecans

## Day 23

- Breakfast – Sweet Potato Breakfast Hash
- Lunch – Cucumber, Tomato & Dill Salad
- Dinner – Grilled Shrimp Skewers with Vegetables
- Snack/Dessert – Raspberry Almond Bars

## Day 24

- Breakfast – Cottage Cheese with Peach Slices & Cinnamon
- Lunch – Brown Rice & Lentil Stew
- Dinner – Lean Beef & Vegetable Stir-Fry
- Snack/Dessert – Apple Cinnamon Energy Balls

## Day 25

- Breakfast – Oatmeal with Pear and Walnuts
- Lunch – Mediterranean Farro Salad with Tomatoes & Parsley
- Dinner – Herb-Roasted Turkey Breast
- Snack/Dessert – Pumpkin Spice Chia Pudding

## Day 26

- Breakfast – Savory Quinoa & Veggie Breakfast Bowl
- Lunch – Lentil & Roasted Beet Salad
- Dinner – Grilled Lamb Chops with Mint Yogurt Sauce
- Snack/Dessert – Coconut Mango Energy Bites

## Day 27

- Breakfast – Banana-Peanut Butter Smoothie Bowl
- Lunch – Roasted Cauliflower & Tahini Salad
- Dinner – Pork Tenderloin with Citrus-Herb Marinade
- Snack/Dessert – Strawberry Oat Smoothie

## Day 28

- Breakfast – Whole-Grain Waffles with Mixed Berries
- Lunch – Kale Salad with Lemon-Garlic Dressing
- Dinner – Mediterranean Chicken with Olives & Tomatoes
- Snack/Dessert – Blueberry Oat Crumble

## Day 29

- Breakfast – Scrambled Tofu with Spinach and Bell Peppers
- Lunch – Watermelon & Feta Salad with Mint
- Dinner – Baked Halibut with Lemon & Dill
- Snack/Dessert – Chia Pudding with Mixed Berries

## Day 30

- Breakfast – Spinach & Mushroom Egg Scramble
- Lunch – Quinoa Stuffed Peppers
- Dinner – Turkey & Vegetable Chili
- Snack/Dessert – Dark Chocolate Avocado Mousse

## Weekly Tips

- Continue planning meals to maintain consistency.
- Choose **healthy cooking methods**: baking, steaming, or grilling instead of frying.
- Use **healthy fats** like olive oil, avocado, and nuts in moderation.
- Focus on **whole-food snacks** instead of packaged ones.
- Celebrate progress — heart-healthy eating is a journey, not a quick fix.

You can follow the 30-day plan day by day, or mix and match recipes according to your needs and preferences. Gradually, these habits will help you build a lifestyle that supports heart health for years to come.

# Conclusion

## Key Takeaways

- A heart-healthy diet is built on whole, fresh, nutrient-rich foods — fruits, vegetables, whole grains, lean proteins, and healthy fats.
- Reducing sodium and saturated fat helps protect your arteries and maintain healthy blood pressure.
- Increasing fiber intake supports digestion, lowers cholesterol, and provides long-lasting energy.
- Balanced meals and consistency are more powerful than short-term restrictions.

## How to Maintain Heart-Healthy Eating Long-Term

- Plan Ahead: Prepare shopping lists and cook in batches to avoid unhealthy last-minute choices.
- Practice Moderation: It's okay to enjoy occasional treats — balance is the key, not perfection.
- Stay Hydrated: Drink enough water daily to support circulation and overall well-being.
- Listen to Your Body: Notice how different foods make you feel and choose those that energize and nourish you.
- Build Habits, Not Diets: Focus on small, lasting changes rather than temporary rules.

## Everyday Tips for Success

- Season Smartly: Use herbs, garlic, lemon, and spices instead of salt.
- Choose Healthy Cooking Methods: Bake, steam, grill, or sauté in olive oil instead of frying.
- Watch Portions: Use smaller plates and practice mindful eating to prevent overeating.
- Keep Healthy Snacks Ready: Fresh fruit, nuts, and cut vegetables make it easier to resist processed snacks.
- Stay Active: Combine a heart-healthy diet with regular physical activity for the best results.
- Celebrate Progress: Each positive choice adds up — be proud of every step you take for your heart.

## Final Note:

Your journey to heart health is not about restrictions, but about empowerment. By following the principles and recipes in this book, you are investing in a future filled with more energy, vitality, and well-being. Each meal is an opportunity to care for yourself and your loved ones — one heart-healthy bite at a time.