

MEDITERRANEAN DIET COOKBOOK FOR BEGINNERS



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Hi, I'm Raven



Health challenges made me stop and reflect on how I was living my life. I attended professional nutrition classes, studied scientific research, listened to lectures, and explored how a healthy diet can truly improve well-being.

That's when I discovered the Mediterranean diet—a simple yet powerful way to care for both body and mind. It's not only about eating well; it's about living in a way that allows us to enjoy every bite, savor natural flavors, and appreciate life's simple pleasures.

Through this journey, I realized that making mindful food choices can bring back the joy of living. My health improved, my energy grew, and I felt inspired to achieve more meaningful things. With this book, I share my story and encourage others to discover a healthier, more balanced, and happier way of life.

The Fast-Paced Lifestyle and the Sun-Kissed Kitchen

Welcome to the Sun-Kissed Kitchen—where health meets taste!

The Mediterranean diet is more than just a way to eat; it's a way of life that honors delicious foods, old customs, and a way of living that is beneficial for the body and the mind. It combines healthy eating with living mindfully, incorporating inspiration from the cooking methods of Greece, Italy, Spain, and other sunny coastal countries. It shows that doing things that are beneficial for you and entertaining at the same time is possible.

Individuals in the Mediterranean region believe they should take their time eating. It has to do with food that smells delicious, colorful platters, and people coming together. This plan not only feeds your body, but it also makes you feel better, provides you a stronger sense of community, and makes life more pleasant.

Beyond the Plate: The Mediterranean Spirit

The Mediterranean way of life is particularly appealing because it features fresh, healthy cuisine and values that influence how people live, such as community engagement, mindfulness, and enjoying fun activities while exercising. These things don't just improve the dish's taste; they improve it.

People from Mediterranean cultures naturally receive a lot of exercise every day. Walking along the beach, dancing at family gatherings, tending to a garden, or riding your bicycle through the neighborhood are all enjoyable activities that are gentle on your body. The main concept is simple: get up and move every day and have fun.

Eating with care is another significant tradition. People take their time eating and pay special attention to how the meal smells, tastes, and feels. By paying attention to your body's natural signals of hunger and fullness, you can develop your relationship with food and avoid the problems that come with eating without thinking.

Everyone being able to eat is the most important thing. Spending time with people you care about, telling tales, laughing, and eating nutritious food is good for your health. These times are beneficial for your heart and body, and they also help you get along with other people and feel less stressed.

You should also keep in mind that adopting a Mediterranean diet means putting these ideas into practice every day, so the advantages transcend beyond just what you eat.

The Pyramid of the Mediterranean Diet: Your Fundamental Ideas



The Mediterranean diet pyramid is more than simply a graph; it helps you add balance, variety, and fun to your meals. It shows which meals are good to eat every day, which ones are good to eat once in a while, and which ones are only good to eat on special occasions. More importantly, it stresses how important exercise and close relationships with other people are. It reminds us that community, activity, and a healthy diet all help us feel better overall.

Think of it as your guide to eating a healthy diet that lets you make better choices every day without feeling limited.

Every day (The Pyramid's Base)

The Mediterranean way of life is based on these meals, which are full of important nutrients, provide you steady energy, and taste excellent.

Fruits and Vegetables: Put a colorful mix of fresh, in-season fruits and vegetables on your plate. Vitamins and iron are abundant in leafy greens like spinach and kale. Potassium is beneficial for bones, orange vegetables like carrots and sweet potatoes are beneficial for eyes because they are high in beta-carotene, and berries are beneficial for cells because they are high in antioxidants. There are pros and cons to each color group. Eating various foods keeps meals interesting and makes sure you receive all the vitamins and minerals you need.

Whole Grains: Brown rice, couscous, bulgur, and whole-wheat pasta all have carbohydrates that release slowly, which keeps your energy levels stable. They also have fiber, which helps with digestion and keeps you at a healthy weight. They also give you B vitamins, which help your body use energy.

Legumes: Lentils, chickpeas, and beans are all high in protein and minerals like potassium and magnesium. They are good for your heart and help keep your blood pressure in check. They also make excellent meat replacements for vegetarians.

Nuts and Seeds: Almonds, walnuts, sunflower seeds, and pumpkin seeds are all high in protein, minerals like magnesium and zinc, and heart-healthy unsaturated fats. They taste delicious in yogurt, cereal, or salads, and they are terrific snacks.

Olive Oil: Extra virgin olive oil is the most important thing in Mediterranean food. It provides antioxidants like vitamin E and monounsaturated fats that are beneficial for the heart. It lowers inflammation, is beneficial for the heart, and gives food a rich, fruity flavor.

Herbs & Spices: Garlic, onions, basil, rosemary, oregano, thyme, parsley, and dill are herbs and spices that not only taste delicious but also contain compounds that support the immune system and combat inflammation. They let you add flavor to food without adding too much salt, which improves food taste and is healthy for you.

Moderate Intake – Including Diversities

These meals are good for you because they offer variety, healthy fats, and protein to what you usually eat.

At least twice a week, eat fish and shellfish. Because they have omega-3 fatty acids, salmon, sardines, and mackerel are beneficial for your heart, brain, and joints. Mussels and shrimp are also excellent for you because they are low in fat and high in vital minerals like selenium and iodine.

Poultry and Eggs: Lean turkey and chicken chops are two of the best sources of protein for the immune system and for developing muscle. Eggs are a fantastic source of protein and provide vitamins like choline and B12 that are beneficial for the brain.

Dairy: Greek yogurt and cheeses like feta and ricotta are rich sources of probiotics, which help keep your intestines healthy, and calcium, which helps keep your bones and teeth strong. Pick those that are less processed and more natural to get the most out of them.

The Top of the Pyramid: Occasional

These foods have a more minor role, so you can enjoy them as noteworthy complements without overpowering the nutrient-dense mainstays. They are not prohibited.

Red Meat: While beef, lamb, and pork are excellent sources of protein, iron, and vitamin B12, they should only be eaten occasionally to maintain a balanced diet of saturated fat.

Sweets: When consumed in moderation, cakes, cookies, and ice cream can contribute to a joyful life. A naturally sweet substitute that also contains fiber, vitamins, and antioxidants is fresh fruit

Drinks

Water is the best beverage for energy, digestion, and hydration. Drink it all day long.

Red wine: Savor the taste and possible heart-protective effects of antioxidants like resveratrol by having a glass with meals when you want to (one for women, up to two for men).

Antioxidants are abundant in **tea and coffee**. To maintain their health advantages without extra sugar, eat them unsweetened.

Now that you know which ingredients should serve as the basis for your meals, it's time to observe how these decisions fit together in your regular kitchen.

Adding the Mediterranean Diet to Your Daily Life

When you switch to a Mediterranean diet, you don't have to make a major or dramatic adjustment. The changes that last the longest are the tiny ones that are easy to fit into your daily life. These small changes will make you feel better physically, mentally, and in terms of taste.

You can make a significant difference by making small improvements every day.

A beneficial place to start is to think about the fats you use when you cook. Choose extra virgin olive oil instead of commonly used fats when preparing meals, especially for salads and other dishes. This is the most crucial thing you should know about Mediterranean cooking. It has many monounsaturated fats and potent antioxidants like polyphenols. It lowers inflammation, improves heart health, and gives every dish a rich, sun-kissed flavor.

Use whole grains like bulgur, brown rice, whole-wheat bread, or whole-grain pasta instead of white rice, refined bread, and pasta. These choices provide fiber to help with digestion and keep you from being hungry, as well as complex carbs that give you constant energy.

When you want something sweet, fresh fruit is better than processed sweets. Candy bars don't provide vitamins, antioxidants, or hydration, but juicy berries, figs, or oranges do. They also fulfill your sweet taste.

Have a jar of almonds, walnuts, or sunflower seeds close by. These snacks are good for you because they have a lot of vitamin E, magnesium, and omega-3 fats. Vitamin E helps your skin glow, magnesium keeps your energy stable, and omega-3 fats are beneficial for your heart. You can make a wonderful snack that fills you up and provides you energy by mixing them with crunchy veggie sticks and creamy hummus.

You might also want to eat plant-based dinners instead of meat-based ones a few times a week. A fragrant lentil soup or chickpea stew is a wonderful way to give your body a break and try something new with your taste buds. It has minimal quantities of saturated fat, plant protein, iron, and minerals on its own.

If you make a few of these changes weekly, your meals will follow Mediterranean guidelines.

Important Kitchen Tools for Simple Cooking

You don't need many gadgets in your kitchen, just a few excellent ones that you'll use often.

With a sharp chef's knife and a sturdy cutting board, you can quickly chop up herbs and vegetables. This makes prep work fun instead of a chore. A wide skillet with a lid is ideal for one-pan meals because it keeps moisture in for soft veggies and sears fish until it's brown.

You should have a vegetable peeler ready to quickly and easily prepare carrots or zucchini and a deep pot ready to cook pasta, couscous, or brown rice. Mediterranean

food loves the brightness of lemon juice. It adds vitamin C, freshness, and balance to everything from grilled fish to salad dressings. You will soon need a citrus juicer.

Finally, a stand blender or immersion blender can help you eat healthily quickly and easily by letting you produce smooth vegetable soups, energizing smoothies, or smooth hummus.

Also, eat plant-based dinners a couple times a week if you can. Stuffed bell peppers with quinoa or roasted veggie platters with olive oil on top are tasty, filling, and full of fiber, vitamins, and healthy fats. They provide your body a reprieve from hefty meals and keep you going.

You won't have to think about it, but after a few weeks of making these modifications, your meals will start to follow Mediterranean guidelines.

Ways of Cooking Mediterranean Food that Keep It Healthy and Tasty

The Mediterranean method emphasizes ease of use first. You don't need as much oil when you grill or bake fish and veggies because these methods bring out their natural flavors. Not only does sautéing with olive oil improve food taste, but it also helps healthy nutrients stick to your dish. You can make big, tasty dinners out of dull veggies and lentils with very little work by making soups and stews.

Above all else, pick fresh, in-season foods. Fresh fruits and vegetables are always the best for you. A juicy summer tomato or a crisp autumn pepper tastes fantastic with just a little olive oil and herbs.

These procedures, which go beyond just cooking, help retain the Mediterranean cuisine's unique smells, hues, and nutrients.

When you shop, look for fresh goods in the front of the store. For the finest taste and nutrients, eat items that are in season. For hectic days, keep frozen fish or veggies on hand.

You can always make healthy meals with a pantry like this, which makes cooking a fun and easy part of your day.

The Mediterranean Pantry: The Secret to Your Success

You don't have to go to the store every day if your pantry is well-stocked. These basic foods are the building blocks of Mediterranean cooking and are excellent for your health:

- Extra virgin olive oil is helpful for heart health, decreases inflammation, and helps the body absorb nutrients better.
- Canned tomatoes are abundant in lycopene, a strong antioxidant that helps the heart and lowers the risk of cancer.
- Beans, lentils, and chickpeas in cans have a lot of fiber, iron, folate, and plant protein, which give you energy and keep your digestive system in balance.
- Whole grains and pasta are healthy for your digestion, keep your blood sugar constant, and provide you with energy that lasts.
- You may easily get omega-3 fatty acids that are excellent for your heart and brain by eating canned sardines or tuna.
- Fresh and dried herbs and spices offer antioxidants that keep cells safe and make food taste better without adding too much salt.
- Onions, garlic, and lemons are foods that help the immune system and make digestion healthier. They also make things taste better.
- Olives and capers are beneficial for your intestines because they include healthy fats and probiotics in them.
- Nuts and seeds are good for your bones and brain because they provide minerals, plant protein, and healthful fats.
- Balsamic vinegar, apple cider, and red wine all help with digestion, keep blood sugar levels constant, and provide flavor.

Look for fresh items on the borders of the store when you go shopping. For the finest taste and nutrition, eat foods that are in season. Also, acquire a lot of frozen fish or vegetables for days when you're busy.

With a pantry like this, you can cook healthy meals whenever you want. This makes cooking a fun and simple part of your daily life.

The Mediterranean Method of Time Saving through Meal Prep

Meals in Mediterranean households are frequently colorful but straightforward, and part of that simplicity stems from prepping essential components.

At the beginning of the week, dedicate one or two hours to:

- Prepare grains like bulgur or quinoa in large quantities and keep them in the for easy bowls or salads.
- To maintain their nutrition and aroma, chop fresh herbs like basil or parsley and keep them in olive oil.
- Toss veggies into bowls by grating them, slicing peppers, and washing lettuce.
- Fish or chicken can be pre-portioned, marinated with lemon and spices, then frozen for easy cooking at a later time.
- Prepare dips like tzatziki or hummus, ration snacks, and wash fruit so it's always fresh for on-the-go.

Even on your busiest days, you can still enjoy the flavors of the Mediterranean with a bit of planning.

Your Blueprint for a Month of Mediterranean Living

Having a defined plan makes it simple to incorporate the Mediterranean lifestyle into your daily life. Therefore, the final section of this book provides a comprehensive toolset designed to help you easily prepare tasty and healthful meals every day without any concerns.

What awaits you at the end of this book is as follows:

- A 30-day Mediterranean meal plan consists of four weeks' worth of colorful, well-balanced breakfast, lunch, dinner, and snack recipes. Every day, we combine taste, nutrition, and convenience to provide you with variety and nourish your body.
- A weekly shopping list that has been meticulously arranged by category to guarantee you have everything you need for the coming week, cut down on waste,

and save time in the store.

- A meal prep checklist is a set of simple, detailed instructions for preparing essential items ahead of time so that cooking during the week takes minutes rather than hours.
- This list includes cupboard and refrigerator basics to ensure that your kitchen is always stocked with ingredients for easy Mediterranean recipes.

You'll have more than just recipes with this plan; you'll have a ready-to-follow guide for changing your eating patterns into a thriving Mediterranean lifestyle that your happiness and health throughout the year.

Your Collection of Mediterranean Recipes: Easy, Tasty, and Nutritious!

After learning the fundamentals of the Mediterranean diet, its advantages, and efficient kitchen preparation, it's time for the most thrilling part—cooking!

The next section contains 100 quick and simple dishes that demonstrate that following Mediterranean health principles may be a simple, doable, and enjoyable way to eat. Each dish offers outstanding nutritional content and delicious flavor while maximizing your time.

Each recipe contains the following to ease your cooking journey further:

- The quantity of servings
- Cooking time (less than half an hour)
- The approximate number of calories
- Detailed list of ingredients
- Detailed directions
-

You can make quick breakfasts, filling lunches, light dinners, and delicious snacks for every time of day with fresh, basic ingredients and the cooking techniques covered previously.



It's time to get your hands dirty and begin preparing meals that will satisfy your senses and nourish your body now that you have the information, the equipment, and a well-defined plan.



BREAKFAST



OATMEAL WITH NUT BUTTER AND BANANA

 1 serving |  8 minutes | Calories 350

Ingredients

- ½ cup quick oats (about 1.4 oz)
- 1 cup plant-based or regular milk (e.g., oat, almond, dairy) (8 fl oz)
- 1 small banana (mashed or sliced)
- 1 tbsp nut butter (peanut, almond, etc.)
- ½ tsp cinnamon
- Pinch of salt (enhances flavor)
- Toppings: extra banana slices, chopped nuts, seeds, or shredded coconut


Optional: 1 tsp agave syrup, date syrup, or maple syrup



Directions

1. In a small pot, bring the milk and oats to a gentle boil.
2. Cook for 4–6 minutes, stirring, until the oats thicken.
3. Stir in the mashed banana, nut butter, cinnamon, salt, and sweetener (if using).
4. Mix well until smooth and creamy.
5. Serve in a bowl and top with banana slices, nuts, or any toppings you like.

GREEK BREAKFAST BOWL WITH YOGURT, GRANOLA, AND FRUIT

 1 serving |  10 minutes | Calories 310

Ingredients

- ¾ cup plain Greek yogurt (6 oz)
- ½ cup granola (about 1.2 oz)
- ½ cup fresh fruit (e.g., berries, banana slices, apple, kiwi)
- 1 tsp chia seeds
- **Optional:** 1–2 tsp agave syrup or maple syrup

Directions

1. Scoop the Greek yogurt into a bowl.
2. Top with granola and fresh fruit of your choice.
3. Sprinkle chia seeds over the top.
4. Drizzle with agave or maple syrup if desired.
5. Enjoy immediately, or let it sit 5–10 minutes if you like the chia seeds slightly softened.



YOGURT BOWL WITH NATURAL SWEETENER, NUTS, AND FRESH FRUIT

 1 serving |  10 minutes | Calories 260



Ingredients

- ¾ cup plain Greek yogurt (6 oz)
 - 1 tsp natural sweetener (such as honey, agave syrup, date syrup, or maple syrup)
 - ¼ cup fresh fruit (e.g., blueberries, grapes, figs, or diced apple)
 - 1 tbsp chopped walnuts or almonds
- Optional:** A pinch of cinnamon

Directions

1. Scoop the Greek yogurt into a bowl.
2. Drizzle with your chosen natural sweetener.
3. Top with fruit and sprinkle with chopped nuts.
4. Add a pinch of cinnamon, if desired. Serve immediately.

YOGURT BOWL WITH CHIA SEEDS AND FRESH FRUIT

 1 serving |  5 minutes | Calories 270



Ingredients

- ¾ cup plain Greek yogurt (6 oz)
 - 1 tbsp chia seeds
 - ¼ cup fresh berries or chopped fruit (e.g., blueberries, kiwi, peaches)
 - 1 tsp natural sweetener (such as honey, agave syrup, date syrup, or maple syrup)
- Optional:** 1 pinch of cinnamon or a few drops of vanilla extract

Directions

If serving immediately:

Mix the Greek yogurt, chia seeds, sweetener, and cinnamon or vanilla in a bowl. Top the mix with fresh fruit and enjoy right away—chia seeds will still be slightly crunchy.

If preparing ahead (creamier version):

Combine Greek yogurt, chia seeds, sweetener, and cinnamon or vanilla. Cover and refrigerate for at least 1 hour or overnight. Top with fruit just before serving.

GREEK YOGURT BOWL WITH TOMATOES, OLIVES, AND HERBS

 1 serving |  5 minutes | Calories 240

Ingredients

- $\frac{3}{4}$ cup plain Greek yogurt (6 oz)
- 4–5 cherry tomatoes, halved
- 5 pitted Kalamata olives, sliced
- 1 tsp extra virgin olive oil
- A few fresh basil or oregano leaves
- A pinch of sea salt

Optional: A sprinkle of za'atar or sumac for extra flavor



Directions

1. Scoop the Greek yogurt into a serving bowl.
2. Top with halved cherry tomatoes and sliced olives.
3. Drizzle with olive oil and sprinkle with herbs and salt.
4. Add optional za'atar or sumac if desired. Serve immediately.

QUINOA WITH TOMATOES AND AVOCADO

 1 serving |  30 minutes | Calories 296

Ingredients

- $\frac{1}{3}$ cup quinoa (about 2 oz)
- $\frac{1}{3}$ cup fresh tomato, diced (about 2 oz)
- $\frac{1}{4}$ cup ripe avocado, cubed (about 1.4 oz)
- A pinch of salt
- $\frac{1}{2}$ cup water (4 fl oz)



Directions

1. Rinse quinoa thoroughly and soak overnight for easier digestion and faster cooking. You can skip this step if needed.
2. In a small pot, add quinoa, water, and a pinch of salt. Bring to boil.
3. Cook for 2–3 min if soaked. Otherwise, cook for 20–30 min if not soaked, until fluffy and the water is absorbed.
4. Dice the tomato and avocado while quinoa is cooked.
5. Fluff the cooked quinoa with a fork, season with a bit more salt if needed, and top with tomato and avocado.

ZUCCHINI FRITTERS WITH FETA CHEESE

These light and nutritious fritters are perfect for a quick lunch or a satisfying breakfast. Zucchini adds moisture and is easy to digest, while feta cheese provides a rich, savory flavor. It's a delicious way to enjoy more vegetables in your meals.



3 servings



25 minutes

Calories 240



Ingredients

- 3 medium zucchinis
- ⅔ cup crumbled feta cheese (about 4.4 oz)
- 2 eggs
- 2–4 tbsp spelt flour (adjust for batter thickness)
- 1 garlic clove, minced
- Fresh dill, parsley, and green onions, to taste
- Salt and pepper, to taste
- Ghee or olive oil, for frying

Directions

1. Grate zucchini and squeeze out excess moisture very well using a clean kitchen towel.
2. Add garlic, chopped herbs, and crumbled feta to the zucchini.
3. Stir in eggs and flour. The batter should be thick but spoonable. Add more flour if needed. Season with salt and pepper.
4. Heat oil in a pan over medium heat. Drop spoonful of batter and flatten slightly. Cook 3–5 minutes per side until golden and cooked through.
5. Serve warm with yogurt, sour cream, or a side salad.

SAVORY MEDITERRANEAN SCRAMBLE WITH SPINACH AND FETA

This quick and nutritious egg scramble draws inspiration from classic Mediterranean flavors. Loaded with protein and healthy fats, it's an ideal breakfast to keep you feeling full and energized. The blend of creamy feta, tender spinach, and ripe tomatoes creates a delicious combination.

 2 servings |  10 minutes | Calories 210



Ingredients

- 2 large eggs
- 2 tbsp crumbled feta cheese (about 0.7 oz)
- ½ cup fresh spinach, lightly packed (about 0.5 oz)
- ¼ cup cherry tomatoes, halved (about 1.3 oz)
- ½ tbsp extra virgin olive oil
- Salt and freshly ground black pepper, to taste
- **Optional:** Pinch of dried oregano or fresh chopped basil

Directions

1. Wash and halve the cherry tomatoes. Rinse spinach and pat dry.
2. In a non-stick skillet, heat olive oil over medium heat. Add tomatoes and cook for 1–2 minutes until slightly softened. Add spinach and cook until just wilted.
3. In a bowl, whisk the eggs with salt and pepper. Pour over the vegetables in the skillet and cook, stirring gently, until just set.
4. Remove from heat, and sprinkle with crumbled feta, and oregano or basil if desired.
5. Enjoy as-is or with a slice of toasted whole grain bread.

WHOLE GRAIN LAVASH WRAP WITH HUMMUS AND FRESH VEGGIES

A quick and balanced Mediterranean-style breakfast wrap. Hummus offers plant-based protein and healthy fats, while fresh vegetables contribute crunch and flavor. It's perfect for busy mornings or as a light meal on the go.

 1 serving |  5 minutes | Calories 310



Ingredients

- 1 whole grain lavash
- 2 tbsp hummus
- ¼ avocado, thinly sliced (about 1.8 oz)
- 4-5 cherry tomato slices
- ¼ cucumber, thinly sliced lengthwise (about 3 oz)
- A handful of baby spinach or arugula
- Salt and pepper, to taste
- **Optional:** 1 tsp extra virgin olive oil

Directions

1. Lay the lavash wrap flat on a plate or cutting board.
2. Spread the hummus evenly in the center.
3. Layer with spinach, tomatoes, cucumber, and avocado.
4. Drizzle with olive oil and season with salt and pepper.
5. Roll it up tightly and enjoy immediately.



BREAKFAST WRAP WITH VEGGIE OMELET AND GARLIC YOGURT SAUCE

This balanced and flavorful breakfast wrap combines protein-rich eggs, fresh vegetables, and a creamy garlic sauce. It's simple to wrap and go—perfect for busy mornings or a cozy sit-down meal.

Ingredients

- 1 medium lavash wrap (about 2.1 oz)
- 2 large eggs
- ¼ cup chopped red bell pepper (about 1.3 oz)
- ½ medium tomato, chopped (about 2.5 oz)
- 1 tsp olive oil (for sautéing)
- **Optional:** A few fresh basil or parsley leaves

For the yogurt sauce:

- 3 tbsp plain Greek yogurt
- 1 small garlic clove, minced
- ½ tsp lemon juice
- Salt, to taste

Directions

1. In a small bowl, combine the yogurt, minced garlic, lemon juice, and a pinch of salt. Set aside to let flavors blend.
2. Heat olive oil in a non-stick skillet over medium heat. Add chopped bell pepper and tomato; sauté for 2–3 minutes.
3. Beat the eggs and pour them into the skillet. Stir gently and cook until set (~5 minutes).
4. Lightly warm the lavash in a dry pan or skillet until soft and pliable (about 30 seconds per side).
5. Spread the yogurt sauce in the center of the lavash. Add the warm veggie omelet and sprinkle with fresh herbs if desired.
6. Fold the bottom up and roll tightly into a wrap.

 1 serving |  20 minutes | Calories 350



BREAKFAST PITA WITH CHICKPEA SALAD AND YOGURT SAUCE

These wraps are a wholesome and satisfying breakfast option packed with plant-based protein, fiber, and fresh flavor. The chickpea salad offers long-lasting energy, while the creamy yogurt sauce brings it all together. Perfect for a quick and nutritious Mediterranean-style morning meal.

 2 servings |  15 minutes | Calories 350



Directions

1. Rinse and drain chickpeas. In a bowl, combine with cucumber, tomato, and onion. Drizzle with olive oil and season with salt, pepper, and herbs.
2. For the sauce, mix yogurt with lemon juice, garlic, and salt in a small bowl.
3. Heat the pita bread in a skillet, toaster, or air fryer until soft.
4. Fill each pita with chickpea salad and a spoonful of yogurt sauce. Fold or roll into wraps.

Ingredients

For the wraps:

- 1 whole-grain pita bread
- ½ cup chickpeas, canned or home-cooked (about 3 oz)
- ¼ cup diced cucumber (about 2.6 oz)
- ¼ cup diced tomato (about 3 oz)
- 2 tbsp finely chopped red onion (about 1.3 oz)
- ½ tbsp extra virgin olive oil
- Salt and pepper, to taste
- Fresh parsley or cilantro, to taste

For the yogurt sauce:

- ¼ cup plain Greek yogurt (about 2 oz)
- ½ tsp fresh lemon juice
- ½ small garlic clove, grated or minced
- A pinch of salt



TOMATO & BURRATA SANDWICH

 1 serving |  7 minutes | Calories 235

Ingredients

- 2 slices of whole-grain bread with seeds
- 2.8 oz burrata cheese
- ¼ cup diced tomatoes
- 2 garlic cloves, minced
- 5 fresh basil leaves
- 1 tsp extra virgin olive oil
- 1 tsp balsamic vinegar

Directions

1. Toast the bread slices until crisp and golden – you can use a toaster, air fryer, or dry skillet (about 2–4 minutes).
2. Dice the tomatoes and mince the garlic.
3. In a small bowl, mix the tomatoes with garlic and olive oil.
4. Spoon the tomato mixture evenly onto the toasted bread.
5. Add sliced burrata to top.
6. Garnish with fresh basil leaves and drizzle with balsamic vinegar.



SMOKED SALMON SANDWICH WITH COTTAGE CHEESE SPREAD AND AVOCADO

 2 servings |  10 minutes | Calories 366

Ingredients

- 2 slices whole-grain bread
- 1.5 oz smoked salmon
- 2 tbsp cottage cheese spread (about ⅓ cup)
- ¼ avocado, sliced
- 5–6 olives, sliced
- Fresh herbs, for garnish

Directions

1. Lightly toast or warm the bread.
2. Spread the cottage cheese evenly over each slice.
3. Add smoked salmon and avocado slices on top.
4. Garnish with olives and fresh herbs.



MACKEREL & AVOCADO SANDWICH

 1 serving |  10 minutes | Calories 309



Ingredients

- 2 slices whole-grain black bread
- 1.8 oz avocado
- 1.4 oz cooked, smoked, or lightly salted mackerel
- Fresh dill to taste

Directions

1. Lightly toast the bread in a toaster, skillet, or air fryer if you prefer it crispy.
2. Mash the avocado with a fork or slice it thinly.
3. Spread avocado on each bread slice.
4. Add pieces of mackerel on top.
5. Sprinkle with fresh dill.

BREADLESS SANDWICH – WITH POTATO SLICE

 1 serving |  10 minutes | Calories 309



Ingredients

- 1 medium potato (or sweet potato)
- ¼ cup low-fat cottage cheese
- 2 tbsp Greek yogurt (or sour cream)
- 2 tbsp chopped fermented/pickled cucumber
- Fresh dill or other herbs
- Salt to taste

Directions

1. Wash the potato well and slice into ~¼ inch (0.5 cm) rounds. No need to peel if the skin is thin.
2. Place slices in a toaster, pan, or air fryer and toast until golden and soft.
3. Mix cottage cheese, yogurt, pickles, dill, and a pinch of salt in a small bowl.
4. Spread the mixture on warm potato slices and serve immediately.



SALADS



TOMATO SALAD WITH PARSLEY, BASIL & SPICY MUSTARD DRESSING

The more colorful your plate, the wider the range of vitamins and nutrients you get! Red tomatoes are rich in lycopene, a powerful antioxidant. This fresh, zesty salad combines ripe tomatoes with fragrant herbs and a bold, tangy dressing made from Dijon mustard and red wine vinegar.

 1 serving |  15 minutes | Calories 190



Ingredients

- 4 medium tomatoes
- 1 handful fresh basil leaves
- 1 handful chopped fresh parsley

For the spicy dressing:



- 2 tsp extra virgin olive oil
- 2 tsp Dijon mustard
- 2 tsp red wine vinegar
- 1 tsp honey (or maple syrup for vegan version)
- Salt and black pepper to taste

Directions

1. Wash the tomatoes and cut them into wedges or chunky pieces. Set aside 2–3 wedges for the dressing.
2. For the dressing, peel the skin off the reserved tomato wedges and add them to a blender or food processor.
3. Add the Dijon mustard, olive oil, red wine vinegar, honey, salt, and pepper. Blend until smooth.
4. Arrange the chopped tomatoes in a bowl or on a plate.
5. Pour the dressing over the tomatoes.
6. Sprinkle with additional salt and pepper if desired and top with a generous handful of fresh parsley and basil leaves.
7. Serve immediately.

GRILLED HALLOUMI WITH CAULIFLOWER AND BROCCOLI SALAD

Halloumi cheese is rich in calcium, supporting healthy bones, teeth, and muscles. It's lower in calories than many other cheeses yet offers a high amount of protein, making it a great choice for those managing weight while keeping meals satisfying and nutritious.

 1 serving |  15 minutes | Calories 325

Ingredients

For the salad:

- 5 oz halloumi cheese
- 1 medium carrot, shredded or sliced
- 2.75 oz cauliflower florets, chopped
- 2.75 oz broccoli florets, chopped
- 2.75 oz red bell pepper, sliced
- 2.75 oz frozen green peas, blanched
- 4 sun-dried tomatoes, drained and chopped

For the dressing:

- 2 tbsp plain yogurt (or Greek yogurt)
- 1 tsp horseradish
- 1 garlic clove, minced
- Salt and black pepper to taste




Directions

1. Rinse the cauliflower thoroughly. Optionally, pour boiling water over it for a softer texture. Chop into small florets.
2. Grate the carrot.
3. Lightly toast the sunflower seeds in a dry skillet for a few minutes until golden.
4. In a bowl, mix cauliflower, carrots, and toasted seeds with Greek yogurt.
5. Add minced garlic, season with salt and pepper, and stir to combine.
6. Serve immediately or chill before serving.



CRUNCHY CARROT SALAD WITH PISTACHIOS AND PUMPKIN SEEDS

This fresh and colorful salad combines crisp carrots with nutrient-dense nuts and sea vegetables. Pistachios stand out for their higher content of essential amino acids compared to other nuts—making them a great addition to plant-based diets. The pumpkin seeds add crunch, while seaweed boosts mineral intake.

 1 serving |  10 minutes | Calories 263



Ingredients

- 3-4 medium carrots, julienned or shredded
- ½ seaweed
- 0.5 oz shelled pistachios (about 1 tbsp)
- 0.5 oz pumpkin seeds (about 1 tbsp)
- Salt and black pepper to taste


Directions

1. Peel and shred the carrots into matchstick-sized pieces.
2. If using dried seaweed, rehydrate it according to package instructions.
3. In a mixing bowl, combine the shredded carrots, seaweed, pistachios, and pumpkin seeds.
4. Season with salt and black pepper to taste.
5. Toss well and serve immediately.



CAULIFLOWER SALAD WITH CARROTS AND YOGURT

This light and creamy salad works beautifully as a side dish for fish or meat or as a refreshing standalone meal. Packed with fiber, vitamins, and healthy fats, it supports digestion, energy levels, and overall well-being. Quick, healthy, and full of texture!

 1 serving |  10 minutes | Calories 184

Ingredients

- 1 ½ cups cauliflower florets
- 1 medium carrot, grated
- 3 tbsp Greek yogurt
- 1 tbsp sunflower seeds
- 1 garlic clove, minced
- Salt and pepper to taste



Directions

1. Rinse the cauliflower thoroughly. Optionally, pour boiling water over it for a softer texture. Chop into small florets.
2. Grate the carrot.
3. Lightly toast the sunflower seeds in a dry skillet for a few minutes until golden.
4. In a bowl, mix cauliflower, carrots, and toasted seeds with Greek yogurt.
5. Add minced garlic, season with salt and pepper, and stir to combine.
6. Serve immediately or chill before serving.

LAMB, LETTUCE, AND TOMATO SALAD WITH BURRATA CHEESE

The name "burrata" comes from the Italian word for "buttery." This indulgent cheese is made by forming mozzarella into a pouch and filling it with a rich, creamy mixture of shredded mozzarella and cream. In this simple yet luxurious salad, burrata pairs beautifully with peppery greens, fresh tomatoes, and a touch of pesto.



1 serving |  10 minutes | Calories 397



Ingredients

- 7.5 oz burrata cheese (about one whole burrata ball)
- ½ cup fresh tomatoes (cherry or heirloom)
- 2 cups lamb's lettuce (or mâché)
- 2 cups arugula
- 1 tsp pesto
- 1 tsp extra virgin olive oil



Directions

1. Arrange the lamb's lettuce and arugula leaves on a plate.
2. Slice the tomatoes and place them on top of the greens.
3. Gently place the burrata cheese in the center of the plate.
4. In a small bowl, mix the pesto with the olive oil to create a light dressing.
5. Drizzle the dressing over the salad.
6. Serve immediately with fresh bread or as a light main course.

REFRESHING RADISH SALAD WITH TAHINI AND SOY DRESSING

This crisp, plant-powered salad features radishes, edamame, cucumber, and greens tossed in a bold sesame-citrus dressing. Light, zesty, and rich in nutrients, it's perfect as a refreshing lunch or a colorful side with Asian-Mediterranean flair.

 1 serving |  15 minutes | Calories 200

Ingredients

For the salad:

- 3.5 oz radishes, thinly sliced (about 1 cup)
- 2 oz cooked edamame (shelled) (about $\frac{1}{3}$ cup)
- 1.75 oz iceberg lettuce, chopped (about 1 cup loosely packed)
- 1.5 oz cucumber, sliced (about $\frac{1}{3}$ cup)
- 1.5 oz tomato, diced (about $\frac{1}{3}$ cup)
- 1 oz arugula (about 1 cup loosely packed)
- Fresh cilantro leaves, to taste

For the dressing:

- 2 tsp soy sauce
- 2 tsp fresh lemon juice
- 1 tsp tahini
- 1 tsp sesame oil
- $\frac{1}{2}$ tsp maple syrup
- Black pepper, to taste





Directions

1. Wash and chop all vegetables.
2. In a large bowl, mix the radishes, edamame, lettuce, cucumber, tomato, arugula, and cilantro.
3. In a separate small bowl, whisk together all dressing ingredients until smooth.
4. Pour the dressing over the salad and toss to coat evenly.
5. Serve fresh and enjoy the zesty, nutty flavor!

HEARTY CABBAGE SALAD WITH BELL PEPPER, BEANS, CHICKPEAS & RUTABAGA

This colorful and fiber-rich salad is packed with vegetables, legumes, and flavor! It's filling enough to enjoy as a main dish or perfect as a nourishing side. Roasted rutabaga and pumpkin add sweetness, while kale, beans, and cabbage bring depth and nutrients.

 1 serving  | 20 minutes | Calories 240



Directions

1. Dice the pumpkin and rutabaga, then lightly sauté them in a dry or lightly oiled skillet until tender.
2. Blanch the kale in hot water briefly to soften and reduce bitterness. Drain well.
3. Shred the red cabbage.
4. Chop the remaining vegetables: bell pepper, radishes, and tomatoes.
5. In a large bowl, combine cooked beans, chickpeas, kale, cabbage, roasted vegetables, and raw veggies.
6. Mix dressing ingredients in a small bowl and drizzle over the salad. Toss gently.
7. Serve immediately or refrigerate for a refreshing cold salad.

Ingredients

For the salad:

- 2 cups chopped Kale cabbage
- ½ cup shredded red cabbage
- ½ small bell pepper, chopped
- ½ cup diced pumpkin or butternut squash
- ⅓ cup diced rutabaga
- ¼ cup cherry tomatoes, halved
- 3 small radishes, sliced
- 2 tbsp cooked butter beans
- 2 tbsp cooked chickpeas



For the dressing:

- 2 tsp balsamic vinegar
- 1 tsp extra virgin olive oil
- 1 tsp sesame seeds
- Salt and black pepper to taste



AUTHENTIC GREEK SALAD WITH TZATZIKI SAUCE

Inspired by a Cretan taverna, this rustic Greek salad skips the lettuce and delivers bold, fresh flavor with chunky vegetables, creamy feta, briny olives, and homemade tzatziki. It's simple, satisfying, and full of Mediterranean charm—perfect for warm evenings or light meals.

 2 servings |  20 minutes | Calories 451

Ingredients

For the salad:

- 6.3 oz feta cheese
- 2 small cucumbers
- 1 bell pepper (any color)
- 3.2 oz Kalamata or black olives
- 6 cherry tomatoes
- ½ small red or white onion
- 2 tsp extra virgin olive oil
- Dried Provencal or Greek herbs (oregano, thyme), to taste

For the tzatziki sauce:

- ⅓ cup Greek yogurt
- 1 small cucumber, finely grated
- 2 garlic cloves, minced
- Fresh dill, to taste
- 1 tsp extra virgin olive oil
- Salt, to taste



Directions

1. Cut cucumbers, bell peppers, tomatoes, and onions into large chunks. Arrange in a bowl or on a plate. Top with feta cheese, drizzle with olive oil, and sprinkle with herbs.
2. Grate the cucumber finely, then squeeze out the excess water using a sieve or paper towel. Mix with yogurt, minced garlic, chopped dill, olive oil, and salt.
3. Serve the salad alongside or topped with the tzatziki. Enjoy chilled or at room temperature.



CHICKPEA SALAD WITH CUCUMBER, TOMATO & WHOLE GRAIN MUSTARD

This refreshing and light salad is perfect for lunch or dinner. Chickpeas are rich in plant-based protein, fiber, and essential minerals. With the tangy mustard dressing and fresh herbs, this salad is both nourishing and flavorful. Using canned chickpeas makes it quick and easy to prepare.

 1 serving |  10 minutes | Calories 200



Ingredients

For the salad:

- ½ cup cherry tomatoes or diced regular tomato
- ½ cup diced cucumber
- ½ cup canned chickpeas (drained and rinsed)
- 1 tbsp chopped fresh dill

For the dressing:



- 2 tsp extra virgin olive oil
- 1 tsp lemon juice
- 1 tsp whole grain mustard
- ½ tsp honey (or maple syrup for vegan version)
- Salt and black pepper to taste

Directions

1. Rinse and drain canned chickpeas well.
2. Dice the tomatoes and cucumbers. Chop the fresh dill.
3. In a bowl, combine the vegetables with chickpeas.
4. In a small bowl or jar, whisk together all dressing ingredients.
5. Pour the dressing over the salad and toss gently to coat.
6. Serve immediately or chill for later. Great to pack for picnics or hikes!

REFRESHING SALAD WITH ORANGE DRESSING AND SHRIMP

This light yet satisfying salad features fresh orange slices, creamy avocado, crunchy cucumbers, and tender shrimp, all topped with a zesty orange vinaigrette. Oranges add natural sweetness and acidity, replacing sugary syrups or honey with nutrient-rich citrus. A perfect option for a good lunch or light dinner!

 2 servings |  15 minutes | Calories 302

Ingredients

For the salad:

- 1 whole orange
- 1 small ripe avocado
- 1 small cucumber (or zucchini, sliced)
- 3 oz mixed salad greens (e.g., baby spinach, mâche, arugula, lettuce mix)
- 1.75 oz cooked shrimp
- 1 small red onion (or use leeks for a milder taste)
- 2 tsp chopped walnuts (or preferred nuts)

For the orange vinaigrette:

- ¼ cup freshly squeezed orange juice
- 1 tsp extra virgin olive oil
- 1 tsp red wine vinegar
- 1 tsp grated orange zest
- 1 tsp mustard (Dijon recommended)
- Salt and pepper to taste



Directions

1. Wash the tomatoes and cut them into wedges or chunky pieces. Set aside 2–3 wedges for the dressing.
2. For the dressing, peel the skin off the reserved tomato wedges and add them to a blender or food processor.
3. Add the Dijon mustard, olive oil, red wine vinegar, honey, salt, and pepper. Blend until smooth.
4. Arrange the chopped tomatoes in a bowl or on a plate.
5. Pour the dressing over the tomatoes.
6. Sprinkle with additional salt and pepper if desired and top with a generous handful of fresh parsley and basil leaves.
7. Serve immediately.

GRILLED HALLOUMI WITH CUCUMBERS AND BELL PEPPERS

This Mediterranean-inspired salad is both hearty and refreshing. Grilled halloumi adds a salty, crispy bite that is perfectly paired with crunchy cucumbers, sweet bell peppers, and fresh greens. A simple, satisfying dish ready in just 15 minutes!

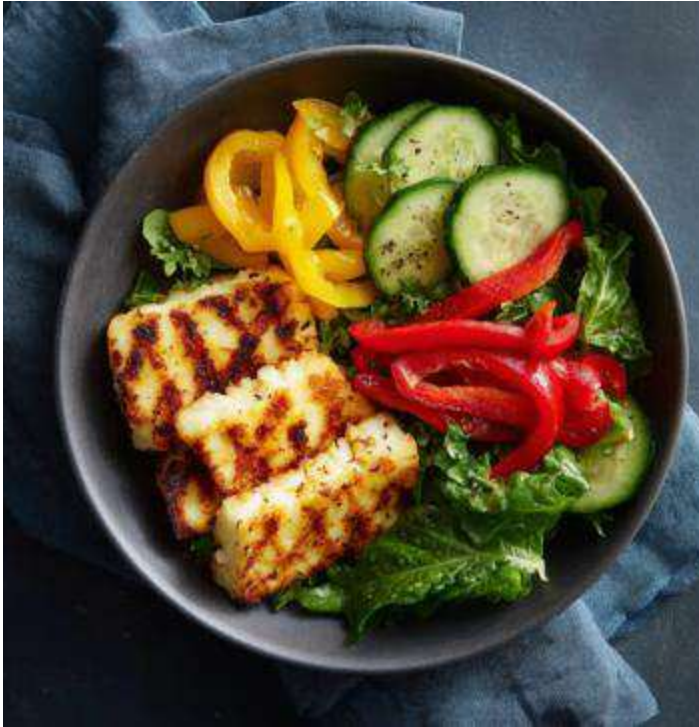


1 serving



15 minutes

Calories 430



Ingredients

- 4 oz halloumi cheese
- 1 small cucumber, sliced into thin strips
- 2 cups (about 1.75 oz) mixed salad greens
- ½ bell pepper, sliced
- 1 tsp melted butter (or olive oil) for grilling
- Salt and black pepper to taste




Directions

1. Lightly brush a grill pan or skillet with melted butter or olive oil.
2. Slice the halloumi into strips and grill over medium heat for 1–2 minutes per side until golden and slightly crispy.
3. In the same pan, quickly grill the bell pepper strips until slightly softened.
4. Arrange the salad greens on a plate, and add sliced cucumber, grilled halloumi, and grilled bell pepper.
5. Season with salt and black pepper to taste. Serve warm or room temperature.

HEARTY ZUCCHINI SALAD WITH GARLIC, CILANTRO & BASIL

Eat well and feel great! This zucchini salad is not only satisfying but also mood-lifting. With only 17 kcal per 100 g, zucchini is a low-calorie, high-fiber vegetable that supports digestion, curbs hunger and stabilizes blood sugar levels. Enjoy it fresh, fragrant, and full of life!

 1 serving |  15 minutes | Calories 153

Ingredients

- 1 small zucchini (about 5–6 oz)
- 1 tbsp extra virgin olive oil
- 1 tbsp freshly squeezed lemon juice
- A few sprigs of fresh cilantro or parsley (leaves only), chopped
- A few fresh basil leaves
- 1 garlic clove, minced or grated
- Salt and black pepper to taste



Directions

1. Slice or dice the zucchini into your preferred shape—thin matchsticks, ribbons, or chunky triangles (recommended).
2. In a bowl, add the zucchini, chopped herbs, and garlic.
3. Drizzle with olive oil and lemon juice.
4. Season with salt and pepper.
5. Mix well with your hands or shake in a container to allow the flavors to absorb evenly.
6. Let sit for 10–15 minutes for best taste, then enjoy!



EGG SALAD IN SAVOY CABBAGE LEAVES

This protein-rich, low-carb dish features creamy egg salad served in tender Savoy cabbage leaves for a fresh and satisfying twist. With green peas, dill pickles, and a touch of Greek yogurt, it's a light yet filling lunch that's perfect for meal prep or a quick dinner.

 1 serving |  30 minutes | Calories 200



Ingredients

- 2 large Savoy cabbage leaves
- 2 eggs
- 1 small, pickled cucumber (or dill pickle), chopped
- 2 tbsp Greek yogurt
- ¼ cup green peas (thawed if frozen)
- Chopped green onions, to taste
- Salt, to taste
- Lemon pepper or freshly ground black pepper with lemon zest, to taste

Directions

1. Boil the eggs until hard (about 10–12 minutes). Cool, peel, and chop.
2. Blanch the Savoy cabbage leaves by pouring hot water over them or briefly boiling (30–60 seconds), then drain and pat dry.
3. In a bowl, mix the chopped eggs with peas, chopped pickle, and green onions.
4. Stir in Greek yogurt, and season with salt and lemon pepper.
5. Spoon the egg mixture into the cabbage leaves and serve like wraps or cups.



WARM ROASTED PUMPKIN SALAD WITH PEARL BARLEY, KALE & NUTS

A hearty and flavorful warm salad featuring roasted pumpkin, chewy pearl barley, fresh kale, and crunchy mixed nuts. Perfect for fall or winter-rich in texture, cozy, and satisfying.

 2 servings |  30 minutes | Calories 320

Ingredients

- 2 cups cubed pumpkin or butternut squash (about ½ small pumpkin)
- ½ cup quick-cooking pearl barley (or use pre-cooked)
- 2 cups loosely packed chopped Kale (about two handfuls)
- ¼ small red onion, finely chopped
- 6–8 cherry tomatoes, halved
- 2 tbsp olive oil
- 1 tsp balsamic vinegar or fresh lemon juice
- 2 tbsp toasted mixed nuts (e.g., hazelnuts, pistachios, pine nuts)
- Salt and black pepper, to taste



Directions

1. Preheat oven to 425 °F (220 °C). Place pumpkin cubes on a lined baking tray, drizzle with 1 tbsp olive oil, season with salt, and roast for 15–18 minutes, flipping once halfway through.
2. While the pumpkin roasts, cook quick-cooking pearl barley according to package instructions (usually 10–15 minutes). Drain and set aside.
3. In a skillet, heat 1 tbsp olive oil. Sauté red onion and kale over medium heat for 2–3 minutes, just until wilted.
4. In a large bowl, combine roasted pumpkin, cooked barley, sautéed kale and onions, and cherry tomatoes.
5. Drizzle with balsamic vinegar or lemon juice, season with salt and pepper, and toss to combine.
6. Top with toasted mixed nuts and serve warm.



WARM LENTIL SALAD WITH ROASTED VEGETABLES

A warm, nourishing lentil salad with colorful roasted vegetables and a lemon-tahini dressing. Perfect for a plant-based lunch.

 2 servings |  35 minutes | Calories 380



Ingredients

- 1 cup cooked brown or green lentils
- 1 small zucchini, chopped
- 1 small red bell pepper, chopped
- 1 small red onion, sliced
- 1 tbsp olive oil
- 1 tsp dried oregano
- Salt and black pepper to taste

For the dressing:

- 2 tbsp tahini
- Juice of 1 lemon
- 1 clove garlic, minced
- 2–3 tbsp water (to thin)
- Pinch of salt

Directions

1. Preheat oven to 400°F (200°C). Place zucchini, bell pepper, and onion on a baking sheet. Drizzle with olive oil, and sprinkle with oregano, salt, and pepper. Roast for 20–25 minutes.
2. In a bowl, combine lentils with roasted vegetables.
3. In a small bowl, whisk tahini, lemon juice, garlic, water, and salt.
4. Pour dressing over the salad, toss, and serve warm or room temperature.





SOUPS



ZUCCHINI NOODLES WITH TOMATOES AND CELERY

This light, refreshing, and nutritious meal is perfect for lunch or a light dinner. Zucchini noodles are a great low-calorie alternative to traditional pasta, while tomatoes bring a balance of sweetness and acidity. The celery adds crunch and a hint of bitterness. This dish supports your body's water balance and helps eliminate excess salt—all while tasting delicious!

 1 serving |  20 minutes | Calories 130



Ingredients

- 2 small young zucchinis
- 2 medium tomatoes
- 2 celery stalks
- ⅓ cup tomato juice
- 1 garlic clove
- 1 sprig fresh parsley
- Chili flakes or fresh chili, to taste
- Salt, to taste

Directions

1. Peel and finely chop the tomatoes and celery.
2. In a saucepan, combine the tomatoes, celery, tomato juice, chopped garlic, chili, and a pinch of salt. Let it simmer gently.
3. Meanwhile, use a spiralizer or vegetable peeler to cut the zucchinis into thin noodle-like strips.
4. Lightly salt the zucchini noodles, toss, and let sit for 2–3 minutes. Then gently squeeze out the excess liquid.
5. Add the zucchini noodles to the simmered vegetables. Gently stir and heat for about 3 more minutes, just until the noodles soften slightly but remain crisp.
6. Serve in a bowl, garnished with chopped parsley and a few raw zucchini strips or celery leaves for freshness.

HARISSA COCONUT SOUP WITH BEANS AND CRUNCHY VEGGIES

A warming, flavorful soup that's both comforting and exciting this harissa coconut soup brings together bold spices, creamy richness, and vibrant veggies. It's a perfect balance of heat, creaminess, and crunch. The key to a truly satisfying healthy soup? Texture! Don't overcook your vegetables – each one needs to retain its shape and bite. Layering your ingredients and paying attention to cooking time will make all the difference.

 2 servings |  30 minutes | Calories 316

Ingredients

- 2 cups water or homemade vegetable broth (adjust to desired thickness)
- ¾ cup coconut drink, about 18% fat (or as needed)
- 2 small zucchinis, shaved into thin ribbons
- 1½ cups long-stem broccoli (stems chopped, florets left whole)
- 1 baby Bok choy, chopped (separate white and green parts)
- ½ cup cooked black beans (or edamame, or peeled fava beans)
- ½ cup sugar snap peas, chopped
- 1 small red onion, finely chopped
- 2 garlic cloves, minced
- Harissa paste, to taste
- Salt and pepper, to taste
- Fresh ginger, to taste
- Coconut oil, for sautéing



Directions

- 1.Heat a large pot over medium heat. Add coconut oil and lightly sauté the onion, garlic, and ginger. Season with salt and pepper.
- 2.Once the onion softens, add the harissa paste and stir well to release its aroma.
- 3.Add broccoli, snap peas, cooked beans, and the white part of the bok choy. Stir everything together.
- 4.Pour in the water and drink coconut.
- 5.Bring the soup to a gentle boil and let simmer for about 2 minutes.
- 6.Remove from heat and taste. Adjust with more Harissa, salt, or spices as needed.
- 7.Add the green part of the bok choy and let it wilt gently for about 1 minute.
- 8.Serve the soup hot, topped with raw zucchini ribbons for extra texture and freshness.

GREEN LENTIL SOUP WITH TOMATOES, CHICKPEAS AND GREENS

A hearty, fiber-rich soup that blends the earthiness of lentils, the sweetness of tomatoes, and the creaminess of chickpeas. Packed with plant-based protein and minerals like zinc and selenium, it's both nourishing and satisfying. Enjoy it warm with fresh herbs or whole-grain bread—a perfect light meal, especially during cooler months.

 2 servings |  25 minutes | Calories 163



Ingredients



- 10.5 oz canned tomatoes in juice
- 1.75 oz green lentils, soaked
- 0.7 oz cooked chickpeas
- 4 garlic cloves
- 4 whole black peppercorns
- 1 carrot
- 1 onion
- 1.75 oz turnip
- ½ leek stalk
- 1 sun-dried tomato
- 1 bay leaf
- Salt, to taste
- Chili flakes or fresh chili, to taste
- Curry powder, to taste
- Turmeric, to taste
- Thyme, to taste
- Ground coriander, to taste

Directions

1. In a pot, bring water to boil. Add the bay leaf, salt, turmeric, curry powder, chili, and a sprig of thyme.
2. Chop the vegetables (carrot, onion, turnip, leek, garlic, and sun-dried tomato) and add them to the pot.
3. Let the vegetables cook for about 10 minutes.
4. Add the canned tomatoes and soaked lentils.
5. Simmer for a few more minutes until lentils and veggies are tender but still have a slight bite—avoid overcooking!
6. Add cooked chickpeas and ground coriander right at the end, stirring gently.

TOMATO QUINOA SOUP

“Is it really possible to make a delicious soup in just 15 minutes?” – Yes, it is! This quick and vibrant tomato quinoa soup is living proof. Packed with hearty quinoa, juicy tomatoes, fresh spinach, and warm spices, it’s a bowl of comfort that doesn’t skimp on nutrition or flavor. Slightly crunchy carrots and al dente quinoa give this soup texture, while garlic, herbs, and tomato paste create depth of flavor. It’s the perfect go-to when you want something fast, healthy, and satisfying.

 2 servings |  15 minutes | Calories 341

Ingredients

- 3.5 oz quinoa
- 2 fresh tomatoes, chopped
- 1 carrot, sliced
- 1 can of chopped tomatoes in juice
- 2 tbsp natural tomato paste
- 1 garlic clove, minced
- Small pearl onions, to taste
- 3 handfuls of fresh spinach
- 1 bay leaf
- Salt, to taste
- Pepper, to taste
- Fresh cilantro (coriander), to taste



Directions

1. In a pot of boiling water, add a pinch of salt, the bay leaf, green peppercorns, small pearl onions (or chopped regular onion), and minced garlic.
2. Simmer for a few minutes, then add the canned tomatoes and tomato paste. Stir well.
3. Add the sliced carrot and continue cooking over low heat.
4. Stir in the quinoa and cook a few more minutes, until the quinoa is tender but not mushy.
5. Add the chopped fresh tomatoes and generous handfuls of spinach.
6. Mix everything thoroughly and turn off the heat.
7. Make sure the carrots remain slightly crisp, and the quinoa keeps its structure.
8. Serve hot, garnished with fresh cilantro leaves if desired.



CREAMY PUMPKIN & SWEET POTATO SOUP WITH COCONUT MILK

This smooth and creamy soup is perfect for colder days. The natural sweetness of pumpkin and sweet potatoes pairs beautifully with the richness of coconut milk. Lightly spiced and full of flavor, this dairy-free dish is inspired by Mediterranean principles and loaded with fiber, antioxidants, and warmth in every spoonful.

 2 servings |  30 minutes | Calories 310



Ingredients

- 1 tbsp olive oil
- 1 small onion, finely chopped
- 1 garlic clove, minced
- 10 oz pumpkin, peeled and cubed
- 7 oz sweet potato, peeled and cubed
- 1¾ cups vegetable broth
- ¾ cup full-fat coconut milk
- ½ tsp turmeric
- Salt and pepper, to taste
- Fresh cilantro or parsley, for garnish
- **Optional:** Pinch of chili flakes

Directions

1. In a large pot, heat the olive oil over medium heat. Add onion and garlic; sauté for 2–3 minutes.
2. Add the pumpkin and sweet potato cubes. Stir and cook for 3 more minutes.
3. Pour in the vegetable broth. Bring to a boil, then reduce heat and simmer for 15–20 minutes, until vegetables are tender.
4. Remove from heat and use an immersion blender to blend the soup until smooth.
5. Stir in the coconut milk, turmeric, chili flakes (if using), salt, and pepper. Heat gently for another 2–3 minutes.



MAIN DISHES



CHICKPEA SALAD WITH CUCUMBER, TOMATO, AND WHOLEGRAIN MUSTARD

This fresh and nourishing salad is a perfect choice for a light lunch or dinner. Using canned chickpeas saves time, while fresh vegetables and whole-grain mustard add flavor and crunch. Great both at home and on the go.

 2 servings |  10 minutes | Calories 200



Directions

1. Dice the tomatoes and cucumber. Chop the dill.
2. Drain and rinse canned chickpeas under cold water.
3. In a large bowl, combine chickpeas, tomatoes, cucumber, and dill.
4. In a small bowl, whisk together olive oil, lemon juice, mustard, sweetener, salt, and pepper.
5. Pour the dressing over the salad and mix well. Serve immediately or refrigerate for later.

Ingredients

For the salad:

- 7 oz canned chickpeas (drained and rinsed)
- 7 oz tomatoes
- 7 oz cucumber
- 2 tbsp fresh dill, chopped

For the dressing:

- 2 tsp extra virgin olive oil
- 2 tsp fresh lemon juice
- 2 tsp whole-grain mustard
- 1 tsp natural sweetener (e.g., honey, agave syrup, or maple syrup)
- Salt, to taste
- Freshly ground black pepper, to taste



CHICKPEA AND VEGETABLE COCONUT CURRY

A warm, hearty, and nourishing plant-based dish packed with fiber, protein, and bold curry flavors.

 2 servings |  30 minutes | Calories 390

Ingredients

- 1 tsp olive oil
- 1 small onion, finely chopped
- 2 garlic cloves, minced
- 1 tsp grated fresh ginger
- 1 tsp curry powder (mild or medium)
- ½ tsp ground turmeric
- 5.3 oz canned chickpeas, drained
- 3.5 oz carrot, sliced
- 3.5 oz zucchini, diced
- 3.5 oz cauliflower florets
- 6.7 fl oz full-fat coconut milk
- 3.4 fl oz water or vegetable broth
- Salt and black pepper, to taste
- Fresh cilantro or parsley, for garnish
- **Optional:** ½ tsp ground coriander

Optional Serving Suggestions:

Serve with cooked basmati rice or quinoa.



Directions

- 1.Heat olive oil in a large skillet or saucepan. Add chopped onion and sauté for 3–4 minutes, until softened.
- 2.Add garlic, ginger, curry powder, turmeric, and coriander. Cook for another minute until fragrant.
- 3.Stir in the carrots, zucchini, cauliflower, and chickpeas. Mix well.
- 4.Pour in the coconut milk and water. Bring it to a simmer, then reduce the heat and cook for about 15 minutes until the vegetables are tender.
- 5.Season with salt, pepper, and a splash of lime or lemon juice if desired.
- 6.Serve warm, garnished with fresh herbs. Pair with rice or grains for a more filling meal.



CHICKPEA PATTIES WITH FRESH YOGURT SAUCE

These patties are a great source of plant-based protein for lunch or dinner. Chickpeas provide satiety, while the refreshing yogurt and herb sauce add a light, fresh note. Serve them with a simple vegetable salad for a balanced, quick, and nutritious meal the whole family can enjoy.

 2 servings |  25 minutes | Calories 320



Directions

1. Drain the canned chickpeas and place them in a food processor.
2. Add onion, garlic, parsley, salt, and pepper. Blend into a coarse paste (not too smooth).
3. Mix in rolled oats. If the mixture is too wet, add a bit more oats.
4. Shape into small patties (you should get 4-6).
5. Heat olive oil in a pan and fry the patties on medium heat until golden on both sides (about 3-4 minutes per side).

Sauce:

1. In a small bowl, mix yogurt, lemon juice, herbs, salt, and pepper.
2. Serve alongside the warm patties or spoon over the top.

Serving Suggestion:

Serve the patties with fresh vegetable salad. Tomatoes, cucumbers, lettuce, radishes, or bell peppers add color and freshness to the plate.

Ingredients

For the Patties:

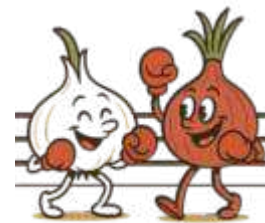
- 1 can of chickpeas (about 14 oz)
- 1 small onion
- 2 garlic cloves
- 2 tbsp chopped parsley
- 2 tbsp rolled oats (or breadcrumbs)
- 1 tbsp olive oil (for frying)
- Salt and pepper to taste

For the Sauce:

- ½ cup plain Greek yogurt (or plant-based alternative)
- 1 tbsp lemon juice
- 1 tbsp chopped dill or parsley
- Pinch of salt and pepper

Additionally:

- Fresh vegetable salad (e.g., tomatoes, cucumbers, lettuce, bell peppers)



BROCCOLI AND CAULIFLOWER STEW WITH TAHINI SAUCE

This plant-based stew is light yet nourishing and satisfying. Broccoli and cauliflower are rich in antioxidants, fiber, and vitamins, while tahini (sesame paste) adds a creamy texture and healthy fats. A perfect choice for a quick lunch or a light dinner.

 2 servings |  25 minutes | Calories 280

Ingredients

- 7 oz broccoli florets
- 7 oz cauliflower florets
- 1 small onion, finely chopped
- 1 garlic clove, minced
- 1 tsp olive oil
- ½ tsp salt
- ¼ tsp ground black pepper
- **Optional:** ½ tsp sweet paprika

For the Sauce:

- 2 tbsp tahini
- 1 tbsp lemon juice
- 2 tbsp water
- 1 tsp olive oil
- pinch of salt
- **Optional:** pinch of ground cumin or sesame seeds



Directions

1. Separate the broccoli and cauliflower into small florets. Finely chop the onion and garlic.
2. In a pan or a pot with a thick bottom, heat the olive oil and sauté the onion for 2–3 minutes until soft. Add garlic and cook for another 30 seconds.
3. Add broccoli and cauliflower to the pan. Pour in 2–3 tablespoons of water. Season with salt, pepper, and optional paprika. Cover with a lid and steam on low heat for 10–15 minutes, until the vegetables are tender but still slightly crisp.
4. In a small bowl, whisk together tahini, lemon juice, olive oil, water, and salt until smooth and creamy.
5. Plate the vegetables and drizzle with the tahini sauce. Optionally, sprinkle with sesame seeds or fresh herbs.

MUNG BEAN STEW WITH ZUCCHINI

This cozy and nourishing plant-based stew features mung beans and zucchini, offering a gentle, fiber- and protein-rich meal. Inspired by Mediterranean principles, it's perfect for a wholesome lunch or a light dinner.

 2 servings |  30 minutes | Calories 280



Ingredients

- ½ cup dry mung beans (or 1½ cups cooked)
- 1 medium zucchini, sliced into half-moons
- 1 small onion, finely chopped
- 2 garlic cloves, minced
- 1 tbsp olive oil
- ½ tsp ground turmeric
- ½ tsp ground cumin
- ¼ tsp sea salt (or to taste)
- Freshly ground black pepper, to taste
- 2 cups vegetable broth or water
- Fresh parsley or cilantro, for serving
- **Optional:** ¼ tsp ground coriander

Directions

- 1.If using dry mung beans, rinse and cook them separately until tender (about 20–25 minutes). You can also use precooked beans.
- 2.Heat the olive oil in a pot over medium heat. Add the onion and sauté for 2–3 minutes until soft.
- 3.Add garlic, turmeric, cumin, and coriander. Stir and cook for 1 minute until fragrant.
- 4.Add the zucchini and cook for 3–4 minutes until slightly tender.
- 5.Stir in the cooked mung beans and vegetable broth. Bring to a gentle boil, then simmer for about 10 minutes.
- 6.Taste and adjust salt and pepper if needed.
- 7.Serve warm, garnished with fresh parsley or cilantro. It tastes excellent both on its own and when paired with whole-grain bread.

SAUTÉED MUSHROOMS WITH SOUR CREAM AND BOILED POTATOES

This light yet comforting dish combines sautéed mushrooms with creamy sour cream and simple boiled potatoes. It's an easy vegetarian lunch that's both filling and satisfying.

 1 serving |  25 minutes | Calories 237

Ingredients

- 5.3 oz potatoes
- 3.5 oz white mushrooms (or cremini)
- 1 oz yellow onion
- 2 tbsp sour cream
- 1 tsp extra virgin olive oil
- Green onion (scallions), chopped – to taste
- Salt, to taste
- Black pepper, to taste



Directions

1. Peel (if desired), cut, and boil the potatoes in salted water until tender but still firm (about 10–15 minutes). Do not overcook—they should keep a slightly firm, chewy texture.
2. While the potatoes are cooking, heat the olive oil in a skillet. Add finely chopped onion and sliced mushrooms. Sauté over medium heat until soft and slightly golden.
3. Lower the heat, stir in the sour cream, season with salt and pepper, and simmer for a few minutes until well combined.

STUFFED PORTOBELLO MUSHROOMS WITH SPINACH AND FETA

These stuffed portobello mushrooms make for a hearty and nourishing meal, rich in flavor and creamy texture.

Baked in the oven, the mushrooms are filled with a savory mix of spinach, feta, and cheddar cheese, seasoned with garlic and herbs.

Perfect for a light lunch or dinner, especially when served with a fresh salad or a grain-based side.

This dish offers a balanced combination of flavor, texture, and nutrition—an ideal option for a quick yet satisfying meal.

 2 servings |  30 minutes | Calories 420



Ingredients

- 4 large portobello mushroom caps (stems removed)
- 3.5 oz fresh spinach, roughly chopped
- 2.8 oz feta cheese, crumbled
- 1 Tbsp olive oil
- 2 garlic cloves, minced
- 1 tsp dried thyme or oregano
- Salt and black pepper, to taste
- **Optional:** 1.5 oz grated cheddar (adds extra flavor)

Directions

1. Preheat the oven to 400°F. Line a baking sheet with parchment or foil.
2. Brush mushroom caps lightly with some of the olive oil; season with salt and pepper. Place gill-side up on the sheet.
3. Warm the remaining oil in a skillet over medium heat. Sauté garlic for about 30 seconds, then add spinach and cook, stirring, until wilted (1–2 minutes). Season with thyme/oregano, salt, and pepper.
4. Remove from heat and fold in the crumbled feta. Spoon the mixture into the mushroom caps.
5. Optional: Top with the grated cheddar.
6. Bake for 12–15 minutes, until the mushrooms are tender and the cheese is melted. Serve hot.

QUINOA, CHEESE & BROCCOLI FRITTERS

These quick and wholesome fritters are perfect for lunch or a savory breakfast. Quinoa is gluten-free, high in protein and fiber, and has a low glycemic index, making it great for stable energy and digestion. Paired with broccoli and parmesan, they're flavorful and satisfying. Serve with a fresh salad and pesto

 2 servings |  30 minutes | Calories 433

Ingredients

For the fritters:

- 1 ½ cups finely chopped broccoli
- 2 medium eggs
- ½ cup cooked quinoa (or ¼ cup dry)
- ¼ cup buckwheat flour
- ¼ cup grated Parmesan cheese
- 2 tsp ghee or olive oil (for frying)
- Salt to taste

For the salad:

- 4 cups of mixed salad greens
- ½ cup diced cucumber
- 2 tsp pesto sauce



Directions

1. Rinse and soak ¼ cup dry quinoa overnight if possible. In the morning, rinse again and cook in ½ cup water for 15–20 minutes, until water is absorbed. Let's cool.
2. In a bowl, combine chopped broccoli, cooked quinoa, eggs, parmesan, buckwheat flour, and a pinch of salt. Mix well.
3. Using your hands or a spoon, form 6–8 small fritters. Heat a skillet with 2 tsp of ghee or olive oil over medium heat. Cook each fritter for 3–4 minutes per side until golden brown and firm.
4. Mix diced cucumber with green salad and drizzle with pesto sauce.

OMELET WITH SPINACH, CHEDDAR, AND FETA

This hearty and quick-to-make omelet is a great choice for a protein-rich lunch or a light dinner.

Spinach adds a boost of greens and iron, while cheddar and feta cheeses bring rich, savory flavor. Eggs provide high-quality protein, making this a well-balanced and satisfying meal.

Served warm, it pairs perfectly with fresh vegetables or a light salad—ideal for those following a healthy eating plan or simply looking for a nourishing dish.

 2 servings |  15 minutes | Calories 283



Ingredients

- 4 eggs
- 4.2 oz fresh spinach
- 3.5 oz tomatoes, sliced
- 1.4 oz feta cheese, crumbled
- 1 oz cheddar cheese, shredded
- 1 garlic clove, minced
- 1 tsp ghee (clarified butter) or olive oil
- Salt, to taste
- Black pepper, to taste
- Dried or fresh basil, to taste

Directions

1. In a blender or mixing bowl, combine eggs, spinach, garlic, salt, pepper, and basil. Blend or whisk until smooth.
2. Heat a large non-stick pan with ghee or olive oil over medium heat.
3. Pour in the egg mixture and cook until the bottom sets slightly.
4. Sprinkle the cheddar evenly, and add tomatoes and feta cheese on one half.
5. Fold the omelet in half and continue to cook for 1–2 more minutes until the cheese is melted and the center is cooked through.
6. Slice and serve warm.

EDAMAME SPAGHETTI WITH MUSHROOMS, TOMATOES & SPINACH

This light but satisfying pasta dish is rich in fiber and protein thanks to edamame noodles, made from young soybeans. Unlike regular pasta, these noodles are gluten-free, low in carbohydrates, and keep you full for hours—perfect for a healthy dinner or even a protein-packed lunch.

 2 servings |  20 minutes | Calories 449

Ingredients

- 3.5 oz edamame spaghetti (use half a standard 7 oz pack)
- 9 oz white mushrooms, thinly sliced
- 9 oz cherry tomatoes, halved
- ½ cup plant-based or regular pesto
- 2–3 cups fresh spinach (about two large handfuls)
- 2 garlic cloves, thinly sliced
- 1 tbsp olive oil, for sautéing
- 1 tsp salt
- ¼ tsp freshly ground black pepper
- **Optional:** Pine nuts, sesame seeds, nutritional yeast (for topping)



Directions

1. Prepare vegetables: Wash mushrooms, tomatoes, and spinach. Peel and thinly slice the garlic.
2. Sauté aromatics: In a large skillet, heat the olive oil. Add garlic and cook for 1–2 minutes until golden.
3. Cook mushrooms: Add mushrooms, salt, and pepper to the skillet. Cover and cook for 5–7 minutes, stirring occasionally, until softened and most of the moisture has evaporated.
4. Add veggies: Stir in halved cherry tomatoes and fresh spinach. Sauté for 2–3 minutes until the spinach wilts and tomatoes are warmed through. Turn off the heat.
5. Cook the pasta: Meanwhile, bring a pot of water to boil. Add edamame spaghetti and cook for 3 minutes (they should be al dente). Reserve ¼ cup (60 ml) of the cooking water, then drain the rest.
6. Make the sauce: In a bowl, mix the pesto with a few tablespoons of the reserved pasta water to thin it out.
7. Combine all: Add the cooked pasta and pesto sauce to the skillet with the vegetables. Toss well and briefly heat to blend flavors.
8. Serve: Divide onto plates and top with pine nuts, sesame seeds, or nutritional yeast, if desired.

WHOLE GRAIN PASTA WITH WHITE BEANS AND SUN-DRIED TOMATOES

This whole grain pasta dish with white beans and sun-dried tomatoes is a quick, nutritious, and satisfying option for lunch or dinner.

Each serving provides valuable plant-based protein, fiber, and healthy fats, while Mediterranean-inspired flavors—garlic, olive oil, sun-dried tomatoes, and parsley—bring depth and richness to a simple meal.

The dish is easily customizable—add nutritional yeast or cheese for extra flavor and nourishment.

 2 servings |  20 minutes | Calories 520



Ingredients

- 7 oz whole grain pasta
- 1 cup canned white beans, rinsed
- ¼ cup sun-dried tomatoes, chopped
- 2 garlic cloves, minced
- 3 tbsp olive oil
- 3 tbsp chopped fresh parsley
- Salt and pepper, to taste
- **Optional:** 2 tsp nutritional yeast or 2 tbsp grated Parmesan

Directions

1. Cook pasta according to package directions. Reserve ¼ cup pasta water.
2. In a pan, sauté garlic in olive oil. Add beans and sun-dried tomatoes. Heat through.
3. Add cooked pasta and reserved water to the pan. Toss to combine.
4. Stir in parsley, adjust seasoning, and serve with nutritional yeast or cheese if desired.

SHRIMP STEW WITH CHICKPEAS, TOMATOES, AND CARROTS

This quick, flavorful stew combines tender shrimp with hearty chickpeas and Mediterranean vegetables. Packed with protein, antioxidants, and fiber, it's a nourishing option for a healthy lunch or dinner.

 2 servings |  26 minutes | Calories 280

Ingredients

- 8 oz peeled shrimp
- 2.8 oz cooked chickpeas
- 4 medium tomatoes
- 2 small carrots
- 1½ cups fresh spinach (about 1.5 oz)
- ⅔ celery stalk (about 1.5 oz)
- ½ small onion
- 4 garlic cloves
- 2 tsp coconut oil (or olive oil)
- Salt and black pepper to taste





Directions

- 1.Heat coconut oil in a large skillet over medium heat. Add chopped onion, celery, carrots, and garlic. Sauté for 3–4 minutes until vegetables begin to soften.
- 2.Add chopped tomatoes and simmer for 5 minutes, allowing them to release their juices.
- 3.Stir in chickpeas, shrimp, salt, and pepper. Simmer for 8–10 minutes, until shrimp are pink and cooked through.
- 4.Add spinach, stir, and cook for 1–2 minutes until just wilted. Serve warm.



BAKED HALLOUMI WITH SWEET POTATO AND LAMB'S LETTUCE

This quick and balanced Mediterranean-inspired dish combines crispy oven-baked halloumi with soft sweet potato slices and fresh lamb lettuce. It's rich in protein, satisfying, and full of flavor-perfect for lunch or dinner when you want something fast but wholesome.

 2 servings |  17 minutes | Calories 405



Ingredients


- 7 oz sweet potato
- 7 oz halloumi cheese
- 1.5 oz lettuce (or arugula, spinach)
- Lemon pepper or ground black pepper, to taste
- **Optional:** A drizzle of olive oil

Directions

- 1.Preheat the oven to 400°F (200°C), fan setting if available.
- 2.Prepare the sweet potato: Wash (you can leave the skin on if thin), then slice into ¼-inch (0.5 cm) thick rounds.
- 3.Prepare the halloumi: Rinse the cheese if overly salty, and slice into thick pieces.
- 4.Bake: Arrange the sweet potato and halloumi slices on a baking sheet lined with parchment paper. Optionally drizzle with olive oil. Bake for 12–15 minutes, until the halloumi is golden and the sweet potatoes are soft and lightly crisped.
- 5.Wash and dry the lamb's lettuce.
- 6.Serve: Layer the sweet potato, lamb lettuce, and baked halloumi like a mini sandwich or bowl-style stack.
- 7.Finish with lemon pepper or a pinch of black pepper. You may also sprinkle with lemon zest for extra brightness.

SALMON VEGGIE POKE BOWL

A colorful, nutritious, and satisfying lunch bowl made with salmon, veggies, and quinoa. This dish is ideal for sharing among two people.

 2 servings |  10 minutes | Calories 362

Ingredients

- 5.5 oz cucumber
- 5 oz carrot
- 3.5 oz cured or smoked salmon
- 2.8 oz edamame beans
- 2 oz avocado
- 2 oz seaweed salad
- 2 oz cooked quinoa
- 2 tsp olive oil
- **Optional:** 1 tsp sesame seeds, for garnish



Directions

1. If the quinoa isn't already cooked, cook it and let it cool down slightly.
2. Cut the carrot and cucumber into long, thin strips that look like matchsticks. Toss them with olive oil in a bowl.
3. Cut the salmon and avocado into small pieces.
4. Arrange the quinoa, salmon, edamame, avocado, seaweed salad, carrots, and cucumber in two serving bowls, each in its own section.
5. Sprinkle with sesame seeds before serving.
6. Enjoy right away!



SHRIMP WITH ZUCCHINI AND CHERRY TOMATOES IN COCONUT MILK SAUCE

This light, flavorful dish is rich in protein and minerals, with a creamy coconut milk base and bright, fresh ingredients. Perfect for a quick lunch or elegant dinner, it pairs beautifully with rice, quinoa, or vegetables.



2 servings | ⌚ 25 minutes | Calories 280



Ingredients

- 10.5 oz shrimp, with shells (raw, cleaned, or peeled if preferred)
- 3.5 oz zucchini, sliced into half-moons
- 2.7 fl oz coconut milk
- 1 small onion, sliced into half rings
- 4 garlic cloves, minced
- 2 tsp lime or lemon juice
- ¼ tsp turmeric powder
- ½ tsp salt (or to taste)
- Pinch of black pepper
- A handful of cherry tomatoes, halved
- **Optional:** Pinch of chili flakes

Directions

1. In a large pan, heat a bit of oil (optional). Add zucchini and onion. Sauté with a pinch of salt, black pepper, and turmeric until softened (about 5–7 minutes).
2. If using whole shrimp, make a small cut along the back to devein. In another pan, sauté shrimp with minced garlic and a pinch of salt until they turn pink (about 3–4 minutes). Set aside.
3. Add halved cherry tomatoes and sautéed shrimp to the pan with zucchini and onion. Pour in coconut milk and stir to combine. Let everything simmer for 3–5 minutes so flavors meld.
4. Add lime or lemon juice, taste, and adjust seasoning if needed. Serve immediately. Optionally serve with quinoa, rice, or extra vegetables for a more filling meal.

SALMON IN PARCHMENT WITH ASPARAGUS

Fatty fishlike salmon are highly nutritious and recommended at least once a week. This simple yet satisfying dish is cooked in parchment “boats,” which lock in moisture and flavor without added fat. Ideal for a quick, nourishing lunch.

 2 servings |  30 minutes | Calories 244

Ingredients

- 8.5 oz salmon fillet (2 pieces, approx. 4.2 oz each)
- 8 asparagus spears (about 3.5 oz)
- 6 button mushrooms, sliced
- 2 tsp extra virgin olive oil
- 2 garlic cloves, minced or grated
- 1 tsp whole grain mustard
- 1 tsp natural honey (can be substituted with maple or agave syrup)
- Salt and freshly ground black pepper, to taste



Directions

1. Cut 2 large pieces of parchment paper and fold each in half. Fold and seal the edges to form shallow “boats” with an opening at the top.
2. Place 4 asparagus spears and a few slices of mushroom in each boat. Season with salt and drizzle with olive oil.
3. Lay one piece of salmon on top of the vegetables in each parchment boat.
4. In a small bowl, mix the remaining olive oil with garlic, mustard, honey, salt, and pepper. Spoon the sauce over the salmon fillets.
5. Seal the tops of the parchment boats (by folding or covering with another piece of parchment) and bake in a preheated oven at 350–390°F (180–200°C) for 20 minutes.
6. Serve warm with a side of fresh salad or cooked potatoes for a more filling meal.

STEAMED CALAMARI WITH GINGER

Light, protein-rich, and comforting, these steamed calamari dish is perfect for lunch or dinner. Ginger, garlic, and sesame oil give it an Asian-inspired flavor, while steaming keeps it low in fat and calories. Ideal for cold weather or light evening meals.

 2 servings |  20 minutes | Calories 348



Ingredients

- 21 oz cleaned calamari (frozen rings, not breaded)
- 2 oz fresh ginger, peeled and thinly sliced
- 2 tbsp toasted sesame oil
- 6–8 scallions (about 1.5 oz), cut into 2-inch pieces
- 1 tsp salt (or to taste)
- ½ tsp freshly ground black pepper
- 2 garlic cloves, thinly sliced
- A splash of fresh lemon juice (to drizzle before serving)
- **Optional:** 2–4 slices fresh chili pepper or ¼ tsp chili flakes

Directions

1. Thaw the calamari in the refrigerator overnight.
2. In a small bowl, mix sesame oil with salt, pepper, sliced ginger, and garlic. Pour over the calamari, stir, and let it marinate for 5–10 minutes.
3. Preheat your steamer or use a steam-function oven or air fryer. If none of these are available, you can gently boil the calamari in water.
4. In a heat-safe dish, place ⅔ of the scallions on the bottom. Add the marinated calamari and top with the remaining scallions and chili (if using).
5. Cook at 210 °F (99 °C) for about 5 minutes. The natural steam will create a light broth, like a soup.
6. Serve immediately in the same dish, drizzled with lemon juice. Do not overcook—calamari become rubbery if exposed to heat too long. Serve while tender and hot.

MEDITERRANEAN CHICKEN WITH OLIVES AND TOMATOES

This vibrant Mediterranean one-skillet meal features juicy chicken thighs simmered with cherry tomatoes, Kalamata olives, oregano, and fresh basil. Rich in protein, healthy fats, and antioxidants, it's a fresh, balanced dish ready in under 30 minutes— perfect for a quick, nourishing meal.

 2 servings |  30 minutes | Calories 380

Ingredients

- 12 oz boneless, skinless chicken thighs (or breasts)
- 1 tbsp olive oil
- ½ small red onion, thinly sliced
- 1 garlic clove, minced
- 1 cup cherry tomatoes, halved
- 10–12 Kalamata olives, pitted and halved
- 1 tsp dried oregano
- Fresh basil or parsley, for garnish
- Salt and freshly ground black pepper, to taste



Directions

1. Sear the chicken:

Heat olive oil in a large skillet over medium heat. Add the chicken thighs and sear for 3–4 minutes on each side until golden brown.

2. Add aromatics:

Stir in the sliced onion, minced garlic, and oregano. Cook for 2–3 minutes, until the onion softens and the garlic becomes fragrant.

3. Simmer with vegetables:

Add the halved cherry tomatoes and Kalamata olives. Stir to combine. Reduce heat to low, cover the skillet, and simmer for 7–8 minutes, or until the chicken is fully cooked, and the tomato juices have thickened into a light sauce.

4. Serve:

Garnish with fresh basil or parsley and serve hot with your choice of side: whole grain couscous, steamed vegetables, or a leafy green salad.

LEMON ROSEMARY CHICKEN CUTLETS

This simple Mediterranean meal is all about using fresh ingredients, having great flavors, and staying healthy. You can soak juicy chicken breasts in olive oil, lemon, garlic, and rosemary. Then, they are fried in a pan until they are soft and brown. It's light but filling, and you can cook it in less than 30 minutes. It offers a lot of protein and healthy fats for your heart.

 2 servings |  30 minutes | Calories 350



Ingredients

- 2 boneless, skinless chicken breasts (about 12 oz total)
- 2 tbsp olive oil
- 1 garlic clove, minced
- 1 tsp fresh or dried rosemary
- 1 lemon (zest and juice)
- Salt and freshly ground black pepper, to taste
- Fresh salad or vegetables, for serving

Directions

1. Lightly pound the chicken breasts between two pieces of parchment paper or plastic wrap to ensure thickness. This helps them cook evenly and stay juicy.
2. In a small bowl, combine olive oil, minced garlic, rosemary, lemon zest, and lemon juice. Add salt and freshly ground black pepper to taste.
3. Rub the marinade all over the chicken and let it sit for 5–10 minutes (or up to 30 minutes in the fridge for deeper flavor).
4. Heat a non-stick skillet over medium heat. Add the chicken and cook for about 6–7 minutes per side, or until golden brown and fully cooked (internal temp should reach 165°F / 74°C).
5. Serve with a fresh Mediterranean-style salad – such as arugula with cherry tomatoes and cucumber – or serve with steamed green beans or grilled zucchini.

CATFISH PATTIES (OVEN OR PAN-FRIED)

These tender and protein-rich catfish patties are a perfect option for a healthy lunch or dinner. Catfish is naturally low in calories and a great source of healthy fats and lean protein. These patties are gluten-free and can be served hot or cold.

 2 servings |  25 minutes | Calories 306

Ingredients

For the patties:

- 14 oz catfish fillet (boneless, skinless)
- 1 small onion
- 2 tbsp fresh dill (or to taste)
- 4 garlic cloves
- 1 tsp chopped fresh cilantro (or ½ tsp dried)
- Salt and black pepper to taste

For the garnish:

- 2 tomatoes, sliced
- 6 lettuce leaves

For the sauce:

- ½ cup Greek yogurt
- 2 oz radishes
- 1.5 oz cucumber
- 2 tsp chopped dill
- ¼ tsp salt
- A pinch of black pepper



Directions

1. Finely chop the catfish, onion, garlic, dill, and cilantro.
2. Combine all ingredients in a bowl, season with salt and pepper, and mix well.
3. Form 6–8 small patties.

Oven method:

1. Preheat the oven to 375°F (190°C).
2. Line a baking sheet with parchment paper or lightly grease it.
3. Bake the patties for 15–18 minutes, flipping halfway through.

Pan-fry method:

1. Heat a little oil in a non-stick skillet over medium heat.
2. Fry the patties for 4–5 minutes per side, until golden brown and cooked through.

Sauce:

1. Mix Greek yogurt with finely chopped radishes, cucumber, and dill.
2. Add salt and pepper, and stir to combine. Serve the patties with yogurt sauce, sliced tomatoes, and fresh lettuce.





WHOLE GRAINS, LEGUMES & BOWLS



RED LENTILS AND TOMATO BOWLS

This warm and hearty red lentil bowl is a cozy one-pot meal that combines the richness of tomatoes, earthy lentils, and fragrant spices. It's quick to make, full of plant-based protein, and perfect for a nourishing lunch or dinner.

 2 servings |  30 minutes | Calories 370



Ingredients

- ¾ cup red lentils (about 5.3 oz)
- 1 medium carrot, grated
- ¾ cup tomato purée (about 6.8 oz)
- 1 garlic clove, minced
- 1 teaspoon ground cumin
- 1 tablespoon olive oil
- 1½ to 2 cups of water (adjust to desired consistency)
- Salt and pepper, to taste
- **Optional:** fresh parsley or cilantro, for garnish

Directions

1. In a medium saucepan, heat the olive oil over medium heat. Add minced garlic and sauté for about 30 seconds until fragrant.
2. Stir in the grated carrot and cook for 2–3 minutes until slightly softened.
3. Add the tomato purée and cumin and mix well.
4. Stir in the red lentils and pour in about 1½ cups of water. Bring to a gentle boil, then reduce the heat and simmer for 20–25 minutes, stirring occasionally. Add more water if needed to reach a thick, bowl-friendly consistency.
5. Season with salt and pepper.
6. Serve warm in bowls, optionally topped with fresh herbs or a drizzle of olive oil.

QUINOA BOWL WITH VEGETABLES AND CHICKPEAS

This quinoa bowl with vegetables and chickpeas is a vibrant, protein-packed meal that's loaded with fiber, antioxidants, and plant-based goodness. It's perfect for a wholesome lunch or a light but satisfying dinner.

 2 servings |  30 minutes | Calories 430



Ingredients

- $\frac{2}{3}$ cup quinoa (about 4.2 oz)
- 1 tbsp olive oil
- 1 small zucchini, diced
- $\frac{1}{2}$ red bell pepper, chopped
- 1 small red onion, thinly sliced
- 1 can (15 oz) cooked chickpeas, rinsed and drained
- 1 tsp lemon juice
- A handful of fresh parsley, chopped
- Salt and pepper to taste

Directions

1. Cook quinoa according to package instructions (about 15 minutes).
2. In a skillet, heat the olive oil. Sauté the onion, bell pepper, and zucchini for 5–7 minutes.
3. Stir in the chickpeas and cook for another 3–4 minutes.
4. Combine with the quinoa, add lemon juice, and top with chopped parsley.



BROWN RICE AND MIXED VEGETABLES BOWL

This plant-based bowl is quick, nutritious, and perfect for busy days. Brown rice adds heartiness, while frozen vegetables bring color, vitamins, and fiber.

 2 servings |  30 minutes | Calories 400



Ingredients

- $\frac{3}{4}$ cup brown rice (uncooked, about 5.3 oz)
- 2 to 3 handfuls (about 10 oz) of frozen mixed vegetables (e.g., carrots, broccoli, peas, corn)
- 1 tablespoon olive oil
- 1 garlic clove, minced
- 1 teaspoon soy sauce or lemon juice
- Salt and pepper, to taste
- **Optional:** sesame seeds, fresh herbs for garnish

Directions

1. Cook the brown rice according to the package instructions (about 20–25 minutes).
2. In a large skillet, heat the olive oil over medium heat. Sauté the garlic for about 30 seconds.
3. Add the frozen vegetables directly to the pan (no need to thaw). Cook for 6–8 minutes, stirring occasionally, until tender.
4. Stir in the cooked rice, add soy sauce or lemon juice, and season with salt and pepper.
5. Serve in bowls, optionally topped with sesame seeds or fresh herbs.

FARRO BOWL WITH OLIVES AND SUN-DRIED TOMATOES

This Mediterranean-inspired bowl combines hearty farro with salty olives and the bold flavor of sun-dried tomatoes. It's simple, satisfying, and perfectly served warm or at room temperature.

 2 servings |  30 minutes | Calories 420



Ingredients

- $\frac{2}{3}$ cup farro (about 4.2 oz), uncooked
- 1 tablespoon olive oil
- 6–8 black olives, pitted and sliced
- 4–5 sun-dried tomatoes (soft or rehydrated), chopped
- $\frac{1}{2}$ small red onion, finely chopped
- 1 teaspoon lemon juice
- Salt and pepper, to taste
- **Optional:** fresh basil or parsley leaves for garnish

Directions

1. Cook the farro in salted water according to package directions (usually 25–30 minutes). Drain well.
2. While the farro is cooking, prepare the olives, sun-dried tomatoes, and onion.
3. Combine the cooked farro with the chopped ingredients. Add olive oil and lemon juice. Season with salt and pepper.
4. Serve warm or at room temperature. Garnish with fresh herbs if desired.



5-GRAIN BOWL

A nourishing, fiber- and plant-protein-rich grain bowl that serves as a satisfying base for lunch or dinner. Enjoy it on its own or pair it with vegetables, legumes, or sauces.

 2 servings |  30 minutes | Calories 360



Ingredients

- 2 tablespoons quinoa
- 2 tablespoons millets
- 2 tablespoons couscous
- 2 tablespoons brown rice
- 2 tablespoons steel-cut oats
- Pinch of salt
- About 1 to 1¼ cups water (for cooking)



Directions

1. In a medium pot, combine quinoa, millet, brown rice, and oats. Add water and a pinch of salt.
2. Bring to a boil, then reduce heat and simmer for 20–25 minutes, until the grains are tender and water is absorbed.
3. In a separate bowl, pour boiling water over the couscous in a 1:1 ratio. Cover and let sit for 5 minutes, then fluff with a fork.
4. Mix all the grains together. Serve warm as a simple dish or use as a base for grain bowls with vegetables or sauces.



APPETIZERS & SNACKS



CHICKPEA HUMMUS WITH OLIVE OIL

This creamy, protein-rich dip is a staple in Mediterranean cuisine. Made with chickpeas, tahini, lemon, and olive oil, it's packed with fiber and healthy fats. Perfect as a spread, dip, or side.

 4 servings |  15 minutes | Calories 180



Ingredients

- 1½ cups cooked chickpeas (or one can, drained and rinsed)
- 3 tbsp tahini (sesame paste)
- 2 tbsp fresh lemon juice
- 1 garlic clove
- 2 tbsp extra virgin olive oil (+ more for serving)
- 3–4 tbsp water (or chickpea liquid)
- ½ tsp salt
- **Optional:** pinch of paprika, cumin, or sesame seeds for garnish

Directions

1. Add the chickpeas, tahini, garlic, lemon juice, olive oil, salt, and 2 tablespoons of water to a food processor or high-speed blender.
2. Blend for 1–2 minutes until the hummus is creamy. If it's too thick, add more water one tablespoon at a time until desired consistency is reached.
3. Transfer to a bowl, smooth the surface with a spoon, drizzle with olive oil, and garnish with paprika, sesame seeds, or fresh herbs if desired.

Serving Ideas:

- With fresh veggie sticks (carrots, cucumbers, bell peppers)
- With whole grain pita or crackers
- As a spread in wraps or grain bowls

BEET HUMMUS WITH OLIVE OIL

This vibrant, slightly sweet hummus is both eye-catching and nutrient rich. Beets add natural color and antioxidants, blending beautifully with the classic chickpea, tahini, and lemon base. A perfect dip or spread for a Mediterranean-inspired snack.



4 servings |  15 minutes | Calories 190



Ingredients

- 1½ cups cooked chickpeas (or one can, drained and rinsed)
- 1 medium cooked or roasted beet (about 3.5–4 oz), peeled
- 2–3 tbsp tahini
- 2 tbsp fresh lemon juice
- 1 garlic clove
- 2 tbsp extra virgin olive oil (+ more for serving)
- 3–4 tbsp water (or chickpea liquid)
- ½ tsp salt
- **Optional:** pinch of cumin, ground pepper, or sesame seeds for garnish

Directions

1. In a food processor or blender, combine chickpeas, beet, tahini, garlic, lemon juice, olive oil, and salt.
2. Blend for 1–2 minutes until creamy. Add water gradually to reach the desired consistency.
3. Transfer to a serving bowl, drizzle with olive oil, and garnish with optional herbs or spices.

Serving Ideas:

- With veggie sticks (celery, carrots, bell peppers)
- As a colorful spread for wraps or sandwiches
- Alongside grain bowls or salads

ROASTED RED PEPPER HUMMUS

This variation of classic hummus brings a slightly sweet and smoky flavor thanks to roasted red peppers. Creamy and colorful, it's a Mediterranean-inspired spread that adds vibrancy to any appetizer plate.



4 servings |  20 minutes | Calories 180



Ingredients

- 1½ cups cooked chickpeas (or one can, drained and rinsed)
- 1 medium roasted red bell pepper (peeled)
- 2 tbsp tahini
- 2 tbsp fresh lemon juice
- 1 garlic clove
- 2 tbsp extra virgin olive oil (+ more for serving)
- 3–4 tbsp water
- ½ tsp salt
- **Optional:** pinch of smoked paprika or sesame seeds for garnish

Directions

1. Cut the pepper in half, remove seeds, and, roast at 400°F (200°C) for ~10 minutes until charred. Peel off the skin.
2. In a food processor, combine chickpeas, roasted pepper, tahini, garlic, lemon juice, olive oil, salt, and a bit of water.
3. Blend until smooth and creamy. Add more water if needed for consistency.
4. Transfer to a bowl, drizzle with olive oil, and top with optional paprika or herbs.

CRUNCHY VEGGIE SNACK PLATTER WITH CAULIFLOWER, BELL PEPPER, CUCUMBER & CARROT

A super fresh and colorful snack that's light, crisp, and packed with fiber and nutrients. Low in calories, high in satisfaction—perfect for anyone watching their weight or just looking for a wholesome, plant-based snack.

 1 serving |  10 minutes | Calories 89



Ingredients

- 2.8 oz cauliflower florets
- 2.8 oz bell pepper (any color), sliced
- 2.5 oz cucumber, sliced into sticks
- 2.5 oz carrot, peeled and sliced into sticks
- 2.1 oz cherry tomatoes



Directions

1. Wash and prep all vegetables. Slice them into sticks or bite-sized pieces for easy dipping.
2. Arrange the veggies on a serving plate or snack board. Add a small bowl of hummus in the center for dipping (optional but highly recommended!).
3. Serve immediately or store in an airtight container for a fresh snack later.

COTTAGE CHEESE-STUFFED

Cottage Cheese-Stuffed Tomatoes are a protein-rich, light appetizer made by hollowing out firm red tomatoes and stuffing them with a creamy mixture of Greek yogurt and cottage cheese. While salt and black pepper balance the flavors, fresh dill and parsley bring freshness. It takes only a few minutes to prepare, looks tidy and sophisticated, and is perfect for a party platter or daily nibbling.

 1 serving |  15 minutes | Calories 154

Ingredients

- 7 oz tomatoes (about 2 medium, firm)
- 3.5 oz cottage cheese
- 2 Tbsp Greek yogurt
- 1 Tbsp chopped fresh dill (to taste)
- 1 Tbsp chopped fresh parsley (to taste)
- Salt, to taste
- Black pepper, to taste
- **Optional:** 1 small garlic clove, minced; 1 tsp olive oil; 0.5 oz crumbled feta



Directions

1. Rinse the tomatoes and wipe dry. Cut off the tops, or "caps," and gently scoop out the seeds and inside pulp with a tiny spoon. Sprinkle the insides with a little salt.
2. Combine the Greek yogurt, cottage cheese, parsley, and dill in a bowl. Season with salt and black pepper to taste and whisk until the mixture is smooth and spreadable. Mound the filling a little by spooning it into the hollowed-out tomatoes.
3. If preferred, top with crumbled feta or, before stuffing, fold in the chopped garlic and/or a little olive oil.
4. Let the flavors blend in the fridge for 10 to 15 minutes, then serve cold.
5. Replace the tops and bake at 375°F for 6 to 8 minutes, or until heated through, for a warm version.

Tip: To make a warm version, you can bake the stuffed tomatoes at 375°F for 6 to 8 minutes, or until they are just heated through, without the caps.

STUFFED MINI BELL PEPPERS WITH FETA AND HERBS

These vibrant, bite-sized stuffed mini peppers are a perfect Mediterranean appetizer or snack. The creamy feta and yogurt filling is laced with garlic, olive oil, and herbs for a bold yet refreshing flavor. Enjoy them chilled for a light starter or bake them briefly for a warm, comforting variation. Ideal for parties, mezze platters, or a wholesome snack any day of the week.

 4 servings |  25 minutes | Calories 90



Ingredients

- 10–12 mini sweet bell peppers
- 3.5 oz feta cheese, crumbled
- 2 tbsp Greek yogurt
- 1 tbsp extra virgin olive oil
- 1 garlic clove, finely minced
- 1 tsp dried oregano or thyme
- Pinch of ground black pepper
- **Optional:** a few drops of lemon juice, to taste

Directions

1. Wash the mini bell peppers thoroughly. Slice each one lengthwise and carefully remove the seeds and membranes.
2. In a small bowl, mash the feta cheese with a fork. Add the Greek yogurt, olive oil, garlic, herbs, black pepper, and lemon juice (if using). Stir until smooth and well combined.
3. Using a teaspoon or a piping bag, fill each pepper half with the feta mixture. Smooth the top if desired.
4. Serve fresh or warm:
 - o For a fresh appetizer, serve immediately, garnished with extra herbs if desired.
 - o For a warm option, place stuffed peppers on a baking sheet and bake in a preheated oven at 350°F (180°C) for 8–10 minutes until slightly golden and warmed through.

Serving Suggestions:

Serve on a platter with olives, hummus, and whole grain crackers, or add to lunchboxes and picnic spreads for a colorful, nutritious boost.

CUCUMBER BOATS STUFFED WITH CREAM CHEESE, MINT & OLIVES

A fresh, elegant snack that's quick to make but fancy enough for guests. Creamy, savory, crunchy, and herbaceous—this appetizer is bursting with Mediterranean flavor.

 2 servings |  10 minutes | Calories 278

Ingredients

- 2 small cucumbers
- 3.5 oz spreadable cream cheese (or soft goat/sheep cheese)
- 6 black olives, sliced
- 2 sun-dried tomato halves (if oil-packed, pat dry)
- 2 tbsp pine nuts (or crushed cashews or toasted sunflower seeds)
- 6 fresh mint leaves, chopped



Directions

1. Wash cucumbers and slice them in half lengthwise. Leave the skin on. Scoop out a bit of the center with a spoon (or melon baller) to form shallow boats. Don't dig too deep—you want some cucumber crunch in each bite.
2. Chop the olives, sun-dried tomatoes, and mint. Mix with pine nuts in a small bowl.
3. Cut each cucumber in half and fill with cream cheese. Top with the olive-tomato-mint mixture. Optionally garnish with extra mint or drizzle with olive oil.
4. Best served slightly chilled. You can make the topping in advance and refrigerate it—fill before serving. Flavors blend even better if assembled 30–60 minutes before eating.



CAPRESE SKEWERS (TOMATO & MOZZARELLA APPETIZER)

This fresh and colorful appetizer brings together the best of Mediterranean flavors –juicy tomatoes, creamy mozzarella, and fragrant basil–served on skewers for a beautiful, mess-free presentation. Ready in just minutes, these Caprese skewers are perfect for parties, picnics, or a quick, healthy snack.

 2 servings |  10 minutes | Calories 180



Ingredients

- 7 oz mini mozzarella balls (bocconcini)
- 7 oz cherry or grape tomatoes
- A few sprigs of fresh basil
- 1 tbsp extra virgin olive oil
- A pinch of salt and black pepper
- Small skewers or toothpicks
- **Optional:** 1 tsp balsamic vinegar

Directions

1. Drain and rinse the mozzarella balls if needed.
2. Wash and dry the cherry tomatoes.
3. Assemble the skewers: thread one tomato, one basil leaf, and one mozzarella ball onto each skewer.
4. Place all skewers on a serving platter.
5. Drizzle with olive oil, sprinkle with salt and pepper, and optionally finish with a dash of balsamic vinegar.



WATERMELON BITES WITH FETA AND ARUGULA

Refreshing watermelon bites topped with feta and arugula make for a light summer appetizer. The sweet and salty flavor combination surprises with its simplicity and elegance.

 2 servings |  10 minutes | Calories 530

Ingredients

- 10.5 oz seedless watermelon, cut into $\frac{3}{4}$ -1 inch cubes
- 5.3 oz feta cheese block (or 3.5 oz for lighter), cut into $\frac{1}{2}$ - $\frac{3}{4}$ inch cubes
- $\frac{1}{2}$ - $\frac{3}{4}$ cup fresh arugula (about 0.35-0.7 oz), small leaves preferred
- 1 small pickled cucumber, thinly sliced into rounds or half-moons
- 1 tsp balsamic glaze (or thick balsamic vinegar), for drizzling
- **Optional:** a few drops of lemon juice, to taste



Directions

1. Cube the watermelon and feta to similar bite-size pieces. Slice the pickled cucumber into thin rounds (halve if large). Keep arugula leaves whole and fold larger leaves.
2. For each pick, thread a cucumber slice, fold an arugula leaf onto the pick, add a feta cube, then anchor it into a watermelon cube so the watermelon sits at the base for stability.
3. Arrange the assembled bites on a platter and drizzle lightly with balsamic glaze.
4. If desired, sprinkle a few drops of lemon juice over the skewers just before serving.
5. Chill until serving; best enjoyed cold and fresh.



FETA CHEESE BITES WITH OLIVES AND CUCUMBERS

These light and refreshing bites combine crunchy cucumber slices with creamy feta and briny olives, finished with a touch of olive oil and herbs. Quick to assemble and full of Mediterranean flavor, they're ideal as a snack, appetizer, or part of a mezza platter. No cooking required!

 2 - 3 servings
(about 10 bites) |  10 minutes | Calories 145



Ingredients

- 1 medium cucumber
- 3.5 oz feta cheese, cut into small cubes
- 10 pitted black or green olives
- 1 tsp extra virgin olive oil
- A pinch of dried oregano or fresh herbs (like basil or thyme)
- **Optional:** toothpicks or mini skewers for serving

Directions

1. Wash and slice the cucumber into thick rounds, about $\frac{1}{2}$ inch thick.
2. Cut the feta cheese into cubes to fit nicely on the cucumber slices.
3. Place a feta cube on each cucumber slice, then top with an olive.
4. Secure with a toothpick, if desired, for easy serving.
5. Drizzle with olive oil and sprinkle with oregano or fresh herbs.



GARLIC LEMON SHRIMP BITES (APPETIZER STYLE)

These Mediterranean-style shrimp bites are bursting with flavor thanks to fresh garlic, lemon juice, and herbs. They're quick to prepare and perfect as a warm or room-temperature appetizer, whether served on lettuce, skewered, or on a platter with lemon wedges.

Ingredients

 8-10 servings (2 shrimps per serving) |  10 minutes | Calories 50

- 16 oz (1 lb) raw shrimp, peeled and deveined
- 2 garlic cloves, minced
- 2 tbsp extra virgin olive oil
- 1 tbsp freshly squeezed lemon juice
- 2 tbsp fresh parsley or dill, finely chopped
- Salt and black pepper, to taste

Optional for serving:

- Lemon wedges
- Baby Romaine or butter lettuce leaves
- Cocktail skewers or toothpicks



Directions

1. Place a skillet over medium heat. Add olive oil and minced garlic. Sauté for about 30 seconds until fragrant (do not brown the garlic).
2. Place the shrimp in the skillet in a single layer and season with salt and pepper.
3. Sauté for about 2 minutes per side or until the shrimp turns pink and are cooked through.
4. Drizzle lemon juice over the cooked shrimp, toss to coat, and remove from heat.
5. Garnish with chopped fresh parsley or dill.

Serve warm or at room temperature:

- On lettuce leaves
- Skewered on cocktail picks
- Or arranged on a platter with lemon wedges



MINI SALAD CUPS WITH HUMMUS AND TUNA

A refreshing one-bite appetizer packed with protein and healthy fats. Great for parties, snacks, or light lunches.

 2 servings (makes 6–8 mini cups) |  10 minutes | Calories 60



Ingredients

- 8 small romaine lettuce leaves or endive leaves (firm enough to hold filling)
- 4 tbsp hummus
- 1 can (3.5–4 oz) tuna in water, drained
- 4 cherry tomatoes, finely diced
- 8 black olives, sliced
- 1 tbsp fresh parsley or cilantro, chopped
- **Optional:** 1 tsp fresh lemon juice

Directions

1. Prepare the lettuce “cups”: Wash and pat dry romaine or endive leaves. Choose smaller leaves with a natural cup shape.
2. Add 1/2 tablespoon of hummus to each leaf.
3. Top with a small amount of tuna, diced tomato, and olive slices.
4. Garnish with fresh herbs and a light drizzle of lemon juice, if desired.
5. Serve immediately as a fresh and nutritious one-bite appetizer.



EGGPLANT ROLL-UPS WITH COTTAGE CHEESE AND SUN-DRIED TOMATOES

A Mediterranean-inspired appetizer that's light, creamy, and packed with flavor. These elegant roll-ups combine grilled eggplant with a tangy cottage cheese and sun-dried tomato filling. It is perfect as a starter, snack, or mezze addition.

Ingredients

 2 servings |  25 minutes | Calories 60

- 3.5 oz eggplant, sliced lengthwise into thin strips
- 3.5 oz cottage cheese (or whole milk ricotta)
- 1 tbsp sour cream
- 1 oz sun-dried tomatoes, chopped
- 2 garlic cloves, minced
- Fresh basil, to taste
- Pesto sauce, to taste (about 1-2 tsp)
- Lemon pepper, to taste (or use regular black pepper + lemon zest)
- Fresh herbs for garnish (parsley, dill, etc.)
- Olive oil for brushing



Directions

1. Slice the eggplant lengthwise into thin strips. Lightly brush both sides with olive oil and grill or pan-fry on each side until golden and tender. Let cool slightly.
2. In a bowl, mix the cottage cheese, sour cream, chopped sun-dried tomatoes, minced garlic, fresh basil, pesto, and lemon pepper until well combined.
3. Place about 1 tablespoon of the filling on one end of each grilled eggplant slice and gently roll up.
4. Arrange on a serving platter. Garnish with fresh herbs. Serve warm or at room temperature.

Serving Tips:

These roll-ups pair wonderfully with a fresh green salad or can be served as part of a vegetarian appetizer spread. You can also chill them and serve cold for a picnic or summer snack.

MINI TOMATO AND FETA PHYLLO CUPS

These bite-sized phyllo cups are a delicious and elegant Mediterranean appetizer, perfect for parties or gatherings. The flaky phyllo pastry pairs wonderfully with salty feta and juicy cherry tomatoes, topped with herbs and a drizzle of olive oil.

 6-8 bite-sized appetizers |  20 minutes | Calories 70



Ingredients

- 4 sheets of phyllo dough
- ½ cup crumbled feta cheese
- 6-8 cherry tomatoes, halved or quartered
- 1 tbsp extra virgin olive oil
- 1 tsp dried oregano or thyme
- Black pepper, to taste



Directions

1. Preheat to 350°F (180°C).
2. Cut the phyllo sheets into 2.5-inch (7 cm) squares. Layer two sheets per mini muffin cup and gently press them into little cups.
3. Fill each cup with a bit of crumbled feta and a few pieces of cherry tomato.
4. Sprinkle with oregano and black pepper, then drizzle lightly with olive oil.
5. Bake for 10-12 minutes or until the phyllo is golden and crispy

Serving Suggestion:

Serve warm or at room temperature as part of a mezze platter or as elegant finger food at any event.

WHOLE WHEAT TORTILLA WRAPS WITH TOFU AND FRESH VEGETABLES

These Whole Wheat Tortilla Wraps with Tofu and Fresh Vegetables are a nutritious, plant-based option that's quick to prepare and full of flavor. Crisp veggies bring freshness and crunch, while tofu adds satisfying protein. The wraps are lightly spiced with turmeric and paprika, making them perfect for a wholesome lunch, dinner, or even a grab-and-go meal. They're easy to customize and great for meal prepping ahead of a busy week.



2 servings



17 minutes

Calories 312



Ingredients

- 2 whole wheat tortillas
- 3.5 oz tofu
- 1 cup shredded cabbage (approx. 3.5 oz)
- ½ cup cucumber, sliced (approx. 2 oz)
- ½ cup diced tomato (approx. 2 oz)
- 2 tbsp finely chopped onion (approx. 0.7 oz)
- 2 tsp apple cider vinegar
- 2 tbsp extra virgin olive oil (for salad)
- 1 tbsp extra virgin olive oil (for cooking tofu)
- ½ tsp paprika
- ¼ tsp turmeric
- Salt and black pepper, to taste
- **Optional:** 2 tsp tomato paste (1 tsp per tortilla)

Directions

1. In a bowl, combine the shredded cabbage, cucumber, tomato, and onion. Drizzle with 2 tbsp olive oil and 2 tsp apple cider vinegar. Season with paprika, turmeric, salt, and pepper. Toss well.
2. Heat each tortilla in a dry skillet for about 30 seconds per side to soften.
3. Slice the tofu into strips or cubes. Heat 1 tbsp olive oil in a skillet and cook the tofu until lightly golden on both sides.
4. **Optional:** Spread 1 tsp tomato paste on each tortilla. Add salad mix and warm tofu on top. Wrap tightly, then return to the skillet and warm the filled wraps for another minute or so to crisp up slightly.



SMOOTHIES & SIPPERS





Smoothies aren't traditionally Mediterranean, but when made with fresh fruits, leafy greens, seeds, and a splash of water or plant-based milk—they align beautifully with Mediterranean principles. These light blends are perfect between meals, pre- or post-workout, or as a refreshing afternoon pick-me-up. The key? Keep them simple, naturally sweetened, and focused on whole ingredients.



Apple & Orange Smoothie with Seeds

Ingredients



- 1 medium apple, peeled and chopped
- 1 medium orange, peeled and segmented
- ½ cup water
- 1 tsp pumpkin seeds
- 1 tsp sunflower seeds

 1 servings |  5 minutes | Calories 160

Banana Spinach Smoothie with Flax

Ingredients


- 1 banana
- 1 handful fresh spinach
- ½ cup water or unsweetened plant milk
- 1 tsp ground flaxseed

 1 servings |  5 minutes | Calories 170

Pear, Ginger & Almond Smoothie

Ingredients

- 1 ripe pear, chopped
- ½ inch fresh ginger, peeled
- ½ cup water
- 1 tsp raw almonds

 1 servings |  5 minutes | Calories 140

Directions

For each smoothie, use only the ingredients listed under its name. Place those ingredients into a blender and blend until smooth. If the recipe includes seeds or nuts, you can either blend them in or sprinkle them on top before serving.

Blueberry Banana Smoothie with Chia



1 servings



5 minutes

Calories 180



This naturally sweet smoothie is packed with antioxidants from blueberries, potassium from banana, and healthy omega-3s from chia seeds. A great way to start your day with a refreshing snack.

Ingredients

- ½ cup blueberries (fresh or frozen)
- 1 banana
- ½ cup water
- 1 tsp chia seeds

Directions Blend fruits with water, stir in chia seeds, and let sit for 5 minutes to thicken.

Kiwi, Cucumber & Lemon Smoothie



1 serving



5 minutes

Calories 110



This naturally sweet smoothie is packed with antioxidants from blueberries, potassium from bananas, and healthy omega-3s from chia seeds. A great way to start your day with a refreshing snack.

Ingredients

- 1 kiwi, peeled
- ½ small cucumber
- 1 tsp lemon juice
- ½ cup water
- 1 tsp sunflower seeds



Directions Blend all ingredients until smooth. Light and refreshing.



DESSERTS



WATERMELON SALAD WITH BLUEBERRIES AND BURRATA

 1 serving |  10 minutes | Calories 164



Ingredients

- 3.5 oz yellow watermelon, cubed (regular red watermelon works too)
- 1.4 oz burrata cheese
- 1 oz fresh blueberries
- 1 tsp sesame seeds

Directions

1. Cut the watermelon into small bite-sized cubes.
 2. Arrange the cubes on a plate.
 3. Top with blueberries and torn pieces of burrata.
 4. Sprinkle with sesame seeds and serve immediately.
-

DATE AND CASHEW ENERGY BALLS

 10 servings |  25 minutes | Calories 127





Ingredients

- 1 cup raw cashews
- ½ cup pitted dates
- 2 tbsp shredded coconut
- ½ tbsp lemon juice
- 0.5 oz dark chocolate (optional; 90–95% recommended for drizzle)

Directions

1. Pulse the cashews in a food processor until finely ground.
2. Add dates, shredded coconut, and lemon juice.
3. Blend until the mixture sticks together and forms a dough-like ball.
4. Shape into small balls (about 1 oz or 30 g each). You should get around 10 balls.
5. Chill in the fridge for at least 15 minutes.
6. Optional: Drizzle with melted dark chocolate before serving.

STRAWBERRY & MOZZARELLA SALAD WITH MINT AND CHIA SEEDS

 1 serving |  4 minutes | Calories 204

Ingredients

- 3.5 oz fresh strawberries
- 1.75 oz mozzarella balls (mini or chopped)
- 3 fresh mint leaves
- 1 tsp chia seeds



Directions

1. Wash and slice the strawberries.
 2. Arrange the strawberries and drained mozzarella balls on a plate.
 3. Garnish with fresh mint leaves and sprinkle with chia seeds.
 4. Serve immediately as a refreshing appetizer, light lunch, or healthy dessert.
-

GRAPEFRUIT & STRAWBERRY SALAD WITH BURRATA AND MAPLE DRIZZLE

Ingredients

- ½ pink grapefruit, peeled and segmented
- ½ cup fresh strawberries, halved or sliced
- 1.4 oz burrata cheese
- 1 tsp pure maple syrup
- A few fresh mint leaves, for garnish



 1 serving |  5 minutes | Calories 200



Directions

1. Arrange the grapefruit segments and sliced strawberries on a plate or shallow bowl.
2. Tear the burrata into small chunks and gently place on top of the fruit.
3. Drizzle with maple syrup.
4. Garnish with fresh mint leaves.
5. Serve immediately and enjoy the fresh flavor harmony.

BANANA SLICES WITH NUT BUTTER AND BLUEBERRIES

 1 serving |  4 minutes | Calories 232





Ingredients

- 1 medium banana
- 2 tbsp fresh blueberries
- 1 tbsp natural nut butter (e.g., almond or peanut butter)
- ½ tsp sesame seeds

- Directions**
1. Slice the banana into bite-sized rounds.
 2. Spread a thin layer of nut butter over each slice.
 3. Top with fresh blueberries and sprinkle with sesame seeds.
 4. Enjoy it immediately.

FROZEN BANANA & AVOCADO CREAM

 2 servings |  5 minutes
Freeze Time 2 -3 hours | Calories 130



Ingredients

- 1 ripe banana
- ½ ripe avocado
- **Optional:** 1 tsp unsweetened cocoa powder or 1 tbsp nut butter
- **Optional:** A few drops of lemon juice to preserve color
- **Optional:** Fresh berries or seeds for topping

Directions

1. Add the banana and avocado to a food processor or blender.
2. Blend until smooth and creamy. If desired, add cocoa powder, nut butter, or lemon juice.
3. Pour the mixture into a small container or silicone molds.
4. Freeze for 2–3 hours, until firm.
5. Let it sit at room temperature for 5–10 minutes before serving. Scoop and enjoy with fresh berries, chopped nuts, or a drizzle of honey if extra sweetness is desired.

COCONUT CHIA DESSERT WITH DARK CHOCOLATE

 1 serving |  25 minutes | Calories 119

Ingredients

- ¼ cup coconut cream
- 2 tbsp chia seeds
- 0.35 oz dark chocolate (72%)
- ½ tsp shredded coconut
- ¼ tsp coconut oil



Directions

1. In a small bowl, mix the coconut cream with chia seeds. Let sit for at least 20 minutes to allow the chia to absorb and form a pudding-like texture.
2. Melt the dark chocolate with coconut oil using a double boiler (or heatproof bowl over simmering water) until smooth.
3. Pour or drizzle the melted chocolate over the chia mixture.
4. Sprinkle with shredded coconut and additional chocolate shavings if desired.
5. Chill slightly before serving for the best texture.

NO-BAKE OAT AND ALMOND CHOCOLATE SLICE

 2 servings |  25 minutes | Calories 162

Ingredients

- 1⅓ cups unsweetened coconut milk beverage
- 2⅓ cups whole grain rolled oats
- 3.5 oz dark chocolate
- ½ cup almonds, blanched
- **Optional:** Pinch of salt



Directions

1. Toast the almonds in a dry skillet for a few minutes until golden, then roughly chop.
2. In a saucepan or double boiler, gently heat the coconut milk beverage with the dark chocolate until fully melted and smooth.
3. In a mixing bowl, combine the oats and chopped almonds. Pour the chocolate mixture over the dry ingredients and mix thoroughly until well coated.
4. Transfer the mixture into a lined pan (a loaf or square pan works well).
5. Let it cool to room temperature, then place it in the freezer briefly to set. After that, move to the fridge until firm.
6. Slice into squares and enjoy!

COTTAGE CHEESE BALLS WITH DATES AND BLUEBERRIES

 8 servings |  15 minutes | Calories 173



Ingredients

- 14 oz cottage cheese
- 7 oz fresh dates, pitted
- 1.75 oz fresh blueberries
- 2 tbsp unsweetened cocoa powder
- 2 tbsp natural nut butter (e.g., almond or peanut butter)
- 1 tbsp chia seeds, soaked in water
- 1 tbsp shredded coconut (for rolling)
- 0.35 oz dark chocolate (for drizzling)

Directions

1. Blend the dates and blueberries until smooth.
 2. Add cottage cheese, cocoa powder, soaked chia seeds, and nut butter. Mix well until a uniform dough forms.
 3. Shape the mixture into 8 equal-sized balls.
- Optionally.** You can insert a whole date or blueberry into the center of each ball.
4. Roll the balls in shredded coconut.
 5. Melt the dark chocolate and drizzle it over the top.
 6. Chill for 15–20 minutes before serving.

CHIA YOGURT PARFAIT WITH BERRIES

 2 servings |  25 minutes | Calories 217



Ingredients

- $\frac{3}{4}$ cup Greek yogurt
- 1 cup fresh blueberries
- $\frac{1}{2}$ cup strawberries, cherries, or other seasonal berries
- 2 tbsp chia seeds
- 1 tbsp pure maple syrup (for natural sweetness)

Directions

1. In a bowl, mix chia seeds, maple syrup, and Greek yogurt.
2. Let the mixture sit in the refrigerator for 15–20 minutes to allow the chia seeds to thicken.
3. Once set, layer the chia yogurt with fresh berries or seasonal fruits in serving glasses or jars.
4. Serve immediately or store it in the fridge for later.



DRESSINGS, SAUCES & CONDIMENTS



HARISSA – SPICY PEPPER SAUCE

Harissa is a bold and spicy condiment that originated in North Africa, especially popular in Tunisia, Morocco, and Algeria. While it has deep roots in North African cuisine, harissa is also a flavorful addition to the broader Mediterranean diet.

This versatile sauce brings warmth, richness, and depth to a variety of dishes – from vegetables and grains to meats and legumes. It's commonly used to enhance soups, stews, roasted vegetables, grain bowls, and grilled dishes. Harissa also works beautifully as a marinade, sandwich spread or mix in for yogurt- or tahini-based sauces.

 5 servings |  30 minutes | (per serving) Calories 173



Ingredients

Main:

- 2 red bell peppers
- 2 red onions
- 3 tbsp tomato paste
- 4 garlic cloves
- 1 tbsp lemon juice
- Clarified butter (for sautéing)
- Salt to taste

Dry spices:

- 1 tsp coriander
- 1 tsp cumin seeds
- 1 tsp ground cumin
- 1 tsp chili flakes
- 1 tsp cayenne pepper
- 1 tsp cinnamon
- 1 tsp smoked paprika

Directions

1. Roast the bell peppers in the oven until the skins blister. Let them cool slightly, then peel off the skin.
2. Toast the dry spices in a dry pan until aromatic. Then grind them using a spice grinder or blender.
3. In a pan, sauté the onions and garlic in clarified butter. Add the roasted peppers, and, tomato paste, lemon juice, and mix well.
4. Add salt to taste and the ground spices. Blend the whole mixture until smooth.

Serving idea:

This harissa sauce goes wonderfully with Harissa & Coconut Milk Soup with Beans and Crispy Vegetables.

“CHEESE” SAUCE WITH STEAMED POTATOES, CARROTS & CASHEWS

This creamy, dairy-free cheese-style sauce is perfect for pasta, veggies, nachos, or as a dip. Steaming the vegetables preserves more flavor and nutrients, while cashews create a velvety texture. It's simple, wholesome, and packed with savory depth.

 4 servings |  30 minutes | (per serving) Calories 180



Ingredients

- 1 medium potato (about 1 cup peeled and chopped)
- 1 medium carrot (about $\frac{3}{4}$ cup peeled and chopped)
- $\frac{1}{2}$ cup raw cashews (soaked 4–8 hours or soaked in hot water for 20 minutes)
- 1 teaspoon dried onion granules (or minced dried onion)
- $\frac{1}{2}$ teaspoon garlic powder (or dried garlic granules)
- 1 tablespoon nutritional yeast (optional, for cheesy flavor)
- $\frac{1}{2}$ teaspoon ground turmeric
- $\frac{1}{2}$ teaspoon sea salt (or to taste)
- $\frac{1}{2}$ – $\frac{2}{3}$ cup water (adjust for desired consistency)
- 1 teaspoon lemon juice (optional, for brightness)

Directions


1. Steam the potato and carrot in a steamer basket over boiling water until fully soft (about 15–20 minutes).
2. Drain and rinse the soaked cashews.
3. In a high-speed blender, combine steamed vegetables, cashews, spices, and $\frac{1}{2}$ cup water.
4. Blend until smooth and creamy. Add more water as needed to reach your desired sauce consistency.
5. Taste and adjust seasonings—add more salt, garlic, or lemon juice if needed.
6. Serve warm or chilled.

Tips:

- Steaming the vegetables gives a milder flavor and smoother texture than boiling.
- Store in the fridge for 3–4 days. Reheat gently if serving warm.
- Delicious as a plant-based cheese sauce for mac & cheese, veggie bowls, or dipping.

CLASSIC GREEK TZATZIKI SAUCE

Tzatziki is one of the most iconic sauces in Greek cuisine. Made with thick Greek yogurt, grated cucumber, garlic, olive oil, and fresh herbs, it's creamy, tangy, and refreshing. Perfect as a dip, sauce, or spread.

 4 servings |  20 minutes | (per serving) Calories 90



Ingredients

- 1 cup plain Greek yogurt
- ½ medium cucumber (about 3.5 oz), peeled and finely grated
- 1–2 garlic cloves, minced or pressed
- 1 tablespoon extra-virgin olive oil
- 1 teaspoon fresh lemon juice or white wine vinegar
- 1 tablespoon finely chopped fresh dill (or mint)
- Pinch of salt
- **Optional:** Freshly ground black pepper, to taste

Directions

1. Grate the cucumber and place it in a fine mesh strainer. Sprinkle with a pinch of salt and let sit for 10 minutes to release excess water. Then squeeze out as much liquid as possible using your hands or a clean kitchen towel.
2. In a mixing bowl, combine the Greek yogurt, drained cucumber, garlic, olive oil, lemon juice (or vinegar), and dill.
3. Add salt and pepper to taste. Stir well to combine.
4. For best flavor, refrigerate the tzatziki for 15–30 minutes before serving. The flavors deepen as it chills.
5. Serve cold with pita bread, fresh vegetables, or as a sauce for grilled meats and veggies.

TAHINI AND LEMON DRESSING

This creamy, tangy dressing is made with sesame tahini, fresh lemon juice, and just a few simple ingredients. It's perfect for roasted vegetables, salads, grain bowls, falafel, or as a dip. Rich, flavorful, and naturally plant based.

 4 servings |  5 minutes | (per serving) Calories 130



Ingredients

- ⅓ cup tahini (sesame paste)
- 2–3 tablespoons fresh lemon juice (to taste)
- 1 small garlic clove, minced
- 2 tablespoons extra virgin olive oil
- 3–5 tablespoons water (adjust for desired consistency)
- ¼ teaspoon sea salt
- **Optional:** Pinch of ground cumin or black pepper-to taste

Directions

1. In a small bowl or blender, whisk together the tahini and lemon juice. It may thicken or seize up—that's normal.
2. Mix in the minced garlic, olive oil, and salt. Stir well.
3. Gradually add water, one tablespoon at a time, whisking until the mixture becomes smooth and reaches your preferred consistency—from thick and spreadable to pourable.
4. Add more lemon juice, salt, or a pinch of cumin or pepper if desired.
5. Use immediately or store in the refrigerator for up to 5 days. Stir before each use.

HERB VINAIGRETTE

This fresh and zesty vinaigrette is made with high-quality olive oil, lemon juice, garlic, and fragrant herbs like parsley and oregano. It's light, vibrant, and perfect for salads, roasted vegetables, grain bowls, or even fish.

 4 - 6 servings |  5 minutes | (per serving) Calories 100



Ingredients

- ⅓ cup extra virgin olive oil
- 3 tablespoons freshly squeezed lemon juice (or red wine vinegar)
- 1 small garlic clove, minced or pressed
- 2 tablespoons finely chopped fresh parsley
- 1 tablespoon chopped fresh basil (or one teaspoon dried)
- ½ teaspoon dried oregano
- Salt and freshly ground black pepper, to taste

Directions

1. In a small bowl or jar, combine olive oil, lemon juice, garlic, and all the herbs.
2. Whisk the mixture well or close the jar and shake vigorously until emulsified.
3. Taste and add more salt, pepper, or lemon juice if needed.
4. Use immediately, or store in the refrigerator for up to 5 days. Shake or stir before serving.

Tips:

- For extra brightness, add 1 teaspoon of lemon zest.
- You can substitute or mix in other herbs like thyme, cilantro, dill, or mint.
- Great over leafy greens, grilled vegetables, couscous, or baked fish.

CREAMY FETA DRESSING

This thick and tangy dressing is made with crumbled feta cheese, Greek yogurt, garlic, and olive oil. It's creamy, salty, and flavorful — perfect as a dip, spread, or dressing for roasted vegetables, grain bowls, or fresh salads.

 4 servings |  5 minutes | (per serving) Calories 120



Ingredients

- $\frac{2}{3}$ cup crumbled feta cheese (about 3.5 oz)
- $\frac{1}{2}$ cup plain Greek yogurt
- 1 small garlic clove, finely minced or pressed
- 1 tablespoon extra-virgin olive oil
- 1–2 teaspoons fresh lemon juice (optional, for brightness)
- Pinch of freshly ground black pepper
- **Optional:** 1 tablespoon chopped fresh herbs (like dill, parsley, or mint)

Directions


1. Use a fork to mash the feta in a bowl or place it in a small food processor.
2. Add Greek yogurt, garlic, olive oil, lemon juice (if using), and herbs.
3. Stir until smooth and creamy—the texture can be slightly chunky or fully smooth, depending on your preference. For a silky texture, blend using a food processor or blender.
4. Add freshly ground black pepper to taste. Adjust lemon juice or olive oil if needed.
5. Use immediately or refrigerate in an airtight container for up to 3–4 days.

Tips:

- To make it pourable for salads, add 1–2 tablespoons of water to thin the texture.
- Great with roasted eggplant, zucchini, or potatoes, or served as a dip with pita chips.
- Use as part of a mezze platter alongside olives, hummus, and grilled veggies.

MUHAMMARA (ROASTED RED PEPPER AND WALNUT DIP)

Muhammara is a rich, slightly spicy dip with roasted red peppers, toasted walnuts, garlic, and pomegranate molasses. It's creamy, tangy, and packed with earthy flavor—perfect as a spread, dip, or sauce for Mediterranean dishes.

 6 servings |  30 minutes | (per serving) Calories 150



Ingredients

- 2 medium red bell peppers
- ¾ cup walnuts (lightly toasted)
- 1–2 garlic cloves
- 2–3 tablespoons pomegranate molasses
- 2 tablespoons extra virgin olive oil
- 1 tablespoon breadcrumbs (optional, for thickening)
- ½ teaspoon sweet paprika
- ¼ teaspoon cayenne pepper (or to taste)
- ½ teaspoon sea salt
- 1 teaspoon lemon juice (optional, for extra brightness)

Directions

1. Preheat oven to 400°F (200°C). Roast the bell peppers on a baking sheet for 20–25 minutes until the skin is charred and blistered. Remove from the oven, cover, and let steam for 10 minutes. Peel off the skin, and remove the seeds and stems.
2. In a dry skillet over medium heat, lightly toast the walnuts for 2–3 minutes until fragrant. Let cool.
3. In a food processor, combine the roasted peppers, walnuts, garlic, pomegranate molasses, olive oil, breadcrumbs (if using), paprika, cayenne, salt, and lemon juice. Blend until smooth or leave slightly chunky, depending on preference.
4. Add more salt, spice, or lemon juice as needed.
5. Transfer to a bowl. Drizzle with olive oil and sprinkle with extra chopped walnuts or pomegranate seeds, if desired.

ANCHOVY-CAPER SALSA VERDE

This bold and zesty Italian-style green sauce is made with fresh parsley, capers, anchovies, garlic, and high-quality olive oil. It's herbaceous, salty, and full of umami flavor – perfect as a topping for roasted vegetables, grilled meats, fish, or sandwiches.

 4 -6 servings |  5 minutes | (per serving) Calories 100



Ingredients

- 1 cup fresh parsley leaves, finely chopped (stems removed)
- 1 tablespoon capers (rinsed if very salty)
- 3–4 anchovy fillets in oil, finely chopped
- 1 small garlic clove, minced
- 1 teaspoon fresh lemon juice (or red wine vinegar)
- ½ cup extra virgin olive oil
- ½ teaspoon grated lemon zest (optional, for brightness)
- Pinch of freshly ground black pepper
- **Optional:** ½ teaspoon dried oregano or thyme

Directions

1. Finely chop the parsley, anchovies, capers, and garlic by hand or pulse in a food processor.
2. Place all ingredients in a bowl or small food processor. Add olive oil, lemon juice, and lemon zest (if using). Stir or pulse until combined.
3. For a loose sauce, add a bit more olive oil. For a thicker, chunkier version, mix by hand rather than blending.
4. Add more lemon juice, pepper, or herbs as desired.
5. Serve immediately or store in an airtight container in the fridge for up to 3 days. Stir before serving.

YOGURT CURRY LEMON SAUCE

This light, creamy sauce is made with Greek yogurt, mild curry powder, and fresh lemon juice. It adds a gentle, exotic twist to roasted vegetables, grilled chicken, fish, or salads. Subtle, refreshing, and versatile.

 4 servings |  5 minutes | (per serving) Calories 80



Ingredients

- ½ cup plain Greek yogurt
- 1 tablespoon fresh lemon juice
- 1 teaspoon mild curry powder
- ½ teaspoon garlic powder (or one small garlic clove, minced)
- 1 tablespoon extra-virgin olive oil (optional, for extra creaminess)
- ¼ teaspoon salt (or to taste)
- **Optional:** Pinch of freshly ground black pepper
- **Optional:** Chopped fresh parsley or cilantro for garnish

Directions



1. In a small bowl, whisk together the Greek yogurt, lemon juice, and olive oil.
2. Stir in the curry powder, garlic, salt, and black pepper if using. Mix until smooth and well combined.
3. Add more lemon juice or seasoning to your taste.
4. Use immediately or refrigerate for up to 3 days. Stir before serving.

Tips:

- For a spicier version, add a pinch of cayenne pepper or chili flakes.
- This sauce also works as a spread on wraps or as a marinade for chicken.
- If you prefer a thinner dressing, add 1–2 tablespoons of water or unsweetened plant-based milk.

GREEK SALAD DRESSING WITH RED WINE VINEGAR

This classic Greek-style vinaigrette is simple yet packed with bold flavor. Made with extra virgin olive oil, red wine vinegar, garlic, and oregano, it pairs perfectly with traditional Greek salads, roasted vegetables, or as a marinade.

 4-6 servings |  5 minutes | (per serving) Calories 100



Ingredients

- ⅓ cup extra virgin olive oil
- 3 tablespoons red wine vinegar
- 1 small garlic clove, finely grated or minced
- 1 teaspoon dried oregano
- ½ teaspoon sea salt (or to taste)
- ¼ teaspoon freshly ground black pepper

Directions

1. In a small bowl or a jar with a lid, add olive oil, red wine vinegar, garlic, oregano, salt, and black pepper.
2. Whisk the mixture until well combined or shake vigorously if using a jar.
3. Add more salt or vinegar if needed to balance the flavor.
4. Use immediately or refrigerate for up to 5 days. Shake or stir before using.

Tips:

- For a milder flavor, substitute some of the vinegar with fresh lemon juice.
- Perfect for Greek salads with tomatoes, cucumbers, red onion, and feta cheese.
- Also works great as a quick marinade for veggies or chicken

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Appendices

MEAL PLANNER 30 DAYS

Day	Breakfast	Lunch	Dinner	Snacks
1	Greek Yogurt Bowl with Tomatoes, Olives and Herbs 19 p.	Chickpea Patties with Fresh Yogurt Sauce 52 p.	Farro Bowl with Olives and Sun-Dried Tomatoes 74 p.	Date and Cashew Energy Balls 3 until 96 p.
2	Oatmeal with Nut Butter and Banana 17 p.	Farro Bowl with Olives and Sun-Dried Tomatoes 74 p.	Chickpea Patties with Fresh Yogurt Sauce 52 p.	Watermelon Salad with Blueberries and Burrata 96 p.
3	Savory Mediterranean Scramble with Spinach and Feta 21 p.	Cauliflower Salad with Carrots and Yogurt 31 p.	Salmon Veggie Poke Bowl 63 p.	Date and Cashew Energy Balls 3 until 96 p.
4	Greek Breakfast Bowl with Yogurt, Granola, and Fruit 17 p.	Green Lentil Soup with Tomatoes, Chickpeas and Greens 46 p.	Salmon Veggie Poke Bowl 63 p.	Date and Cashew Energy Balls 3 until 96 p.
5	Quinoa with Tomatoes and Avocado 19 p.	Green Lentil Soup with Tomatoes, Chickpeas and Greens 46 p.	Broccoli and Cauliflower Stew with Tahini Sauce 53 p.	Chia Yogurt Parfait with Berries 100 p.
6	Zucchini Fritters with Feta Cheese 20 p.	Broccoli and Cauliflower Stew with Tahini Sauce 53 p.	Sautéed Mushrooms with Sour Cream and Boiled Potatoes 55 p.	Banana Slices with Nut Butter and Blueberries 98 p.
7	Breakfast Wrap with Veggie Omelet and Garlic Yogurt Sauce 23 p.	Steamed Calamari with Ginger 66 p.	Zucchini Fritters with Feta Cheese 20 p.	No-Bake Oat and Almond Chocolate Slice 99 p.
8	Zucchini Fritters with Feta Cheese 20 p.	Authentic Greek Salad with Tzatziki Sauce 35 p.	Steamed Calamari with Ginger 66 p.	No-Bake Oat and Almond Chocolate Slice 99 p.

Day	Breakfast	Lunch	Dinner	Snacks
9	Smoked Salmon Sandwich with Cottage Cheese Spread and Avocado 25 p.	Authentic Greek Salad with Tzatziki Sauce 35 p.	Edamame Spaghetti with Mushrooms, Tomatoes & Spinach 59 p.	Strawberry & Mozzarella Salad with Mint and Chia Seeds 97 p.
10	Mackerel & Avocado Sandwich 26 p.	Chickpea and Vegetable Coconut Curry 51 p.	Edamame Spaghetti with Mushrooms, Tomatoes & Spinach 59 p.	Grapefruit & Strawberry Salad with Burrata and Maple Drizzle 97 p.
11	Greek Yogurt Bowl with Tomatoes, Olives, and Herbs 19 p.	Chickpea and Vegetable Coconut Curry 51 p.	Salmon in Parchment with Asparagus 65 p.	Pear, Ginger & Almond Smoothie 93 p.
12	Greek Yogurt Bowl with Chia Seeds and Fresh Fruit 18 p.	Salmon in Parchment with Asparagus 65 p.	Sautéed Mushrooms with Sour Cream and Boiled Potatoes 55 p.	Apple & Orange Smoothie with Seeds 93 p.
13	Tomato & Burrata Sandwich 25 p.	Chickpea Salad with Cucumber, Tomato & Whole Grain Mustard 50 p.	Mung Bean Stew with Zucchini 54 p.	Watermelon Bites with Feta and Arugula 85 p.
14	Breakfast Pita with Chickpea Salad and Yogurt Sauce 24 p.	Mung Bean Stew with Zucchini 54 p.	Steamed Calamari with Ginger 66 p.	Watermelon Bites with Feta and Arugula 85 p.
15	Banana Spinach Smoothie with Flax 93 p.	Steamed Calamari with Ginger 66 p.	Zucchini Noodles with Tomatoes and Celery soup 44 p.	Banana Slices with Nut Butter and Blueberries 98 p.
16	Oatmeal with Nut Butter and Banana 17 p.	Lamb Lettuce and Tomato Salad with Burrata Cheese 32 p.	Catfish Patties (Oven or Pan-Fried) 69 p.	Frozen Banana & Avocado Cream 98 p.
17	Savory Mediterranean Scramble with Spinach and Feta 21 p.	Catfish Patties (Oven or Pan-Fried) 69 p.	Warm Roasted Pumpkin Salad with Pearl Barley, Kale & Nuts 41 p.	Frozen Banana & Avocado Cream 98 p.

Day	Breakfast	Lunch	Dinner	Snacks
18	Yogurt Bowl with Natural Sweetener, Nuts, and Fresh Fruit 18 p.	Warm Roasted Pumpkin Salad with Pearl Barley, Kale & Nuts 41 p.	Grilled Halloumi with Cauliflower and Broccoli Salad 29 p.	Kiwi, Cucumber & Lemon Smoothie 94 p.
19	Quinoa with Tomatoes and Avocado 19 p.	Creamy Pumpkin & Sweet Potato Soup with Coconut Milk 48 p.	Grilled Halloumi with Cauliflower and Broccoli Salad 29 p.	Strawberry & Mozzarella Salad with Mint and Chia Seeds 97 p.
20	Breakfast Wrap with Veggie Omelet and Garlic Yogurt Sauce 23 p.	Creamy Pumpkin & Sweet Potato Soup with Coconut Milk 48 p.	Mediterranean Chicken with Olives and Tomatoes 67 p.	Chia Yogurt Parfait with Berries 100 p.
21	Greek Breakfast Bowl with Yogurt, Granola, and Fruit 17 p.	Hearty Zucchini Salad with Garlic, Cilantro & Basil 39 p.	Mediterranean Chicken with Olives and Tomatoes 67 p.	Cottage Cheese Balls with Dates and Blueberries 100 p.
22	Yogurt Bowl with Chia Seeds and Fresh Fruit 18 p.	Stuffed Portobello Mushrooms with Spinach and Feta 56 p.	Shrimp Stew with Chickpeas, Tomatoes, and Carrots 61 p.	Cottage Cheese Balls with Dates and Blueberries 100 p.
23	Smoked Salmon Sandwich with Cottage Cheese Spread and Avocado 25 p.	Shrimp Stew with Chickpeas, Tomatoes, and Carrots 61 p.	Hearty Cabbage Salad with Bell Pepper, Beans, Chickpeas & Rutabaga 34 p.	Chia Yogurt Parfait with Berries 100 p.
24	Tomato & Burrata Sandwich 25 p.	Grilled Halloumi with Cauliflower and Broccoli Salad 29 p.	Broccoli and Cauliflower Stew with Tahini Sauce 53 p.	Watermelon Salad with Blueberries and Burrata 96 p.
25	Whole Grain Lavash Wrap with Hummus and Fresh Veggies 22 p.	Broccoli and Cauliflower Stew with Tahini Sauce 53 p.	Salmon Veggie Poke Bowl 63 p.	Blueberry Banana Smoothie with Chia 94 p.

Day	Breakfast	Lunch	Dinner	Snacks
26	Greek Yogurt Bowl with Tomatoes, Olives, and Herbs 19 p.	Warm Lentil Salad with Roasted Vegetables 42 p.	Salmon Veggie Poke Bowl 63 p.	Coconut Chia Dessert with Dark Chocolate 99 p.
27	Savory Mediterranean Scramble with Spinach and Feta 21 p.	Warm Lentil Salad with Roasted Vegetables 42 p.	Baked Halloumi with Sweet Potato and Lamb's Lettuce 62 p.	Apple & Orange Smoothie with Seeds 93 p.
28	Greek Yogurt Bowl with Chia Seeds and Fresh Fruit 18 p.	Baked Halloumi with Sweet Potato and Lamb's Lettuce 62 p.	Whole Grain Pasta with White Beans and Sun-Dried Tomatoes 60 p.	No-Bake Oat and Almond Chocolate Slice 99 p.
29	Mackerel & Avocado Sandwich 26 p.	Whole Grain Pasta with White Beans and Sun-Dried Tomatoes 60 p.	Lemon Rosemary Chicken Cutlets 68 p.	No-Bake Oat and Almond Chocolate Slice 99 p.
30	Breakfast Pita with Chickpea Salad and Yogurt Sauce 24 p.	Lemon Rosemary Chicken Cutlets 68 p.	Cauliflower Salad with Carrots and Yogurt 31 p.	Pear, Ginger & Almond Smoothie 93 p.

WEEKLY GROCERY SHOPPING LIST

Vegetables

Broccoli – 1 head
Carrot – 2 medium
Cauliflower – 1 small head
Cucumber – 1 medium
Zucchini – 3 medium
Leek – ½ stalk
Onion, red onion – 3 total
(combining red & regular)
Scallions – 1 bunch
Turnip – 1 medium
Potatoes – 2 pcs
Mushrooms – 4 pcs

Fruits

Avocado – 1 medium
Banana – 2 medium
Blueberries – 1 cup
Dates – ½ cup (pitted)
Lemon juice or lemon – 1
bottle or 2 lemons
Strawberries, cherries,
berries – 1 cup
Yellow watermelon – ¼
melon

Dairy & Eggs

Burrata cheese – 1 pack
Feta cheese – 1 container
(6–8 oz crumbled)
Greek yogurt – 2–3
containers (6 oz each)
Eggs – 6 pcs

Milk (plant-based or dairy)
– 1 carton
Sour cream – 1 container

Pantry Items

Olive oil – 1 bottle
Sesame oil – 1 bottle
Canned tomatoes – 1 can
Chickpeas – 1 can
Sun-dried tomatoes – 1
small jar
Nut butter – 1 jar or pack
Maple syrup – 1 small
bottle

Salt

Dried herbs
Curry, coriander, thyme,
turmeric, black pepper, bay
leaf – 1 set (jars or sachets)

Grains & Cereals

Farro – 1 small bag
Quinoa – 1 small bag
Quick or rolled oats – 1
standard container
Granola – 1 cup

Herbs & Greens

Garlic – 1 bulb
Parsley – 1 bunch
Fresh basil or oregano – 1
bunch
Fresh spinach – ½ bag or 1
bunch
Seaweed salad – 1 small
container

Chili flakes or fresh chili –
1 small pack or 1 chili
Ginger – 1 small root

Nuts & Seeds

Sunflower seeds – 1 small
bag
Shredded coconut – 1
small bag
Almonds – 1 small bag
Cashews – 1 small bag
Chia seeds – 1 small bag
Sesame seeds – 1 small
bag

Fish & Seafood

Smoked salmon – 1 small
pack
Calamari (frozen rings) – 1
pack

Other

Coconut milk
(unsweetened beverage) –
1 carton
Dark Chocolate – 1 bar or
small bag
Cherry Tomatoes – 10–12
pcs
Fresh Tomatoes – 2
medium
Black olives, Kalamata
olives – 1 small jar or pac
container

MEAL PREP WEEKLY CHECKLIST (BASED ON 7-DAY MEAL PLAN)

Use this checklist to prepare meals ahead of time for the upcoming week. All recipes correspond to your 7-day meal plan and are portioned for 1 person.

Grains & Legumes

- Cook quinoa ($\frac{3}{4}$ cup)—for Day 5 breakfast
- Cook farro ($\frac{3}{4}$ cup)—for Days 1 & 2 lunch/dinner
- Cook green lentils ($\frac{1}{4}$ cup dry)—for Day 4 & Day 5 lunches
- Cook or prepare 1 can of chickpeas—for patties and soup

Vegetables

- Grate zucchini—for fritters (Days 6 & 7)
- Roast or steam broccoli, cauliflower, and carrots—for stews and bowls
- Slice cucumbers, cherry tomatoes, and red onions—for salads
- Mince garlic and ginger—for sauces and calamari

Herbs

- Chop parsley, cilantro, and basil; dry or freeze if needed.

Snacks & Extras

- Make overnight oats (2–3 portions)—for Day 2 breakfast
- Make date & cashew energy balls (6–8 pcs)—for Days 1, 3, & 4
- Prepare no-bake oat & almond chocolate slice (4–6 portions)—for Day 7
- Wash fruits—bananas, blueberries, watermelon
- Portion Greek yogurt—for Days 1, 4, & 5
- Portion granola, nuts, seeds, and toppings—for snacks
- Prepare chickpea patties (2 portions)—for Days 1 & 2
- Prepare 3 portions of zucchini fritters—for Days 6 & 7.
- Marinate or cook calamari—for Day 7 dinner
- Boil 2–3 eggs—for Days 6 & 7
- Prepare ingredients for poke bowls with smoked salmon—for Days 3 & 4

Freezer Tips

- Soup, or patties if preparing more than 3 days ahead, can be frozen.
- Energy balls and chocolate dessert can be frozen.
- Freeze excess cut vegetables or herbs if needed.

MEDITERRANEAN PANTRY ESSENTIALS

Oils & Vinegars

Extra virgin olive oil
Sesame oil
Balsamic vinegar
Apple cider vinegar
Red wine vinegar

Spices & Herbs

Sea salt
Black pepper
Paprika (sweet and smoked)
Cumin
Coriander
Turmeric
Bay leaves
Thyme
Oregano
Rosemary
Cinnamon
Chili flakes

Grains & Legumes

Rolled oats
Quinoa
Farro
Brown rice
Lentils (green or brown)
Canned or dry chickpeas
Whole grain pasta

Canned & Jarred Items

Canned tomatoes
Tomato paste
Sun-dried tomatoes
Jarred olives (black, Kalamata, green)
Capers

Nuts & Seeds

Almonds
Walnuts
Cashews
Chia seeds
Sesame seeds
Sunflower seeds
Nut butters (peanut, almond)

Natural Sweeteners

Maple syrup
Honey
Dates

Complete Recipe Index

A

Anchovy fillets 109 p.
Apple 93 p.
Arugula 22 p., 32 p., 33 p., 62 p., 85 p.
Asparagus spears 65 p.
Avocado 19 p., 22 p., 25 p., 26 p., 37 p., 63 p., 98 p.

B

Banana 17p., 93 p., 94 p., 98 p.
Pearl barley 41 p.
Beans 34 p., 60 p.
Black beans 45 p.
Edamame beans 33 p., 63 p.
Mung beans 54 p.
Beet 78 p.
Berries 18 p., 100 p.
Blueberries 94 p., 96 p., 98 p., 100 p., 100 p.
Bread 25 p., 26 p.
Pita bread 24 p.
Bok choy 45 p.
Broccoli 29 p., 45 p., 53 p., 57 p.

C

Cabbage 91 p.
Kale cabbage 34 p., 41 p.
Red cabbage 34 p.
Savoy cabbage leaves 40 p.
Calamari 66 p.
Carrot 29 p., 30 p., 31 p., 46 p., 51 p., 61 p., 63 p., 71 p., 80 p., 103 p.
Cashews 96 p.
Cauliflower 29 p., 31 p., 51 p., 53 p., 80 p.
Catfish fillet 69 p.
Celery stalks 44 p., 61 p.
Chicken breasts 68 p.
Chicken thighs 67 p.
Chickpeas 24 p., 34 p., 36 p., 46 p., 50 p., 51 p., 52 p., 61 p., 72 p., 77 p., 78 p., 79 p.
Burrata cheese 25 p., 32 p., 96 p., 97 p.
Feta cheese 20 p., 21 p., 35 p., 56 p., 82 p., 85 p., 86 p., 90 p., 107 p.
Halloumi cheese 29 p., 38 p., 62 p.
Cheddar cheese 58 p.
Cottage cheese 25 p., 26 p., 81 p., 89 p., 100 p.
Parmesan cheese 57 p.
Spreadable cream cheese 83 p.
Couscous 75 p.
Cucumber 22 p., 24 p., 33 p., 35 p., 36 p., 37 p., 38 p., 40 p., 50 p., 63 p., 80 p., 83 p., 86 p., 91 p., 94 p., 104 p.
Fermented/pickled cucumber 26 p., 85 p.

D

Dates 96 p., 100 p.
Sheets of phyllo dough 90 p.

E

Egg 20 p., 21 p., 23 p., 40 p., 57 p., 58 p.
Eggplant 89 p.

F

Farro 74 p.
Fresh fruit 17 p., 18 p.
Chopped fruit 18 p.

G

Granola 17 p.
Grapefruit 97 p.
Greek yogurt 17 p., 18 p., 19 p., 26 p., 31 p., 40 p., 81 p., 82 p., 100 p., 104 p., 107 p., 110 p.

H

Hummus 22 p., 88 p.

K

Kiwi 94 p.

L

Lavash 22 p., 23 p.
Lentils 42 p., 46 p., 71p.
Lettuce 32 p., 62 p., 87 p.
Iceberg lettuce 33 p.,
Romaine lettuce leaves 87 p., 88 p.

M

Mackerel 26 p.
Milk 17 p.
Millet 75 p.
Mozzarella balls 84 p., 97 p.
Mushrooms 55 p., 59 p., 65 p.
Portobello mushrooms 56 p.

O

Oats 17p., 52 p., 75 p., 99 p.
Olives 19 p., 25 p., 35 p., 67 p., 74 p., 83 p., 86 p., 88 p.
Orange 37 p., 93 p.

P

Whole grain pasta 60 p.
Peas 40 p.
Pear 93 p.
Potatoes 26 p., 55 p., 103 p.
Sweet potato 48 p., 62 p.
Bell pepper 34 p., 35 p., 80 p., 82 p.
Red bell pepper 23 p., 29 p., 42 p., 72 p., 79 p., 102 p., 108 p.
Pumpkin 34 p., 41 p., 48 p.

Q

Quinoa 19 p., 47 p., 57 p., 63 p., 72 p., 75 p.

R

Radishes 33 p., 34 p.
Brown rice 73 p., 75 p.
Rutabaga 34 p.

S

Mixed salad greens 37 p., 38 p.
Salmon 63 p., 65 p.
Smoked salmon 25 p., 63 p.
Seaweed 30 p., 63 p.
Shrimp 37 p., 61 p., 64 p., 87 p.
Edamame spaghetti 59 p.
Spinach 21 p., 22 p., 56 p., 58 p., 59 p., 61 p., 62 p., 93 p.
Strawberries 97 p., 100 p.

T

Tofu 91 p.
Tomatoes 19 p., 21 p., 22 p., 23 p., 24 p., 25 p., 28 p., 32 p., 33 p., 34 p., 35 p., 36 p., 41 p., 47 p., 59 p., 61 p., 67 p., 80 p., 81 p., 84 p., 88 p., 90 p., 91 p.
Sun-dried tomatoes 29 p., 60 p., 74 p., 83 p., 89 p.
Wheat tortillas 91 p.
Tuna 88 p.

V

Frozen mixed vegetables 73 p.

W

Watermelon 85 p., 96 p.

Z

Zucchini 20 p., 37 p., 39 p., 42 p., 44 p., 45 p., 51 p., 54 p., 64 p., 72 p.