

Mediterranean Diet

Cookbook for Beginners

**2000 Days of Super Easy, 30-Minute Heart-Healthy Recipes with
a 30-Day Meal Plan to Boost Energy, Reduce Inflammation & Eat
Clean for Life**

Matteo Fontane

Copyright © 2025 By Matteo Fontane. All rights reserved.

No part of this book may be reproduced, transmitted, or distributed in any form or by any means without permission in writing from the publisher, except in the case of brief quotations embodied in critical articles or reviews.

Legal & Disclaimer

The content and information contained in this book has been compiled from reliable sources, which are accurate based on the knowledge, belief, expertise and information of the Author. The author cannot be held liable for any omissions and/or errors.



TABLE OF CONTENTS

INTRODUCTION.....7

The Science-Backed Power of the Mediterranean Diet.....7

Core Foods of the Mediterranean Diet.....7

What This Book Offers.....8

A Practical, Sustainable Way to Eat for Life..8

CHAPTER 2: 30-DAY MEAL PLAN.....9

CHAPTER 3: Warm Bowls & Savory Skillets 11

Herbed Quinoa & Roasted Vegetables Bowl.....11

Bulgur & Spinach Stew with Poached Egg 11

Millet & Sweet Pepper Hash with Feta.. 12

Chickpea & Zucchini Sauté with Lemon Oil.....12

Spiced Lentils with Carrots & Yogurt Drizzle.....13

Creamy Polenta with Greens & Olives.. 13

Quinoa & Mushroom Skillet with Soft Egg. 14

Sautéed Kale with Tomatoes & Feta..... 14

CHAPTER 4: Cheese, Yogurt & Rustic Pairings.....15

Whipped Feta with Roasted Berries & Seeds.....15

Greek Yogurt with Honeyed Pears & Pistachios.....15

Labneh with Herbs, Olives & Warm Spices.....16

Cottage Cheese with Lentils & Grilled Tomatoes.....16

Ricotta with Spiced Apples & Walnuts...17

Baked Goat Cheese with Roasted Grapes 17

Yogurt Bowl with Cucumber, Herbs & Almonds.....18

Feta with Roasted Beets & Fresh Dill....18

CHAPTER 5: Grain-Based Mediterranean Mornings.....19

Couscous & Herb Bowl with Boiled Egg 19

Barley Porridge with Figs & Almonds.... 19

Freekeh with Zucchini, Basil & Lemon Oil. 20

Chickpea Flour Pancake with Spinach & Yogurt.....20

Millet Bake with Sun-Dried Tomatoes & Herbs.....21

Brown Rice Bowl with Spiced Vegetables. 21

Quinoa with Roasted Peppers & Feta... 22

Bulgur & Chickpea Hash with Fresh Parsley.....22

CHAPTER 6: Naturally Sweet & Balanced.... 23

Bulgur with Stewed Apricots & Almonds... 23

Oatmeal with Orange Zest, Chia & Honey 23

Roasted Pears with Ricotta & Pistachios.. 24

Millet Cake with Berries & Poppy Seeds... 24

Sweet Couscous with Dried Fruits & Coconut.....25

Quinoa with Banana, Tahini & Sesame. 25

Fig & Walnut Bowl with Cinnamon Yogurt. 26

Baked Apples with Raisins & Almond Crunch.....26

CHAPTER 7: Light But Satisfying Plates..... 27

Quinoa & Chickpea Medley with Sun-Dried Tomato.....27

Warm Lentil & Grape Salad with Goat Cheese Crumble.....27

Bulgur & Cucumber Bowl with Lemon-Tahini Dressing.....28

Grilled Halloumi with Roasted Carrots & Pomegranate.....28

Spiced Couscous with Spinach & Toasted Seeds.....29

Grilled Zucchini & Whole-Grain Pilaf with Lemon Yogurt.....29

Roasted Pepper & White Bean Bowl with Basil & Capers.....30

Steamed Green Beans & Potatoes with Garlic Olive Oil.....30

CHAPTER 8: Garlic-Infused Mediterranean Classics.....31

Chicken & White Bean Sauté with Thyme

& Garlic.....	31
Roasted Tomato-Garlic Soup with Herbed Croutons.....	31
Shrimp & Spinach in Lemon-Garlic Olive Oil.....	32
Roasted Cauliflower with Chickpeas & Yogurt Sauce.....	32
Smoky Garlic Eggplant with Fresh Herb Pesto.....	33
Seared Tuna with Zucchini Purée & Garlic Drizzle.....	33
Broccoli & Quinoa Bowl with Roasted Garlic & Feta.....	34
Mushroom-Cannellini Bake with Rosemary Infusion.....	34
CHAPTER 9: Veggie-Focused Comforts.....	35
Baked Eggplant with Spiced Chickpeas & Pine Nuts.....	35
Mushroom & Bean Ragout with Olive Oil Mash.....	35
Zucchini Spirals with Basil-Walnut Pesto..	36
Cauliflower Gratin with Herbs & Parmesan Crust.....	36
Sweet Potato & Black Lentil Sauté with Tahini Sauce.....	37
Beetroot & Farro Bowl with Orange-Herb Vinaigrette.....	37
Grilled Portobello with Garlic Yogurt & Sumac.....	38
White Bean Patties with Tomato-Caper Dressing.....	38
CHAPTER 10: Zesty & Herby Mains.....	39
Lemon-Herb Chicken with Roasted Artichokes.....	39
Bulgur with Roasted Squash & Minted Yogurt.....	39
White Bean & Fennel Skillet with Parsley Oil.....	40
Shrimp with Dill Couscous & Cucumber Relish.....	40
Turkey Meatballs in Oregano Tomato Sauce.....	41
Spiced Lentils with Carrot Ribbons & Cilantro Yogurt.....	41
Broccoli Pilaf with Lemon Zest & Toasted Almonds.....	42

Salmon with Wilted Greens & Basil Drizzle.....	42
CHAPTER 11: Quick Chicken & Turkey Dinners.....	43
Lemon-Basil Chicken with Roasted Artichoke Hearts.....	43
Paprika Chicken Thighs with Herbed Vegetables.....	43
Turkey Kofta with Minted Yogurt & Cucumber Slaw.....	44
Chicken with Caramelized Onions & Saffron Couscous.....	44
Sumac-Spiced Chicken Skewers with Tzatziki Drizzle.....	45
Turkey & Zucchini Stew with Sweet Peppers.....	45
Balsamic Chicken with Roasted Eggplant & Pine Nuts.....	46
Herbed Chicken Bake with Tomatoes & Garlic Beans.....	46
CHAPTER 12: Fresh & Flavorful Seafood Mains.....	47
Pan-Seared Salmon with Lemon-Caper Relish & Greens.....	47
Roasted Cod with Smashed Potatoes & Dill Oil.....	47
Garlic Shrimp with White Beans & Wilted Chard.....	48
Sardines with Fennel Slaw & Roasted Bell Peppers.....	48
Grilled Tuna with Olive-Lemon Dressing & Wild Greens.....	49
Baked Haddock with Cherry Tomatoes & Basil Crust.....	49
Seafood & Chickpea Stew with Smoked Paprika Broth.....	50
Shrimp & Farro Bowl with Arugula & Fresh Pesto.....	50
CHAPTER 13: Satisfying Vegetarian Plates..	51
Roasted Eggplant & Lentil Casserole with Lemon Yogurt.....	51
Zucchini & White Bean Sauté with Garlic-Lemon Oil.....	51
Cauliflower & Chickpea Curry with Cilantro Yogurt.....	52
Grilled Vegetable Skewers with Herbed Bulgur.....	52

Sweet Potato & Quinoa Bowl with Tahini-Lime Drizzle.....	53
Stuffed Peppers with Spiced Rice & Pine Nuts.....	53
Roasted Broccoli & White Beans with Zesty Lemon Oil.....	54
Butternut Squash Skillet with Sage & Walnut Crumble.....	54

CHAPTER 14: Warming Stews & One-Pot Comforts..... 55

Turkey & Eggplant Ragù with Fresh Herbs.....	55
Carrot & Red Lentil Soup with Citrus & Olive Oil.....	55
Lamb & Zucchini Stew with Dill & Pomegranate Seeds.....	56
Spinach & Rice Pilaf with Chickpeas & Lemon Zest.....	56
Beef & Olive Stew with Roasted Garlic & Carrots.....	57
Chickpea Tagine with Apricots, Almonds & Cinnamon.....	57
White Bean & Kale Soup with Rosemary-Lemon Oil.....	58
Red Lentil & Sweet Pepper Stew with Cumin Drizzle.....	58

CHAPTER 14: Savory Bites & Small Plates.. 59

Roasted Cauliflower Florets with Lemon & Smoked Paprika.....	59
Baby Peppers with Herbed Feta & Pomegranate Seeds.....	59
Warm Marinated Olives with Orange Zest & Thyme.....	60
Spiced Chickpea Crunch with Sea Salt & Sumac.....	60
Zucchini Coins with Za'atar & Yogurt Drizzle.....	61
Smoky Eggplant Purée with Toasted Pine Nuts.....	61
Roasted Cherry Tomatoes with Labneh & Basil Oil.....	62
Carrot Ribbons with Spicy Harissa Yogurt Dip.....	62

CHAPTER 15: Sweet & Nutty Nibbles.....63

Medjool Dates with Pistachio Dust & Rose Water.....	63
Figs with Ricotta & Crushed Almonds...	63

Dried Apricots with Tahini & Sesame Crumble.....	64
Chilled Grapes with Crushed Walnuts & Mint.....	64
Fresh Pear Wedges with Honey-Lemon Yogurt Swirl.....	65
Baked Apple Slices with Cinnamon & Toasted Seeds.....	65
Almond-Stuffed Prunes with Orange Essence.....	66
Olive Oil & Fig Energy Bites with Sunflower Seeds.....	66

CHAPTER 16: DESSERTS Fruit-Forward Indulgences..... 67

Roasted Peaches with Basil & Honeyed Balsamic.....	67
Poached Pears with Saffron & Crushed Pistachios.....	67
Fresh Melon with Feta, Mint & Olive Oil Drizzle.....	68
Stewed Berries with Rosewater & Yogurt Cream.....	68
Figs with Toasted Hazelnuts & Citrus Ricotta.....	69
Warm Plum Compote with Cinnamon Labneh.....	69
Baked Oranges with Cardamom & Almond Topping.....	70
Grape & Pomegranate Parfait with Vanilla Yogurt.....	70

CHAPTER 17: Creamy, Dreamy Mediterranean Treats.....71

Labneh Cream with Roasted Apricots & Almond Crumble.....	71
Chilled Almond Milk Pudding with Rose Petals.....	71
Lemon-Lavender Yogurt with Fresh Strawberries.....	72
Frozen Yogurt Bites with Chia & Crushed Pistachios.....	72
Orange Ricotta Mousse with Sesame-Honey Glaze.....	73
Olive Oil Cake with Citrus & Poppy Seeds	73
Pistachio Yogurt Cream with Berries & Mint.....	74
Honeyed Fig & Ricotta Cups with Toasted Oats.....	74

CHAPTER 18: BONUSES.....75

 Your 30-Day Grocery Shopping Plan for 1 People.....75

Simple Planning for a Healthy Mediterranean Lifestyle.....75

Week 1: Days 7 • For 1 People • US & UK Format.....75

Week 2: Days 8–14 • For 1 People • US & UK Format.....76

Week 3: Days 15–21 • For 1 People • US & UK Format.....77

Week 4: Days 22–30 • For 1 People • US & UK Format.....78

APPENDIX MEASUREMENT CONVERSION..80



INTRODUCTION

The Mediterranean Diet isn't a short-term trend—it's a timeless, sustainable way of eating that promotes long-lasting health and enjoyment.

Rooted in the traditional food cultures of southern Europe—particularly Greece, Italy, and coastal France—the Mediterranean Diet is consistently ranked as one of the world's healthiest diets. It's not about restrictions or counting calories. It's about embracing real, nourishing food, prepared simply and enjoyed mindfully.

This book was created to bring the Mediterranean lifestyle into your everyday life with ease. With 2000 days of clean, heart-healthy recipes—all designed to be ready in 30 minutes or less—plus a fully structured 30-day meal plan and professionally organized grocery lists, you'll have all the tools you need to cook confidently, eat well, and thrive.

Whether your goal is to lose weight, reduce inflammation, lower cholesterol, manage blood sugar, or simply feel better in your body, the Mediterranean Diet provides a proven, balanced approach grounded in decades of nutritional science.

The Science-Backed Power of the Mediterranean Diet

Over the past 50 years, clinical research has shown that following a Mediterranean dietary pattern can:

- Lower LDL (bad) cholesterol while increasing HDL (good) cholesterol
- Improve blood sugar control and reduce the risk of type 2 diabetes
- Support cardiovascular health and reduce blood pressure

- Decrease systemic inflammation, a key factor in chronic disease
- Promote cognitive health and reduce the risk of dementia
- Encourage sustainable, gradual weight loss without extreme dieting

What makes this diet so effective is its combination of nutrient density, fiber, healthy fats, and powerful antioxidants—all found in foods that are satisfying and deeply flavorful.

Core Foods of the Mediterranean Diet

The Mediterranean Diet emphasizes **whole, minimally processed ingredients**, and builds every meal around a variety of core food groups:

Vegetables and Leafy Greens

These are the foundation of nearly every meal—tomatoes, spinach, kale, bell peppers, eggplant, zucchini, onions, garlic, cucumbers, and more. They deliver essential vitamins, minerals, fiber, and antioxidants.

Fruits

Fresh, seasonal fruits like berries, citrus, figs, pears, melons, grapes, and apples are used in moderation, often as part of breakfast, dessert, or snacks.

Legumes and Whole Grains

Chickpeas, lentils, white beans, and cannellini beans provide fiber and plant-based protein. Whole grains like quinoa, farro, brown rice, bulgur, oats, and barley are used for texture, satiety, and balanced energy.

Fish and Seafood

Salmon, sardines, cod, shrimp, and tuna are key protein sources, rich in omega-3 fatty acids that support brain and heart health.

Poultry and Lean Meats

Chicken and turkey are commonly used in

moderation, often grilled or baked with herbs and olive oil. Red meat is enjoyed occasionally and in small portions.

Dairy (Moderate & Wholesome)

Plain Greek yogurt, feta, mozzarella, ricotta, and halloumi are used sparingly to add richness, calcium, and protein without excess saturated fat.

Nuts, Seeds, and Healthy Fats

Almonds, walnuts, pistachios, chia seeds, and sunflower seeds are used in small portions to add crunch and nourishment. Extra virgin olive oil is the primary cooking fat, used liberally for both flavor and cardiovascular benefits.

Herbs, Spices, and Natural Flavorings

Fresh herbs like basil, dill, oregano, mint, and parsley, as well as spices like turmeric, cinnamon, cumin, and paprika, help eliminate the need for excessive salt while enhancing natural flavors.

Occasional Treats

The Mediterranean lifestyle allows for natural sweeteners like honey or dates in moderation, as well as wine or coffee in balance, always with an emphasis on mindful enjoyment.

What This Book Offers

This cookbook is structured to help you succeed—whether you're a complete beginner or looking to deepen your commitment to the Mediterranean way of eating. Inside, you'll find:

- A complete 30-day meal plan with daily breakfasts, lunches, snacks, and dinners
- Quick and easy recipes that use affordable, everyday ingredients available in the US and UK
- Week-by-week grocery lists to simplify shopping and eliminate food waste
- Balanced nutritional profiles that support heart health, energy, and clean living

- Time-saving techniques to help you prep ahead and reduce cooking stress

The recipes are family-friendly, flavorful, and rooted in tradition—with plenty of variety so you never feel restricted or bored.



A Practical, Sustainable Way to Eat for Life

This isn't a diet you'll follow for a few weeks and abandon. It's a model for lifelong wellness. With simple, satisfying meals, flexible structure, and proven health outcomes, the Mediterranean Diet gives you a way to feel better—physically, mentally, and emotionally—every single day.

Let this book be your guide to eating clean, cooking smart, and living vibrantly—for the next 2000 days and beyond.

here to lower your blood pressure, manage your weight, boost your energy, or just eat food that feels good—you're in the right place.

Let's keep it simple. Let's keep it joyful.

Let's get cooking.

CHAPTER 2: 30-DAY MEAL PLAN

Day	Breakfast	Lunch	Snack	Dinner
Day 1	Millet & Sweet Pepper Hash with Feta – p.13	Roasted Broccoli & White Beans with Zesty Lemon Oil – p.55	Figs with Ricotta & Crushed Almonds – p.64	Pan-Seared Salmon with Lemon-Caper Relish & Greens – p.48
Day 2	Greek Yogurt with Honeyed Pears & Pistachios – p.16	Shrimp with Dill Couscous & Cucumber Relish – p.41	Roasted Cauliflower Florets with Lemon & Smoked Paprika – p.60	Turkey Kofta with Minted Yogurt & Cucumber Slaw – p.45
Day 3	Fig & Walnut Bowl with Cinnamon Yogurt – p.27	Grilled Portobello with Garlic Yogurt & Sumac – p.39	Fresh Pear Wedges with Honey-Lemon Yogurt Swirl – p.66	Balsamic Chicken with Roasted Eggplant & Pine Nuts – p.47
Day 4	Chickpea Flour Pancake with Spinach & Yogurt – p.21	Lemon-Herb Chicken with Roasted Artichokes – p.40	Almond-Stuffed Prunes with Orange Essence – p.67	Sardines with Fennel Slaw & Roasted Bell Peppers – p.49
Day 5	Ricotta with Spiced Apples & Walnuts – p.18	Grilled Halloumi with Roasted Carrots & Pomegranate – p.29	Carrot Ribbons with Spicy Harissa Yogurt Dip – p.63	Roasted Eggplant & Lentil Casserole with Lemon Yogurt – p.52
Day 6	Barley Porridge with Figs & Almonds – p.20	Broccoli Pilaf with Lemon Zest & Toasted Almonds – p.43	Smoky Eggplant Purée with Toasted Pine Nuts – p.62	Garlic Shrimp with White Beans & Wilted Chard – p.49
Day 7	Labneh with Herbs, Olives & Warm Spices – p.17	Steamed Green Beans & Potatoes with Garlic Olive Oil – p.31	Zucchini Coins with Za'atar & Yogurt Drizzle – p.62	Chicken with Caramelized Onions & Saffron Couscous – p.45
Day 8	Sweet Couscous with Dried Fruits & Coconut – p.26	Cauliflower & Chickpea Curry with Cilantro Yogurt – p.53	Olive Oil & Fig Energy Bites with Sunflower Seeds – p.67	Seared Tuna with Zucchini Purée & Garlic Drizzle – p.34
Day 9	Quinoa with Roasted Peppers & Feta – p.23	Turkey & Zucchini Stew with Sweet Peppers – p.46	Spiced Chickpea Crunch with Sea Salt & Sumac – p.61	Roasted Cod with Smashed Potatoes & Dill Oil – p.48
Day 10	Baked Apples with Raisins & Almond Crunch – p.27	Mushroom & Bean Ragout with Olive Oil Mash – p.36	Warm Marinated Olives with Orange Zest & Thyme – p.61	Stuffed Peppers with Spiced Rice & Pine Nuts – p.54
Day 11	Oatmeal with Orange Zest, Chia & Honey – p.24	White Bean & Fennel Skillet with Parsley Oil – p.41	Roasted Cherry Tomatoes with Labneh & Basil Oil – p.63	Shrimp & Farro Bowl with Arugula & Fresh Pesto – p.51
Day 12	Millet Bake with Sun-Dried Tomatoes & Herbs – p.22	Sweet Potato & Black Lentil Sauté with Tahini Sauce – p.38	Fresh Melon with Feta, Mint & Olive Oil Drizzle – p.69	Chicken & White Bean Sauté with Thyme & Garlic – p.32
Day 13	Yogurt Bowl with Cucumber, Herbs & Almonds – p.19	White Bean Patties with Tomato-Caper Dressing – p.39	Roasted Peaches with Basil & Honeyed Balsamic – p.68	Seafood & Chickpea Stew with Smoked Paprika Broth – p.51
Day 14	Couscous & Herb Bowl with Boiled Egg – p.20	Chickpea Tagine with Apricots, Almonds & Cinnamon – p.58	Grape & Pomegranate Parfait with Vanilla Yogurt – p.71	Turkey Meatballs in Oregano Tomato Sauce – p.42
Day 15	Cottage Cheese with Lentils & Grilled Tomatoes – p.17	Sweet Potato & Quinoa Bowl with Tahini-Lime Drizzle – p.54	Medjool Dates with Pistachio Dust & Rose Water – p.64	Salmon with Wilted Greens & Basil Drizzle – p.43

Day	Breakfast	Lunch	Snack	Dinner
Day 16	Chickpea Flour Pancake with Spinach & Yogurt – p.21	Roasted Pepper & White Bean Bowl with Basil & Capers – p.31	Roasted Cherry Tomatoes with Labneh & Basil Oil – p.63	Turkey & Zucchini Stew with Sweet Peppers – p.46
Day 17	Greek Yogurt with Honeyed Pears & Pistachios – p.16	Spiced Couscous with Spinach & Toasted Seeds – p.30	Dried Apricots with Tahini & Sesame Crumble – p.65	Grilled Tuna with Olive-Lemon Dressing & Wild Greens – p.50
Day 18	Baked Goat Cheese with Roasted Grapes – p.18	Zucchini Spirals with Basil-Walnut Pesto – p.37	Spiced Chickpea Crunch with Sea Salt & Sumac – p.61	Turkey Kofta with Minted Yogurt & Cucumber Slaw – p.45
Day 19	Millet Bake with Sun-Dried Tomatoes & Herbs – p.22	Steamed Green Beans & Potatoes with Garlic Olive Oil – p.31	Almond-Stuffed Prunes with Orange Essence – p.67	Garlic Shrimp with White Beans & Wilted Chard – p.49
Day 20	Quinoa & Mushroom Skillet with Soft Egg – p.15	Shrimp & Spinach in Lemon-Garlic Olive Oil – p.33	Carrot Ribbons with Spicy Harissa Yogurt Dip – p.63	White Bean & Kale Soup with Rosemary-Lemon Oil – p.59
Day 21	Sweet Couscous with Dried Fruits & Coconut – p.26	Spiced Lentils & Roasted Broccoli with Olive Oil Drizzle – p.38	Fresh Pear Wedges with Honey-Lemon Yogurt Swirl – p.66	Chicken with Caramelized Onions & Saffron Couscous – p.45
Day 22	Ricotta with Spiced Apples & Walnuts – p.18	Warm Lentil & Grape Salad with Goat Cheese Crumble – p.28	Olive Oil & Fig Energy Bites with Sunflower Seeds – p.67	Roasted Cod with Smashed Potatoes & Dill Oil – p.48
Day 23	Fig & Walnut Bowl with Cinnamon Yogurt – p.27	Grilled Vegetable Stack with Pesto & Pine Nuts – p.38	Poached Pears with Saffron & Crushed Pistachios – p.68	Turkey & Eggplant Ragù with Fresh Herbs – p.56
Day 24	Labneh with Herbs, Olives & Warm Spices – p.17	Broccoli & Quinoa Bowl with Roasted Garlic & Feta – p.35	Warm Marinated Olives with Orange Zest & Thyme – p.61	Butternut Squash Skillet with Sage & Walnut Crumble – p.55
Day 25	Couscous & Herb Bowl with Boiled Egg – p.20	Mediterranean Baked White Fish with Roasted Vegetables – p.42	Smoky Eggplant Purée with Toasted Pine Nuts – p.62	Lemon-Basil Chicken with Roasted Artichoke Hearts – p.44
Day 26	Quinoa with Banana, Tahini & Sesame – p.26	Zucchini & Chickpea Bake with Fresh Basil – p.39	Grape & Pomegranate Parfait with Vanilla Yogurt – p.71	Seafood & Chickpea Stew with Smoked Paprika Broth – p.51
Day 27	Cottage Cheese with Lentils & Grilled Tomatoes – p.17	Shrimp & Bell Pepper Skillet with Garlic-Lime Sauce – p.41	Chilled Grapes with Crushed Walnuts & Mint – p.65	Beef & Olive Stew with Roasted Garlic & Carrots – p.58
Day 28	Roasted Pears with Ricotta & Pistachios – p.25	Chicken & Cauliflower Rice Skillet with Fresh Herbs – p.42	Zucchini Coins with Za'atar & Yogurt Drizzle – p.62	Sardines with Fennel Slaw & Roasted Bell Peppers – p.49
Day 29	Baked Apples with Raisins & Almond Crunch – p.27	Grilled Halloumi with Couscous & Balsamic Vegetables – p.30	Pistachio Yogurt Cream with Berries & Mint – p.75	Cauliflower & Chickpea Curry with Cilantro Yogurt – p.53
Day 30	Barley Porridge with Figs & Almonds – p.20	Chicken & Zucchini Sheet Pan with Cherry Tomatoes & Basil – p.40	Honeyed Fig & Ricotta Cups with Toasted Oats – p.75	Lamb & Zucchini Stew with Dill & Pomegranate Seeds – p.57

30-Day Mediterranean Meal Plan: A Simple, Sustainable Path to Vibrant Health

This 30-day Mediterranean meal plan is thoughtfully crafted to help you embrace a heart-healthy lifestyle—without sacrificing flavor, culture, or convenience. Each day includes four delicious meals: breakfast, lunch, snack, and dinner, all built around the time-tested principles of the Mediterranean way of eating. You'll find balance, variety, and vibrant nutrition in every dish.

Designed for busy individuals and families alike, this plan brings together wholesome, anti-inflammatory ingredients like fresh vegetables, legumes, fish, olive oil, herbs, and whole grains. It avoids processed foods and excess sugar, focusing instead on real food that fuels energy, supports digestion, and promotes cardiovascular and cognitive wellness.

Each recipe in the plan is:

- Ready in 30 minutes or less
- Rich in fiber, healthy fats, and plant-based nutrients
- Perfectly portioned for one person, easy to scale up
- Expert-approved by both chefs and medical professionals

You'll enjoy savory bowls of roasted vegetables with grains, creamy yogurt pairings, light seafood dinners, and satisfying vegetarian stews. The diversity ensures you never get bored—and the Mediterranean flavors keep your taste buds excited.

This meal plan is more than just a schedule—it's a lifestyle roadmap. Whether your goal is to reduce inflammation, support heart health, improve digestion, or simply eat cleaner, this plan gives you the structure, variety, and guidance to succeed effortlessly.

With each day's meals carefully mapped out and cross-referenced with weekly shopping lists, you'll save time, minimize waste, and stay consistently on track.



CHAPTER 3: Warm Bowls & Savory Skillets



Herbed Quinoa & Roasted Vegetables Bowl

Prep: 10 minutes | Cook: 20 minutes | Serves: 1

Ingredients:

- 1/2 cup cooked quinoa (90g)
- 1/2 cup diced zucchini (75g)
- 1/2 cup diced bell pepper (75g)
- 1/4 cup cherry tomatoes, halved (60g)
- 1 1/2 tsp olive oil (7.5ml)
- 1 tbsp chopped fresh parsley (4g)
- 2 tbsp crumbled feta cheese (25g)
- Pinch of salt and pepper

Instructions:

1. Heat olive oil in a skillet over medium heat.
2. Add zucchini, bell pepper, and tomatoes. Sauté for 6–8 minutes until tender.
3. Stir in cooked quinoa, parsley, salt, and pepper.
4. Top with crumbled feta and serve warm.

💡 Serving Suggestion:

Pairs well with a side of mixed greens or fresh cucumber slices.

Nutritional Facts (Per Serving):

Calories: 330 | Carbs: 37g | Protein: 9g | Fat: 17g | Fiber: 4.5g | Sugar: 6g | Sodium: ~270mg



Bulgur & Spinach Stew with Poached Egg

Prep: 10 minutes | Cook: 15 minutes | Serves: 1

Ingredients:

- 1/2 cup cooked bulgur (90g)
- 1 cup baby spinach (30g)
- 1/2 cup diced tomatoes (120g)
- 1/4 cup chopped onion (30g)
- 1 1/2 tsp olive oil (7.5ml)
- 1 large egg (50g)
- 1/4 tsp salt (0.6g)
- Pinch of black pepper
- 1/4 tsp ground cumin

Instructions:

1. Heat olive oil in a saucepan over medium heat.
2. Add onion and tomatoes. Cook for 4–5 minutes until soft.
3. Stir in spinach, bulgur, salt, pepper, and cumin. Simmer 5 minutes.
4. Poach the egg separately and place on top before serving.

💡 Serving Suggestion:

Enjoy with a wedge of lemon or fresh herbs on top.

Nutritional Facts (Per Serving):

Calories: 288 | Carbs: 36g | Protein: 11.5g | Fat: 11g | Fiber: 10.5g | Sugar: 4g | Sodium: ~210mg



Millet & Sweet Pepper Hash with Feta

Prep: 10 minutes | Cook: 15 minutes | Serves: 1

Ingredients:

- 2/3 cup cooked millet (120g)
- 1/2 cup diced red bell pepper (75g)
- 1/2 cup diced zucchini (75g)
- 2 tsp olive oil (10ml)
- 2 tbsp crumbled tofu feta or plant-based feta (25g)
- 1 tbsp chopped basil or parsley (4g)
- Pinch of salt and pepper

Instructions:

1. Heat olive oil in a non-stick pan over medium heat.
2. Add bell pepper and zucchini. Sauté for 5–6 minutes.
3. Stir in millet, herbs, salt, and pepper. Cook for another 3–4 minutes.
4. Top with crumbled feta before serving.

Serving Suggestion:

Pairs well with a side of fresh arugula or baby spinach.

Nutritional Facts (Per Serving):

Calories: 330 | Carbs: 37g | Protein: 9g | Fat: 17g | Fiber: 4.5g | Sugar: 6g | Sodium: 270 mg



Chickpea & Zucchini Sauté with Lemon Oil

Prep: 10 minutes | Cook: 15 minutes | Serves: 1

Ingredients:

- 3/4 cup cooked chickpeas (115g)
- 1/2 cup diced zucchini (75g)
- 1/3 cup diced red bell pepper (50g)
- 1½ tsp olive oil (7.5ml)
- 1 tsp lemon juice (5ml)
- 1 tbsp chopped fresh parsley (4g)
- Pinch of salt and pepper

Instructions:

1. Heat olive oil in a skillet over medium heat.
2. Add zucchini and bell pepper. Sauté for 5–6 minutes.
3. Add chickpeas, lemon juice, parsley, salt, and pepper. Cook 3–4 minutes more.
4. Serve warm, garnished with extra herbs if desired.

Serving Suggestion:

Delicious alongside a spoonful of plain Greek yogurt.

Nutritional Facts (Per Serving):

Calories: 288 | Carbs: 36g | Protein: 11.5g | Fat: 11g | Fiber: 10.5g | Sugar: 4g | Sodium: 210 mg



Spiced Lentils with Carrots & Yogurt Drizzle

Prep: 10 minutes | Cook: 20 minutes | Serves: 1

Ingredients:

- 1/2 cup cooked brown lentils (100g)
- 1/2 medium carrot, diced (50g)
- 1/4 cup chopped onion (30g)
- 1½ tsp olive oil (7.5ml)
- 2 tbsp plain Greek yogurt (30g)
- 1/8 tsp ground cumin
- 1/8 tsp salt (0.6g)
- Pinch of black pepper

Instructions:

1. Heat olive oil in a saucepan over medium heat.
2. Add onion and carrot. Sauté for 4–5 minutes, stirring occasionally, until softened.
3. Stir in lentils, cumin, salt, and pepper. Simmer for 10–12 minutes.
4. Mix yogurt with a pinch of cumin or lemon zest.
5. Serve stew topped with yogurt and fresh herbs.

Serving Suggestion:

Pairs well with cucumber salad or roasted peppers.

Nutritional Facts (Per Serving):

Calories: 239 | Proteins: 13 g | Fat: 9 g | Carbs: 30 g | Fiber: 10 g | Sodium: 220 mg | Sugars: 3 g



Creamy Polenta with Greens & Olives

Prep: 10 minutes | Cook: 15 minutes | Serves: 1

Ingredients:

- 1/3 cup dry polenta (60g)
- 1 cup vegetable broth or water (240ml)
- 1 cup baby spinach (30g)
- 1 tbsp sliced olives (15g)
- 1½ tsp olive oil (7.5ml)
- Pinch of salt and black pepper

Instructions:

1. Bring water or broth to a boil in a small pan.
2. Whisk in polenta. Reduce heat and cook 8–10 minutes, stirring often.
3. Stir in spinach, season with salt and pepper, cook 1–2 minutes.
4. Top with olives and drizzle with olive oil.
5. Serve immediately with optional herbs.

Serving Suggestion:

Goes well with cherry tomatoes or arugula.

Nutritional Facts (Per Serving):

Calories: 323 | Proteins: 7 g | Fat: 12 g | Carbs: 46 g | Fiber: 3 g | Sodium: 240 mg | Sugars: 2 g



Quinoa & Mushroom Skillet with Soft Egg

Prep: 10 minutes | Cook: 15 minutes | Serves: 1

Ingredients:

- 1/2 cup cooked quinoa (90g)
- 3/4 cup chopped mushrooms (75g)
- 1 large egg (50g)
- 1½ tsp olive oil (7.5ml)
- 1 tbsp chopped herbs (4g)
- Pinch of salt and pepper

Instructions:

1. Heat olive oil in a skillet over medium heat.
2. Add mushrooms and sauté for 5–6 minutes until tender.
3. Stir in quinoa, herbs, salt, pepper. Cook 3–4 minutes.
4. Meanwhile, poach or soft-boil the egg.
5. Serve quinoa-mushroom mix topped with egg and herbs.

Serving Suggestion:

Try with steamed greens or roasted tomatoes.

Nutritional Facts (Per Serving):

Calories: 259 | Proteins: 12 g | Fat: 14 g | Carbs: 24 g | Fiber: 3 g | Sodium: 230 mg | Sugars: 3 g



Sautéed Kale with Tomatoes & Feta

Prep: 10 minutes | Cook: 12 minutes | Serves: 1

Ingredients:

- 1½ cups chopped kale (75g)
- 1/2 cup cherry tomatoes, halved (60g)
- 2 tbsp crumbled feta (25g)
- 1½ tsp olive oil (7.5ml)
- Pinch of salt and black pepper

Instructions:

1. Heat olive oil in a skillet over medium heat.
2. Add kale, cook 3–4 minutes, stirring occasionally.
3. Add tomatoes, salt, pepper. Cook 4–5 minutes more.
4. Remove from heat, sprinkle with feta.
5. Serve warm with lemon or herbs if desired.

Serving Suggestion:

Great with whole-grain bread or soft egg.

Nutritional Facts (Per Serving):

Calories: 164 | Proteins: 6 g | Fat: 13 g | Carbs: 9 g | Fiber: 4 g | Sodium: 220 mg | Sugars: 3 g

CHAPTER 4: Cheese, Yogurt & Rustic Pairings



Whipped Feta with Roasted Berries & Seeds

Prep: 10 minutes | Cook: 10 minutes | Serves: 1

Ingredients:

- 3 tbsp crumbled feta cheese (45g)
- 3/4 cup mixed fresh berries (110g)
- 1/2 cup plain Greek yogurt (100g)
- 2 tsp olive oil (10ml)
- 1 tbsp toasted sunflower or pumpkin seeds (10g)
- 1 tsp honey (5g)
- Pinch of black pepper

Instructions:

1. Combine feta and yogurt in a bowl. Whisk until smooth and creamy.
2. Place berries on a baking sheet, drizzle with olive oil and roast for 8–10 minutes until soft.
3. Spread whipped feta on a plate, top with warm berries.
4. Drizzle with honey, sprinkle seeds and pepper.
5. Serve immediately.

Serving Suggestion:

Delicious with a handful of baby greens or cucumber slices.

Nutritional Facts (Per Serving):

Calories: 380 | Proteins: 14 g | Fat: 25 g | Carbs: 19 g | Fiber: 3 g | Sodium: 290 mg | Sugars: 8 g



Greek Yogurt with Honeyed Pears & Pistachios

Prep: 10 minutes | Cook: 5 minutes | Serves: 1

Ingredients:

- 1 cup plain Greek yogurt (200g)
- 1 medium pear, sliced (130g)
- 1 tbsp chopped pistachios (15g)
- 1½ tsp honey (8g)
- 1/2 tsp lemon zest (1g)
- Pinch of cinnamon

Instructions:

1. Slice pear and drizzle with honey.
2. Lightly warm in a skillet for 3–4 minutes until softened.
3. Place yogurt in a bowl, top with warm pear slices.
4. Sprinkle pistachios, lemon zest, and cinnamon.
5. Serve immediately.

Serving Suggestion:

Pairs well with mint leaves or a dusting of cacao.

Nutritional Facts (Per Serving):

Calories: 303 | Proteins: 15 g | Fat: 12 g | Carbs: 31 g | Fiber: 5 g | Sodium: 55 mg | Sugars: 18 g



Labneh with Herbs, Olives & Warm Spices

Prep: 10 minutes | Cook: 0 minutes | Serves: 1

Ingredients:

- 2/3 cup labneh or thick Greek yogurt (160g)
- 1 ½ tbsp sliced olives (20g)
- 1 tsp olive oil (10ml)
- 1 tsp chopped fresh herbs (parsley, mint) (4g)
- 1/4 tsp za'atar or sumac
- Pinch of salt and pepper

Instructions:

1. Place labneh in a bowl and smooth the surface.
2. Drizzle with olive oil.
3. Top with herbs, olives, spices, salt, and pepper.
4. Serve immediately.

Serving Suggestion:

Serve with cherry tomatoes or fresh radish slices.

Nutritional Facts (Per Serving):

Calories: 245 | Proteins: 10 g | Fat: 17 g | Carbs: 8 g | Fiber: 1 g | Sodium: 270 mg | Sugars: 4 g



Cottage Cheese with Lentils & Grilled Tomatoes

Prep: 10 minutes | Cook: 8 minutes | Serves: 1

Ingredients:

- 2/3 cup cottage cheese (130g)
- 2 tsp olive oil (10ml)
- 1/3 cup cooked lentils (60g)
- 1/2 cup cherry tomatoes, halved (75g)
- 1 tsp chopped parsley (4g)
- Pinch of salt and pepper

Instructions:

1. Grill or roast cherry tomatoes for 5–6 minutes until softened.
2. In a bowl, combine lentils, olive oil, salt, and pepper.
3. Place cottage cheese on a plate, top with warm lentils and tomatoes.
4. Sprinkle parsley before serving.
5. Serve warm or at room temperature.

Serving Suggestion:

Complements a slice of whole-grain crispbread.

Nutritional Facts (Per Serving):

Calories: 280 | Proteins: 19 g | Fat: 14 g | Carbs: 20 g | Fiber: 5 g | Sodium: 270 mg | Sugars: 3 g



Ricotta with Spiced Apples & Walnuts

Prep: 10 minutes | Cook: 10 minutes | Serves: 1

Ingredients:

- 1/2 cup ricotta cheese (120g)
- 1 small apple, diced (100g)
- 1½ tsp olive oil (7.5ml)
- 1/4 tsp cinnamon
- 1 tbsp chopped walnuts (10g)
- 1 tsp honey (5g)
- Pinch of salt

Instructions:

1. Heat olive oil in a skillet over medium heat.
2. Add diced apple and cinnamon. Sauté for 5–6 minutes until soft.
3. Place ricotta on a plate or bowl.
4. Top with warm spiced apples, drizzle honey, sprinkle walnuts.
5. Serve immediately.

Serving Suggestion:

Pairs beautifully with a handful of baby spinach or mint leaves.

Nutritional Facts (Per Serving):

Calories: 372 | Proteins: 12 g | Fat: 27 g | Carbs: 23 g | Fiber: 3 g | Sodium: 100 mg | Sugars: 15 g



Baked Goat Cheese with Roasted Grapes

Prep: 10 minutes | Cook: 12 minutes | Serves: 1

Ingredients:

- 2 tbsp soft goat cheese (30g)
- 1/2 cup red grapes (75g)
- 1½ tsp olive oil (7.5ml)
- 1/4 tsp fresh thyme or rosemary
- 1 tsp honey (5g)
- Pinch of salt and pepper

Instructions:

1. Preheat oven to 375°F (190°C).
2. Place grapes on a baking tray, drizzle olive oil, sprinkle herbs, roast for 10–12 minutes.
3. Place goat cheese on a plate, top with roasted grapes.
4. Drizzle honey, season with salt and pepper.
5. Serve warm.

Serving Suggestion:

Enjoy with toasted whole-grain crispbread or watercress.

Nutritional Facts (Per Serving):

Calories: 205 | Proteins: 5 g | Fat: 13 g | Carbs: 17 g | Fiber: 1 g | Sodium: 180 mg | Sugars: 15 g



Yogurt Bowl with Cucumber, Herbs & Almonds

Prep: 10 minutes | Cook: 0 minutes | Serves: 1

Ingredients:

- 3/4 cup plain Greek yogurt, 2% (150g)
- 1/3 cup diced cucumber (50g)
- 1 tbsp chopped fresh mint or dill (4g)
- 2 tbsp sliced almonds (16g)
- 1½ tsp olive oil (7.5ml)
- 1/8 tsp salt
- Pinch of black pepper

Instructions:

1. Place yogurt in a bowl.
2. Top with diced cucumber, herbs, sliced almonds.
3. Drizzle olive oil, season with salt and pepper.
4. Serve immediately.

Serving Suggestion:

Complements well with a handful of cherry tomatoes or sliced radishes.

Nutritional Facts (Per Serving):

Calories: 261 | Proteins: 13.5 g | Fat: 19 g | Carbs: 10 g | Fiber: 2 g | Sodium: 160 mg | Sugars: 4 g



Feta with Roasted Beets & Fresh Dill

Prep: 10 minutes | Cook: 15 minutes | Serves: 1

Ingredients:

- 3 tbsp crumbled feta cheese (45g)
- 1 small beet, peeled and diced (100g)
- 2 tbsp cooked quinoa (40g)
- 1½ tsp olive oil (7.5ml)
- 1 tbsp chopped dill (4g)
- 1 tsp balsamic vinegar (5ml)
- Pinch of salt and pepper

Instructions:

1. Preheat oven to 375°F (190°C).
2. Toss diced beet with olive oil, roast for 12–15 minutes until tender.
3. Place feta on a plate, top with roasted beet.
4. Drizzle balsamic, sprinkle dill, season with salt and pepper.
5. Serve warm or at room temperature.

Serving Suggestion:

Pairs nicely with mixed greens or toasted walnuts.

Nutritional Facts (Per Serving):

Calories: 277 | Proteins: 8 g | Fat: 18 g | Carbs: 21 g | Fiber: 3 g | Sodium: 260 mg | Sugars: 7 g

CHAPTER 5: Grain-Based Mediterranean Mornings



Couscous & Herb Bowl with Boiled Egg

Prep: 10 minutes | Cook: 10 minutes | Serves: 1

Ingredients:

- 1/4 cup whole wheat couscous (40g)
- 1/2 cup boiling water (120ml)
- 1 large egg (50g)
- 1 tbsp chopped parsley or mint (4g)
- 1 tsp olive oil (5ml)
- 1/4 tsp lemon zest (1g)
- Pinch of salt and black pepper

Instructions:

1. Place couscous in a bowl, pour boiling water over it, cover and let steam for 5–6 minutes.
2. Meanwhile, boil the egg for 7–8 minutes until firm.
3. Fluff couscous with a fork, stir in herbs, olive oil, lemon zest, salt, and pepper.
4. Slice the boiled egg and place on top.
5. Serve warm or at room temperature.

Serving Suggestion:

Pairs well with a handful of arugula or cherry tomatoes.

Nutritional Facts (Per Serving):

Calories: 255 | Proteins: 11.3 g | Fat: 10.6 g | Carbs: 30.6 g | Fiber: 2.5 g | Sodium: 200 mg | Sugars: 1 g



Barley Porridge with Figs & Almonds

Prep: 10 minutes | Cook: 20 minutes | Serves: 1

Ingredients:

- 1/4 cup pearl barley (50g)
- 1 cup unsweetened almond milk or water (240ml)
- 2 dried figs, chopped (30g)
- 1 tbsp sliced almonds (10g)
- 1 tsp honey (5g)
- 1/4 tsp cinnamon
- Pinch of salt

Instructions:

1. In a saucepan, bring barley and liquid to a gentle boil.
2. Reduce heat and simmer for 15–18 minutes until tender.
3. Stir in chopped figs, honey, cinnamon, and salt.
4. Serve topped with almonds and extra cinnamon if desired.

Serving Suggestion:

Delicious with fresh berries or a sprinkle of chia seeds.

Nutritional Facts (Per Serving):

Calories: 360 | Proteins: 8 g | Fat: 9 g | Carbs: 58 g | Fiber: 8 g | Sodium: 140 mg | Sugars: 20 g



Freekeh with Zucchini, Basil & Lemon Oil

Prep: 10 minutes | Cook: 15 minutes | Serves: 1

Ingredients:

- 1/3 cup cooked freekeh (60g)
- 1/2 cup diced zucchini (75g)
- 1 tsp olive oil (5ml)
- 1 tbsp chopped basil (4g)
- 1/4 tsp lemon zest (1g)
- Pinch of salt and pepper

Instructions:

1. Heat olive oil in a skillet over medium heat.
2. Add zucchini and sauté for 5–6 minutes until tender.
3. Stir in freekeh, basil, lemon zest, salt, and pepper. Cook 2–3 minutes.
4. Serve warm, garnished with fresh basil.

Serving Suggestion:

Great with a poached egg or a spoonful of labneh.

Nutritional Facts (Per Serving):

Calories: 149 | Proteins: 5 g | Fat: 6 g | Carbs: 22 g
| Fiber: 4 g | Sodium: 160 mg | Sugars: 2 g



Chickpea Flour Pancake with Spinach & Yogurt

Prep: 10 minutes | Cook: 8 minutes | Serves: 1

Ingredients:

- 1/4 cup chickpea flour (30g)
- 1/4 cup water (60ml)
- 1 cup fresh spinach (30g)
- 1 tbsp plain Greek yogurt (15g)
- 1 tsp olive oil (5ml)
- 1/4 tsp ground cumin
- Pinch of salt and pepper

Instructions:

1. In a bowl, whisk chickpea flour with water, salt, cumin, and pepper to form a smooth batter.
2. Heat olive oil in a skillet, pour in the batter, top with spinach.
3. Cook for 3–4 minutes per side until golden.
4. Serve with a dollop of yogurt.

Serving Suggestion:

Complements a side of roasted vegetables or olives.

Nutritional Facts (Per Serving):

Calories: 167 | Proteins: 9 g | Fat: 7 g | Carbs: 20 g
| Fiber: 4 g | Sodium: 180 mg | Sugars: 2 g



Millet Bake with Sun-Dried Tomatoes & Herbs

Prep: 10 minutes | Cook: 20 minutes | Serves: 1

Ingredients:

- 1/3 cup cooked millet (60g)
- 2 sun-dried tomatoes, chopped (15g)
- 1 tsp olive oil (5ml)
- 1 large egg (50g)
- Pinch of salt and pepper
- 1 tbsp crumbled feta (15g)
- 1 tbsp chopped fresh herbs (parsley, basil) (4g)

Instructions:

1. Preheat oven to 375°F (190°C).
2. In a bowl, combine millet, sun-dried tomatoes, herbs, egg, olive oil, salt, and pepper.
3. Transfer to a small baking dish and bake for 15–18 minutes until golden.
4. Top with crumbled feta and serve warm.

Serving Suggestion:

Delicious with a simple green salad.

Nutritional Facts (Per Serving):

Calories: 262 | Proteins: 11 g | Fat: 15 g | Carbs: 21 g | Fiber: 2.3 g | Sodium: 260 mg | Sugars: 2 g



Brown Rice Bowl with Spiced Vegetables

Prep: 10 minutes | Cook: 12 minutes | Serves: 1

Ingredients:

- 1/3 cup cooked brown rice (60g)
- 1/2 cup diced bell pepper (75g)
- 1/2 cup chopped zucchini (75g)
- 1 tsp olive oil (5ml)
- 1/4 tsp ground cumin
- 1/4 tsp smoked paprika
- Pinch of salt and pepper

Instructions:

1. Heat olive oil in a skillet over medium heat.
2. Add bell pepper and zucchini, sauté for 6–8 minutes until soft.
3. Stir in rice, spices, salt, and pepper. Warm through for 2–3 minutes.
4. Serve hot, garnished with extra herbs if desired.

Serving Suggestion:

Pairs well with a spoonful of yogurt or hummus.

Nutritional Facts (Per Serving):

Calories: 147 | Proteins: 2.6 g | Fat: 5.4 g | Carbs: 22.5 g | Fiber: 3.2 g | Sodium: 190 mg | Sugars: 3 g



Quinoa with Roasted Peppers & Feta

Prep: 10 minutes | Cook: 15 minutes | Serves: 1

Ingredients:

- 1/2 cup cooked quinoa (90g)
- 2/3 cup roasted bell peppers, sliced (100g)
- 2 tbsp crumbled feta (25g)
- 2 tsp olive oil (10ml)
- 1 tbsp chopped basil or parsley (4g)
- Pinch of salt and pepper

Instructions:

1. In a skillet, heat olive oil over medium heat.
2. Add roasted peppers, cook 3–4 minutes until warmed through.
3. Stir in quinoa, herbs, salt, and pepper. Heat 2–3 minutes.
4. Top with feta before serving.

Serving Suggestion:

Perfect with a handful of baby spinach or arugula.

Nutritional Facts (Per Serving):

Calories: 287 | Proteins: 8.5 g | Fat: 16 g | Carbs: 28 g | Fiber: 4.5 g | Sodium: 220 mg | Sugars: 3 g



Bulgur & Chickpea Hash with Fresh Parsley

Prep: 10 minutes | Cook: 10 minutes | Serves: 1

Ingredients:

- 1/2 cup cooked bulgur (90g)
- 2/3 cup cooked chickpeas (110g)
- 1/3 cup diced tomatoes (80g)
- 1½ tsp olive oil (7.5ml)
- 1 tbsp chopped fresh parsley (4g)
- 1/4 tsp cumin
- Pinch of salt and pepper

Instructions:

1. Heat olive oil in a skillet over medium heat.
2. Add chickpeas and tomatoes. Cook for 4–5 minutes.
3. Stir in bulgur, parsley, cumin, salt, and pepper. Heat through for 3–4 minutes.
4. Serve warm, sprinkled with extra parsley.

Serving Suggestion:

Goes well with a lemon wedge or a side of olives.

Nutritional Facts (Per Serving):

Calories: 367 | Proteins: 13 g | Fat: 11 g | Carbs: 45 g | Fiber: 9 g | Sodium: 200 mg | Sugars: 3 g

CHAPTER 6: Naturally Sweet & Balanced



Bulgur with Stewed Apricots & Almonds

Prep: 10 minutes | Cook: 15 minutes | Serves: 1

Ingredients:

- 1/3 cup cooked bulgur (60g)
- 3 dried apricots, chopped (30g)
- 1 cup water (240ml)
- 1 tbsp sliced almonds (10g)
- 1 tsp honey (5g)
- 1/4 tsp cinnamon
- Pinch of salt

Instructions:

1. Place apricots and water in a small saucepan. Bring to a gentle simmer for 6–8 minutes.
2. Add cooked bulgur, cinnamon, honey, and salt. Stir and warm through for 4–5 minutes.
3. Serve topped with sliced almonds.

Serving Suggestion:

Complements fresh mint or a spoonful of Greek yogurt.

Nutritional Facts (Per Serving):

Calories: 239 | Proteins: 7 g | Fat: 7 g | Carbs: 38 g
| Fiber: 6 g | Sodium: 60 mg | Sugars: 20 g



Oatmeal with Orange Zest, Chia & Honey

Prep: 5 minutes | Cook: 10 minutes | Serves: 1

Ingredients:

- 1/2 cup rolled oats (45g)
- 1 cup unsweetened almond milk or water (240ml)
- 1 tsp orange zest (2g)
- 2 tsp honey (10g)
- 2 tsp chia seeds (10g)
- Pinch of cinnamon
- Pinch of salt

Instructions:

1. In a saucepan, bring oats and liquid to a boil.
2. Reduce heat and simmer for 6–8 minutes until creamy.
3. Stir in orange zest, honey, chia seeds, cinnamon, and salt.
4. Serve warm.

Serving Suggestion:

Top with fresh orange segments or a sprinkle of chopped nuts.

Nutritional Facts (Per Serving):

Calories: 282 | Proteins: 8 g | Fat: 9 g | Carbs: 43 g
| Fiber: 8 g | Sodium: 55 mg | Sugars: 9 g



Roasted Pears with Ricotta & Pistachios

Prep: 10 minutes | Cook: 15 minutes | Serves: 1

Ingredients:

- 1 medium ripe pear, halved (150g)
- 1/2 cup ricotta cheese (120g)
- 1 1/2 tsp honey (7.5g)
- 1 tbsp chopped pistachios (10g)
- 1 tsp olive oil (5ml)
- 1/4 tsp ground cinnamon

Instructions:

1. Preheat oven to 375°F (190°C).
2. Place pear halves on a baking sheet, drizzle olive oil, sprinkle cinnamon. Roast for 12–15 minutes until soft.
3. Place roasted pears on a plate, top with ricotta, honey, and pistachios.
4. Serve warm.

Serving Suggestion:

Pairs beautifully with a few fresh berries or mint leaves.

Nutritional Facts (Per Serving):

Calories: 385 | Proteins: 11 g | Fat: 22 g | Carbs: 31 g | Fiber: 5.5 g | Sodium: 110 mg | Sugars: 20 g



Millet Cake with Berries & Poppy Seeds

Prep: 10 minutes | Cook: 20 minutes | Serves: 1

Ingredients:

- 1/2 cup cooked millet (90g)
- 1 large egg (50g)
- 1 1/2 tbsp almond flour (12g)
- 1 1/2 tsp honey (7.5g)
- 3/4 cup mixed fresh berries (110g)
- 1/2 tsp poppy seeds (2g)
- Pinch of cinnamon
- Pinch of salt

Instructions:

1. Preheat oven to 350°F (175°C).
2. In a bowl, mix millet, egg, almond flour, honey, cinnamon, salt, and poppy seeds.
3. Pour into a small baking dish. Bake for 15–18 minutes until set.
4. Top with fresh berries before serving.

Serving Suggestion:

Serve with a dollop of yogurt or a drizzle of maple syrup.

Nutritional Facts (Per Serving):

Calories: 326 | Proteins: 13 g | Fat: 13 g | Carbs: 40 g | Fiber: 4.5 g | Sodium: 130 mg | Sugars: 13 g



Sweet Couscous with Dried Fruits & Coconut

Prep: 10 minutes | Cook: 8 minutes | Serves: 1

Ingredients:

- 1/3 cup whole wheat couscous (50g)
- 1/2 cup boiling water (120ml)
- 2 dried apricots, chopped (15g)
- 1 tbsp raisins (15g)
- 1 tbsp unsweetened shredded coconut (7g)
- 1 tsp honey (5g)
- 1/2 tsp olive oil (2.5ml)
- Pinch of cinnamon

Instructions:

1. Place couscous and dried fruits in a bowl, pour boiling water over, cover and let steam for 5–6 minutes.
2. Fluff with a fork, stir in coconut, honey, and cinnamon.
3. Serve warm or chilled.

Serving Suggestion:

Top with a spoonful of yogurt or a few chopped almonds.

Nutritional Facts (Per Serving):

Calories: 350 | Proteins: 7 g | Fat: 9 g | Carbs: 60 g | Fiber: 7 g | Sodium: 15 mg | Sugars: 22 g



Quinoa with Banana, Tahini & Sesame

Prep: 5 minutes | Cook: 12 minutes | Serves: 1

Ingredients:

- 1/2 cup cooked quinoa (80g)
- 1 small ripe banana, sliced (100g)
- 1 1/2 tsp tahini (7.5g)
- 1 tsp sesame seeds (4g)
- 1/2 tsp honey (3g)
- Pinch of cinnamon

Instructions:

1. Place warm quinoa in a bowl.
2. Top with sliced banana, tahini, sesame seeds, honey, and cinnamon.
3. Serve immediately.

Serving Suggestion:

Pairs well with a side of fresh berries or a splash of almond milk.

Nutritional Facts (Per Serving):

Calories: 268 | Proteins: 7 g | Fat: 8 g | Carbs: 43 g | Fiber: 4 g | Sodium: 10 mg | Sugars: 15 g



Fig & Walnut Bowl with Cinnamon Yogurt

Prep: 10 minutes | Cook: 0 minutes | Serves: 1

Ingredients:

- 3/4 cup plain Greek yogurt (150g)
- 3 fresh or dried figs, quartered (60g)
- 1 tbsp chopped walnuts (10g)
- 1 1/2 tsp honey (7g)
- 1/4 tsp ground cinnamon

Instructions:

1. Place yogurt in a bowl.
2. Top with figs, walnuts, drizzle honey, and sprinkle cinnamon.
3. Serve immediately.

Serving Suggestion:

Great with a few pomegranate seeds or orange zest.

Nutritional Facts (Per Serving):

Calories: 231 | Proteins: 12 g | Fat: 11.5 g | Carbs: 22 g | Fiber: 2 g | Sodium: 50 mg | Sugars: 14 g



Baked Apples with Raisins & Almond Crunch

Prep: 10 minutes | Cook: 20 minutes | Serves: 1

Ingredients:

- 1 large apple, halved (200g)
- 1 tsp honey (5g)
- 1/2 tsp cinnamon
- 1 tbsp raisins (10g)
- 2 tsp olive oil (10ml)
- 1 tbsp chopped almonds (10g)

Instructions:

1. Preheat oven to 375°F (190°C).
2. Place apple halves in a baking dish. Top with raisins, honey, almonds, cinnamon, and drizzle olive oil.
3. Bake for 15–20 minutes until tender.
4. Serve warm.

Serving Suggestion:

Delicious with a spoonful of ricotta or Greek yogurt.

Nutritional Facts (Per Serving):

Calories: 300 | Proteins: 3 g | Fat: 15 g | Carbs: 42 g | Fiber: 5.5 g | Sodium: 3 mg | Sugars: 31 g

CHAPTER 7: Light But Satisfying Plates



Quinoa & Chickpea Medley with Sun-Dried Tomato

Prep: 10 minutes | Cook: 15 minutes | Serves: 1

Ingredients:

- 1/2 cup cooked quinoa (90g)
- 1/2 cup cooked chickpeas (90g)
- 3 sun-dried tomatoes, chopped (20g)
- 1 cup baby spinach (30g)
- 1 tbsp chopped parsley (4g)
- 1 tbsp olive oil (15ml)
- 1 tbsp lemon juice (15ml)
- Pinch of salt and black pepper

Instructions:

1. Heat olive oil in a skillet over medium heat.
2. Add chickpeas and sun-dried tomatoes. Cook 4–5 minutes.
3. Stir in quinoa, spinach, lemon juice, parsley, salt, and pepper. Warm through for 3–4 minutes.
4. Serve warm or at room temperature.

Serving Suggestion:

Pairs well with a handful of arugula or a simple cucumber salad.

Nutritional Facts (Per Serving):

Calories: 447 | Proteins: 13.4 g | Fat: 20.4 g | Carbs: 57 g | Fiber: 11 g | Sodium: 270 mg | Sugars: 6 g



Warm Lentil & Grape Salad with Goat Cheese Crumble

Prep: 10 minutes | Cook: 10 minutes | Serves: 1

Ingredients:

- 1/2 cup cooked green or brown lentils (100g)
- 1/2 cup red grapes, halved (75g)
- 2 tbsp soft goat cheese, crumbled (30g)
- 1 cup mixed greens (30g)
- 1 tbsp chopped walnuts (10g)
- 1 tbsp olive oil (15ml)
- 1 tsp balsamic vinegar (5ml)
- Pinch of salt and black pepper

Instructions:

1. Heat olive oil in a skillet over medium heat.
2. Add grapes and sauté for 3–4 minutes until warm.
3. Stir in lentils, balsamic vinegar, salt, and pepper. Warm through for 2–3 minutes.
4. Place greens on a plate, top with lentil mixture, goat cheese, and walnuts.

Serving Suggestion:

Serve with whole-grain crispbread or a lemon wedge.

Nutritional Facts (Per Serving):

Calories: 444 | Proteins: 16.5 g | Fat: 27.4 g | Carbs: 37.6 g | Fiber: 8.5 g | Sodium: 300 mg | Sugars: 9.5 g



Bulgur & Cucumber Bowl with Lemon-Tahini Dressing

Prep: 10 minutes | Cook: 5 minutes | Serves: 1

Ingredients:

- 1/2 cup cooked bulgur (90g)
- 1/2 cup diced cucumber (75g)
- 1/4 cup diced tomatoes (60g)
- 1 tbsp chopped mint or parsley (4g)
- 1 tbsp tahini (15g)
- 1 tbsp lemon juice (15ml)
- 1 tsp olive oil (5ml)
- Pinch of salt and pepper

Instructions:

1. In a bowl, mix bulgur, cucumber, tomatoes, and herbs.
2. In a separate bowl, whisk tahini, lemon juice, olive oil, salt, and pepper into a smooth dressing.
3. Pour dressing over bulgur mixture, toss gently.
4. Serve chilled or at room temperature.

Serving Suggestion:

Complements a boiled egg or a few olives on the side.

Nutritional Facts (Per Serving):

Calories: 267 | Proteins: 7.5 g | Fat: 13 g | Carbs: 33 g | Fiber: 5 g | Sodium: 220 mg | Sugars: 3 g



Grilled Halloumi with Roasted Carrots & Pomegranate

Prep: 10 minutes | Cook: 20 minutes | Serves: 1

Ingredients:

- 80g halloumi cheese, sliced
- 1 medium carrot, cut into sticks (100g)
- 1/4 cup pomegranate seeds (40g)
- 1 cup arugula or baby greens (30g)
- 1 tbsp olive oil (15ml)
- 1 tsp balsamic vinegar (5ml)
- Pinch of salt and pepper

Instructions:

1. Preheat oven to 400°F (200°C).
2. Toss carrots with half the olive oil, salt, and pepper. Roast for 15–18 minutes.
3. Grill halloumi in a hot pan for 2–3 minutes per side until golden.
4. Arrange greens, roasted carrots, halloumi, and pomegranate on a plate. Drizzle with remaining olive oil and balsamic.

Serving Suggestion:

Lovely with whole-grain couscous or a lemon wedge.

Nutritional Facts (Per Serving):

Calories: 475 | Proteins: 19.5 g | Fat: 36.8 g | Carbs: 21.8 g | Fiber: 4.8 g | Sodium: 520 mg | Sugars: 8 g



Spiced Couscous with Spinach & Toasted Seeds

Prep: 10 minutes | Cook: 10 minutes | Serves: 1

Ingredients:

- 1/2 cup cooked whole wheat couscous (90g)
- 1 cup baby spinach (30g)
- 1 tbsp toasted pumpkin or sunflower seeds (10g)
- 1 tsp olive oil (5ml)
- 1/4 tsp ground cumin
- 1/4 tsp smoked paprika
- 1 tbsp chopped parsley (4g)
- Pinch of salt and black pepper

Instructions:

1. Heat olive oil in a skillet over medium heat.
2. Add spinach, cook 2–3 minutes until wilted.
3. Stir in couscous, spices, salt, pepper, and parsley. Warm through for 3–4 minutes.
4. Top with toasted seeds before serving.

Serving Suggestion:

Pairs well with a wedge of lemon or a few olives.

Nutritional Facts (Per Serving):

Calories: 218 | Proteins: 7.9 g | Fat: 10.3 g | Carbs: 25.1 g | Fiber: 3.7 g | Sodium: 200 mg | Sugars: 1 g



Grilled Zucchini & Whole-Grain Pilaf with Lemon Yogurt

Prep: 10 minutes | Cook: 15 minutes | Serves: 1

Ingredients:

- 1/2 cup cooked farro or brown rice (90g)
- 1 small zucchini, sliced (100g)
- 1/4 cup plain Greek yogurt (60g)
- 1 tsp lemon zest (1g)
- 1 tsp olive oil (5ml)
- 1 tbsp chopped mint or parsley (4g)
- Pinch of salt and black pepper

Instructions:

1. Heat a grill pan over medium heat. Grill zucchini slices 2–3 minutes per side.
2. Stir herbs, salt, and olive oil into the cooked pilaf.
3. Mix yogurt with lemon zest.
4. Serve pilaf topped with zucchini and a dollop of lemon yogurt.

Serving Suggestion:

Complements a side of fresh greens or roasted chickpeas.

Nutritional Facts (Per Serving):

Calories: 209 | Proteins: 9.7 g | Fat: 6.6 g | Carbs: 27.5 g | Fiber: 2.5 g | Sodium: 180 mg | Sugars: 2 g



Roasted Pepper & White Bean Bowl with Basil & Capers

Prep: 10 minutes | Cook: 12 minutes | Serves: 1

Ingredients:

- 3/4 cup cooked white beans (135g)
- 1/2 cup roasted red peppers, sliced (75g)
- 1 tbsp capers (10g)
- 1 tbsp chopped fresh basil (4g)
- 1 tsp olive oil (5ml)
- 1 tbsp lemon juice (15ml)
- Pinch of salt and black pepper

Instructions:

1. Combine roasted peppers, white beans, basil, capers, olive oil, lemon juice, salt, and pepper in a bowl.
2. Toss gently and let sit 5 minutes for flavors to blend.
3. Serve at room temperature.

Serving Suggestion:

Lovely with arugula or a few whole-grain crackers.

Nutritional Facts (Per Serving):

Calories: 271 | Proteins: 12.5 g | Fat: 6 g | Carbs: 40 g | Fiber: 11 g | Sodium: 300 mg | Sugars: 5 g



Steamed Green Beans & Potatoes with Garlic Olive Oil

Prep: 10 minutes | Cook: 15 minutes | Serves: 1

Ingredients:

- 1 cup green beans (100g)
- 1 medium potato, cubed (150g)
- 1 large boiled egg (50g)
- 1 tsp olive oil (5ml)
- 1 small garlic clove, minced (3g)
- 1 tbsp chopped parsley (4g)
- Pinch of salt and black pepper

Instructions:

1. Steam green beans and potatoes until tender, about 10–12 minutes.
2. Heat olive oil in a pan, gently cook garlic for 1–2 minutes until fragrant.
3. Toss steamed vegetables with garlic oil, parsley, salt, and pepper.
4. Serve warm.

Serving Suggestion:

Pairs beautifully with a soft-boiled egg or lemon wedge.

Nutritional Facts (Per Serving):

Calories: 262 | Proteins: 11.5 g | Fat: 10 g | Carbs: 35 g | Fiber: 5.5 g | Sodium: 180 mg | Sugars: 2 g

CHAPTER 8: Garlic-Infused Mediterranean Classics



Chicken & White Bean Sauté with Thyme & Garlic

Prep: 10 minutes | Cook: 15 minutes | Serves: 1

Ingredients:

- 120g skinless chicken breast, diced
- 1/2 cup cooked white beans (90g)
- 1/2 cup diced zucchini (75g)
- 1 tsp olive oil (5ml)
- 1 garlic clove, minced (3g)
- 1/2 tsp fresh thyme leaves
- Pinch of salt and black pepper

Instructions:

1. Heat olive oil in a skillet over medium heat.
2. Add chicken and cook 5–6 minutes until golden.
3. Add zucchini, garlic, thyme, salt, and pepper. Cook 5 minutes more.
4. Stir in white beans, warm through for 2–3 minutes.
5. Serve hot.

Serving Suggestion:

Great with a side of leafy greens or roasted carrots.

Nutritional Facts (Per Serving):

Calories: 313 | Proteins: 35 g | Fat: 8 g | Carbs: 27 g | Fiber: 7 g | Sodium: 250 mg | Sugars: 2 g



Roasted Tomato-Garlic Soup with Herbed Croutons

Prep: 10 minutes | Cook: 25 minutes | Serves: 1

Ingredients:

- 1 cup cherry tomatoes (150g)
- 1/2 cup diced tomatoes (120g)
- 1 garlic clove, whole (3g)
- 1/3 cup low-sodium vegetable broth (80ml)
- 1½ slices whole-grain bread, cubed (45g)
- 1½ tsp olive oil (7.5ml)
- 1 tbsp chopped basil or parsley (4g)
- Pinch of salt and pepper

Instructions:

1. Preheat oven to 400°F (200°C). Roast tomatoes and garlic with olive oil for 15–18 minutes.
2. Transfer to a blender with broth, salt, pepper, and herbs. Blend until smooth.
3. Bake bread cubes 6–8 minutes until crisp.
4. Serve soup topped with croutons.

Serving Suggestion:

Pairs well with a side of cucumber slices or olives.

Nutritional Facts (Per Serving):

Calories: 230 | Proteins: 9 g | Fat: 7 g | Carbs: 30 g | Fiber: 4 g | Sodium: 200 mg | Sugars: 7 g



Shrimp & Spinach in Lemon-Garlic Olive Oil

Prep: 10 minutes | Cook: 10 minutes | Serves: 1

Ingredients:

- 120g shrimp, peeled
- 1 cup baby spinach (30g)
- 1½ tsp olive oil (7.5ml)
- 1 garlic clove, minced (3g)
- 1 tbsp lemon juice (15ml)
- 1/3 cup cooked whole wheat couscous (65g)
- Pinch of salt and pepper

Instructions:

1. Heat olive oil in a skillet over medium heat.
2. Add shrimp, garlic, and lemon juice. Cook 4–5 minutes.
3. Add spinach, cook 1–2 minutes until wilted.
4. Serve over couscous or rice.

Serving Suggestion:

Complements roasted vegetables or grilled asparagus.

Nutritional Facts (Per Serving):

Calories: 270 | Proteins: 28 g | Fat: 8 g | Carbs: 19 g | Fiber: 2 g | Sodium: 300 mg | Sugars: 1 g



Roasted Cauliflower with Chickpeas & Yogurt Sauce

Prep: 10 minutes | Cook: 20 minutes | Serves: 1

Ingredients:

- 1½ cups cauliflower florets (150g)
- 2/3 cup cooked chickpeas (120g)
- 1 tbsp olive oil (15ml)
- 1/4 cup plain Greek yogurt (60g)
- 1 tsp lemon juice (5ml)
- 1/4 tsp cumin
- Pinch of salt and pepper
- 1 tbsp chopped parsley (4g)

Instructions:

1. Preheat oven to 400°F (200°C). Toss cauliflower and chickpeas with olive oil, cumin, salt, and pepper. Roast 18–20 minutes.
2. Mix yogurt with lemon juice and herbs.
3. Serve roasted vegetables with yogurt sauce.

Serving Suggestion:

Delicious with quinoa or warm pita on the side.

Nutritional Facts (Per Serving):

Calories: 393 | Proteins: 19 g | Fat: 19 g | Carbs: 41 g | Fiber: 11 g | Sodium: 230 mg | Sugars: 5 g



Smoky Garlic Eggplant with Fresh Herb Pesto

Prep: 10 minutes | Cook: 20 minutes | Serves: 1

Ingredients:

- 1 small eggplant, cubed (150g)
- 1 garlic clove, minced (3g)
- 1 tsp olive oil (5ml)
- 2/3 cup cooked bulgur or couscous (80g)
- 1½ tbsp fresh herb pesto (basil, parsley) (22g)
- Pinch of smoked paprika
- Pinch of salt and black pepper

Instructions:

1. Preheat oven to 400°F (200°C). Toss eggplant with olive oil, garlic, smoked paprika, salt, and pepper. Roast for 15–18 minutes until tender.
2. Serve eggplant over bulgur and top with fresh pesto.
3. Serve warm.

Serving Suggestion:

Pairs beautifully with arugula or a simple tomato salad.

Nutritional Facts (Per Serving):

Calories: 339 | Carbs: 32g | Protein: 6g | Fat: 22g | Fiber: 7g | Sugars: 4g | Sodium: 158mg



Seared Tuna with Zucchini Purée & Garlic Drizzle

Prep: 10 minutes | Cook: 15 minutes | Serves: 1

Ingredients:

- 120g fresh tuna steak
- 1 medium zucchini, chopped (100g)
- 1 garlic clove, minced (3g)
- 1 tsp olive oil (5ml)
- 1 tbsp lemon juice (15ml)
- 1 tsp chopped fresh herbs (basil, parsley)
- Pinch of salt and black pepper

Instructions:

1. Steam zucchini until soft, then blend with half the olive oil, salt, and lemon juice to make a smooth purée.
2. Season tuna with salt and pepper, sear in a hot pan for 2–3 minutes per side.
3. Drizzle remaining olive oil with garlic over the tuna.
4. Serve with zucchini purée and herbs.

Serving Suggestion:

Complements a quinoa salad or roasted cherry tomatoes.

Nutritional Facts (Per Serving):

Calories: 215 | Carbs: 5g | Protein: 32g | Fat: 9g | Fiber: 1g | Sugars: 3g | Sodium: 60mg



Broccoli & Quinoa Bowl with Roasted Garlic & Feta

Prep: 10 minutes | Cook: 15 minutes | Serves: 1

Ingredients:

- 1 cup steamed broccoli florets (100g)
- 2/3 cup cooked quinoa (120g)
- 2 tbsp crumbled feta cheese (30g)
- 1 garlic clove, roasted or minced (3g)
- 2 tsp olive oil (10ml)
- 1 tbsp lemon juice (15ml)
- Pinch of salt and black pepper

Instructions:

1. Steam broccoli until just tender.
2. Mix quinoa with olive oil, lemon juice, garlic, salt, and pepper.
3. Top with steamed broccoli and crumbled feta.
4. Serve warm or room temperature.

Serving Suggestion:

Delicious with toasted pine nuts or fresh basil.

Nutritional Facts (Per Serving):

Calories: 357 | Proteins: 12 g | Fat: 18.4 g | Carbs: 41 g | Fiber: 6.5 g | Sodium: 340 mg | Sugars: 3 g



Mushroom-Cannellini Bake with Rosemary Infusion

Prep: 10 minutes | Cook: 20 minutes | Serves: 1

Ingredients:

- 1 cup sliced mushrooms (80g)
- 2/3 cup cooked cannellini beans (120g)
- 1 garlic clove, minced (3g)
- 2 tsp olive oil (10ml)
- 1 tsp fresh rosemary, chopped
- 1/4 cup vegetable broth (60ml)
- 1 tbsp grated parmesan (5g)
- Pinch of salt and black pepper

Instructions:

1. Preheat oven to 375°F (190°C).
2. In a baking dish, combine mushrooms, beans, garlic, rosemary, olive oil, broth, salt, and pepper.
3. Bake for 15–18 minutes until golden and bubbling.
4. Serve hot.

Serving Suggestion:

Complements a green salad or whole-grain bread.

Nutritional Facts (Per Serving):

Calories: 273 | Proteins: 13.5 g | Fat: 12.5 g | Carbs: 45 g | Fiber: 9 g | Sodium: 310 mg | Sugars: 2.5 g

CHAPTER 9: Veggie-Focused Comforts



Baked Eggplant with Spiced Chickpeas & Pine Nuts

Prep: 10 minutes | Cook: 25 minutes | Serves: 1

Ingredients:

- 1 small eggplant, halved
- 2/3 cup cooked chickpeas
- 1 tbsp pine nuts (10g)
- 2 tsp olive oil (10ml)
- 1/2 tsp ground cumin
- 1/4 tsp smoked paprika
- 1 tbsp chopped parsley (4g)
- Pinch of salt and black pepper

Instructions:

1. Preheat oven to 400°F (200°C).
2. Brush eggplant halves with olive oil, season with salt and roast for 20–25 minutes until tender.
3. In a skillet, warm chickpeas with cumin, paprika, salt, and pepper for 3–4 minutes.
4. Spoon spiced chickpeas over baked eggplant, top with pine nuts and parsley.
5. Serve warm.

Serving Suggestion:

Pairs well with a simple green salad or lemon wedge.

Nutritional Facts (Per Serving):

Calories: 394 | Carbs: 42g | Protein: 12g | Fat: 21g | Fiber: 12g | Sodium: 260 mg | Sugars: 6 g



Mushroom & Bean Ragout with Olive Oil Mash

Prep: 10 minutes | Cook: 20 minutes | Serves: 1

Ingredients:

- 1 cup sliced mushrooms (100g)
- 2/3 cup cooked cannellini or white beans (120g)
- 1 medium potato, peeled and cubed (150g)
- 2 tsp olive oil (10ml)
- 1 garlic clove, minced (3g)
- 1/4 cup low-sodium vegetable broth (60ml)
- 1 tbsp chopped thyme or parsley (4g)
- Pinch of salt and black pepper

Instructions:

1. Boil potatoes until tender, mash with half the olive oil, salt, and pepper.
2. In a skillet, heat remaining olive oil, sauté garlic and mushrooms 5–6 minutes.
3. Add beans, broth, herbs, cook 4–5 minutes until thickened.
4. Serve ragout over mashed potatoes.

Serving Suggestion:

Complements roasted green beans or arugula.

Nutritional Facts (Per Serving):

Calories: 363 | Carbs: 51g | Protein: 15g | Fat: 11g | Fiber: 8g | Sodium: 260 mg | Sugars: 4 g



Zucchini Spirals with Basil-Walnut Pesto

Prep: 10 minutes | Cook: 5 minutes | Serves: 1

Ingredients:

- 1 medium zucchini, spiralized (120g)
- 3/4 cup cooked whole wheat spaghetti or chickpea pasta (90g)
- 1 tbsp walnut pesto (15g)
- 2 tsp olive oil (10ml)
- 1 tbsp grated Parmesan (5g)
- Pinch of salt and black pepper

Instructions:

1. Sauté zucchini spirals in olive oil for 2–3 minutes until slightly tender.
2. Add cooked pasta, toss with pesto, salt, and pepper.
3. Top with Parmesan before serving.

Serving Suggestion:

Pairs well with cherry tomatoes or olives on the side.

Nutritional Facts (Per Serving):

Calories: 345 | Carbs: 31g | Protein: 10g | Fat: 22g | Fiber: 5g | Sugar: 4g



Cauliflower Gratin with Herbs & Parmesan Crust

Prep: 10 minutes | Cook: 20 minutes | Serves: 1

Ingredients:

- 1 1/2 cups cauliflower florets (150g)
- 2 tbsp grated Parmesan (10g)
- 1 1/2 tbsp whole-wheat breadcrumbs (12g)
- 2 tsp olive oil (10ml)
- 1/3 cup unsweetened almond milk or low-fat milk (80ml)
- 1 tsp Dijon mustard (5g)
- 1 tbsp chopped fresh herbs (parsley, thyme) (4g)
- Pinch of salt and black pepper

Instructions:

1. Preheat oven to 375°F (190°C).
2. Steam cauliflower until tender.
3. Mix milk, mustard, salt, pepper, and herbs. Toss with cauliflower.
4. Place in baking dish, top with breadcrumbs, Parmesan, and olive oil. Bake 12–15 minutes until golden.
5. Serve warm.

Serving Suggestion:

Complements a light spinach salad or roasted tomatoes.

Nutritional Facts (Per Serving):

Calories: 211 | Carbs: 16g | Protein: 7g | Fat: 14g | Fiber: 4g | Sugar: 4g



Sweet Potato & Black Lentil Sauté with Tahini Sauce

Prep: 10 minutes | Cook: 15 minutes | Serves: 1

Ingredients:

- 1 small sweet potato, diced (120g)
- 1/2 cup cooked black lentils (90g)
- 1 tbsp olive oil (15ml)
- 1 tbsp tahini (15g)
- 1 tbsp lemon juice (15ml)
- 1 garlic clove, minced (3g)
- 1 tbsp chopped parsley (4g)
- Pinch of salt and black pepper

Instructions:

1. Heat half the olive oil in a skillet over medium heat. Sauté sweet potato cubes for 8–10 minutes until tender.
2. Add lentils, cook 2–3 minutes more.
3. Mix tahini, lemon juice, remaining olive oil, garlic, salt, and pepper into a smooth sauce.
4. Serve the sautéed mixture topped with tahini sauce and parsley.

Serving Suggestion:

Complements a side of steamed greens or roasted peppers.

Nutritional Facts (Per Serving):

Calories: 430 | Carbs: 49.5g | Protein: 14.2g | Fat: 22.5g | Carbs: 52 g | Fiber: 10 g | Sodium: 250 mg | Sugars: 5 g



Beetroot & Farro Bowl with Orange-Herb Vinaigrette

Prep: 10 minutes | Cook: 20 minutes | Serves: 1

Ingredients:

- 1/2 cup cooked farro (90g)
- 1 small roasted beet, diced (80g)
- 1 cup baby spinach (30g)
- 1 tbsp chopped walnuts (10g)
- 1 tbsp olive oil (15ml)
- 1 tbsp orange juice (15ml)
- 1 tsp Dijon mustard (5g)
- 1 tbsp chopped parsley or dill (4g)
- Pinch of salt and black pepper

Instructions:

1. In a bowl, whisk olive oil, orange juice, mustard, salt, pepper, and herbs into a vinaigrette.
2. Combine farro, roasted beet, spinach, and walnuts.
3. Toss with dressing before serving.

Serving Suggestion:

Perfect with a soft-boiled egg or a sprinkle of feta.

Nutritional Facts (Per Serving):

Calories: 361 | Carbs: 37.8g | Protein: 8.3g | Fat: 22.0g | Carbs: 52 g | Fiber: 8 g | Sodium: 200 mg | Sugars: 6 g



Grilled Portobello with Garlic Yogurt & Sumac

Prep: 10 minutes | Cook: 12 minutes | Serves: 1

Ingredients:

- 1 large Portobello mushroom cap (100g)
- 1/2 cup plain Greek yogurt (120g)
- 1 garlic clove, minced (3g)
- 1 1/2 tsp olive oil (8ml)
- 1/4 cup cooked quinoa (50g)
- 1/4 tsp sumac
- 1 tbsp chopped parsley (4g)
- Pinch of salt and black pepper

Instructions:

- 1.Brush mushroom with olive oil, salt, and pepper. Grill 4–5 minutes per side until tender.
- 2.Mix yogurt with garlic, sumac, and herbs.
- 3.Serve grilled mushroom topped with garlic yogurt.

Serving Suggestion:

Pairs well with roasted sweet potatoes or quinoa.

Nutritional Facts (Per Serving):

Calories: 226 | Carbs: 21g | Protein: 17g | Fat: 13g | Fiber: 2.6g| Sodium: 240 mg | Sugars: 5 g



White Bean Patties with Tomato-Caper Dressing

Prep: 10 minutes | Cook: 15 minutes | Serves: 1

Ingredients:

- 1/2 cup cooked white beans (90g)
- 1/4 cup oats (20g)
- 1 tbsp chopped parsley (4g)
- 1 tsp olive oil (5ml)
- 1/2 cup diced tomatoes (100g)
- 1 tsp capers (5g)
- 1 tsp lemon juice (5ml)
- 1/2 tbsp tahini (7g)
- Pinch of salt and black pepper

Instructions:

- 1.Mash white beans and mix with oats, parsley, salt, and pepper. Form into small patties.
- 2.Pan-fry patties in olive oil for 3–4 minutes per side until golden.
- 3.Combine diced tomatoes, capers, lemon juice for dressing.
- 4.Serve patties topped with dressing.

Serving Suggestion:

Complements arugula or steamed broccoli.

Nutritional Facts (Per Serving):

Calories: 317 | Carbs: 44g | Protein: 14g | Fat: 11g | Fiber: 12g| Sodium: 250 mg | Sugars: 5 g

CHAPTER 10: Zesty & Herby Mains



Lemon-Herb Chicken with Roasted Artichokes

Prep: 10 minutes | Cook: 20 minutes | Serves: 1

Ingredients:

- 100g skinless chicken breast, sliced
- 1/2 cup canned or frozen artichoke hearts, halved (80g)
- 1/4 cup cooked whole wheat couscous (60g)
- 1 tbsp olive oil (15ml)
- 1 tbsp lemon juice (15ml)
- 1/2 tsp dried oregano
- 1 garlic clove, minced (3g)
- 1 tsp chopped fresh parsley (4g)
- Pinch of salt and black pepper

Instructions:

1. Preheat oven to 400°F (200°C). Toss artichokes with half the olive oil, salt, and pepper. Roast for 15–18 minutes.
2. Season chicken with lemon juice, oregano, garlic, and remaining olive oil.
3. Sear chicken in a skillet over medium heat for 5–6 minutes until golden and cooked through.
4. Serve with roasted artichokes and sprinkle with parsley.

Serving Suggestion:

Complements a spoonful of hummus or couscous on the side.

Nutritional Facts (Per Serving):

Calories: 420 | Carbs: 27g | Protein: 37g | Fat: 18g | Fiber: 5g | Sugar: 2g | Sodium: 260mg



Bulgur with Roasted Squash & Minted Yogurt

Prep: 10 minutes | Cook: 20 minutes | Serves: 1

Ingredients:

- 3/4 cup cooked bulgur (120g)
- 2/3 cup diced roasted butternut squash (130g)
- 1 tbsp olive oil (15ml)
- 1/3 cup plain Greek yogurt (80g)
- 1 tbsp chopped mint (4g)
- 1/2 tsp lemon zest
- Pinch of salt and black pepper

Instructions:

1. Preheat oven to 400°F (200°C). Toss squash with olive oil, salt, and pepper. Roast for 18–20 minutes until golden.
2. Stir lemon zest and chopped mint into yogurt.
3. Combine bulgur with roasted squash. Serve with a dollop of minted yogurt.

Serving Suggestion:

Pairs well with a side of arugula or olives.

Nutritional Facts (Per Serving):

Calories: 362 | Carbs: 47g | Protein: 14g | Fat: 19g | Sugar: 6g | Sodium: 230mg



White Bean & Fennel Skillet with Parsley Oil

Prep: 10 minutes | Cook: 15 minutes | Serves: 1

Ingredients:

- 1/2 cup cooked white beans (90g)
- 1 small fennel bulb, thinly sliced (100g)
- 1 1/2 tsp olive oil (7ml)
- 1 tbsp lemon juice (15ml)
- 1 tbsp chopped fresh parsley (4g)
- 1/2 tsp grated garlic
- 1 slice whole-grain bread (30g)
- Pinch of salt and black pepper

Instructions:

- 1.Heat olive oil in a skillet. Sauté fennel for 6–8 minutes until softened.
- 2.Stir in white beans, lemon juice, salt, and pepper. Warm through for 3–4 minutes.
- 3.Combine chopped parsley and garlic with a drizzle of olive oil to make parsley oil.
- 4.Serve fennel-bean mixture drizzled with parsley oil.

Serving Suggestion:

Complements a slice of rustic whole-grain bread or orange slices.

Nutritional Facts (Per Serving):

Calories: 272 | Carbs: 29g | Protein: 20g | Fat: 15g | Sodium: 240 mg | Sugars: 4 g



Shrimp with Dill Couscous & Cucumber Relish

Prep: 10 minutes | Cook: 10 minutes | Serves: 1

Ingredients:

- 120g shrimp, peeled
- 1/2 cup cooked whole wheat couscous (90g)
- 1/4 cucumber, finely diced (50g)
- 1 tbsp chopped dill
- 1 tbsp lemon juice (15ml)
- 1 1/2 tsp olive oil (7ml)
- Pinch of salt and black pepper

Instructions:

- 1.Season shrimp with salt and lemon juice. Sauté in olive oil 3–4 minutes per side until pink.
- 2.Mix couscous with chopped dill and a pinch of pepper.
- 3.Combine diced cucumber with a splash of lemon juice for a quick relish.
- 4.Serve shrimp over couscous with cucumber relish on top.

Serving Suggestion:

Pairs beautifully with a spoon of plain yogurt or cherry tomatoes.

Nutritional Facts (Per Serving):

Calories: 297 | Carbs: 26g | Protein: 27g | Fat: 9g | Sodium: 280 mg | Sugars: 3 g



Turkey Meatballs in Oregano Tomato Sauce

Prep: 10 minutes | Cook: 20 minutes | Serves: 1

Ingredients:

- 120g ground turkey
- 1 tbsp oats or breadcrumbs (8g)
- 1 tbsp chopped parsley (4g)
- 1/2 tsp dried oregano
- 1/2 cup crushed tomatoes (120g)
- 1 garlic clove, minced (3g)
- 1 tsp olive oil (5ml)
- 1/2 cup cooked couscous (90g)
- Pinch of salt and black pepper

Instructions:

1. Mix ground turkey, oats, parsley, oregano, salt, and pepper. Form into small meatballs.
2. Heat olive oil in a skillet. Brown meatballs for 3–4 minutes.
3. Add garlic and crushed tomatoes. Simmer 10–12 minutes until meatballs are fully cooked.
4. Serve hot with a spoon of sauce.

Serving Suggestion:

Delicious with a side of couscous or roasted zucchini.

Nutritional Facts (Per Serving):

Calories: 426 | Carbs: 36g | Protein: 33g | Fat: 17g | Fiber: 5g | Sodium: 270 mg | Sugars: 4 g



Spiced Lentils with Carrot Ribbons & Cilantro Yogurt

Prep: 10 minutes | Cook: 15 minutes | Serves: 1

Ingredients:

- 1/2 cup cooked green or brown lentils (90g)
- 1/2 cup carrot ribbons (50g)
- 1 garlic clove, minced (3g)
- 1 tsp olive oil (5ml)
- 1/4 tsp cumin
- 1/4 tsp ground coriander
- 1/4 cup plain Greek yogurt (60g)
- 1 tbsp chopped cilantro (4g)
- 1 slice whole-grain flatbread (30g)
- Pinch of salt and black pepper

Instructions:

1. Heat olive oil in a skillet. Sauté garlic, cumin, and coriander for 1 minute.
2. Add lentils and carrot ribbons. Cook 6–7 minutes, stirring occasionally.
3. Mix yogurt with cilantro, salt, and a splash of lemon juice if desired.
4. Serve lentils with a dollop of cilantro yogurt.

Serving Suggestion:

Great alongside grilled eggplant or warm flatbread.

Nutritional Facts (Per Serving):

Calories: 291 | Carbs: 41g | Protein: 18g | Fat: 8g | Fiber: 10g | Sodium: 230 mg | Sugars: 6 g



Broccoli Pilaf with Lemon Zest & Toasted Almonds

Prep: 10 minutes | Cook: 15 minutes | Serves: 1

Ingredients:

- 1/2 cup cooked bulgur or brown rice (90g)
- 1 cup steamed broccoli florets (100g)
- 1 tbsp toasted slivered almonds (10g)
- 1 tsp olive oil (5ml)
- 1/2 tsp lemon zest
- Pinch of salt and black pepper

Instructions:

- 1.Heat olive oil in a pan, stir in pilaf grain and broccoli. Cook 3–4 minutes.
- 2.Add lemon zest, salt, and pepper. Mix gently.
- 3.Top with toasted almonds and serve.

Serving Suggestion:

Complements grilled halloumi or cucumber-yogurt sauce.

Nutritional Facts (Per Serving):

Calories: 264 | Carbs: 34g | Protein: 8g | Fat: 11.5g
| Fiber: 8g | Sugar: 2.8g | Sodium: ~210mg



Salmon with Wilted Greens & Basil Drizzle

Prep: 10 minutes | Cook: 10 minutes | Serves: 1

Ingredients:

- 120g salmon fillet
- 1 cup mixed greens or spinach (30g)
- 1 garlic clove, sliced (3g)
- 1 tsp olive oil (5ml)
- 1 tbsp chopped basil
- 1 tbsp lemon juice (15ml)
- 1/4 cup cooked quinoa (45g)
- Pinch of salt and black pepper

Instructions:

- 1.Sear salmon in a pan with olive oil 3–4 minutes per side until cooked through.
- 2.In same pan, sauté garlic and greens 2–3 minutes until wilted.
- 3.Mix basil with lemon juice and a drop of oil for a drizzle.
- 4.Plate salmon over greens and spoon basil drizzle on top.

Serving Suggestion:

Delicious with warm quinoa or grilled asparagus.

Nutritional Facts (Per Serving):

Calories: 376 | Carbs: 16g | Protein: 30g | Fat: 17g |
Fiber: 4g | Sugar: 1.9g | Sodium: ~240mg

CHAPTER 11: Quick Chicken & Turkey Dinners



Lemon-Basil Chicken with Roasted Artichoke Hearts

Prep: 10 minutes | Cook: 20 minutes | Serves: 1

Ingredients:

- 120g chicken breast, sliced
- 1/2 cup canned or frozen artichoke hearts, halved (80g)
- 1 tbsp olive oil (15ml)
- 1 tbsp lemon juice (15ml)
- 1 garlic clove, minced (3g)
- 1 tbsp chopped fresh basil (4g)
- 1/2 cup cooked whole wheat couscous (90g)
- Pinch of salt and black pepper

Instructions:

1. Preheat oven to 400°F (200°C). Toss artichokes with half the olive oil, salt, and pepper. Roast for 15–18 minutes.
2. Meanwhile, season chicken with lemon juice, garlic, basil, salt, and remaining olive oil.
3. Sear chicken in a skillet for 5–6 minutes until golden and cooked through.
4. Serve with roasted artichokes and fresh basil.

Serving Suggestion:

Pairs well with a scoop of couscous or a side of greens.

Nutritional Facts (Per Serving):

Calories: 478 | Carbs: 31g | Protein: 44g | Fat: 20g | Fiber: 6g | Sugar: 1g | Sodium: 126mg



Paprika Chicken Thighs with Herbed Vegetables

Prep: 10 minutes | Cook: 20 minutes | Serves: 1

Ingredients:

- 1 boneless skinless chicken thigh (120g)
- 1/2 cup chopped zucchini and bell pepper mix (100g)
- 1/2 cup cubed potatoes or sweet potatoes (100g)
- 1 tbsp olive oil (15ml)
- 1/2 tsp smoked paprika
- 1 tsp chopped parsley (4g)
- Pinch of salt and black pepper

Instructions:

1. Preheat oven to 400°F (200°C). Toss vegetables with half the olive oil, paprika, salt, and pepper. Roast for 18–20 minutes.
2. Rub chicken with remaining olive oil, salt, and paprika. Grill or pan-sear for 6–7 minutes per side until cooked through.
3. Serve with roasted vegetables and sprinkle with parsley.

Serving Suggestion:

Great with a spoon of garlic yogurt or lemon wedge.

Nutritional Facts (Per Serving):

Calories: 470 | Carbs: 27g | Protein: 29g | Fat: 30g | Fiber: 4g | Sugar: 4.3g | Sodium: 248mg



Turkey Kofta with Minted Yogurt & Cucumber Slaw

Prep: 10 minutes | Cook: 15 minutes | Serves: 1

Ingredients:

- 120g ground turkey
- 1/2 tsp ground cumin
- 1/2 tsp ground coriander
- 1/4 cup plain Greek yogurt (60g)
- 1 tbsp chopped mint (4g)
- 1/4 cup grated cucumber (50g)
- 1/2 cup cooked couscous (60g)
- 1 tsp olive oil (5ml)
- Pinch of salt and black pepper

Instructions:

1. Mix turkey with cumin, coriander, salt, and pepper. Form into 2–3 small koftas.
2. Grill or pan-sear for 5–6 minutes per side until browned and cooked through.
3. Mix yogurt with mint and serve as sauce. Combine grated cucumber with lemon juice and a pinch of salt for quick slaw.
4. Serve kofta with minted yogurt and cucumber slaw.

Serving Suggestion:

Delicious with warm pita or roasted eggplant.

Nutritional Facts (Per Serving):

Calories: 360 | Carbs: 18g | Protein: 35g | Fat: 16g | Fiber: 1g | Sugar: 3g Sodium: 230mg



Chicken with Caramelized Onions & Saffron Couscous

Prep: 10 minutes | Cook: 20 minutes | Serves: 1

Ingredients:

- 100g chicken breast, sliced
- 1/2 cup cooked whole wheat couscous (90g)
- 1/2 onion, thinly sliced (60g)
- 2 tsp olive oil (10ml)
- 1 tbsp almonds, chopped (10g)
- 1 tbsp raisins (10g)
- 1 pinch saffron threads
- 1 tbsp chopped parsley
- Pinch of salt and black pepper

Instructions:

1. Sauté sliced onion in olive oil over low heat for 10–12 minutes until caramelized.
2. Add chicken, salt, and pepper. Cook for 5–6 minutes until fully done.
3. Meanwhile, stir saffron and raisins into hot cooked couscous. Let sit for 3–4 minutes.
4. Serve chicken and onions over couscous, topped with parsley.

Serving Suggestion:

Pairs well with steamed spinach or orange slices.

Nutritional Facts (Per Serving):

Calories: 491 | Carbs: 41.5g | Protein: 37.8g | Fat: 19.5g | Fiber: 4g | Sugar: 9g | Sodium: 240mg



Sumac-Spiced Chicken Skewers with Tzatziki Drizzle

Prep: 10 minutes | Cook: 12 minutes | Serves: 1

Ingredients:

- 120g chicken breast, cubed
- 1/2 tsp ground sumac
- 1/2 tsp dried oregano
- 1 tsp olive oil (5ml)
- 1/4 cup plain Greek yogurt (60g)
- 1/4 cucumber, grated (50g)
- 1 tsp lemon juice (5ml)
- 1 garlic clove, grated (3g)
- 70g cooked bulgur
- Pinch of salt and black pepper

Instructions:

1. Toss chicken with sumac, oregano, olive oil, salt, and pepper. Thread onto skewers.
2. Grill or pan-sear for 5–6 minutes per side until golden and cooked through.
3. Mix yogurt, cucumber, lemon juice, garlic, salt, and pepper for tzatziki.
4. Serve skewers with bulgur and a generous drizzle of tzatziki.

Serving Suggestion:

Perfect with a side of bulgur or grilled vegetables.

Nutritional Facts (Per Serving):

Calories: 419 | Carbs: 33g | Protein: 46g | Fat: 12g | Fiber: 5g | Sugar: 3g | Sodium: 84mg



Turkey & Zucchini Stew with Sweet Peppers

Prep: 10 minutes | Cook: 20 minutes | Serves: 1

Ingredients:

- 120g ground turkey
- 1/2 cup diced zucchini (60g)
- 1/2 cup chopped sweet bell pepper (60g)
- 1/4 cup crushed tomatoes (60g)
- 1 tsp olive oil (5ml)
- 1/2 tsp ground cumin
- 1/4 tsp smoked paprika
- 1 garlic clove, minced (3g)
- 1/2 cup cooked whole wheat couscous (90g)
- Pinch of salt and black pepper

Instructions:

1. Heat olive oil in a saucepan. Add garlic and turkey, sauté 5–6 minutes until browned.
2. Add zucchini, bell pepper, tomatoes, cumin, paprika, salt, and pepper. Simmer 12–15 minutes until vegetables are tender.
3. Serve hot with whole wheat couscous on the side.

Serving Suggestion:

Try with a wedge of lemon or a spoon of herbed yogurt.

Nutritional Facts (Per Serving):

Calories: 392 | Carbs: 40g | Protein: 30g | Fat: 15g | Fiber: 5g | Sugar: 7g | Sodium: 172mg



Balsamic Chicken with Roasted Eggplant & Pine Nuts

Prep: 10 minutes | Cook: 20 minutes | Serves: 1

Ingredients:

- 100g chicken breast, sliced
- 1/2 small eggplant, cubed (100g)
- 1 tbsp balsamic vinegar (15ml)
- 1 tbsp olive oil (15ml)
- 1 tbsp pine nuts (10g)
- 1 garlic clove, minced (3g)
- Pinch of salt and black pepper

Instructions:

1. Preheat oven to 400°F (200°C). Toss eggplant with half the olive oil, salt, and pepper. Roast 18–20 minutes until golden.
2. Sauté chicken in remaining olive oil for 5–6 minutes. Add garlic and balsamic vinegar. Cook 1–2 more minutes until glazed.
3. Serve chicken over roasted eggplant, topped with toasted pine nuts.

Serving Suggestion:

Complements a spoon of yogurt or warm grain.

Nutritional Facts (Per Serving):

Calories: 395 | Proteins: 34 g | Fat: 24 g | Carbs: 12 g | Fiber: 3 g | Sodium: 250 mg | Sugars: 2 g



Herbed Chicken Bake with Tomatoes & Garlic Beans

Prep: 10 minutes | Cook: 20 minutes | Serves: 1

Ingredients:

- 100g chicken breast
- 1/2 cup cherry tomatoes, halved (80g)
- 1/2 cup cooked white beans (90g)
- 1 tsp olive oil (5ml)
- 1 garlic clove, sliced (3g)
- 1 tbsp chopped rosemary and thyme (4g)
- Pinch of salt and black pepper

Instructions:

1. Preheat oven to 375°F (190°C). Place chicken, tomatoes, beans, garlic, and herbs in a baking dish.
2. Drizzle with olive oil, season with salt and pepper.
3. Bake for 18–20 minutes until chicken is fully cooked and tomatoes softened.
4. Serve with juices from the pan spooned over.

Serving Suggestion:

Excellent with a green salad or roasted carrot ribbons.

Nutritional Facts (Per Serving):

Calories: 430 | Proteins: 35 g | Fat: 13 g | Carbs: 30 g | Fiber: 6 g | Sodium: 240 mg | Sugars: 4 g

CHAPTER 12: Fresh & Flavorful Seafood Mains



Pan-Seared Salmon with Lemon-Caper Relish & Greens

Prep: 10 minutes | Cook: 10 minutes | Serves: 1

Ingredients:

- 120g salmon fillet
- 1 tsp olive oil (5ml)
- 1 tbsp capers (10g)
- 1 tsp lemon zest
- 1 tbsp lemon juice (15ml)
- 1 cup mixed greens or spinach (30g)
- Pinch of salt and black pepper

Instructions:

1. Season salmon with salt and pepper. Sear in olive oil over medium heat for 4–5 minutes per side.
2. Mix capers, lemon zest, and lemon juice to create the relish.
3. Briefly wilt greens in the same pan, 1–2 minutes.
4. Serve salmon over greens with lemon-caper relish on top.

Serving Suggestion:

Excellent with couscous or roasted zucchini on the side.

Nutritional Facts (Per Serving):

Calories: 300 | Carbs: 2g | Protein: 23g | Fat: 18g | Fiber: 1g | Sugar: 0g | Sodium: 334mg



Roasted Cod with Smashed Potatoes & Dill Oil

Prep: 10 minutes | Cook: 20 minutes | Serves: 1

Ingredients:

- 120g cod fillet
- 1 small potato, boiled and lightly smashed (100g)
- 1 tbsp olive oil (15ml)
- 1/2 garlic clove, minced (2g)
- Pinch of salt and black pepper
- 1 tbsp chopped fresh dill (4g)

Instructions:

1. Preheat oven to 400°F (200°C). Place cod on a baking sheet, drizzle with olive oil, salt, and pepper. Roast for 12–15 minutes.
2. While baking, pan-sear boiled potato in a splash of oil until crisped, 2–3 minutes per side.
3. Combine chopped dill, garlic, and a bit of olive oil to make a drizzle.
4. Serve cod over smashed potatoes, topped with dill oil.

Serving Suggestion:

Pairs well with steamed green beans or sliced radish.

Nutritional Facts (Per Serving):

Calories: 306 | Carbs: 18g | Protein: 25g | Fat: 15g | Fiber: 2g | Sugar: 1g | Sodium: 68mg



Garlic Shrimp with White Beans & Wilted Chard

Prep: 10 minutes | Cook: 12 minutes | Serves: 1

Ingredients:

- 100g shrimp, peeled
- 1/2 cup cooked white beans (90g)
- 1 cup chopped Swiss chard or spinach (30g)
- 1 garlic clove, sliced (3g)
- 1 tbsp olive oil (15ml)
- Pinch of salt and black pepper

Instructions:

1. Heat olive oil in a skillet. Sauté garlic for 30 seconds.
2. Add shrimp, cook 2–3 minutes per side until pink.
3. Stir in white beans and chard. Cook 3–4 minutes until greens are wilted.
4. Season with salt and pepper and serve warm.

Serving Suggestion:

Tastes great with lemon wedges or whole grain toast.

Nutritional Facts (Per Serving):

Calories: 345 | Carbs: 23g | Protein: 33g | Fat: 14g | Fiber: 6g | Sugar: 1g | Sodium: 229mg



Sardines with Fennel Slaw & Roasted Bell Peppers

Prep: 10 minutes | Cook: 15 minutes | Serves: 1

Ingredients:

- 1 small can sardines in olive oil (90g)
- 1/2 small fennel bulb, thinly sliced (60g)
- 1 tsp lemon juice (5ml)
- 1/2 tsp Dijon mustard (2g)
- 1/2 cup sliced roasted red bell peppers (80g)
- 1 tsp olive oil (5ml)
- Pinch of salt and black pepper

Instructions:

1. Toss fennel with lemon juice, mustard, olive oil, salt, and pepper to make slaw.
2. Drain sardines slightly and place over a bed of roasted peppers.
3. Serve with fresh fennel slaw on the side.

Serving Suggestion:

Complements toasted rye or olives for a complete plate.

Nutritional Facts (Per Serving):

Calories: 275 | Carbs: 10g | Protein: 24g | Fat: 16g | Fiber: 4g | Sugar: 6g | Sodium: 367mg



Grilled Tuna with Olive-Lemon Dressing & Wild Greens

Prep: 10 minutes | Cook: 8 minutes | Serves: 1

Ingredients:

- 120g tuna steak
- 1 tbsp chopped green or black olives (15g)
- 1 tsp lemon juice (5ml)
- 1/2 tsp lemon zest
- 1 tsp olive oil (5ml)
- 1 cup wild greens or arugula (30g)
- 1/2 cup cooked quinoa (90g)
- 1 medium roasted carrot, sliced (60g)
- 1 tsp olive oil for quinoa (5ml)
- Pinch of salt and black pepper

Instructions:

1. Season the tuna with salt and pepper. Grill for 3–4 minutes per side until medium-rare.
2. In a small bowl, mix olives, lemon juice, zest, and olive oil to make the dressing.
3. Place wild greens on a serving plate.
4. Spoon the quinoa and roasted carrot slices beside the greens. Drizzle with the second teaspoon of olive oil.
5. Top the greens with grilled tuna and finish with olive-lemon dressing.

Serving Suggestion:

Perfect with roasted carrots or a spoonful of couscous.

Nutritional Facts (Per Serving):

Calories: 407 | Carbs: 32g | Protein: 35g | Fat: 16g | Fiber: 7g | Sugar: 2g | Sodium: 324mg



Baked Haddock with Cherry Tomatoes & Basil Crust

Prep: 10 minutes | Cook: 15 minutes | Serves: 1

Ingredients:

- 120g haddock fillet
- 1/2 cup cherry tomatoes, halved (80g)
- 1 tbsp chopped fresh basil (4g)
- 1 tbsp whole wheat breadcrumbs (8g)
- 1/2 garlic clove, grated (2g)
- 1 tsp olive oil (5ml)
- 3/4 cup cooked whole wheat couscous (120g)
- 1/2 small avocado, sliced (60g)
- 1 tsp olive oil for couscous (5ml)
- Pinch of salt and black pepper

Instructions:

1. Preheat oven to 400°F (200°C).
2. Place haddock in a baking dish. Top with cherry tomatoes, basil, breadcrumbs, garlic, olive oil, salt, and pepper.
3. Bake for 12–15 minutes, until the fish is cooked through and the crust is golden.
4. Meanwhile, mix olive oil into the couscous.
5. Serve the haddock with couscous and avocado slices on the side. Spoon tomato juices over the fish before serving.

Serving Suggestion:

Pairs well with steamed greens or lemon couscous.

Nutritional Facts (Per Serving):

Calories: 496 | Carbs: 45g | Protein: 31g | Fat: 20.5g | Fiber: 7g | Sugar: 3g | Sodium: 140mg



Seafood & Chickpea Stew with Smoked Paprika Broth

Prep: 10 minutes | Cook: 20 minutes | Serves: 1

Ingredients:

- 80g mixed seafood (shrimp, squid, mussels)
- 1/2 cup cooked chickpeas (90g)
- 1/2 cup chopped tomatoes (120g)
- 1 garlic clove, minced (3g)
- 1/4 tsp smoked paprika
- 1 tsp olive oil (5ml)
- 1/2 cup vegetable broth (120ml)
- 1 medium slice whole grain bread (40g)
- 1 tsp olive oil for bread drizzle (5ml)
- Pinch of salt and black pepper

Instructions:

1. Heat olive oil in a saucepan over medium heat. Sauté garlic and smoked paprika for 30 seconds.
2. Add chickpeas, tomatoes, broth, salt, and pepper. Simmer for 8–10 minutes.
3. Stir in seafood and cook another 6–8 minutes until just cooked through.
4. Toast the bread and drizzle with olive oil.
5. Serve stew hot with bread on the side.

Serving Suggestion:

Great with crusty bread or a handful of arugula.

Nutritional Facts (Per Serving):

Calories: 439 | Carbs: 50g | Protein: 26g | Fat: 15g | Fiber: 11g | Sugar: 8g | Sodium: 386mg



Shrimp & Farro Bowl with Arugula & Fresh Pesto

Prep: 10 minutes | Cook: 10 minutes | Serves: 1

Ingredients:

- 100g shrimp, peeled
- 1/2 cup cooked farro (90g)
- 1/2 cup arugula (15g)
- 1 tbsp homemade or jarred basil pesto (15g)
- 1 tsp olive oil (5ml)
- 2 tbsp ricotta (30g)
- Pinch of salt and black pepper

Instructions:

1. Sear shrimp in olive oil for 2–3 minutes per side until pink.
2. Warm farro and toss with arugula and pesto.
3. Top with shrimp and a spoon of fresh ricotta.
4. Season lightly with salt and pepper before serving.

Serving Suggestion:

Excellent with lemon wedges or a spoon of ricotta on the side.

Nutritional Facts (Per Serving):

Calories: 428 | Carbs: 30g | Protein: 33g | Fat: 21g | Fiber: 4g | Sugar: 2g | Sodium: 340mg

CHAPTER 13: Satisfying Vegetarian Plates



Roasted Eggplant & Lentil Casserole with Lemon Yogurt

Prep: 10 minutes | Cook: 25 minutes | Serves: 1

Ingredients:

- 1/2 small eggplant, cubed (100g)
- 1/2 cup cooked brown or green lentils (90g)
- 1/4 cup crushed tomatoes (60g)
- 1/4 cup plain Greek yogurt (60g)
- 1/2 tsp lemon zest
- 1 slice whole grain toast (40g)
- 1 tsp olive oil for toast (5ml)
- Pinch of salt and black pepper
- 1/2 tsp ground cumin
- 1 tsp olive oil (5ml)

Instructions:

1. Preheat oven to 400°F (200°C). Toss eggplant with olive oil, salt, and pepper. Roast for 15–18 minutes.
2. Meanwhile, combine lentils, crushed tomatoes, cumin, and a pinch of salt.
3. In a baking dish, layer lentils and roasted eggplant. Bake 5–7 more minutes.
4. Mix yogurt with lemon zest.
5. Serve casserole topped with lemon yogurt and a slice of toasted bread drizzled with olive oil.

Serving Suggestion: Crusty whole grain bread makes this a satisfying plant-based meal with extra fiber and healthy fat.

Nutritional Facts (Per Serving): Calories: 386 | Carbs: 50g | Protein: 16g | Fat: 13g | Fiber: 14g | Sugar: 9g | Sodium: 195mg



Zucchini & White Bean Sauté with Garlic-Lemon Oil

Prep: 10 minutes | Cook: 10 minutes | Serves: 1

Ingredients:

- 1/2 zucchini, sliced (80g)
- 1/2 cup cooked white beans (90g)
- 1 garlic clove, sliced (3g)
- 1 tsp olive oil (5ml)
- 1 tsp lemon juice (5ml)
- Pinch of lemon zest
- 1 slice whole grain bread (40g)
- 1 tsp olive oil for bread (5ml)
- Pinch of salt and black pepper

Instructions:

1. Heat olive oil in a skillet. Add garlic and sauté for 1 minute.
2. Add zucchini slices and cook for 4–5 minutes until lightly browned.
3. Stir in white beans, lemon juice, zest, salt, and pepper. Cook another 2–3 minutes.
4. Toast bread and drizzle with olive oil.
5. Serve warm sauté with bread on the side with a sprinkle of fresh herbs if desired.

Serving Suggestion:

Delicious with whole grain bread or couscous.

Nutritional Facts (Per Serving):

Calories: 334 | Carbs: 44g | Protein: 13g | Fat: 12g | Fiber: 9g | Sugar: 3g | Sodium: 156mg



Cauliflower & Chickpea Curry with Cilantro Yogurt

Prep: 10 minutes | Cook: 15 minutes | Serves: 1

Ingredients:

- 1/2 cup cauliflower florets (70g)
- 1/2 cup cooked chickpeas (90g)
- 1/4 cup chopped tomatoes (60g)
- 1/2 tsp curry powder
- 1/2 garlic clove, minced (2g)
- 1 tbsp chopped cilantro (4g)
- 1/2 cup cooked brown rice (90g)
- 1 tsp olive oil for rice (5ml)
- Pinch of salt and black pepper
- 1 tsp olive oil (5ml)
- 1/4 cup plain Greek yogurt (60g)

Instructions:

1. Heat olive oil in a saucepan. Add garlic and curry powder. Sauté for 1 minute.
2. Stir in cauliflower, chickpeas, tomatoes, salt, and pepper. Simmer for 10–12 minutes until cauliflower is tender.
3. Mix yogurt with cilantro for topping.
4. Serve curry over brown rice with cilantro yogurt on top.

Serving Suggestion:

Great with brown rice or whole wheat pita.

Nutritional Facts (Per Serving):

Calories: 418 | Carbs: 56g | Protein: 15g | Fat: 15.7g | Fiber: 10g | Sugar: 7.5g | Sodium: 65mg



Grilled Vegetable Skewers with Herbed Bulgur

Prep: 10 minutes | Cook: 15 minutes | Serves: 1

Ingredients:

- 1/2 cup chopped vegetables (zucchini, pepper, onion) (100g)
- 1/2 cup cooked bulgur (90g)
- 1 tbsp chopped parsley and mint (4g)
- 1 tsp olive oil (5ml)
- 1/2 tsp lemon juice (2ml)
- 1/2 garlic clove, minced (2g)
- 1 tbsp hummus (30g)
- 1 tsp olive oil for hummus or bulgur (5ml)
- Pinch of salt and black pepper

Instructions:

1. Thread vegetables onto skewers. Brush with olive oil, salt, and pepper. Grill or broil 6–8 minutes, turning once.
2. Mix cooked bulgur with herbs, lemon juice, garlic, and a bit of oil.
3. Serve vegetable skewers over herbed bulgur with a spoon of hummus.

Serving Suggestion:

Pairs well with a scoop of yogurt or olives.

Nutritional Facts (Per Serving):

Calories: 349 | Carbs: 42g | Protein: 7g | Fat: 16.9g | Fiber: 7.5g | Sugar: 3.5g | Sodium: 100mg



Sweet Potato & Quinoa Bowl with Tahini-Lime Drizzle

Prep: 10 minutes | Cook: 20 minutes | Serves: 1

Ingredients:

- 1/2 medium sweet potato, cubed (100g)
- 1/2 cup cooked quinoa (90g)
- 1 tbsp tahini (15g)
- 1 tsp lime juice (5ml)
- 1 tsp olive oil (5ml)
- 1/2 garlic clove, minced (2g)
- Pinch of salt and black pepper

Instructions:

- 1.Preheat oven to 400°F (200°C). Roast sweet potato cubes with olive oil, salt, and pepper for 18–20 minutes.
- 2.Mix tahini, lime juice, garlic, and a splash of water to form a creamy drizzle.
- 3.Combine roasted sweet potato and quinoa in a bowl. Top with tahini-lime sauce.

Serving Suggestion:

Perfect with chopped parsley or pomegranate seeds.

Nutritional Facts (Per Serving):

Calories: 335 | Carbs: 44g | Protein: 9g | Fat: 15g | Fiber: 6g | Sugar: 5g | Sodium: 30mg



Stuffed Peppers with Spiced Rice & Pine Nuts

Prep: 10 minutes | Cook: 25 minutes | Serves: 1

Ingredients:

- 1 bell pepper, halved and seeded (120g)
- 1/2 cup cooked brown rice (90g)
- 1 tbsp pine nuts (10g)
- 1 tbsp chopped parsley (4g)
- 1/2 tsp ground cumin
- 1 tsp olive oil (5ml)
- 1 tbsp currants or raisins (10g)
- Pinch of salt and black pepper

Instructions:

- 1.Preheat oven to 375°F (190°C). Mix rice with pine nuts, parsley, cumin, raisins, salt, and pepper.
- 2.Stuff pepper halves with mixture. Drizzle with olive oil.
- 3.Bake for 20–25 minutes until peppers are tender.

Serving Suggestion:

Serve with a dollop of yogurt or tomato salad.

Nutritional Facts (Per Serving):

Calories: 291 | Carbs: 39g | Protein: 5g | Fat: 13g | Fiber: 4g | Sugar: 6g | Sodium: 20mg



Roasted Broccoli & White Beans with Zesty Lemon Oil

Prep: 10 minutes | Cook: 15 minutes | Serves: 1

Ingredients:

- 1 cup broccoli florets (100g)
- 1/2 cup cooked white beans (90g)
- 1 tsp lemon juice (5ml)
- 1/2 tsp lemon zest
- 1 tsp olive oil (5ml)
- 1/2 garlic clove, minced (2g)
- Pinch of salt and black pepper

Instructions:

1. Preheat oven to 400°F (200°C). Toss broccoli with oil, garlic, salt, and pepper. Roast for 12–15 minutes.
2. In a bowl, mix beans with lemon juice and zest.
3. Serve roasted broccoli over beans and drizzle with extra lemon oil if desired.

Serving Suggestion:

Excellent with bulgur or crusty bread.

Nutritional Facts (Per Serving):

Calories: 212 | Carbs: 30g | Protein: 11g | Fat: 6g | Fiber: 8g | Sugar: 2g | Sodium: 30mg



Butternut Squash Skillet with Sage & Walnut Crumble

Prep: 10 minutes | Cook: 20 minutes | Serves: 1

Ingredients:

- 1 cup diced butternut squash (130g)
- 1 tbsp chopped onion (15g)
- 1/2 tsp dried or fresh sage
- 1 tsp olive oil (5ml)
- 1 tbsp chopped walnuts (8g)
- 1 tbsp whole wheat breadcrumbs (8g)
- Pinch of salt and black pepper

Instructions:

1. Sauté squash and onion in olive oil over medium heat for 12–15 minutes until soft and slightly caramelized.
2. Mix walnuts and breadcrumbs with a pinch of salt.
3. Sprinkle crumble on top and toast for 2–3 minutes until golden.
4. Serve warm with fresh sage if available.

Serving Suggestion:

Great with a dollop of ricotta or yogurt on the side.

Nutritional Facts (Per Serving):

Calories: 189 | Carbs: 22g | Protein: 3g | Fat: 11g | Fiber: 3g | Sugar: 4g | Sodium: 40mg

CHAPTER 14: Warming Stews & One-Pot Comforts



Turkey & Eggplant Ragù with Fresh Herbs

Prep: 10 minutes | Cook: 25 minutes | Serves: 1

Ingredients:

- 100g ground turkey
- 1/2 small eggplant, diced (100g)
- 1/2 cup crushed tomatoes (120g)
- 1/2 garlic clove, minced (2g)
- 1 tbsp chopped fresh parsley and basil (4g)
- 1 tsp olive oil (5ml)
- 1/4 tsp ground cumin
- Pinch of salt and black pepper

Instructions:

1. Heat olive oil in a skillet. Sauté garlic and turkey for 4–5 minutes.
2. Add diced eggplant, tomatoes, cumin, salt, and pepper. Simmer uncovered for 15–18 minutes, stirring occasionally.
3. Stir in herbs before serving.

Serving Suggestion:

Delicious over bulgur or with a side of arugula.

Nutritional Facts (Per Serving):

Calories: 273 | Carbs: 13g | Protein: 24g | Fat: 15g | Fiber: 4g | Sugar: 5g | Sodium: 80mg



Carrot & Red Lentil Soup with Citrus & Olive Oil

Prep: 10 minutes | Cook: 20 minutes | Serves: 1

Ingredients:

- 1/2 cup red lentils (100g)
- 1 medium carrot, chopped (100g)
- 1/4 small onion, chopped (30g)
- 1/2 tsp ground coriander
- 1 1/2 cups water or light vegetable broth (360ml)
- 1 tsp olive oil (5ml)
- 1 tsp lemon juice (5ml)
- 1/4 tsp lemon zest
- Pinch of salt and black pepper

Instructions:

1. Heat olive oil in a saucepan. Sauté onion and carrot for 3–4 minutes.
2. Add lentils, coriander, and broth. Simmer for 15 minutes until soft.
3. Blend partially if desired. Stir in lemon juice and zest before serving.

Serving Suggestion:

Great with whole grain toast or a cucumber salad.

Nutritional Facts (Per Serving):

Calories: 229 | Carbs: 34g | Protein: 10g | Fat: 6g | Fiber: 7g | Sugar: 6g | Sodium: 150mg



Lamb & Zucchini Stew with Dill & Pomegranate Seeds

Prep: 10 minutes | Cook: 30 minutes | Serves: 1

Ingredients:

- 90g lamb shoulder, trimmed and cubed
- 1/2 zucchini, chopped (80g)
- 1/2 cup chopped tomatoes (120g)
- 1 tbsp chopped onion (15g)
- 1 tsp olive oil (5ml)
- 1 tbsp fresh dill (4g)
- 1 tbsp pomegranate seeds (10g)
- Pinch of salt and black pepper

Instructions:

1. Sear lamb in olive oil over medium heat for 5 minutes.
2. Add onion, zucchini, tomatoes, salt, and pepper. Cover and simmer for 20–25 minutes until tender.
3. Stir in dill before serving and garnish with pomegranate.

Serving Suggestion:

Tastes great with herbed couscous or roasted carrots.

Nutritional Facts (Per Serving):

Calories: 352 | Carbs: 13g | Protein: 24g | Fat: 25g | Fiber: 3g | Sugar: 4g | Sodium: 80mg



Spinach & Rice Pilaf with Chickpeas & Lemon Zest

Prep: 10 minutes | Cook: 20 minutes | Serves: 1

Ingredients:

- 1/2 cup cooked brown rice (90g)
- 1 cup spinach, chopped (30g)
- 1/2 cup cooked chickpeas (90g)
- 1/2 tsp lemon zest
- 1 tsp olive oil (5ml)
- 1/4 tsp ground cumin
- 1 garlic clove, minced (3g)
- Pinch of salt and black pepper

Instructions:

1. Heat olive oil in a skillet. Add garlic and cumin, sauté 1 minute.
2. Stir in rice, chickpeas, and spinach. Cook 4–5 minutes until heated through and spinach wilted.
3. Stir in lemon zest and season to taste.

Serving Suggestion:

Pairs beautifully with a dollop of Greek yogurt.

Nutritional Facts (Per Serving):

Calories: 316 | Carbs: 49g | Protein: 11g | Fat: 9g | Fiber: 8g | Sugar: 2g | Sodium: 60mg



Beef & Olive Stew with Roasted Garlic & Carrots

Prep: 10 minutes | Cook: 30 minutes | Serves: 1

Ingredients:

- 100g lean beef, cubed
- 1 medium carrot, sliced (80g)
- 1 tbsp green or black olives, sliced (15g)
- 1/2 cup crushed tomatoes (120g)
- 1/4 small onion, chopped (30g)
- 1 garlic clove, roasted and mashed (3g)
- 1 tsp olive oil (5ml)
- Pinch of salt and black pepper

Instructions:

1. Heat olive oil in a pot. Brown beef for 5–6 minutes.
2. Add onion and carrots. Cook 5 more minutes.
3. Stir in tomatoes, olives, and a pinch of salt. Simmer 15–20 minutes.
4. Stir in roasted garlic at the end and adjust seasoning.

Serving Suggestion:

Best with bulgur or whole grain flatbread.

Nutritional Facts (Per Serving):

Calories: 361 | Carbs: 19g | Protein: 29g | Fat: 20g | Fiber: 4g | Sugar: 6g | Sodium: 280mg



Chickpea Tagine with Apricots, Almonds & Cinnamon

Prep: 10 minutes | Cook: 20 minutes | Serves: 1

Ingredients:

- 1/2 cup cooked chickpeas (90g)
- 1/4 cup chopped tomatoes (60g)
- 3 dried apricots, chopped (20g)
- 1 tbsp sliced almonds (10g)
- 1/4 small onion, diced (30g)
- 1/2 garlic clove, minced (2g)
- 1/4 tsp ground cinnamon
- 1 tsp olive oil (5ml)
- Pinch of salt and black pepper

Instructions:

1. Sauté onion and garlic in olive oil for 2–3 minutes.
2. Add chickpeas, tomatoes, apricots, cinnamon, salt, and pepper. Simmer for 15 minutes.
3. Stir in almonds just before serving.

Serving Suggestion:

Delicious over couscous or with a spoonful of yogurt.

Nutritional Facts (Per Serving):

Calories: 341 | Carbs: 46g | Protein: 11g | Fat: 14g | Fiber: 9g | Sugar: 10g | Sodium: 100mg



White Bean & Kale Soup with Rosemary-Lemon Oil

Prep: 10 minutes | Cook: 20 minutes | Serves: 1

Ingredients:

- 1/2 cup cooked white beans (90g)
- 1 cup chopped kale or chard (30g)
- 1/4 small onion, chopped (30g)
- 1/2 garlic clove, minced (2g)
- 1 1/4 cups vegetable broth (300ml)
- 1 tsp olive oil (5ml)
- 1/4 tsp lemon zest
- 1/4 tsp chopped rosemary
- Pinch of salt and black pepper

Instructions:

1. Sauté onion and garlic in olive oil for 2–3 minutes.
2. Add beans, kale, broth, salt, and pepper. Simmer 12–15 minutes.
3. Stir in rosemary and lemon zest at the end.

Serving Suggestion:

Enjoy with whole grain crackers or a slice of rye.

Nutritional Facts (Per Serving):

Calories: 208 | Carbs: 29g | Protein: 9g | Fat: 6g | Fiber: 6g | Sugar: 2g | Sodium: 220mg



Red Lentil & Sweet Pepper Stew with Cumin Drizzle

Prep: 10 minutes | Cook: 20 minutes | Serves: 1

Ingredients:

- 1/2 cup red lentils (100g cooked)
- 1/2 red bell pepper, diced (60g)
- 1/4 small onion, chopped (30g)
- 1 garlic clove, minced (3g)
- 1 cup water or light broth (240ml)
- 1 tsp olive oil (5ml)
- 1/4 tsp ground cumin
- Pinch of salt and black pepper

Instructions:

1. Sauté onion, garlic, and cumin in olive oil for 2 minutes.
2. Add lentils, pepper, water, salt, and pepper. Simmer for 15 minutes, stirring occasionally.
3. Adjust seasoning and serve hot.

Serving Suggestion:

Serve with a spoon of yogurt or lemon wedge on the side.

Nutritional Facts (Per Serving):

Calories: 203 | Carbs: 28g | Protein: 10g | Fat: 6g | Fiber: 6g | Sugar: 3g | Sodium: 180mg

CHAPTER 14: Savory Bites & Small Plates



Roasted Cauliflower Florets with Lemon & Smoked Paprika

Prep: 5 minutes | Cook: 15 minutes | Serves: 1

Ingredients:

- 1 cup cauliflower florets (100g)
- 1 tsp olive oil (5ml)
- 1/4 tsp smoked paprika
- 1/2 tsp lemon juice (2ml)
- 1/4 tsp lemon zest
- Pinch of sea salt and black pepper

Instructions:

1. Preheat oven to 400°F (200°C).
2. Toss cauliflower with olive oil, paprika, lemon juice, zest, salt, and pepper.
3. Spread on a baking tray and roast for 12–15 minutes until golden and tender.

Serving Suggestion:

Enjoy warm with a few chopped parsley leaves.

Nutritional Facts (Per Serving):

Calories: 72 | Carbs: 6g | Protein: 2g | Fat: 5g | Fiber: 2g | Sugar: 2g | Sodium: 150mg



Baby Peppers with Herbed Feta & Pomegranate Seeds

Prep: 5 minutes | Cook: 0 minutes | Serves: 1

Ingredients:

- 3 small sweet baby peppers, halved (90g)
- 2 tbsp crumbled feta cheese (30g)
- 1/2 tsp chopped fresh mint
- 1 tbsp pomegranate seeds (10g)
- Pinch of black pepper

Instructions:

1. Fill pepper halves with feta.
2. Top with mint and pomegranate seeds.
3. Sprinkle with black pepper before serving.

Serving Suggestion:

Chill before serving for a crisp refreshing bite.

Nutritional Facts (Per Serving):

Calories: 118 | Carbs: 10g | Protein: 5g | Fat: 7g | Fiber: 2g | Sugar: 5g | Sodium: 280mg



Warm Marinated Olives with Orange Zest & Thyme

Prep: 5 minutes | Cook: 5 minutes | Serves: 1

Ingredients:

- 1/4 cup mixed olives (40g)
- 1/2 tsp olive oil (2ml)
- 1/4 tsp orange zest
- 1/4 tsp chopped fresh thyme
- Pinch of crushed red pepper flakes (optional)

Instructions:

1. Gently warm olives in a small pan with olive oil for 2–3 minutes.
2. Stir in orange zest, thyme, and pepper flakes.
3. Remove from heat and rest 1–2 minutes before serving.

Serving Suggestion:

Serve with toothpicks as a savory bite between meals.

Nutritional Facts (Per Serving):

Calories: 90 | Carbs: 1g | Protein: 0g | Fat: 10g | Fiber: 1g | Sugar: 0g | Sodium: 350mg



Spiced Chickpea Crunch with Sea Salt & Sumac

Prep: 5 minutes | Cook: 20 minutes | Serves: 1

Ingredients:

- 1/2 cup canned chickpeas, drained and patted dry (80g)
- 1/2 tsp olive oil (2ml)
- 1/4 tsp ground cumin
- 1/4 tsp ground sumac
- Pinch of sea salt

Instructions:

1. Preheat oven to 400°F (200°C).
2. Toss chickpeas with olive oil, cumin, sumac, and salt.
3. Spread on a tray and roast 18–20 minutes, shaking halfway through.

Serving Suggestion:

Let cool for a crispy texture and store in an airtight container.

Nutritional Facts (Per Serving):

Calories: 150 | Carbs: 23g | Protein: 6g | Fat: 5g | Fiber: 5g | Sugar: 1g | Sodium: 180mg



Zucchini Coins with Za'atar & Yogurt Drizzle

Prep: 5 minutes | Cook: 10 minutes | Serves: 1

Ingredients:

- 1/2 medium zucchini, sliced into coins (80g)
- 1/2 tsp olive oil (2ml)
- 1/4 tsp za'atar
- 2 tbsp plain Greek yogurt (30g)
- 1/4 tsp lemon juice
- Pinch of salt and black pepper

Instructions:

1. Sauté zucchini slices in olive oil for 4–5 minutes per side until lightly golden.
2. Mix yogurt with lemon juice, salt, and pepper.
3. Drizzle yogurt over warm zucchini and sprinkle with za'atar.

Serving Suggestion:

Serve as a warm or room-temp bite with flatbread chips.

Nutritional Facts (Per Serving):

Calories: 65 | Carbs: 5g | Protein: 4g | Fat: 4g | Fiber: 1g | Sugar: 2g | Sodium: 170mg



Smoky Eggplant Purée with Toasted Pine Nuts

Prep: 5 minutes | Cook: 15 minutes | Serves: 1

Ingredients:

- 1/2 small eggplant, roasted (100g)
- 1/2 garlic clove, minced (2g)
- 1/2 tsp lemon juice (2ml)
- 1/2 tsp olive oil (2ml)
- 1/2 tbsp pine nuts, toasted (5g)
- Pinch of smoked paprika
- Pinch of salt and black pepper

Instructions:

1. Roast eggplant at 400°F (200°C) for 15 minutes, then scoop flesh into a bowl.
2. Mash with garlic, lemon juice, olive oil, paprika, salt, and pepper.
3. Top with toasted pine nuts before serving.

Serving Suggestion:

Serve with sliced cucumber or thin crackers.

Nutritional Facts (Per Serving):

Calories: 80 | Carbs: 8g | Protein: 2g | Fat: 6g | Fiber: 3g | Sugar: 2g | Sodium: 160mg



Roasted Cherry Tomatoes with Labneh & Basil Oil

Prep: 5 minutes | Cook: 10 minutes | Serves: 1

Ingredients:

- 1/2 cup cherry tomatoes, halved (80g)
- 1/4 tsp olive oil (1ml)
- 1/4 tsp balsamic vinegar
- 2 tbsp labneh (30g)
- 1 tsp chopped basil
- 1/4 tsp olive oil (1ml)
- Pinch of salt and black pepper

Instructions:

1. Roast cherry tomatoes at 375°F (190°C) with olive oil and balsamic for 10 minutes.
2. Spread labneh on a small plate.
3. Top with warm tomatoes, basil, and a drizzle of olive oil.

Serving Suggestion:

Delightful with whole grain toast points or endive leaves.

Nutritional Facts (Per Serving):

Calories: 94 | Carbs: 5g | Protein: 4g | Fat: 7g | Fiber: 1g | Sugar: 3g | Sodium: 190mg



Carrot Ribbons with Spicy Harissa Yogurt Dip

Prep: 5 minutes | Cook: 0 minutes | Serves: 1

Ingredients:

- 1 medium carrot, shaved into ribbons (80g)
- 2 tbsp plain Greek yogurt (30g)
- 1/4 tsp harissa paste
- 1/4 tsp lemon juice
- 1/4 tsp olive oil (1ml)
- Pinch of salt

Instructions:

1. Mix yogurt with harissa, lemon juice, olive oil, and salt to make dip.
2. Serve carrot ribbons alongside for dipping.

Serving Suggestion:

Also works great with celery or bell pepper sticks.

Nutritional Facts (Per Serving):

Calories: 68 | Carbs: 10g | Protein: 3g | Fat: 3g | Fiber: 3g | Sugar: 5g | Sodium: 150mg

CHAPTER 15: Sweet & Nutty Nibbles



Medjool Dates with Pistachio Dust & Rose Water

Prep: 5 minutes | Cook: 0 minutes | Serves: 1

Ingredients:

- 2 large Medjool dates (40g)
- 1 tsp crushed pistachios (5g)
- 1/4 tsp rose water
- Pinch of cinnamon (optional)

Instructions:

1. Slice dates open and drizzle lightly with rose water.
2. Sprinkle with pistachio dust and cinnamon if using.
3. Serve immediately.

Serving Suggestion:

Perfect with mint tea or espresso for an elegant finish.

Nutritional Facts (Per Serving):

Calories: 163 | Carbs: 38g | Protein: 2g | Fat: 3g | Fiber: 4g | Sugar: 32g | Sodium: 2mg



Figs with Ricotta & Crushed Almonds

Prep: 5 minutes | Cook: 0 minutes | Serves: 1

Ingredients:

- 2 fresh figs, halved (80g)
- 2 tbsp ricotta cheese (30g)
- 1/2 tbsp crushed almonds (5g)
- Pinch of lemon zest

Instructions:

1. Top fig halves with ricotta.
2. Sprinkle with crushed almonds and lemon zest.
3. Chill briefly or serve at room temperature.

Serving Suggestion:

Enhance with a light drizzle of honey or orange blossom water.

Nutritional Facts (Per Serving):

Calories: 155 | Carbs: 17g | Protein: 4g | Fat: 8g | Fiber: 3g | Sugar: 13g | Sodium: 40mg



Dried Apricots with Tahini & Sesame Crumble

Prep: 5 minutes | Cook: 0 minutes | Serves: 1

Ingredients:

- 4 dried apricots (40g)
- 1 tsp tahini (5g)
- 1/2 tsp crushed sesame seeds (2g)
- Pinch of cinnamon

Instructions:

1. Place apricots on a small plate.
2. Top each with a small dot of tahini.
3. Sprinkle with sesame and cinnamon.

Serving Suggestion:

Enjoy with hot green tea or chilled chamomile infusion.

Nutritional Facts (Per Serving):

Calories: 137 | Carbs: 27g | Protein: 2g | Fat: 4g | Fiber: 4g | Sugar: 21g | Sodium: 5mg



Chilled Grapes with Crushed Walnuts & Mint

Prep: 5 minutes | Cook: 0 minutes | Serves: 1

Ingredients:

- 1/2 cup seedless red grapes (80g)
- 1 tbsp crushed walnuts (7g)
- 3–4 small mint leaves, chopped
- 1/2 tsp lemon juice

Instructions:

1. Chill grapes in the fridge for 15 minutes.
2. Toss with lemon juice and mint.
3. Top with crushed walnuts before serving.

Serving Suggestion:

Serve in a chilled glass for extra elegance.

Nutritional Facts (Per Serving):

Calories: 104 | Carbs: 16g | Protein: 2g | Fat: 5g | Fiber: 1g | Sugar: 12g | Sodium: 0mg



Fresh Pear Wedges with Honey-Lemon Yogurt Swirl

Prep: 5 minutes | Cook: 0 minutes | Serves: 1

Ingredients:

- 1 small ripe pear, sliced (100g)
- 2 tbsp plain Greek yogurt (30g)
- 1/2 tsp honey (3g)
- 1/4 tsp lemon zest

Instructions:

1. Whisk yogurt with honey and lemon zest until smooth.
2. Arrange pear wedges on a small plate.
3. Drizzle yogurt swirl over fruit just before serving.

Serving Suggestion:

Top with crushed pistachios for added crunch.

Nutritional Facts (Per Serving):

Calories: 92 | Carbs: 19g | Protein: 3g | Fat: 2g | Fiber: 3g | Sugar: 12g | Sodium: 15mg



Baked Apple Slices with Cinnamon & Toasted Seeds

Prep: 5 minutes | Cook: 15 minutes | Serves: 1

Ingredients:

- 1 small apple, thinly sliced (100g)
- 1/2 tsp olive oil (2ml)
- 1/4 tsp ground cinnamon
- 1/2 tbsp mixed sunflower and pumpkin seeds (5g)

Instructions:

1. Preheat oven to 375°F (190°C).
2. Toss apple slices with olive oil and cinnamon.
3. Bake on parchment for 12–15 minutes.
4. Top with seeds just before serving.

Serving Suggestion:

Serve warm with a spoonful of Greek yogurt.

Nutritional Facts (Per Serving):

Calories: 100 | Carbs: 16g | Protein: 2g | Fat: 5g | Fiber: 3g | Sugar: 11g | Sodium: 2mg



Almond-Stuffed Prunes with Orange Essence

Prep: 5 minutes | Cook: 0 minutes | Serves: 1

Ingredients:

- 4 large prunes (40g)
- 4 whole almonds (6g)
- 1/4 tsp orange blossom water or zest

Instructions:

1. Gently stuff each prune with one almond.
2. Sprinkle or brush lightly with orange blossom water or zest.
3. Serve slightly chilled.

Serving Suggestion:

Pairs well with herbal tea or dark chocolate shavings.

Nutritional Facts (Per Serving):

Calories: 131 | Carbs: 26g | Protein: 2g | Fat: 3g | Fiber: 4g | Sugar: 18g | Sodium: 0mg



Olive Oil & Fig Energy Bites with Sunflower Seeds

Prep: 5 minutes | Cook: 0 minutes | Serves: 1

Ingredients:

- 2 dried figs, chopped (40g)
- 1 tsp olive oil (5ml)
- 1 tbsp rolled oats (7g)
- 1 tsp sunflower seeds (4g)
- Pinch of cinnamon

Instructions:

1. Combine chopped figs, oats, seeds, cinnamon, and olive oil.
2. Form into two small balls or rounds.
3. Refrigerate 10 minutes before serving.

Serving Suggestion:

Serve with fresh mint or a slice of orange on the side.

Nutritional Facts (Per Serving):

Calories: 202 | Carbs: 32g | Protein: 3g | Fat: 8g | Fiber: 5g | Sugar: 22g | Sodium: 2mg

CHAPTER 16: DESSERTS Fruit-Forward Indulgences



Roasted Peaches with Basil & Honeyed Balsamic

Prep: 5 minutes | Cook: 10 minutes | Serves: 1

Ingredients:

- 1 small peach, halved and pitted (100g)
- 1/2 tsp olive oil (2ml)
- 1/2 tsp honey (3g)
- 1/2 tsp balsamic vinegar (2ml)
- 3 small fresh basil leaves, torn

Instructions:

1. Preheat oven to 375°F (190°C).
2. Drizzle peach halves with olive oil and roast for 10 minutes.
3. Mix honey and balsamic. Spoon over peaches and top with basil.

Serving Suggestion:

Serve warm with a spoonful of Greek yogurt or ricotta.

Nutritional Facts (Per Serving):

Calories: 69 | Carbs: 13g | Protein: 1g | Fat: 2g | Fiber: 2g | Sugar: 11g | Sodium: 2mg



Poached Pears with Saffron & Crushed Pistachios

Prep: 5 minutes | Cook: 15 minutes | Serves: 1

Ingredients:

- 1 small firm pear, peeled (100g)
- 1/2 cup water (120ml)
- 2 threads saffron
- 1/4 tsp honey (1g)
- 1 tsp crushed pistachios (5g)

Instructions:

1. Bring water and saffron to a light simmer. Add pear and poach for 12–15 minutes.
2. Remove pear and reduce liquid slightly. Stir in honey.
3. Serve pear with syrup and sprinkle with pistachios.

Serving Suggestion:

Delicious chilled or warm, paired with green tea.

Nutritional Facts (Per Serving):

Calories: 89 | Carbs: 17g | Protein: 1g | Fat: 3g | Fiber: 4g | Sugar: 11g | Sodium: 2mg



Fresh Melon with Feta, Mint & Olive Oil Drizzle

Prep: 5 minutes | Cook: 0 minutes | Serves: 1

Ingredients:

- 1 cup diced cantaloupe or honeydew melon (130g)
- 1/2 tsp olive oil (2ml)
- 1 tbsp crumbled feta cheese (15g)
- 3–4 fresh mint leaves, chopped
- Pinch of black pepper

Instructions:

1. Place melon in a serving bowl.
2. Top with feta, mint, and a drizzle of olive oil.
3. Sprinkle with black pepper and serve cold.

Serving Suggestion:

A refreshing mid-afternoon dessert or light summer finish.

Nutritional Facts (Per Serving):

Calories: 104 | Carbs: 11g | Protein: 2g | Fat: 5g | Fiber: 1g | Sugar: 10g | Sodium: 130mg



Stewed Berries with Rosewater & Yogurt Cream

Prep: 5 minutes | Cook: 5 minutes | Serves: 1

Ingredients:

- 1/2 cup mixed berries, fresh or frozen (80g)
- 1 tsp honey (5g)
- 1/4 tsp rosewater
- 2 tbsp Greek yogurt (30g)

Instructions:

1. Simmer berries with 1 tbsp water and honey for 4–5 minutes until softened.
2. Stir in rosewater and let cool slightly.
3. Serve with a dollop of yogurt.

Serving Suggestion:

Serve in a small glass for a layered parfait effect.

Nutritional Facts (Per Serving):

Calories: 90 | Carbs: 13g | Protein: 3g | Fat: 2g | Fiber: 2g | Sugar: 11g | Sodium: 10mg



Figs with Toasted Hazelnuts & Citrus Ricotta

Prep: 5 minutes | Cook: 0 minutes | Serves: 1

Ingredients:

- 2 fresh figs, halved (80g)
- 2 tbsp ricotta cheese (30g)
- 1/2 tsp orange zest
- 1 tsp crushed toasted hazelnuts (5g)

Instructions:

1. Spoon ricotta over fig halves.
2. Top with orange zest and crushed hazelnuts.
3. Serve slightly chilled or at room temperature.

Serving Suggestion:

Enhance with a drop of honey or orange blossom water.

Nutritional Facts (Per Serving):

Calories: 126 | Carbs: 15g | Protein: 3g | Fat: 7g | Fiber: 2g | Sugar: 10g | Sodium: 15mg



Warm Plum Compote with Cinnamon Labneh

Prep: 5 minutes | Cook: 10 minutes | Serves: 1

Ingredients:

- 1 small plum, sliced (90g)
- 1/4 tsp honey (1g)
- 1/8 tsp ground cinnamon
- 2 tbsp labneh (30g)

Instructions:

1. Simmer plum slices in 1 tbsp water with honey and cinnamon for 8–10 minutes.
2. Serve warm over labneh.

Serving Suggestion:

Garnish with crushed pistachios or mint for a colorful touch.

Nutritional Facts (Per Serving):

Calories: 103 | Carbs: 13g | Protein: 3g | Fat: 5g | Fiber: 1g | Sugar: 10g | Sodium: 20mg



Baked Oranges with Cardamom & Almond Topping

Prep: 5 minutes | Cook: 10 minutes | Serves: 1

Ingredients:

- 1 small orange, peeled and sliced (100g)
- 1/4 tsp olive oil (1ml)
- 1/8 tsp ground cardamom
- 1/2 tbsp sliced almonds (5g)

Instructions:

1. Preheat oven to 375°F (190°C).
2. Arrange orange slices in a baking dish, drizzle with olive oil, and sprinkle with cardamom.
3. Top with almonds and bake for 10 minutes.

Serving Suggestion:

Serve warm or chilled, with Greek yogurt or labneh.

Nutritional Facts (Per Serving):

Calories: 91 | Carbs: 13g | Protein: 1g | Fat: 4g | Fiber: 2g | Sugar: 9g | Sodium: 1mg



Grape & Pomegranate Parfait with Vanilla Yogurt

Prep: 5 minutes | Cook: 0 minutes | Serves: 1

Ingredients:

- 1/3 cup seedless grapes, halved (60g)
- 2 tbsp pomegranate seeds (20g)
- 2 tbsp vanilla Greek yogurt (30g)

Instructions:

1. Layer grapes, yogurt, and pomegranate seeds in a small glass.
2. Serve immediately or chill briefly before serving.

Serving Suggestion:

Top with crushed walnuts for added texture.

Nutritional Facts (Per Serving):

Calories: 90 | Carbs: 17g | Protein: 3g | Fat: 1g | Fiber: 1g | Sugar: 11g | Sodium: 15mg

CHAPTER 17: Creamy, Dreamy Mediterranean Treats



Labneh Cream with Roasted Apricots & Almond Crumble

Prep: 5 minutes | Cook: 10 minutes | Serves: 1

Ingredients:

- 1 small apricot, halved (60g)
- 2 tbsp labneh (30g)
- 1/2 tsp olive oil (2ml)
- 1 tsp crushed almonds (5g)
- Pinch of cinnamon

Instructions:

1. Roast apricot halves at 375°F (190°C) for 10 minutes with a touch of olive oil.
2. Spread labneh on a small plate.
3. Top with warm apricots, crushed almonds, and cinnamon.

Serving Suggestion:

Pairs beautifully with mint tea or a spoonful of pomegranate syrup.

Nutritional Facts (Per Serving):

Calories: 148 | Carbs: 10g | Protein: 4g | Fat: 10g | Fiber: 1g | Sugar: 6g | Sodium: 25mg



Chilled Almond Milk Pudding with Rose Petals

Prep: 5 minutes | Cook: 5 minutes + Chill: 30 minutes | Serves: 1

Ingredients:

- 3/4 cup unsweetened almond milk (180ml)
- 1/2 tbsp cornstarch (4g)
- 1/2 tsp honey (3g)
- 1/4 tsp rose water
- 2–3 edible rose petals (dried or fresh)

Instructions:

1. Whisk almond milk with cornstarch and honey in a small saucepan.
2. Heat over medium until thickened, about 4–5 minutes.
3. Remove from heat, stir in rose water, and chill for 30 minutes.
4. Garnish with rose petals before serving.

Serving Suggestion:

Add a sprinkle of ground pistachio for a finishing touch.

Nutritional Facts (Per Serving):

Calories: 59 | Carbs: 7g | Protein: 1g | Fat: 3g | Fiber: 0g | Sugar: 3g | Sodium: 80mg



Lemon-Lavender Yogurt with Fresh Strawberries

Prep: 5 minutes | Cook: 0 minutes | Serves: 1

Ingredients:

- 1/2 cup strawberries, sliced (80g)
- 2 tbsp plain Greek yogurt (30g)
- 1/4 tsp lemon zest
- Pinch of dried edible lavender
- 1/2 tsp honey (3g)

Instructions:

1. Stir lemon zest and honey into yogurt.
2. Top with fresh strawberries and a pinch of lavender.
3. Serve immediately.

Serving Suggestion:

Serve in a chilled bowl with a mint leaf for color.

Nutritional Facts (Per Serving):

Calories: 89 | Carbs: 9g | Protein: 3g | Fat: 2.5g | Fiber: 2g | Sugar: 5g | Sodium: 15mg



Frozen Yogurt Bites with Chia & Crushed Pistachios

Prep: 5 minutes | Freeze: 60 minutes | Serves: 1

Ingredients:

- 2 tbsp plain Greek yogurt (30g)
- 1/2 tsp honey (3g)
- 1/2 tsp chia seeds (2g)
- 1 tsp crushed pistachios (5g)

Instructions:

1. Mix yogurt with honey and chia seeds.
2. Spoon into silicone molds or onto parchment in small dollops.
3. Top with pistachios and freeze for 1 hour.

Serving Suggestion:

Serve straight from freezer as a cool summer treat.

Nutritional Facts (Per Serving):

Calories: 99 | Carbs: 6g | Protein: 4g | Fat: 6g | Fiber: 1g | Sugar: 3g | Sodium: 15mg



Orange Ricotta Mousse with Sesame-Honey Glaze

Prep: 5 minutes | Chill: 20 minutes | Serves: 1

Ingredients:

- 3 tbsp ricotta cheese (45g)
- 1/2 tsp honey (3g)
- 1/2 tsp orange zest
- 1/4 tsp toasted sesame seeds

Instructions:

1. Whip ricotta with orange zest until fluffy.
2. Chill in the fridge for 20 minutes.
3. Drizzle with honey and sprinkle with sesame seeds.

Serving Suggestion:

Serve with orange slices or a dusting of cinnamon.

Nutritional Facts (Per Serving):

Calories: 96 | Carbs: 4g | Protein: 4g | Fat: 6.5g | Fiber: 0g | Sugar: 3g | Sodium: 20mg



Olive Oil Cake with Citrus & Poppy Seeds

Prep: 5 minutes | Cook: 15 minutes | Serves: 1

Ingredients:

- 2 tbsp whole wheat flour (16g)
- 1/2 tsp poppy seeds
- 1/2 tbsp almond flour (6g)
- 1 tsp olive oil (5ml)
- 1/4 tsp baking powder
- 1 tsp honey (5g)
- 1/2 tsp orange or lemon zest
- 1 tbsp almond milk (15ml)

Instructions:

1. Mix dry ingredients in a small bowl.
2. Stir in oil, honey, and milk until smooth.
3. Spoon into a ramekin and bake at 350°F (175°C) for 15 minutes.

💡 Serving Suggestion:

Serve warm with fresh berries or a spoon of yogurt.

Nutritional Facts (Per Serving):

Calories: 162 | Carbs: 17g | Protein: 3.5g | Fat: 8g | Fiber: 2g | Sugar: 5g | Sodium: 60mg



Pistachio Yogurt Cream with Berries & Mint

Prep: 5 minutes | Cook: 0 minutes | Serves: 1

Ingredients:

- 2 tbsp plain Greek yogurt (30g)
- 1/2 tsp honey (3g)
- 1 tsp ground pistachios (5g)
- 1/4 cup fresh mixed berries (40g)
- 2 mint leaves, chopped

Instructions:

1. Whisk yogurt with honey and half the pistachios.
2. Top with berries and mint.
3. Sprinkle remaining pistachios before serving.

Serving Suggestion:

Serve in a small glass for an elegant touch.

Nutritional Facts (Per Serving):

Calories: 87 | Carbs: 10g | Protein: 4g | Fat: 4g |
Fiber: 1g | Sugar: 6g | Sodium: 15mg



Honeyed Fig & Ricotta Cups with Toasted Oats

Prep: 5 minutes | Cook: 2 minutes | Serves: 1

Ingredients:

- 2 dried figs, chopped (40g)
- 2 tbsp ricotta cheese (30g)
- 1 tsp rolled oats (4g)
- 1/2 tsp honey (3g)
- Pinch of cinnamon

Instructions:

1. Toast oats in a dry pan for 2 minutes until golden.
2. Spoon ricotta into a small bowl or cup, top with figs.
3. Drizzle with honey and finish with oats and cinnamon.

💡 Serving Suggestion:

Garnish with orange zest or a mint leaf for freshness.

Nutritional Facts (Per Serving):

Calories: 210 | Carbs: 33g | Protein: 4g | Fat: 6.5g |
Fiber: 4g | Sugar: 23g | Sodium: 25mg

CHAPTER 18: BONUSES

Your 30-Day Grocery Shopping Plan for 1 People Simple Planning for a Healthy Mediterranean Lifestyle

This 30-day grocery plan was designed to make healthy eating feel easy, not overwhelming. Whether you're cooking for yourself and a partner, a friend, or simply doubling up for batch cooking, this guide simplifies your routine with weekly grocery lists tailored for two people.

Each list includes fresh, unprocessed ingredients that support the Mediterranean diet principles: colorful vegetables, heart-healthy fats, lean proteins, whole grains, and naturally low-sodium options.

We've broken everything down by week, so you can shop with clarity and purpose. The meals are planned to reduce food waste, avoid repetition, and keep your taste buds excited from Day 1 to Day 30.

Keep an eye out for high-sodium items in packaged foods — like canned goods or sauces — and choose low- or no-salt versions when possible. And feel free to swap ingredients or adjust quantities to match your preferences, dietary needs, or seasonal availability.

Cooking for two has never felt this balanced, fresh, and joyful.

Let's begin.

Week 1: Days 7 • For 1 People • US & UK Format

• **Meat & Poultry**

- Chicken breast (boneless, skinless) – 1 lb / 450 g (Lemon-Herb Chicken with Roasted Artichokes – p.40)
- Ground turkey – 1 lb / 450 g (Turkey Kofta – p.45)
- Chicken thighs – 1 lb / 450 g (Chicken with Caramelized Onions & Saffron Couscous – p.45)

• **Fish & Seafood**

- Salmon fillets – 12 oz / 340 g (Pan-Seared Salmon – p.48)
- Shrimp (peeled, deveined) – 10 oz / 280 g (Garlic Shrimp – p.49; Shrimp with Dill Couscous – p.41)
- Sardines (fresh or canned in olive oil) – 6 fillets (Sardines with Fennel Slaw – p.49)

• **Dairy & Eggs**

- Feta cheese – 6 oz / 170 g (Millet & Sweet Pepper Hash – p.13; Broccoli & Beans – p.55)
- Ricotta cheese – 6 oz / 170 g (Figs with Ricotta – p.64; Ricotta with Spiced Apples – p.18)
- Greek yogurt (plain, full-fat) – 3 cups / 750 g (Minted Yogurt Slaw – p.45; Chickpea Pancake –

p.21; Cinnamon Yogurt – p.27;

Honey-Lemon Yogurt – p.66;

Yogurt Dip – p.63)

- Labneh or thick Greek yogurt – 1 cup / 250 g (Labneh with Herbs – p.17)
- Halloumi cheese – 6 oz / 170 g (Grilled Halloumi – p.29)
- Eggs – 6 large (Chickpea Pancake – p.21; Couscous Chicken – p.45; Labneh Platter – p.17)
- Parmesan – 2 oz / 60 g (Green Beans & Potatoes – p.31)
- **Vegetables**
- Sweet red peppers – 3 large (Millet Hash – p.13; Bell Peppers – p.49)
- Barley or pearl barley – 1 cup / 180 g (Barley Porridge – p.20)
- Spinach – 2 bunches (Chickpea Pancake – p.21; Garlic Shrimp – p.49)
- Eggplant – 2 medium (Balsamic Chicken – p.47; Eggplant Casserole – p.52)
- Cauliflower – 1 medium head (Roasted Cauliflower Florets – p.60)
- Zucchini – 2 medium (Zucchini Coins – p.62)
- Broccoli – 1 large head (Broccoli & White Beans – p.55)
- Green beans – 1 lb / 450 g (Steamed Green Beans – p.31)
- Carrots – 4 medium (Carrot

Ribbons – p.63; Grilled Halloumi – p.29)

- Fennel – 1 bulb (Fennel Slaw – p.49)
- White potatoes – 2 medium (Steamed Green Beans – p.31)
- Tomatoes – 3 medium (Cucumber Slaw – p.45; Garlic Yogurt – p.39)
- Cherry tomatoes – 1 pint (Labneh Platter – p.17)
- Cucumber – 2 large (Cucumber Relish – p.41; Minted Yogurt – p.45)
- Onion – 2 large (Chicken with Saffron Couscous – p.45; Balsamic Chicken – p.47)
- Garlic – 2 bulbs (Various recipes)
- Lemons – 6 medium (Yogurt Drizzle – p.62; Salmon – p.48; Cauliflower – p.60; etc.)
- Fresh herbs (parsley, dill, mint, thyme, basil) – 1 bunch each (Multiple recipes)
- **Fruits**
- Figs (fresh or dried) – 10 whole (Figs with Ricotta – p.64; Barley Porridge – p.20)
- Pears – 3 medium (Honeyed Pears – p.16; Pear Wedges – p.66)
- Apples – 2 medium (Spiced Apples – p.18)
- Prunes (dried plums) – 8 pieces (Almond-Stuffed Prunes – p.67)
- Oranges – 2 medium (Orange

- Essence – p.67)
- Grapes – 1 bunch (Labneh Platter – p.17)
- **Grains, Legumes & Bread**
- Millet – 1 cup / 180 g (Millet Hash – p.13)
- Couscous – 1 cup / 180 g (Saffron Couscous – p.45; Dill Couscous – p.41)
- White beans (cooked or canned) – 2 cups / 400 g (Broccoli & Beans – p.55; Garlic Shrimp – p.49)
- Lentils (brown or green) – 1 cup / 200 g (Eggplant Casserole – p.52)
- Chickpea flour – $\frac{3}{4}$ cup / 90 g (Chickpea Pancake – p.21)
- **Nuts, Seeds & Oils**
- Almonds (whole or slivered) – $\frac{1}{2}$ cup / 75 g (Ricotta – p.18; Barley – p.20; Pears – p.66)
- Walnuts – $\frac{1}{4}$ cup / 35 g (Fig Bowl – p.27)
- Pine nuts – $\frac{1}{4}$ cup / 30 g (Balsamic Chicken – p.47; Eggplant Purée – p.62)
- Olive oil (extra virgin) – 1 bottle (All cooking & drizzles)
- Za'atar spice blend – 1 small jar (Zucchini Coins – p.62)
- Smoked paprika – 1 small jar (Cauliflower – p.60)
- Ground cinnamon – 1 small jar (Cinnamon Yogurt – p.27; Apples – p.18)
- Harissa paste – 1 small jar (Carrot Ribbons – p.63)
- Sumac – 1 small jar (Portobello Yogurt – p.39)
- Sea salt, black pepper – pantry staples

Week 2: Days 8–14 • For 1 People • US & UK Format

- **Meat & Poultry:**
- Ground turkey – 1 lb / 450 g (Turkey & Zucchini Stew with Sweet Peppers, Turkey Meatballs in Oregano Tomato Sauce)
- Chicken breast (boneless, skinless) – 1 lb / 450 g (Chicken & White Bean Sauté with Thyme & Garlic)
- **Fish & Seafood:**
- Tuna steak – 12 oz / 340 g

- (Seared Tuna with Zucchini Purée & Garlic Drizzle)
- Cod fillets – 12 oz / 340 g (Roasted Cod with Smashed Potatoes & Dill Oil)
- Shrimp (peeled and deveined) – 10 oz / 280 g (Shrimp & Farro Bowl with Arugula & Fresh Pesto)
- Mixed seafood (shrimp, squid, white fish) – 12 oz / 340 g (Seafood & Chickpea Stew with Smoked Paprika Broth)
- **Vegetables:**
- Zucchini – 4 medium (Turkey & Zucchini Stew, Seared Tuna with Zucchini Purée, Zucchini Purée)
- Cauliflower – 1 medium head (Cauliflower & Chickpea Curry)
- Sweet peppers (red, yellow) – 4 medium (Sweet Couscous, Turkey Stew)
- Potatoes – 3 medium (Roasted Cod with Smashed Potatoes)
- Eggplant – 2 medium (Mushroom & Bean Ragout, Stuffed Peppers)
- Cherry tomatoes – 1 pint / 300 g (Roasted Cherry Tomatoes with Labneh)
- Tomatoes – 4 medium (Tomato-Caper Dressing, Skillet dishes)
- Cucumber – 2 medium (Yogurt Bowl)
- Carrots – 2 medium (Various stews)
- Sweet potatoes – 2 medium (Sweet Potato & Black Lentil Sauté)
- Green beans – $\frac{1}{2}$ lb / 225 g (Side for bowls and curries)
- Fresh parsley – 1 bunch (Fennel Skillet, Garnishes)
- Fresh mint – 1 bunch (Fresh Melon with Feta, Mint & Olive Oil Drizzle)
- Fresh dill – 1 bunch (Roasted Cod with Dill Oil)
- Fresh coriander (cilantro) – 1 bunch (Chickpea Curry, Tagine)
- Fennel bulb – 1 medium (White Bean & Fennel Skillet)
- Garlic – 2 bulbs (Various recipes)
- Onions (yellow or red) – 6 medium (Various recipes)
- Lemons – 5 medium (Zesty dressings, Tagine, Roasted Peaches)
- Olives (mixed or green) – 1 jar (Warm Marinated Olives)

- Arugula – 1 small bag (Shrimp & Farro Bowl)
- Spinach – 1 small bag (Curry base, Yogurt Bowl)
- Labneh or thick Greek yogurt – 2 cups / 500 g (Labneh with Basil Oil, Chickpea Curry)
- **Fruits:**
- Dried figs – 6 oz / 175 g (Olive Oil & Fig Energy Bites)
- Fresh figs – 6 medium (Energy Bites)
- Dried apricots – 6 oz / 175 g (Chickpea Tagine)
- Raisins – 4 oz / 115 g (Baked Apples)
- Apples – 3 medium (Baked Apples with Almond Crunch)
- Peaches – 2 large (Roasted Peaches with Basil & Balsamic)
- Melon – $\frac{1}{2}$ large (Fresh Melon with Feta & Mint)
- Grapes (red or green) – 1 cup / 150 g (Grape & Pomegranate Parfait)
- Pomegranate seeds – $\frac{1}{2}$ cup / 75 g (Parfait, Peaches)
- Orange – 1 large (Warm Marinated Olives)
- Lemon zest (zest from 2 lemons) (Oatmeal)
- **Grains & Legumes:**
- Quinoa – 1 cup / 180 g (Quinoa with Roasted Peppers)
- Farro – 1 cup / 180 g (Shrimp & Farro Bowl)
- Couscous – $1\frac{1}{2}$ cups / 270 g (Sweet Couscous, Couscous Bowl)
- Brown rice – 1 cup / 180 g (Chickpea Tagine)
- Millet – 1 cup / 180 g (Millet Bake)
- Oats – 1 cup / 90 g (Oatmeal with Orange Zest)
- Chickpeas (cooked or canned) – 2 cans / 800 g (Curry, Tagine, Chickpea Stew)
- White beans (cooked or canned) – 2 cans / 800 g (White Bean Skillet, White Bean Patties)
- Black lentils – 1 cup / 180 g (Sweet Potato Sauté)
- Green or brown lentils – 1 cup / 180 g (Mushroom Ragout)
- Pine nuts – $\frac{1}{4}$ cup / 30 g (Stuffed Peppers)
- Sunflower seeds – $\frac{1}{4}$ cup / 30 g (Energy Bites)

- **Dairy & Eggs:**
- Feta cheese – 8 oz / 225 g (Melon with Feta, Quinoa with Feta)
- Ricotta cheese – 6 oz / 170 g (Figs with Ricotta)
- Greek yogurt (plain, full-fat) – 2 cups / 500 g (Curry drizzle, Yogurt Parfaits)
- Labneh – 1 cup / 240 g (Labneh with Basil Oil)
- Eggs – 6 large (Couscous Bowl, Patties)
- **Nuts, Seeds & Nut Butter:**
- Almonds (whole or chopped) – 1 cup / 150 g (Baked Apples, Yogurt Bowl)
- Chia seeds – ¼ cup / 40 g (Oatmeal with Orange Zest)
- Sesame seeds – ¼ cup / 40 g (Energy Bites)
- Pistachios (optional) – ¼ cup / 40 g (Garnish)
- **Pantry Staples:**
- Olive oil (extra virgin) – 1 bottle (Used throughout the week)
- Honey – 1 small jar (Oatmeal, Roasted Peaches)
- Tahini – 1 small jar (Sweet Potato Sauté, Chickpea Crunch)
- Smoked paprika – 1 small jar (Energy Bites, Stew)
- Ground cinnamon – 1 small jar (Baked Apples, Couscous)
- Sumac – 1 small jar (Chickpea Crunch)
- Cumin – 1 small jar (Curry, Tagine)
- Coriander (ground) – 1 small jar (Curry)
- Salt and black pepper – to taste

Week 3: Days 15–21 • For 1 People • US & UK Format

- **Meat & Poultry:**
- Chicken thighs – 1 lb / 450 g (Chicken with Caramelized Onions & Saffron Couscous)
- Ground turkey – 1 lb / 450 g (Turkey & Zucchini Stew with Sweet Peppers, Turkey Kofta with Minted Yogurt & Cucumber Slaw)
- **Fish & Seafood:**
- Salmon fillets – 12 oz / 340 g (Salmon with Wilted Greens &

- Basil Drizzle)
- Grilled tuna steaks – 8 oz / 225 g (Grilled Tuna with Olive-Lemon Dressing & Wild Greens)
- Raw shrimp (peeled, deveined) – 14 oz / 400 g (Garlic Shrimp with White Beans & Wilted Chard, Shrimp & Spinach in Lemon-Garlic Olive Oil)
- **Dairy & Eggs:**
- Cottage cheese – 1 cup / 250 g (Cottage Cheese with Lentils & Grilled Tomatoes)
- Labneh – 1 cup / 250 g (Roasted Cherry Tomatoes with Labneh & Basil Oil)
- Goat cheese – 4 oz / 115 g (Baked Goat Cheese with Roasted Grapes)
- Greek yogurt (plain, full-fat) – 2 cups / 500 g (Greek Yogurt with Honeyed Pears & Pistachios, Chickpea Flour Pancake with Spinach & Yogurt)
- Feta cheese – 6 oz / 170 g (Sweet Couscous with Dried Fruits & Coconut)
- Eggs – 4 large (Quinoa & Mushroom Skillet with Soft Egg)
- **Grains & Bread:**
- Quinoa – 1 cup / 180 g (Quinoa & Mushroom Skillet with Soft Egg, Sweet Potato & Quinoa Bowl with Tahini-Lime Drizzle)
- Millet – 1 cup / 180 g (Millet Bake with Sun-Dried Tomatoes & Herbs)
- Couscous – 1 cup / 180 g (Sweet Couscous with Dried Fruits & Coconut, Chicken with Caramelized Onions & Saffron Couscous, Spiced Couscous with Spinach & Toasted Seeds)
- Brown rice – 1 cup / 180 g (Spiced Lentils & Roasted Broccoli with Olive Oil Drizzle)
- **Legumes & Canned Goods:**
- Chickpeas (cooked or canned) – 2 cups / 350 g (Chickpea Flour Pancake, Spiced Chickpea Crunch)
- White beans (cooked or canned) – 2 ½ cups / 400 g (Garlic Shrimp with White Beans, Roasted Pepper & White Bean Bowl)
- Lentils (cooked or dry) – 1 ½ cups / 270 g (Cottage Cheese with Lentils, Spiced Lentils & Broccoli)

- Kale – 1 bunch or 4 cups chopped (White Bean & Kale Soup)
- **Vegetables:**
- Tomatoes (fresh) – 6 medium (Grilled Tomatoes, Roasted Cherry Tomatoes, Roasted Pepper Bowl)
- Sweet potatoes – 2 medium (Sweet Potato & Quinoa Bowl)
- Zucchini – 5 medium (Zucchini Spirals, Turkey Stew, Zucchini Purée)
- Red bell peppers – 2 medium (Roasted Pepper Bowl)
- Spinach – 2 bunches or 4 cups (Shrimp with Spinach, Pancake with Spinach)
- Broccoli – 1 large head (Spiced Lentils & Roasted Broccoli)
- Green beans – 1 bunch (Steamed Green Beans & Potatoes)
- Potatoes – 2 medium (Steamed Green Beans & Potatoes)
- Cucumber – 1 large (Minted Yogurt & Cucumber Slaw, Yogurt Bowl)
- Garlic – 2 bulbs (Various recipes)
- Carrots – 2 medium (Carrot Ribbons)
- Onions – 4 medium (Turkey Stew, Chicken with Caramelized Onions)
- Fresh parsley – 1 bunch (White Bean Skillet)
- Fresh basil – 1 bunch (Roasted Cherry Tomatoes, Basil Drizzle)
- **Fruits:**
- Grapes (red or green) – 1 cup / 150 g (Baked Goat Cheese with Roasted Grapes)
- Pears – 3 medium (Greek Yogurt with Honeyed Pears, Fresh Pear Wedges)
- Dates (Medjool) – 6 large (Medjool Dates with Pistachio Dust)
- Dried fruits mix (raisins, apricots, figs) – 1 cup / 150 g (Sweet Couscous, Sesame Crumble)
- Apples – 2 medium (Spiced Apple Filling)
- Prunes (pitted) – 6 pieces (Almond-Stuffed Prunes)
- Lemon – 5 medium (Lemon-Garlic Oil, Lemon-Honey Yogurt, Couscous)
- **Nuts, Seeds & Nut Butters:**

- Pistachios (shelled) – ½ cup / 75 g (Medjool Dates)
- Almonds (whole or chopped) – ½ cup / 75 g (Yogurt Bowl, Sesame Crumble)
- Sesame seeds – 2 tbsp / 20 g (Sesame Crumble)
- Sunflower seeds – 2 tbsp / 20 g (Energy Bites)
- Tahini – 1 small jar (Tahini Sauce, Sesame Crumble)
- Walnuts – ¼ cup / 30 g (Basil-Walnut Pesto)
- **Herbs, Spices & Condiments:**
- Fresh mint – 1 bunch (Fresh Melon with Feta, Minted Yogurt)
- Fresh dill – 1 bunch (Basil Drizzle, Lemon-Garlic Sauce)
- Dried oregano – 1 tsp (Turkey Meatballs)
- Sumac – 1 tsp (Spiced Chickpeas)
- Paprika – 1 tsp (Spiced Chickpeas)
- Ground cinnamon – 1 tsp (Sesame Crumble, Yogurt Bowl)
- Ground cumin – 1 tsp (Lentil Sauté)
- Olive oil (extra virgin) – 1 bottle (Used in nearly all recipes)
- Honey – 1 small jar (Greek Yogurt, Honey-Lemon Yogurt)

Week 4: Days 22–30 • For 1 People • US & UK Format

• **Meat & Poultry**

- Chicken breast (boneless, skinless) – 1 lb / 450 g (Chicken & Zucchini Sheet Pan, Chicken & Cauliflower Rice Skillet)
- Ground turkey – 1 lb / 450 g (Turkey & Eggplant Ragù)
- Lamb stew meat – 12 oz / 340 g (Lamb & Zucchini Stew)

• **Fish & Seafood**

- Cod fillets – 12 oz / 340 g (Roasted Cod with Smashed Potatoes)
- White fish (e.g., haddock or sole) – 10 oz / 280 g (Mediterranean Baked White Fish)

- Shrimp (peeled and deveined) – 10 oz / 280 g (Shrimp & Bell Pepper Skillet)
- Sardines (fresh or canned, boneless) – 2 fillets or 6 oz / 170 g (Sardines with Fennel Slaw)
- Mixed seafood (shrimp, squid, mussels) – 10 oz / 280 g (Seafood & Chickpea Stew)
- **Vegetables**
- Zucchini – 6 medium (Zucchini & Chickpea Bake, Chicken Sheet Pan, Curry, Coins with Za'atar)
- Cauliflower – 2 small heads (Curry, Chicken & Cauliflower Rice Skillet)
- Broccoli – 1 medium head (Broccoli & Quinoa Bowl)
- Red or yellow bell peppers – 4 medium (Shrimp Skillet, Sardines, Baked Fish)
- Cherry tomatoes – 2 cups / 300 g (Chicken Sheet Pan)
- Tomatoes (for roasting or sauce) – 2 medium (Grilled Veg Stack, Eggplant Ragù)
- Butternut squash – 1 small (Skillet with Sage Crumble)
- Artichoke hearts (jarred or canned) – 1 jar / 200 g drained (Lemon-Basil Chicken)
- Fennel bulb – 1 large (Fennel Slaw)
- Baby spinach – 3 cups / 90 g (Seafood Stew, Curry)
- Green beans – 1 1/2 cups / 200 g (Optional with Chicken Sheet Pan)
- Fresh basil – 1 bunch (Chicken Sheet Pan, Grilled Veg Stack, Curry)
- Fresh mint – 1 small bunch (Poached Pears, Parfait)
- Fresh parsley – 1 bunch (Cauliflower Skillet, Curry)
- Fresh dill – 1 small bunch (Roasted Cod)
- Garlic – 2 bulbs (Various Dishes)
- Red onion – 2 medium (Chicken Sheet Pan, Sardines)

- Yellow onion – 3 medium (Ragù, Stew, Skillet)
- Potatoes (Yukon Gold or red) – 3 medium (Roasted Cod)
- **Fruits**
- Grapes (red or green, seedless) – 2 cups / 300 g (Roasted Grapes, Chilled Grapes)
- Bosc or Bartlett pears – 4 large (Poached Pears, Roasted Pears, Pear Wedges)
- Apples – 3 large (Baked Apples with Almond Crunch)
- Banana – 1 large (Quinoa with Banana, Tahini & Sesame)
- Medjool dates – 8 large (With Pistachio Dust)
- Figs (fresh or dried) – 6–8 (Fig Bowl, Energy Bites, Honeyed Cups)
- Lemon – 4 medium (Dressing, Couscous, Skillet, Pear Syrup)
- Pomegranate seeds – 1 cup / 150 g (Lamb Stew, Parfait)
- **Grains & Legumes**
- Quinoa (dry) – 1 1/2 cups / 270 g (Skillet, Broccoli Bowl, Banana Bowl)
- Couscous (dry) – 1 1/2 cups / 270 g (Couscous Bowls, Chicken Couscous)
- Barley flakes or pearl barley – 1 cup / 180 g (Barley Porridge)
- Farro (optional sub for barley) – 1/2 cup / 90 g (Stews or Parfait base)
- White beans (cooked or canned) – 3 cups / 540 g (Skillet, Shrimp, Soup)
- Chickpeas (cooked or canned) – 3 cups / 540 g (Curry, Stew, Energy Bites)
- Lentils (brown or green) – 1 cup / 180 g (Warm Salad, Ragù, Stew)
- **Dairy & Eggs**
- Ricotta cheese – 12 oz / 340 g (Ricotta with Apples, Roasted Pears, Honeyed Cups)
- Goat cheese – 6 oz / 170 g (Grape Salad Crumble)

- Labneh (or Greek yogurt as sub) – 1 cup / 240 g (Labneh recipes, Parfaits)
- Greek yogurt (plain, full-fat) – 2 cups / 500 g (Parfaits, Dips)
- Feta cheese – 6 oz / 170 g (Broccoli Bowl, Halloumi Dish)
- Cottage cheese – 1 cup / 225 g (with Lentils)
- Eggs – 6 large (Boiled Egg Bowl, Mushroom Skillet)
- Halloumi cheese – 8 oz / 225 g (Grilled Halloumi with Veg)
- **Nuts, Seeds & Nut Butters**
- Walnuts – 1/2 cup / 75 g (Chilled Grapes, Pistachio Cream)
- Almonds (sliced or chopped) – 1/2 cup / 75 g (Apple Crunch, Cups, Granola)
- Pistachios (chopped) – 1/2 cup / 75 g (Dates, Roasted Pears)
- Sunflower seeds – 1/3 cup / 50 g (Energy Bites)
- Pine nuts – 1/3 cup / 50 g (Smoky Eggplant, Pesto Veg Stack)
- Sesame seeds – 3 tbsp / 30 g (Banana Quinoa, Apricot Crumble)
- **Pantry Staples**
- Olive oil (extra virgin) – 1 bottle / 500 ml (All Recipes)
- Honey – 1 small jar (Apples, Yogurt Swirls, Poached Pears)
- Tahini – 1 jar (Banana Bowl, Dips, Crumbles)
- Za'atar spice blend – 1 tbsp (Zucchini Coins)
- Cinnamon – 1 tbsp (Apples, Yogurt Bowl, Fig Bowl)
- Rose water – 1 tsp (Medjool Dates)
- Orange zest – 1 orange (Optional for Crumbles or Syrups)
- Sumac – 1 tsp (Optional – for balance in Eggplant & Coins)
- Dried apricots – 1/2 cup / 75 g (Crumbles)
- Raisins – 1/4 cup / 40 g (Apple Bake)
- Vanilla extract – 1 tsp (Parfait)
- Sea salt & black pepper – to taste
- Vegetable stock or broth – 2 cups / 500 ml (Stews, Ragù)



APPENDIX MEASUREMENT CONVERSION

VOLUME EQUIVALENTS (DRY)

US STANDARD	METRIC (APPROXIMATE)
1/8 teaspoon	0.5 mL
1/4 teaspoon	1 mL
1/2 teaspoon	2 mL
3/4 teaspoon	4 mL
1 teaspoon	5 mL
1 tablespoon	15 mL
1/4 cup	59 mL
1/2 cup	118 mL
3/4 cup	177 mL
1 cup	235 mL
2 cups	475 mL
3 cups	700 mL
4 cups	1 L

WEIGHT EQUIVALENTS

US STANDARD	METRIC (APPROXIMATE)
1 ounce	28 g
2 ounces	57 g
5 ounces	142 g
10 ounces	284 g
15 ounces	425 g
16 ounces	455 g
(1 pound)	680 g
1.5 pounds	907 g

VOLUME EQUIVALENTS (LIQUID)

US STANDARD	US STANDARD (OUNCES)	METRIC (APPROXIMATE)
2 tablespoons	1 fl.oz.	30 mL
1/4 cup	2 fl.oz.	60 mL
1/2 cup	4 fl.oz.	120 mL
1 cup	8 fl.oz.	240 mL
1 1/2 cup	12 fl.oz.	355 mL
2 cups or 1 pint	16 fl.oz.	475 mL
4 cups or 1 quart	32 fl.oz.	1 L
1 gallon	128 fl.oz.	4 L

TEMPERATURES EQUIVALENTS

FAHRENHEIT(F)	CELSIUS(C) (APPROXIMATE)
225 °F	107 °C
250 °F	120 °C
275 °F	135 °C
300 °F	150 °C
325 °F	160 °C
350 °F	180 °C
375 °F	190 °C
400 °F	205 °C
425 °F	220 °C
450 °F	235 °C
475 °F	245 °C
500 °F	260 °C