



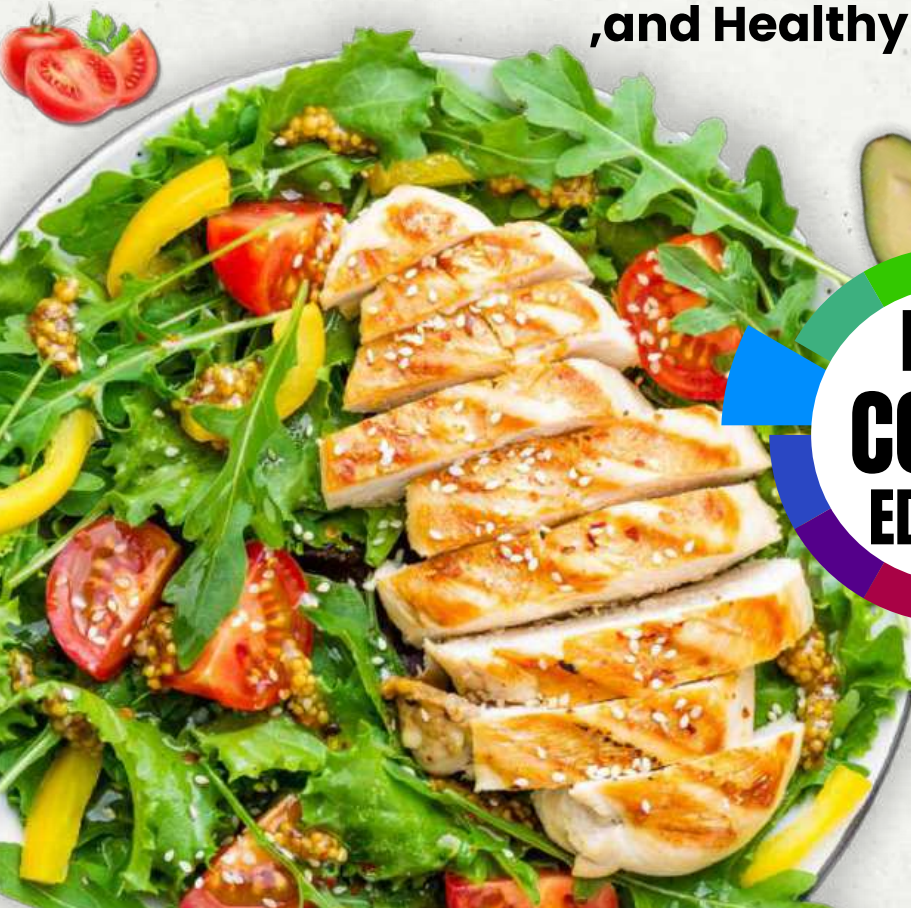
DAKOTA LANE-VESTRA

**2025 EDITION**

# **MEDITERRANEAN DIET COOKBOOK FOR DIABETES**



**Easy ,Delicious Meals To Manage Blood Sugar and Improve  
Health-Practical Guide to Balanced Eating ,Meal Planning  
,and Healthy Living**



**100+**  
**EASY TO FOLLOW  
RECIPES**

**FULL  
COLOR  
EDITION**

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Health-Practical Guide to Balanced Eating ,Meal Planning  
,and Healthy Living**

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**DAKOTA LANE-VESTRA**

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# ----- INTRODUCTION -----

Welcome to Mediterranean Diabetic-Friendly, a cookbook designed to bring the heart-healthy, flavorful traditions of the Mediterranean diet into your kitchen—tailored specifically for individuals managing diabetes. Whether you're newly diagnosed, supporting a loved one, or simply looking for wholesome, balanced meals, this book will guide you toward better blood sugar control without sacrificing taste or enjoyment.

Rooted in the coastal cuisines of countries like Greece, Italy, and Spain, the Mediterranean diet is naturally rich in fresh vegetables, lean proteins, whole grains, legumes, healthy fats (especially olive oil), and a moderate approach to dairy and sweets. These foods not only nourish the body but have also been shown to help maintain steady blood glucose levels, support heart health, and reduce inflammation.

Inside this cookbook, you'll find carefully crafted recipes that follow the principles of the Mediterranean lifestyle while keeping an eye on glycemic impact. Each dish is simple to prepare, affordable, and designed with ingredients that support stable energy, improved digestion, and long-term health.

## **Understanding Blood Glucose and Diabetes**

### **What is Blood Glucose?**

Blood glucose (or blood sugar) is the main type of sugar found in your blood. It comes from the food you eat and is your body's primary source of energy. After you eat, carbohydrates are broken down into glucose and released into the bloodstream. The

hormone insulin, made by your pancreas, helps move this sugar into your cells where it can be used for energy.

## **What is Diabetes?**

Diabetes is a chronic health condition that affects how your body processes blood glucose. There are several types of diabetes, but the most common are:

- **Type 1 Diabetes:** The body does not produce insulin. It typically develops in childhood or adolescence.
- **Type 2 Diabetes:** The body doesn't use insulin properly (insulin resistance) and may not produce enough. This is the most common form and often linked to lifestyle.
- **Prediabetes:** Blood sugar levels are higher than normal but not yet high enough for a diabetes diagnosis.
- **Gestational Diabetes:** Occurs during pregnancy and usually resolves after birth.

## **Why It Matters**

When blood glucose levels are too high over time, it can lead to serious health problems including heart disease, kidney damage, nerve issues, and vision loss. Eating a balanced diet that supports healthy glucose levels is a powerful way to manage or even prevent diabetes.

This cookbook is here to help you do exactly that—deliciously and sustainably.

## BREAKFAST RECIPES

### Avocado Toast with Cherry Tomatoes



**Prep Time:** 10 min



**Cook Time:** 3min



**Serving:** 2

#### Directions:

- Toast the bread until crispy and golden brown.
- Add avocado flesh into the small bowl and mash well. Add lemon juice, garlic powder, salt, and black pepper and mix well. Add 1 tbsp of olive oil and stir well.
- Season the tomato slices with salt, pepper, and dried oregano.
- Spread the mashed avocado on the toasted bread. Add halved cherry tomatoes over mashed avocado.
- Serve and enjoy!



#### Ingredients:

- 1 ripe avocado
- 2 slices of whole wheat bread
- ½ cup cherry tomatoes, halved
- 1 tbsp olive oil
- 1 tbsp lemon juice
- ½ tsp dried oregano
- ¼ tsp garlic powder
- ¼ tsp salt
- ¼ tsp ground black pepper

**Calories 250, Protein 8g, Carbohydrate 28g, Fiber 10g, Fat 16g**

### Egg and Mushroom Cups



**Prep Time:** 10 min



**Cook Time:** 20 min



**Serving:** 2

#### Directions:

- Preheat the oven to 375 degrees F. Grease the muffin tin with olive oil.
- Clean the mushrooms with a damp cloth and remove the stems. Place them in the muffin tin.
- Add olive oil into the skillet and heat it. Add bell pepper and onion and cook for 3 to 4 minutes. Then, add spinach and cook for 1 to 2 minutes. Remove from the heat.
- Add black pepper, salt, and dried oregano and stir well. Crack one egg into each mushroom cup.
- Add vegetable and oregano mixture into the mushroom cup. Then, crack egg into the mixture in each cup. Place the muffin tin into the oven and bake for 15 to 20 minutes.
- When done, remove from the oven.
- Serve and enjoy!



#### Ingredients:

- 4 eggs
- 4 mushrooms
- ¼ cup red onion, diced
- ¼ cup bell pepper, diced
- ¼ cup spinach, chopped
- 1 tbsp olive oil
- 1 tsp dried oregano
- Salt and pepper to taste

**Calories 120, Protein 10g, Carbohydrate 6g, Fiber 2g, Fat 10g**

## BREAKFAST RECIPES

### Greek Yogurt with Walnuts and Berries



**Prep Time:** 5 min



**Cook Time:** 0 min



**Serving:** 2

#### Directions:

- Add Greek yogurt into the bowl. Top with mixed berries, ground flaxseeds, walnuts, and vanilla extract.
- Refrigerate for 1 hour.
- Serve and enjoy!



#### Ingredients:

- 1 cup plain Greek yogurt, unsweetened
- ¼ cup fresh walnuts, chopped
- ½ cup mixed berries
- 1 tbsp ground flaxseed
- 1 tsp vanilla extract

**Calories 200, Protein 18g, Carbohydrate 4g, Fiber 6g, Fat 13g**

### Mediterranean Breakfast Bowl with Quinoa



**Prep Time:** 10 min



**Cook Time:** 15 min



**Serving:** 4

#### Directions:

- Rinse the quinoa under cold water. Add ½ cup of quinoa and almond milk to the saucepan and boil and simmer for 12 to 15 minutes.
- Remove from heat and let it sit for 5 minutes, then fluff with a fork.
- Add cooked quinoa into the bowl. Top with Greek yogurt, chia seeds, olive oil, walnuts, cherry tomatoes, cucumber, olives, and red onion.
- Season with black pepper and salt.
- Serve and enjoy!



#### Ingredients:

- ½ cup quinoa, uncooked
- 1 cup unsweetened almond milk
- ¼ cup Greek yogurt
- 1 tbsp chia seeds
- 1 tbsp olive oil
- 2 tbsp walnuts, chopped
- ¼ cup cucumber, diced
- 2 tbsp cherry tomatoes, halved
- 1 tbsp red onion, thinly sliced
- 1 tbsp kalamata olives, pitted and sliced
- 1 tbsp fresh parsley, chopped
- 1 tsp lemon juice
- Salt and pepper to taste

**Calories 370, Protein 14g, Carbohydrate 5g, Fiber 7g, Fat 22g**

## BREAKFAST RECIPES

### Poached Eggs with Roasted Veggies



**Prep Time:** 15 min



**Cook Time:** 25 min



**Serving:** 2

#### Directions:

- Preheat the oven to 400 degrees F.
- Add the zucchini, bell pepper, eggplant, red onion, and cherry tomatoes with olive oil, oregano, thyme, salt, and pepper onto the baking sheet and toss well.
- Spread the veggies and roast for 20 to 25 minutes.
- Add water to the saucepan and boil it over medium heat.
- Crack each egg into a small bowl, and lower the egg into the water. Repeat for all eggs.
- Poach the eggs for 3-4 minutes. Remove the eggs with a slotted spoon and set them aside on a plate.
- Add roasted veggies onto the plate. Add poached eggs over veggies.
- Drizzle with olive oil. Serve!



#### Ingredients:

- 1 zucchini, sliced into half moons
- 1 bell pepper, sliced
- 1 eggplant, cubed
- ½ red onion, thinly sliced
- 1 cup cherry tomatoes, halved
- 1 tbsp olive oil
- 1 tsp dried oregano
- 1 tsp dried thyme
- Salt and pepper, to taste

#### For the Poached Eggs:

- 4 eggs
- Salt and pepper, to taste

**Calories 350, Protein 19g, Carbohydrate 22g, Fiber 9g, Fat 23g**

### Shakshuka with Feta



**Prep Time:** 10 min



**Cook Time:** 20 min



**Serving:** 4

#### Directions:

- Add 2 tbsp of olive oil into the skillet and heat it. Add bell pepper and onion and cook for 5 to 7 minutes. Add the minced garlic and cook for another minute.
- Add the diced tomatoes, cumin, paprika, coriander, turmeric, salt, and pepper. Stir to combine.
- Pour in the vegetable broth. Let the sauce simmer for 10-12 minutes. Make small wells in the sauce with a spoon. Crack an egg into each well. Cover the skillet and cook for 5-7 minutes.
- Remove the skillet from the heat. Sprinkle the crumbled feta cheese over the top, then drizzle with a little more olive oil.
- Serve!



#### Ingredients:

##### For the Tomato Sauce:

- 2 tbsp olive oil
- 1 onion, chopped
- 1 bell pepper, chopped
- 4 cloves garlic, minced
- 14.5 oz tomatoes, diced
- 1 tsp ground cumin
- 1 tsp paprika
- ½ tsp ground coriander
- ¼ tsp ground turmeric
- Salt and pepper, to taste

- ¼ cup vegetable broth

##### For the Shakshuka:

- 4 eggs
- ½ cup crumbled feta cheese
- 1 tbsp olive oil

**Calories 250, Protein 15g, Carbohydrate 14g, Fiber 6g, Fat 22g**

## BREAKFAST RECIPES

### Breakfast Pita with Hummus and Veggies



**Prep Time:** 10 min



**Cook Time:** 5 min



**Serving:** 4

#### Directions:

- Add olive oil, lemon juice, oregano, salt, and pepper into the bowl and mix well.
- Toast the whole wheat pita in a toaster until crispy.
- Spread the hummus on the top of the toasted pita. Layer the sliced cucumber, tomato, red onion, and roasted red peppers on top of the hummus. Drizzle the dressing over the veggies.
- Serve and enjoy!



#### Ingredients:

- 1 whole wheat pita
- 2 tbsp hummus
- 1 cucumber, thinly sliced
- 1 tomato, diced
- ¼ red onion, thinly sliced
- ¼ cup roasted red peppers, sliced
- 1 tbsp olive oil
- 1 tsp lemon juice
- ½ tsp dried oregano
- 1 tbsp fresh parsley, chopped
- Salt and pepper to taste

**Calories 310, Protein 10g, Carbohydrate 35g, Fiber 7g, Fat 15g**

### Tabbouleh over Avocado Toast



**Prep Time:** 20 min



**Cook Time:** 5 min



**Serving:** 4

#### Directions:

- Add the cauliflower rice, cucumber, tomato, red onion, parsley, and mint into the mixing bowl and mix well.
- Add the lemon juice, olive oil, salt, and pepper. Toss to combine. Keep it aside.
- Toast the slices of whole-grain bread until golden brown and crisp.
- Add avocado into the bowl and mash well. Add black pepper and salt and stir well. Drizzle with olive oil.
- Spread the mashed avocado onto the toasted bread slices.
- Add tabbouleh over each slice of avocado toast.
- Serve!



#### Ingredients:

##### For the Tabbouleh:

- 1 cup of cauliflower rice
- 1 cucumber, finely diced
- 1 tomato, diced
- ¼ cup red onion, chopped
- ¼ cup fresh parsley, chopped
- ¼ cup fresh mint, chopped
- 1-2 tbsp lemon juice
- 2 tbsp olive oil

- Salt and pepper to taste

##### For the Avocado Toast:

- 2 slices bread, low-carb
- 1 ripe avocado
- 1 tsp olive oil
- Salt and pepper to taste

**Calories 350, Protein 9g, Carbohydrate 45g, Fiber 12g, Fat 20g**

## BREAKFAST RECIPES

### Egg Muffins with Spinach and Sun-Dried Tomatoes



**Prep Time:** 10 min **Cook Time:** 25 min **Serving:** 4

#### Directions:

- Preheat the oven to 375 degrees F. Grease a muffin tin with olive oil spray.
- Add eggs into the bowl and beat well. Add oregano, garlic powder, black pepper, salt, and almond milk and mix well.
- Stir in the chopped spinach, sun-dried tomatoes, bell pepper, and onion. Add the crumbled feta cheese and mix well. Pour the mixture into the muffin cups.
- Bake for 20-25 minutes.
- Serve and enjoy!



#### Ingredients:

- 6 eggs
- ½ cup unsweetened almond milk
- 1 cup fresh spinach, chopped
- ¼ cup sun-dried tomatoes, chopped
- ¼ cup feta cheese, crumbled
- ¼ cup red onion, chopped
- ¼ cup bell pepper, chopped
- 1 tsp dried oregano
- 1 tsp garlic powder
- Salt and pepper to taste
- Olive oil spray

**Calories 90, Protein 7g, Carbohydrate 2g, Fiber 1g, Fat 7g**

### Mediterranean Herb Flatbread



**Prep Time:** 10 min **Cook Time:** 15 min **Serving:** 4

#### Directions:

- Preheat the oven to 375 degrees F. Line a baking sheet with parchment paper.
- Add almond flour, ground flaxseeds, psyllium husk powder, baking powder, salt, oregano, thyme, and garlic powder into the bowl and mix well.
- Add the egg, olive oil, warm water, and lemon juice in another bowl and mix well.
- Add wet ingredients to the dry ingredients and mix well.
- Shape the dough into portion and roll each into a ball. Press it into disk shape.
- Place the flatbreads onto the baking sheet. Bake for 12 to 15 minutes.
- Once done, remove from the oven.
- Serve and enjoy!



#### Ingredients:

- 1 cup almond flour
- 2 tbsp ground flaxseeds
- 1 tbsp psyllium husk powder
- ½ tsp baking powder
- ½ tsp salt
- 1 tsp dried oregano
- 1 tsp dried thyme
- 1 tsp garlic powder
- 1 tbsp olive oil
- ¼ cup warm water
- 1 egg
- 1 tbsp lemon juice

**Calories 130, Protein 5g, Carbohydrate 5g, Fiber 4g, Fat 11g**

## BREAKFAST RECIPES

### Tomato and Olive Breakfast Frittata



**Prep Time:** 10 min



**Cook Time:** 20 min



**Serving:** 4

#### Directions:

- Preheat the oven to 375 degrees F.
- Add garlic powder, black pepper, salt, and almond milk into the bowl and mix well. Crack the eggs and whisk until smooth. Add olive oil into the pan and heat it. Add red onion and cook for 2 to 3 minutes.
- Add olive oil into the skillet and heat it. Add red onion and cook for 2 to 3 minutes.
- Add the chopped spinach and cook for an additional minute. Stir in the halved tomatoes and sliced olives. Cook for another 2-3 minutes.
- Pour the egg and almond milk mixture over the sautéed vegetables.
- Add chopped oregano and mix well. Cook for 2 to 3 minutes. Transfer the skillet to the oven and bake for 10 to 15 minutes.
- Remove the skillet from the oven.
- Serve and enjoy!



#### Ingredients:

- 6 eggs
- ¼ cup unsweetened almond milk
- 1 tbsp olive oil
- ½ cup cherry tomatoes, halved
- ¼ cup Kalamata olives, pitted and sliced
- ¼ cup red onion, thinly sliced
- ½ cup fresh spinach, chopped
- 1 tbsp fresh oregano, chopped
- Salt and pepper to taste
- 1 tsp garlic powder

**Calories 220, Protein 14g, Carbohydrate 6g, Fiber 2g, Fat 16g**

### Falafel–Stuffed Breakfast Wrap



**Prep Time:** 15 min



**Cook Time:** 15 min



**Serving:** 4

#### Directions:

- Soak them overnight and then cook them until tender.
- Add the chickpeas, onion, garlic, parsley, cilantro, cumin, coriander, salt, and pepper into the blender and blend until smooth.
- Transfer the mixture to a bowl, then add the flour and mix to form a dough. Shape the dough into small balls.
- Add olive oil into the skillet and heat it. Fry the falafel for 2 to 3 minutes per side.
- Once cooked, set aside on a paper towel.
- Warm the tortillas on a pan for a minute. Spread hummus onto each tortilla. Add spinach or mixed greens, cucumber, tomato, and red onion. Top with falafel and drizzle with lemon juice.
- Roll the tortilla into the wrap. Cut in half and serve!



#### Ingredients:

##### For the Falafel:

- 1 cup chickpeas, soaked overnight
- 1 onion, chopped
- 2 cloves garlic, minced
- ¼ cup fresh parsley, chopped
- ¼ cup fresh cilantro, chopped
- 1 tsp cumin powder
- 1 tsp coriander powder
- ½ tsp salt

- ¼ tsp black pepper

- 2 tbsp chickpea flour

- 1 tbsp olive oil

##### For the Wrap:

- 2 low-carb tortillas, gluten-free
- 2 tbsp hummus
- 1 cucumber, sliced
- 1 tomato, sliced
- ¼ cup red onion, thinly sliced

**Calories 380, Protein 15g, Carbohydrate 5g, Fiber 12g, Fat 12g**

## BREAKFAST RECIPES

### Spinach and Feta Omelet



**Prep Time:** 10 min



**Cook Time:** 7 min



**Serving:** 4

#### Directions:

- Add olive oil into the pan and heat it. Add the chopped spinach and onion to the pan. Sauté for 1-2 minutes. Add tomatoes and cook until softened.
- Add eggs into the bowl and whisk to combine. Add oregano, pepper, and salt and mix well.
- Pour the egg mixture into the pan with the spinach and vegetables. Let it cook for 2-3 minutes on medium heat. Add crumbled feta cheese to one half of the omelet.
- Fold the other half of the omelet over the filling and cook for another 1-2 minutes.
- Serve and enjoy!



#### Ingredients:

- 2 eggs
- 1 cup fresh spinach, chopped
- ¼ cup feta cheese, crumbled
- ¼ cup tomatoes, diced
- 1 tbsp olive oil
- 1 tbsp red onion, chopped
- Salt and pepper to taste
- ½ tsp dried oregano
- 1 tsp fresh lemon juice

**Calories 300, Protein 20g, Carbohydrate 6g, Fiber 3g, Fat 18g**

### Olive and Herb Breakfast Muffins



**Prep Time:** 15 min



**Cook Time:** 25 min



**Serving:** 4

#### Directions:

- Preheat the oven to 350 degrees F. Line a muffin pans with paper liners.
- Add whole wheat flour, almond flour, ground flaxseed, baking powder, baking soda, salt, pepper, oregano, thyme, and garlic powder into the bowl and mix well.
- Add almond milk, olive oil, eggs, and Greek yogurt in another bowl and mix well.
- Pour the wet ingredients to the dry ingredients and mix well. Fold in olives, red onion, herbs, and sun-dried tomatoes.
- Pour the batter into the muffin cups. Bake for 22 to 25 minutes.
- Serve and enjoy!



#### Ingredients:

- 1 cup flour, gluten-free
- ½ cup almond flour
- ¼ cup ground flaxseed
- 1 ½ tsp baking powder
- ½ tsp baking soda
- ¼ tsp salt
- ½ tsp black pepper
- 1 tsp dried oregano
- ½ tsp dried thyme
- ½ tsp garlic powder
- 3 eggs
- ½ cup Greek yogurt
- ¼ cup olive oil
- ¼ cup unsweetened almond milk
- ½ cup Kalamata olives, pitted, chopped
- 1/3 cup sun-dried tomatoes, chopped
- ¼ cup red onion, chopped
- ¼ cup fresh parsley, chopped

**Calories 160, Protein 6g, Carbohydrate 10g, Fiber 3g, Fat 11g**

## BREAKFAST RECIPES

### Grilled Halloumi with Tomatoes and Fresh Herbs



**Prep Time:** 10 min



**Cook Time:** 10 min



**Serving:** 2

#### Directions:

- Pat the halloumi slices dry with a paper towel. Brush with olive oil on both sides.
- Preheat the grill to medium heat. Place the halloumi onto the grill and cook for 2 to 3 minutes per side. Keep it aside.
- Add olive oil to the pan and heat it. Add garlic and cherry tomatoes and cook for 2 to 3 minutes. Add balsamic vinegar and cook for another 30 seconds.
- Place the grilled halloumi onto the plate. Add tomato mixture over it.
- Sprinkle with dried oregano.
- Season with black pepper and salt.
- Serve!



#### Ingredients:

- 1 cup Halloumi cheese, sliced
- 1 tbsp olive oil
- 1 cup cherry tomatoes, halved
- 1 garlic clove, minced
- 1 tbsp balsamic vinegar
- ½ tsp dried oregano
- Ground black pepper, to taste
- Salt, to taste

**Calories 310, Protein 17g, Carbohydrate 5g, Fiber 1g, Fat 25g**

### Scrambled Eggs



**Prep Time:** 10 min



**Cook Time:** 8 min



**Serving:** 4

#### Directions:

- Add eggs and almond milk into the bowl and whisk to combine. Season with black pepper and salt.
- Add olive oil into the skillet and heat it. Add onion and cook for 2 minutes. Then, add spinach and tomatoes and cook for another 2 minutes. Pour the egg mixture into the skillet. Cook until set.
- Add oregano and feta cheese and cook for 1 to 2 minutes.
- Serve hot!



#### Ingredients:

- 4 eggs
- ¼ cup unsweetened almond milk
- ¼ cup tomatoes, diced
- ¼ cup fresh spinach, chopped
- 2 tbsp red onion, chopped
- 2 tbsp feta cheese, crumbled
- 1 tsp olive oil
- ¼ tsp dried oregano
- Salt and pepper to taste

**Calories 220, Protein 16g, Carbohydrate 5g, Fiber 1g, Fat 15g**

## BREAKFAST RECIPES

### Olive and Tomato Frittata



**Prep Time:** 10 min



**Cook Time:** 15 min



**Serving:** 4

#### Directions:

- Preheat the oven to 375 degrees F.
- Add eggs and almond milk into the mixing bowl and mix well. Season with salt, pepper, and oregano. Set aside.
- Add olive oil in a skillet and heat it. Add red onion and garlic and cook for 2 to 3 minutes.
- Add tomatoes, spinach, and olives, cook another 2–3 minutes.
- Add egg mixture and cook for 5 to 6 minutes.
- Transfer skillet to oven and bake for 7–8 minutes.
- Serve!



#### Ingredients:

- 6 eggs
- ¼ cup unsweetened almond milk
- ½ cup cherry tomatoes, halved
- ¼ cup pitted Kalamata olives, sliced
- ½ red onion, thinly sliced
- 1 cup fresh spinach, chopped
- ¼ cup crumbled feta cheese
- 1 tbsp olive oil
- 1 garlic clove, minced
- ½ tsp dried oregano
- Salt and ground black pepper, to taste

**Calories 180, Protein 11g, Carbohydrate 5g, Fiber 1g, Fat 13g**

### Mediterranean Breakfast Pizza



**Prep Time:** 15 min



**Cook Time:** 12 min



**Serving:** 4

#### Directions:

- Preheat the oven to 400 degrees F.
- Place the tortilla on a baking sheet. Lightly brush with olive oil. Bake for 3–5 minutes.
- Add eggs, egg whites, almond milk, and season with salt, pepper, and oregano into the bowl and mix well.
- Cook the egg mixture until scrambled. Remove from the heat.
- Remove the tortilla from oven. Spread the scrambled eggs over the base.
- Top with feta, tomatoes, spinach, onion, and olives.
- Return to oven and bake for 5–7 minutes.
- Serve!



#### Ingredients:

##### For the base:

- 1 low-carb tortilla
- 1 tbsp olive oil

##### For the topping:

- 2 eggs
- 2 egg whites
- ¼ cup almond milk
- Salt & pepper to taste
- ½ tsp oregano
- ¼ cup reduced-fat feta cheese, crumbled

- ½ cup cherry tomatoes, halved
- ¼ cup baby spinach, chopped
- ¼ red onion, thinly sliced
- 2 tbsp black olives, sliced

**Calories 220, Protein 11g, Carbohydrate 5g, Fiber 1g, Fat 10g**

## BREAKFAST RECIPES

### Zucchini Quiche



**Prep Time:** 20 min **Cook Time:** 35 min **Serving:** 6

#### Directions:

- Preheat oven to 375 degrees F. Grease a pie dish or quiche pan with olive oil.
- Grate the zucchini, then place it in a colander, sprinkle with salt, and let sit for 10 minutes. Press out excess moisture with a clean towel.
- Add olive oil in a skillet and heat it. Add garlic and onion and cook for 3 to 4 minutes.
- Add salt, black pepper, oregano, almond milk, and eggs in a big bowl and mix well.
- Add in zucchini, onion mixture, feta, sun-dried tomatoes, olives, herbs, and almond flour. Mix well. Pour mixture into the prepared pan. Bake for 30–35 minutes.
- Serve and enjoy!



#### Ingredients:

- 2 zucchinis, grated
- 1 red onion, chopped
- 1 garlic clove, minced
- ½ cup feta cheese, crumbled
- ¼ cup sun-dried tomatoes, chopped
- ¼ cup Kalamata olives, chopped, pitted
- ¼ cup fresh parsley, chopped
- ½ tsp dried oregano
- 4 eggs
- ¾ cup unsweetened almond milk
- ¼ cup almond flour
- 1 tbsp olive oil
- Salt and black pepper, to taste

**Calories 150, Protein 12g, Carbohydrates 6g, Fat 9g, Fiber 2g**

### Mediterranean Hummus Toast



**Prep Time:** 10 min **Cook Time:** 5 min **Serving:** 3

#### Directions:

- Toast the bread slices until golden brown.
- Spread the hummus on each slice of toast.
- Add olives, onion, tomatoes, cucumber, olive oil, lemon juice, and black pepper into the bowl and mix well.
- Spread the veggie mixture over the hummus.
- Sprinkle with feta cheese and fresh herbs.
- Serve!



#### Ingredients:

- 2 slices of bread
- 4 tbsp roasted garlic hummus, unsweetened
- ¼ cup cherry tomatoes, halved
- ¼ cup cucumber, diced
- 2 tbsp red onion, thinly sliced
- 1 tbsp Kalamata olives, sliced
- 1 tbsp crumbled feta cheese
- 1 tbsp olive oil
- 1 tsp lemon juice

**Calories 210, Protein 8g, Carbohydrate 24g, Fiber 5g, Fat 10g**

## BREAKFAST RECIPES

### Avocado and Kale Omelet



**Prep Time:** 10 min



**Cook Time:** 10 min



**Serving:** 2

#### Directions:

- Add olive oil into the skillet and heat it. Add red onion and cook for 1 to 2 minutes.
- Add kale and cook for 3–4 minutes. Stir in cherry tomatoes and oregano and cook for another minute. Remove mixture and set aside.
- Add eggs with salt and pepper into the bowl and mix well.
- Pour eggs into the same pan over medium-low heat. Let sit for 1 minute.
- Add sauteed veggies to on half of the omelet.
- Top with sliced avocado and feta. Fold the omelet and cook for another 1–2 minutes.
- Serve and enjoy!



#### Ingredients:

- 4 eggs
- ½ ripe avocado, sliced
- 1 cup fresh kale, chopped
- ¼ cup cherry tomatoes, halved
- 2 tbsp red onion, diced
- 1 tbsp olive oil
- ¼ tsp dried oregano
- Salt and pepper, to taste

**Calories 250, Protein 13g, Carbohydrate 8g, Fiber 4g, Fat 20g**

### Baked Eggs in Avocado



**Prep Time:** 10 min



**Cook Time:** 15 min



**Serving:** 2

#### Directions:

- Preheat the oven to 400 degrees F.
- Scoop out the avocado flesh to create a room for the egg.
- Place the avocado halves onto the baking dish. Crack the egg into each avocado half.
- Sprinkle with feta, cherry tomatoes, olives, and red onions.
- Bake for 12–15 minutes.
- Season with salt and pepper.
- Serve!



#### Ingredients:

- 1 avocado, halved and pitted
- 2 eggs
- 2 tbsp feta cheese, crumbled
- 4–6 cherry tomatoes, quartered
- 1 tbsp black olives, sliced
- 1 tbsp red onion, chopped
- 1 tbsp fresh parsley, chopped
- 1 tbsp extra virgin olive oil
- Salt and black pepper, to taste

**Calories 250, Protein 10g, Carbohydrate 8g, Fiber 6g, Fat 20g**

## BREAKFAST RECIPES

### Smoked Salmon and Cream Cheese Bagel



**Prep Time:** 10 min



**Cook Time:** 0 min



**Serving:** 2

#### Directions:

- Toast the bagels. Spread the cream cheese on each half. Add smoked salmon, red onions, cucumber slices, tomatoes, and capers over it. Add avocado slices as well. Drizzle with lemon juice and pepper.
- Season with black pepper.
- Serve!



#### Ingredients:

- 2 low-carb bagels
- 4 tbsp cream cheese
- 100g smoked salmon
- ½ red onion, thinly sliced
- ¼ cup cucumber, thinly sliced
- ¼ avocado, sliced
- 6–8 cherry tomatoes, halved
- 1 tsp capers
- 1 tsp lemon juice
- Ground black pepper, to taste

**Calories 310, Protein 18g, Carbohydrate 26g, Fiber 5g, Fat 15g**

### Turkish Sesame Bread



**Prep Time:** 20 min



**Cook Time:** 30 min



**Serving:** 8

#### Directions:

- Add ground flaxseed, sesame seeds, salt, all purpose flour, and whole wheat flour into the bowl and mixing bowl and mix well.
- Make a well in the center of the dry ingredients. Add the activated yeast mixture, olive oil, and apple cider vinegar. Stir well.
- Transfer the dough to a floured surface and knead for 8–10 minutes.
- Place the dough in oiled bowl, cover with a damp cloth, and let rise for 1 hour.
- After the dough has risen, punch it down and shape it into a round loaf.
- Place the shaped dough on a baking sheet lined with parchment paper. Cover with a cloth and let it rise for another 30 minutes.
- Preheat the oven to 375 degrees F. Brush the top of the dough with olive oil and sprinkle with sesame seeds. Bake the bread for 25–30 minutes. Serve!



#### Ingredients:

- 1 ½ cups whole wheat flour
- 1 cup all-purpose flour
- 2 tbsp sesame seeds
- 1 tsp instant dry yeast
- ½ tsp salt
- 1 tbsp olive oil
- 1 tbsp apple cider vinegar

**Calories 130, Protein 4g, Carbohydrate 20g, Fiber 4g, Fat 4g**

## BREAKFAST RECIPES

### Mediterranean Breakfast Salad



**Prep Time:** 10 min



**Cook Time:** 0 min



**Serving:** 2

#### Directions:

- Add the mixed greens, cucumber, cherry tomatoes, red onion, olives, and feta cheese into the bowl and mix well.
- Add the olive oil, lemon juice, oregano, salt, and pepper in a small bowl and mix well.
- Drizzle the dressing over the salad and toss well.
- Top with the sliced boiled egg.
- Serve!



#### Ingredients:

- 1 cup mixed greens
- ½ cucumber, thinly sliced
- ½ cup cherry tomatoes, halved
- ¼ red onion, thinly sliced
- ¼ cup Kalamata olives, pitted and halved
- 2 tbsp crumbled feta cheese
- 1 boiled egg, sliced
- 1 tbsp olive oil
- 1 tbsp lemon juice
- ½ tsp dried oregano
- Salt and pepper to taste

**Calories 300, Protein 16g, Carbohydrate 10g, Fiber 4g, Fat 22g**

### Fruit Salad



**Prep Time:** 15 min



**Cook Time:** 0 min



**Serving:** 6

#### Directions:

- Add all fruits into the big bowl and mix well.
- Add the olive oil, and lemon juice into the bowl and mix well.
- Pour the dressing over the mixed fruit and toss to combine.
- Serve!



#### Ingredients:

- 1 cup watermelon, diced
- ½ cup strawberries, halved
- ½ cup blueberries
- ½ cup grapes, halved
- ½ cup pomegranate seeds
- 1 orange, segmented
- ¼ cup walnuts, chopped
- ¼ cup almonds, slivered
- 2 tbsp olive oil
- 1 tbsp fresh lemon juice

**Calories 180, Protein 3g, Carbohydrate 22g, Fiber 4g, Fat 11g**

## BREAKFAST RECIPES

### Turkish Breakfast Platter



**Prep Time:** 15 min



**Cook Time:** 10 min



**Serving:** 2

#### Directions:

- Boil the eggs for 10 minutes until cooked. Once done, peel and cut each egg in half, and place them on the platter.
- Add the Greek yogurt, tahini, and lemon juice into the bowl and mix well.
- Season with black pepper and salt.
- Add dip into the bowl. Drizzle olive oil and apple cider vinegar over the veggies.
- Serve!



#### Ingredients:

##### For the platter:

- 4 boiled eggs
- ½ cucumber, sliced
- 1 tomato, sliced
- ¼ red onion, thinly sliced
- 4-5 Kalamata olives
- 1 tbsp olive oil
- 1 tbsp apple cider vinegar

##### For the dip:

- ½ cup plain Greek yogurt, unsweetened
- 1 tbsp tahini
- 1 tsp lemon juice
- Salt and pepper, to taste

##### For the cheese:

- 2 oz Turkish white cheese

**Calories 300, Protein 16g, Carbohydrate 22g, Fiber 4g, Fat 24g**

### Mediterranean Baked Eggs



**Prep Time:** 10 min



**Cook Time:** 20 min



**Serving:** 2

#### Directions:

- Preheat the oven to 375 degrees F.
- Add olive oil into the skillet and heat it. Add onion and cook for 2 to 3 minutes.
- Add the bell pepper and zucchini to the skillet and cook for another 5 minutes.
- Add the diced tomatoes, olives, oregano, and basil to the skillet. Stir well and cook for another 3-4 minutes. Season with salt and pepper to taste.
- Create wells in the vegetable mixture and crack egg into each well. Season with black pepper and salt.
- Place the skillet in the oven and bake for 12-15 minutes.
- Once baked, remove the skillet from the oven.
- Serve!



#### Ingredients:

- 4 eggs
- 1 tbsp olive oil
- 1 onion, chopped
- 1 red bell pepper, diced
- 1 zucchini, diced
- 2 tomatoes, diced
- ¼ cup black olives, sliced
- ¼ cup feta cheese, crumbled
- 1 tsp dried oregano
- 1 tsp dried basil
- Salt and pepper, to taste

**Calories 150, Protein 10g, Carbohydrate 8g, Fiber 2g, Fat 12g**

## BREAKFAST RECIPES

### Olive Oil Granola



**Prep Time:** 10 min



**Cook Time:** 25 min



**Serving:** 2

#### Directions:

- Preheat the oven to 325 degrees F. Line a baking sheet with parchment paper.
- Add the rolled oats, chopped almonds, chopped walnuts, sunflower seeds, pumpkin seeds, shredded coconut, cinnamon, nutmeg, and salt into the bowl and mix well.
- Add olive oil into the saucepan and heat it. Add vanilla extract and stir until smooth.
- Pour the olive oil and vanilla mixture over the dry ingredients. Stir everything together.
- Spread the granola mixture evenly onto the prepared baking sheet. Bake for 20–25 minutes.
- Remove the granola from the oven and let it cool on the baking sheet.
- Serve and enjoy!



#### Ingredients:

- 2 cups old-fashioned rolled oats
- ½ cup raw almonds, chopped
- ½ cup walnuts, chopped
- ¼ cup sunflower seeds
- ¼ cup pumpkin seeds
- ½ cup unsweetened shredded coconut
- ¼ cup olive oil
- 1 tsp ground cinnamon
- ¼ tsp ground nutmeg
- ¼ tsp vanilla extract
- 1 tsp salt

**Calories 180, Protein 5g, Carbohydrate 15g, Fiber 3g, Fat 14g**

### Broccoli Quiche



**Prep Time:** 15 min



**Cook Time:** 40 min



**Serving:** 6

#### Directions:

- Preheat the oven to 350 degrees F. Grease a pie dish with olive oil.
- Add 1 tbsp of olive oil into the skillet and heat it. Add the diced red onion and bell peppers and cook for 3–4 minutes until softened. Add the broccoli florets, and sauté for an additional 3 minutes. Remove from heat and set aside.
- Add the eggs, almond milk, garlic powder, oregano, basil, salt, and pepper into the bowl and mix well. Stir in the grated Parmesan cheese, and mix well.
- Add the sautéed vegetables to the egg mixture and stir in the crumbled feta cheese. Add almond flour and mix well.
- Pour the entire mixture into the quiche pan. Bake for 35–40 minutes. Serve!



#### Ingredients:

- 1 cup broccoli florets
- ½ cup red onion, diced
- ½ cup bell peppers, diced
- ½ cup low-fat feta cheese, crumbled
- ½ cup unsweetened almond milk
- 4 eggs
- 1 tbsp olive oil
- 1 tsp garlic powder
- ½ tsp dried oregano
- ½ tsp dried basil
- Salt and pepper, to taste
- ¼ cup Parmesan cheese, grated
- ¼ cup almond flour
- Olive oil spray

**Calories 160, Protein 12g, Carbohydrate 8g, Fiber 2g, Fat 11g**

## BREAKFAST RECIPES

### Olive Oil Bread



**Prep Time:** 15 min



**Cook Time:** 45 min



**Serving:** 6

#### Directions:

- Preheat the oven to 350 degrees F. Line a loaf pans with parchment paper.
- Add the almond flour, oat flour, baking powder, salt, oregano, garlic powder into the bowl and mix well.
- Add the eggs, olive oil, almond milk, and lemon juice in another bowl and mix well.
- Add the wet ingredients to the dry ingredients, Fold in the chopped olives.
- Pour the mixture into the prepared loaf pan. Place the pan in the preheated oven and bake for 40-45 minutes.
- Serve and enjoy!



#### Ingredients:

- 2 cups almond flour
- 1 cup oat flour
- 1 tbsp baking powder
- ¼ tsp salt
- 1 tsp dried oregano
- 1 tsp garlic powder
- ¼ cup olive oil
- 3 eggs
- ½ cup unsweetened almond milk
- 2 tbsp fresh lemon juice
- ¼ cup Kalamata olives, chopped

**Calories 160, Protein 7g, Carbohydrate 6g, Fiber 4g, Fat 14g**

### Hummus and Pita Breakfast Plate



**Prep Time:** 10 min



**Cook Time:** 5 min



**Serving:** 3

#### Directions:

- Add the chickpeas, tahini, olive oil, lemon juice, garlic, cumin, salt, and pepper into the blender. Process until smooth.
- Toast the pita pockets in a toaster. Slice the pita into halves.
- Spread a hummus on each pita half. Arrange the cherry tomatoes, cucumber slices, red onion, and Kalamata olives on the plate.
- Serve!



#### Ingredients:

##### For the hummus:

- 15 oz chickpeas, drained and rinsed
- ¼ cup tahini
- 2 tbsp olive oil
- 2 tbsp lemon juice
- 1 clove garlic, minced
- ½ tsp ground cumin
- Salt and pepper to taste

##### For the pita plate:

- 2 low-carb pita pockets

- ¼ cup cherry tomatoes, halved
- ¼ cucumber, sliced
- 2 tbsp red onion, thinly sliced
- 2 tbsp Kalamata olives, pitted and halved

**Calories 350, Protein 12g, Carbohydrate 35g, Fiber 7g, Fat 15g**

## SMOOTHIE RECIPES

### Strawberry Banana Smoothie



**Prep Time:** 5 min



**Cook Time:** 0 min



**Serving:** 1

#### Directions:

- Add all ingredients to a blender.
- Blend until smooth.
- Pour into a glass and enjoy immediately!



#### Ingredients:

- 1 cup strawberries
- 1 ripe banana
- ½ cup Greek yogurt
- ½ cup almond milk
- ½ tsp vanilla extract
- 4-5 ice cubes

**Calories 250, Carbohydrate 5g, Protein 10g, Fat 2g, Fiber 5g**

### Mango Smoothie



**Prep Time:** 5 min



**Cook Time:** 0 min



**Serving:** 1

#### Directions:

- Add all ingredients to a blender.
- Blend until smooth.
- Pour into a glass and enjoy immediately!



#### Ingredients:

- 1 cup mango chunks
- ½ banana
- ½ cup Greek yogurt
- ½ cup almond milk
- ½ tsp vanilla extract
- ½ cup ice cube

**Calories 50, Carbohydrate 2g, Protein 10g, Fat 3g, Fiber 4g**

## SMOOTHIE RECIPES

### Blueberry Smoothie



**Prep Time:** 5 min



**Cook Time:** 0 min



**Serving:** 1

#### Directions:

- Add all ingredients to a blender.
- Blend until smooth.
- Pour into a glass and enjoy immediately!



#### Ingredients:

- 1 cup frozen blueberries
- ½ cup Greek yogurt
- ½ cup almond milk
- ½ tsp vanilla extract
- ½ banana

**Calories 250, Carbohydrate 5g, Protein 10g, Fat 4g, Fiber 6g**

### Pineapple Smoothie



**Prep Time:** 5 min



**Cook Time:** 0 min



**Serving:** 1

#### Directions:

- Add all ingredients to a blender.
- Blend until smooth.
- Pour into a glass and enjoy immediately!



#### Ingredients:

- 1 cup pineapple chunks
- 1 banana
- ½ cup coconut milk
- ½ cup Greek yogurt
- ½ tsp fresh ginger
- ½ cup ice cubes

**Calories 280, Carbohydrate 5g, Protein 8g, Fat 10g, Fiber 5g**

## SMOOTHIE RECIPES

### Raspberry Smoothie



**Prep Time:** 5 min



**Cook Time:** 0 min



**Serving:** 1

#### Directions:

- Add all ingredients to a blender.
- Blend until smooth.
- Pour into a glass and enjoy immediately!



#### Ingredients:

- 1 cup raspberries
- 1 banana
- ½ cup Greek yogurt
- ½ cup almond milk
- ½ tsp vanilla extract

**Calories 250, Carbohydrate 5g, Protein 10g, Fat 3g, Fiber 5g**

### Peach Smoothie



**Prep Time:** 5 min



**Cook Time:** 0 min



**Serving:** 1

#### Directions:

- Add all ingredients to a blender.
- Blend on high for 30–45 seconds until creamy.
- Pour into a glass and enjoy!



#### Ingredients:

- 1 cup peaches
- ½ cup Greek yogurt
- ½ cup almond milk
- ½ tsp vanilla extract

**Calories 200, Carbohydrate 5g, Protein 10g, Fat 2g, Fiber 3g**

## SMOOTHIE RECIPES

### Watermelon Smoothie



**Prep Time:** 5 min



**Cook Time:** 0 min



**Serving:** 1

#### Directions:

- Add all ingredients to a blender.
- Blend on high for 30–45 seconds until creamy.
- Pour into a glass and enjoy!



#### Ingredients:

- 2 cups fresh watermelon, seedless, cubed
- ½ cup Greek yogurt
- 1 cup almond milk
- 1 tbsp lime juice

**Calories 150, Carbohydrate 3g, Protein 6g, Fat 0g, Fiber 1g**

### Cherry Smoothie



**Prep Time:** 5 min



**Cook Time:** 0 min



**Serving:** 1

#### Directions:

- Add cherries, yogurt, milk, banana, vanilla, and ice into the blender and blend until smooth.
- Pour into a glass and enjoy immediately!



#### Ingredients:

- 1 cup frozen cherries, pitted
- ½ cup Greek yogurt
- ½ cup almond milk
- 1 banana
- ½ tsp vanilla extract

**Calories 250, Carbohydrate 5g, Protein 10g, Fat 2g, Fiber 5g**

## SMOOTHIE RECIPES

### Apple Smoothie



**Prep Time:** 5 min



**Cook Time:** 0 min



**Serving:** 1

#### Directions:

- Add all ingredients to a blender.
- Blend until smooth.
- Pour into a glass and enjoy immediately!



#### Ingredients:

- 1 apple
- ½ cup Greek yogurt
- ½ cup almond milk
- ½ banana
- ½ tsp cinnamon

**Calories 220, Carbohydrate 4g, Protein 8g, Fat 2g, Fiber 6g**

### Kiwi Lime Smoothie



**Prep Time:** 5 min



**Cook Time:** 0 min



**Serving:** 1

#### Directions:

- Add kiwis, banana, yogurt, spinach, almond milk, and lime juice into a blender.
- Blend until smooth. Pour the smoothie into the glass.
- Serve!



#### Ingredients:

- 2 ripe kiwis, peeled & chopped
- ½ banana
- ½ cup Greek yogurt
- ½ cup spinach
- ½ cup almond milk
- ½ tsp lime juice

**Calories 220, Carbohydrate 2g, Protein 10g, Fat 2g, Fiber 6g**

## SMOOTHIE RECIPES

### Green Smoothie



**Prep Time:** 5 min



**Cook Time:** 0 min



**Serving:** 1

#### Directions:

- Add all ingredients to the blender.
- Blend until smooth. Pour & enjoy immediately.



#### Ingredients:

- 1 cup spinach
- 1 banana
- ½ cup pineapple chunks
- ½ green apple, cored & chopped
- 1 tbsp chia seeds
- 1 tbsp almond butter
- 1 cup unsweetened almond milk

**Calories 300, Carbohydrate 5g, Protein 6g, Fat 8g, Fiber 1g**

### Spinach Smoothie



**Prep Time:** 5 min



**Cook Time:** 0 min



**Serving:** 1

#### Directions:

- Add all ingredients to the blender to help blend smoothly.
- Blend until smooth. Pour & enjoy immediately.



#### Ingredients:

- 1 cup fresh spinach
- 1 banana
- ½ cup pineapple chunks
- ½ cup Greek yogurt
- ½ cup almond milk
- 1 tbsp chia seeds
- ½ tsp ginger

**Calories 250, Carbohydrate 4g, Protein 10g, Fat 4g, Fiber 7g**

## SMOOTHIE RECIPES

### Kale Smoothie



**Prep Time:** 5 min



**Cook Time:** 0 min



**Serving:** 1

#### Directions:

- Add all ingredients to the blender.
- Blend until smooth. Pour & enjoy immediately.



#### Ingredients:

- 1 cup kale, stems removed
- 1 banana
- ½ cup pineapple chunks
- ½ cup Greek yogurt
- ½ cup almond milk
- 1 tbsp chia seeds
- ½ tsp ginger

**Calories 250, Carbohydrate 4g, Protein 12g, Fat 4g, Fiber 7g**

### Cucumber Smoothie



**Prep Time:** 5 min



**Cook Time:** 0 min



**Serving:** 1

#### Directions:

- Blend all ingredients until smooth.
- Pour & enjoy immediately.



#### Ingredients:

- 1 cucumber, chopped
- 1 green apple, cored and chopped
- ½ lemon juice
- ½ cup plain Greek yogurt
- ½ cup coconut water
- 5-6 fresh mint leaves

**Calories 120, Carbohydrate 5g, Protein 6g, Fat 0g, Fiber 4g**

## SMOOTHIE RECIPES

### Celery Smoothie



**Prep Time:** 5 min



**Cook Time:** 0 min



**Serving:** 1

#### Directions:

- Add celery, apple, cucumber, spinach, lemon juice, ginger, and coconut water to a blender.
- Mix Until Smooth. Pour the smoothie to the glass.
- Serve!



#### Ingredients:

- 2 celery stalks, chopped
- 1 green apple, cored, chopped
- ½ cucumber, peeled
- 1 cup spinach
- ½ tsp lemon juice
- 1-inch fresh ginger, peeled
- 1 cup coconut water

**Calories 90, Carbohydrate 2g, Protein 2g, Fat 0g, Fiber 4g**

### Creamy Avocado Smoothie



**Prep Time:** 5 min



**Cook Time:** 0 min



**Serving:** 1

#### Directions:

- Add avocado, banana, milk, yogurt, and vanilla in a blender. Blend until smooth.
- Pour the smoothie to the glass.
- Serve!



#### Ingredients:

- 1 ripe avocado, peeled & pitted
- 1 banana
- 1 cup almond milk
- ½ cup Greek yogurt
- ½ tsp vanilla extract

**Calories 350, Carbohydrate 3g, Protein 8g, Fat 2g, Fiber 10g**

## SMOOTHIE RECIPES

### Beetroot Smoothie



**Prep Time:** 5 min



**Cook Time:** 0 min



**Serving:** 1

#### Directions:

- Add all ingredients into a blender and blend until smooth.
- Pour the smoothie to the glass.
- Serve!



#### Ingredients:

- 1 raw beetroot, peeled and chopped
- 1 banana
- ½ cup Greek yogurt
- ½ cup almond milk
- 1 tsp ginger, grated
- ½ tsp lemon juice

**Calories 220, Carbohydrate 4g, Protein 10g, Fat 3g, Fiber 6g**

### Carrot Smoothie



**Prep Time:** 5 min



**Cook Time:** 0 min



**Serving:** 1

#### Directions:

- Add carrot, banana, orange juice, yogurt, cinnamon, ginger, and ice into a blender.
- Pour the smoothie to the glass.
- Serve!



#### Ingredients:

- 1 carrot, peeled and chopped
- 1 banana
- ½ cup orange juice
- ½ cup Greek yogurt
- ¼ tsp ground cinnamon
- ½ tsp fresh ginger

**Calories 220, Carbohydrate 4g, Protein 10g, Fat 1g, Fiber 5g**

## SMOOTHIE RECIPES

### Blackberry Smoothie



**Prep Time:** 5 min



**Cook Time:** 0 min



**Serving:** 1

#### Directions:

- Add all ingredients to a blender.
- Blend until smooth.
- Pour into a glass and enjoy immediately!



#### Ingredients:

- 1 cup frozen blackberries
- ½ cup Greek yogurt
- ½ cup almond milk
- ½ tsp vanilla extract
- ½ banana

**Calories 250, Carbohydrate 5g, Protein 10g, Fat 4g, Fiber 6g**

### Broccoli Smoothie



**Prep Time:** 5 min



**Cook Time:** 0 min



**Serving:** 1

#### Directions:

- Add all ingredients into a blender. Blend until smooth.
- Pour the smoothie to the glass.
- Serve!



#### Ingredients:

- ½ cup broccoli florets, steamed & cooled
- 1 frozen banana
- ½ cup pineapple
- ½ cup Greek yogurt
- ½ cup almond milk
- 1 tbsp chia seeds
- ½ tsp vanilla extract

**Calories 250, Carbohydrate 4g, Protein 12g, Fat 4g, Fiber 8g**

## SOUP RECIPES

### Seafood Stew



**Prep Time:** 15 min



**Cook Time:** 30 min



**Serving:** 4

#### Directions:

- Add olive oil to the pot and heat it. Add onion, bell pepper, and garlic and cook for 5 to 6 minutes.
- Stir in zucchini, diced tomatoes, tomato paste, herbs, and black pepper. Cook for 3–4 minutes.
- Pour in the stock. Bring to a boil, then reduce to a simmer for 10 minutes.
- Add fish chunks first; let cook for 5 minutes. Then add shrimp and mussels. Cover and cook for another 5–7 minutes.
- Stir in parsley and lemon juice.
- Serve!



#### Ingredients:

- 1 tbsp olive oil
- 1 onion, chopped
- 3 cloves garlic, minced
- 1 red bell pepper, diced
- 1 zucchini, diced
- 14.5 oz tomatoes, diced
- 2 tbsp tomato paste
- 2 cups vegetable or fish stock
- 1 tsp dried oregano
- 1 tsp dried basil
- ½ tsp ground black pepper
- 1 lb firm white fish fillets, cut into chunks
- ½ lb medium shrimp, peeled and deveined
- 1 tsp lemon juice
- 2 tbsp fresh parsley, chopped

**Calories 280, Carbohydrate 17g, Protein 34g, Fat 9g, Fiber 4g**

### White Chicken Chili



**Prep Time:** 10 min



**Cook Time:** 40 min



**Serving:** 4

#### Directions:

- Add olive oil to the pot and heat it. Season the chicken breast with black pepper and salt.
- Add the chicken to the pot and cook for 6–8 minutes per side. Remove from the pot and shred it using two forks.
- Add the chopped onion to the same pot and cook for 3–4 minutes.
- Add the garlic and cook for another minute until fragrant.
- Add the shredded chicken back to the pot along with the chicken broth, white beans, chickpeas, diced tomatoes, spinach, cumin, coriander, turmeric, cinnamon, and oregano.
- Boil and then reduce the heat to low. Simmer for 20 to 30 minutes.
- Stir in the lemon juice and chopped parsley.
- Serve!



#### Ingredients:

- 1 lb boneless, skinless chicken breast
- 1 tbsp olive oil
- 1 onion, chopped
- 3 cloves garlic, minced
- 2 cups low-sodium chicken broth
- 15 oz white beans, drained and rinsed
- 15 oz chickpeas, drained and rinsed
- 14.5 oz tomatoes, diced
- 1 cup spinach
- 1 tsp ground cumin
- 1 tsp ground coriander
- ½ tsp turmeric
- ½ tsp ground cinnamon
- 1 tsp dried oregano
- 1 tbsp lemon juice
- ¼ cup fresh parsley
- Salt and pepper to taste

**Calories 300, Carbohydrate 25g, Protein 30g, Fat 12g, Fiber 6g**

## SOUP RECIPES

### Broccoli Soup



**Prep Time:** 15 min



**Cook Time:** 30 min



**Serving:** 4

#### Directions:

- Add olive oil to the pot and heat it. Add the diced onion, and sauté for 3–4 minutes.
- Add the garlic, carrot, and zucchini, and cook for another 3–4 minutes.
- Stir in the broccoli florets and season with oregano, thyme, cumin, salt, and pepper. Sauté for 2 minutes.
- Pour in the vegetable broth, bring the mixture to a boil, and then reduce the heat to low. Let it simmer for 15–20 minutes.
- Once the vegetables are cooked, remove the pot from the heat.
- Transfer the mixture to the blender and blend until creamy and smooth.
- Return the soup to the pot and stir in almond milk. Serve!



#### Ingredients:

- 1 head of broccoli, chopped
- 1 onion, diced
- 2 cloves garlic, minced
- 1 carrot, diced
- 1 zucchini, diced
- 4 cups vegetable broth
- 1 tbsp olive oil
- 1 tsp dried oregano
- 1 tsp dried thyme
- ½ tsp ground cumin
- Salt and pepper to taste
- ½ cup unsweetened almond milk
- 1 tbsp lemon juice

**Calories 120, Carbohydrate 10g, Protein 3g, Fat 7g, Fiber 4g**

### Chicken Vegetable Soup



**Prep Time:** 15 min



**Cook Time:** 35 min



**Serving:** 4

#### Directions:

- Add 1 tbsp of olive oil to the pot and heat it. Add chicken pieces and cook for 5 to 7 minutes. Remove the chicken from the pot and set aside.
- Add the chopped onion, garlic, carrots, and celery to the same pot. Sauté for 3–4 minutes.
- Add the zucchini, green beans, diced tomatoes, and chicken broth to the pot. Stir in the dried oregano, thyme, cumin, salt, and pepper. Bring the soup to a boil, then reduce the heat to low and let it simmer for 15 minutes.
- Return the cooked chicken to the pot. Simmer the soup for an additional 15–20 minutes.
- Stir in chopped parsley and serve!



#### Ingredients:

- 1 lb skinless, boneless chicken breast or thighs, cut into pieces
- 1 tbsp olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 2 carrots, peeled and diced
- 2 celery stalks, diced
- 1 zucchini, chopped
- 1 cup green beans, trimmed and sliced
- 15 oz tomatoes, diced
- 4 cups low-sodium chicken broth
- 1 tsp dried oregano
- 1 tsp dried thyme
- Salt and pepper to taste
- ½ cup fresh parsley, chopped

**Calories 180, Carbohydrate 12g, Protein 28g, Fat 6g, Fiber 4g**

## SOUP RECIPES

### White Bean Soup



**Prep Time:** 15 min



**Cook Time:** 60 min



**Serving:** 6

#### Directions:

- Add olive oil into the pot and put over medium heat. Add the chopped onion and garlic, and sauté for 3-4 minutes until softened and fragrant.
- Add the carrots, celery, zucchini, and bell pepper, and cook for another 5-7 minutes.
- Stir in the oregano, basil, and cumin. Cook for 1 minute.
- Pour in the vegetable broth and diced tomatoes. Bring the mixture to a boil.
- Add dried beans and reduce the heat to low and simmer for 45 to 60 minutes.
- Add the spinach in the last 10 minutes of cooking. Stir in the lemon juice.
- Serve!



#### Ingredients:

- 1 cup dried white beans, soaked overnight and drained
- 2 tbsps olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 2 carrots, diced
- 2 celery stalks, diced
- 1 zucchini, chopped
- 1 red bell pepper, chopped
- 1 tsp dried oregano
- 1 tsp dried basil
- ½ tsp ground cumin
- 4 cups vegetable broth
- 14.5 oz tomatoes, diced
- 1 tsp lemon juice
- Salt and pepper, to taste

**Calories 180, Carbohydrate 30g, Protein 10g, Fat 5g, Fiber 10g**

### Cauliflower Soup



**Prep Time:** 15 min



**Cook Time:** 34 min



**Serving:** 4

#### Directions:

- Add the olive oil into the pot and put over medium heat. Add the onion and garlic and cook for 3 minutes.
- Add the remaining vegetables: Stir in the chopped carrot, zucchini, and cauliflower florets. Cook for 5 minutes.
- Add the broth and spices: Pour in the vegetable broth, then add the oregano, cumin, turmeric, salt, and pepper. Bring the soup to a boil, then reduce to a simmer. Let it simmer for 20-25 minutes.
- Transfer the mixture to the blender and blend until smooth. Once blended, stir in the almond milk and lemon juice.
- Serve!



#### Ingredients:

- 1 head of cauliflower, chopped into florets
- 1 tbsp olive oil
- 1 onion, diced
- 2 cloves garlic, minced
- 1 carrot, diced
- 1 zucchini, diced
- 4 cups vegetable broth
- 1 tsp dried oregano
- 1 tsp ground cumin
- ½ tsp ground turmeric
- Salt and pepper to taste
- ½ cup unsweetened almond milk
- 1 tsp lemon juice

**Calories 150, Carbohydrate 16g, Protein 4g, Fat 7g, Fiber 6g**

## SOUP RECIPES

### Carrot Soup



**Prep Time:** 15 min



**Cook Time:** 35 min



**Serving:** 4

#### Directions:

- Add olive oil to the pot and heat it. Add garlic and onion and cook for 5 minutes.
- Add cumin and coriander and cook for 1 to 2 minutes.
- Add the sliced carrots to the pot and stir to combine with the sautéed onion and garlic. Pour in the vegetable broth, bring the soup to a boil, then reduce the heat and let it simmer for 20–25 minutes.
- Once the carrots are soft, remove the pot from heat. Using an immersion blender, blend the soup until smooth.
- Stir in the lemon juice. Season with salt and pepper.
- Serve!



#### Ingredients:

- 4 carrots, peeled and sliced
- 1 onion, diced
- 2 cloves garlic, minced
- 1 tbsp olive oil
- 1 tsp ground cumin
- ½ tsp ground coriander
- 4 cups vegetable broth or chicken broth
- 1 tbsp lemon juice
- Salt and pepper to taste

**Calories 130, Carbohydrate 25g, Protein 2g, Fat 4g, Fiber 7g**

### Tomato Basil Soup



**Prep Time:** 10 min



**Cook Time:** 25 min



**Serving:** 4

#### Directions:

- Add olive oil to the pot and heat it. Add chopped onion and garlic and sauté for 3–4 minutes.
- Stir in the diced tomatoes, vegetable broth, and water. Bring the mixture to a boil.
- Add dried basil, oregano, and black pepper. Reduce heat and let the soup simmer for 15–20 minutes.
- Transfer the soup to the blender and blend until smooth.
- Return the mixture to the pot. Stir in dried basil and lemon juice.
- Serve and enjoy!



#### Ingredients:

- 1 tbsp olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 14.5 oz tomatoes, diced
- 2 cups low-sodium vegetable broth
- 1 cup water
- 1 tsp dried basil
- 1 tsp dried oregano
- ½ tsp ground black pepper
- 1 tbsp fresh lemon juice
- 1 tbsp dried basil

**Calories 120, Carbohydrate 18g, Protein 4g, Fat 5g, Fiber 5g**

## SOUP RECIPES

### Cabbage Soup



**Prep Time:** 10 min



**Cook Time:** 40 min



**Serving:** 4

#### Directions:

- Add olive oil to the pot and heat it. Add the chopped onion and garlic, and sauté for 3-4 minutes.
- Add the carrots, zucchini, celery, and red bell pepper to the pot. Stir for another 3 minutes.
- Add the chopped tomatoes to the pot, followed by the vegetable broth. Stir in the oregano, basil, salt, and pepper.
- Bring the soup to a boil, then reduce the heat to low. Let it simmer for 25-30 minutes.
- Add the chopped cabbage to the pot and continue simmering for an additional 10-15 minutes.
- Serve and enjoy!



#### Ingredients:

- 1 head of cabbage, chopped
- 1 onion, chopped
- 2 garlic cloves, minced
- 2 tomatoes, chopped
- 2 zucchinis, sliced
- 1 cup celery, chopped
- 1 carrot, sliced
- 1 red bell pepper, chopped
- 1 tbsp olive oil
- 4 cups vegetable broth
- 2 tsp dried oregano
- 1 tsp dried basil
- Salt and pepper, to taste

**Calories 150, Carbohydrate 20g, Protein 4g, Fat 7g, Fiber 7g**

### Shrimp and Fennel Soup



**Prep Time:** 15 min



**Cook Time:** 25 min



**Serving:** 4

#### Directions:

- Add olive oil to the pot and heat it. Add fennel, onion, garlic, celery, and carrot and cook for 5 to 7 minutes.
- Stir in the dried oregano. Cook for another minute.
- Pour in the chicken broth and diced tomatoes. Stir well and bring the mixture to a boil. Lower the heat and let it simmer for 15 minutes.
- Add the shrimp to the pot and cook for 3-4 minutes.
- Stir in the lemon juice and season with salt and pepper.
- Enjoy hot.



#### Ingredients:

- 1 tbsp olive oil
- 1 fennel bulb, trimmed and thinly sliced
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 carrot, peeled and diced
- 2 celery stalks, diced
- ½ tsp dried oregano
- 4 cups chicken broth
- 14.5 oz tomatoes, diced
- 1lb shrimp, peeled and deveined
- 1 tbsp lemon juice
- Salt and pepper, to taste

**Calories 220, Carbohydrate 13g, Protein 24g, Fat 9g, Fiber 4g**

## SOUP RECIPES

### Lentil Soup



**Prep Time:** 15 min



**Cook Time:** 40 min



**Serving:** 4

#### Directions:

- Add olive oil to the pot and heat it. Add garlic and onion and cook for 3 to 4 minutes.
- Add the carrots, celery, and zucchini to the pot. Stir for 2–3 minutes.
- Stir in the cumin, coriander, oregano, turmeric, and bay leaf. Then, add the rinsed lentils, followed by the tomatoes.
- Add the vegetable broth to the pot. Stir everything together.
- Bring the soup to a boil over medium–high heat, then reduce to low heat and let it simmer for 30–40 minutes.
- Season with black pepper and salt.
- Enjoy hot.



#### Ingredients:

- 1 cup dried green or brown lentils, rinsed
- 1 onion, diced
- 2 cloves garlic, minced
- 2 carrots, diced
- 2 celery stalks, diced
- 1 zucchini, diced
- 1 tbsp olive oil
- 14.5 oz tomatoes, diced
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp dried oregano
- ½ tsp turmeric
- 1 bay leaf
- 6 cups low-sodium vegetable broth
- Salt and pepper to taste

**Calories 180, Carbohydrate 30g, Protein 10g, Fat 3g, Fiber 12g**

### Lemon Chicken Orzo Soup



**Prep Time:** 15 min



**Cook Time:** 30 min



**Serving:** 4

#### Directions:

- Add the olive oil into the pot and put over medium–high heat. Season the chicken breasts with salt, pepper, and oregano.
- Brown the chicken for 4–5 minutes per side, then remove from the pot and set aside. Once cooled slightly, shred the chicken into pieces.
- Add the diced onion, garlic, carrots, and celery to the same pot. Sauté for 5–7 minutes.
- Add the chicken broth, water, oregano, thyme, and salt. Bring the mixture to a boil, then reduce to a simmer. Let it cook for 10 minutes.
- Stir in the orzo pasta, diced zucchini, and shredded chicken. Continue to simmer for another 8–10 minutes.
- Add the chopped spinach and lemon juice. Add spinach and cook for 2 minutes.
- Serve!



#### Ingredients:

- 2 tbsp olive oil
- 1 lb boneless, skinless chicken breast
- 1 onion, diced
- 2 cloves garlic, minced
- 2 carrots, diced
- 2 celery stalks, diced
- 1 tsp dried oregano
- 1 tsp dried thyme
- 4 cups low-sodium chicken broth
- 1 cup water
- 1 cup low-carb orzo pasta
- ½ cup fresh spinach, chopped
- 1 zucchini, diced
- ¼ cup lemon juice
- ½ tsp salt
- ¼ tsp black pepper

**Calories 320, Carbohydrate 28g, Protein 27g, Fat 14g, Fiber 4g**

## SOUP RECIPES

### Chickpea Soup



**Prep Time:** 15 min



**Cook Time:** 30 min



**Serving:** 4

#### Directions:

- Add olive oil to the pot and heat it. Add onion and cook for 5 minutes.
- Add the minced garlic, diced carrots, and celery to the pot. Cook for another 5 minutes.
- Stir in the diced tomatoes, chickpeas, and the vegetable broth. Add the oregano, basil, cumin, turmeric, black pepper, and bay leaf. Bring the soup to a simmer.
- Reduce the heat and simmer for 15–20 minutes.
- Stir in the spinach or kale and cook for an additional 5 minutes.
- Remove the bay leaf and discard. Add the lemon juice and stir to combine.
- Serve!



#### Ingredients:

- 1 tbsp olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 carrot, diced
- 2 celery stalks, diced
- 15 oz chickpeas, drained and rinsed
- 14.5 oz tomatoes
- 4 cups low-sodium vegetable broth
- 1 tsp dried oregano
- 1 tsp dried basil
- ½ tsp ground cumin
- ½ tsp ground turmeric
- ¼ tsp black pepper
- 1 bay leaf
- 2 cups spinach or kale

**Calories 150, Carbohydrate 22g, Protein 8g, Fat 5g, Fiber 6g**

### Pumpkin Soup



**Prep Time:** 15 min



**Cook Time:** 30 min



**Serving:** 4

#### Directions:

- Add the olive oil into the pot and put over medium heat. Add the chopped onion, garlic, celery, and carrot. Sauté for 5–7 minutes until softened.
- Add the cumin, coriander, turmeric, cinnamon, salt, and pepper, and cook for an additional minute.
- Add the cubed pumpkin, vegetable broth, and tomato puree to the pot. Bring to a boil, then reduce the heat and let it simmer for 25–30 minutes.
- Transfer the soup to the blender and blend until smooth.
- Stir in lemon juice.
- Serve!



#### Ingredients:

- 1 pumpkin
- 1 tbsp olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 celery stalk, chopped
- 1 carrot, chopped
- 1 tsp ground cumin
- 1 tsp ground coriander
- ½ tsp ground turmeric
- ½ tsp ground cinnamon
- Salt and pepper, to taste
- 4 cups low-sodium vegetable or chicken broth
- ½ cup tomato puree
- 1 tbsp fresh lemon juice

**Calories 180, Carbohydrate 30g, Protein 4g, Fat 9g, Fiber 7g**

## SALAD RECIPES

### Roasted Eggplant & Tomato Salad



**Prep Time:** 10 min



**Cook Time:** 30 min



**Serving:** 4

#### Directions:

- Preheat the oven to 400 degrees F.
- Cut the eggplants into cubes and halve the cherry tomatoes. Place the eggplant cubes on a baking sheet.
- Drizzle the eggplant with olive oil, and sprinkle with oregano, garlic powder, salt, and pepper. Toss to combine. Roast for 25 to 30 minutes.
- Add cherry tomatoes and roasted eggplant to the bowl and mix well. Drizzle with red wine vinegar.
- Sprinkle with chopped parsley and feta cheese.
- Serve!



#### Ingredients:

- 2 eggplants, cubed
- 2 cups cherry tomatoes, halved
- 1/4 cup olive oil
- 1 tsp dried oregano
- 1 tsp garlic powder
- Salt and pepper to taste
- 1/4 cup fresh parsley, chopped
- 1 tbsp red wine vinegar
- 1/4 cup crumbled feta cheese

**Calories 180, Fat 14g, Protein 3g, Carbohydrate 15g, Fiber 7g**

### Salmon Caesar Salad



**Prep Time:** 10 min



**Cook Time:** 15 min



**Serving:** 4

#### Directions:

- Season the salmon with black pepper, olive oil, oregano, and salt.
- Heat a skillet over medium heat. Place the salmon to the skillet and cook for 4 to 5 minutes per side. Keep it aside.
- Add black pepper, salt, mayonnaise, olive oil, and lemon juice to the bowl and mix well.
- Add chopped Romaine lettuce, cherry tomatoes, red onion, Kalamata olives, and Parmesan cheese into the salad bowl and mix well.
- Add cooked salmon fillets over salad. Pour the dressing and toss to combine.
- Serve!



#### Ingredients:

##### For the Salmon:

- 4 salmon fillets
- 2 tbsp olive oil
- 1/2 tsp dried oregano
- Salt and pepper, to taste

##### For the Salad:

- 6 cups Romaine lettuce, chopped
- 1/2 cup cherry tomatoes, halved
- 1/4 cup red onion, sliced

- 1/4 cup Kalamata olives
- 1/4 cup Parmesan cheese, shaved

##### For the Dressing:

- 1/2 cup mayonnaise
- 2 tbsp olive oil
- 2 tbsp lemon juice
- 1 tsp Dijon mustard
- Salt and pepper, to taste

**Calories 380, Fat 26g, Protein 30g, Carbohydrate 8g, Fiber 3g**

## SALAD RECIPES

### Chickpea Salad



**Prep Time:** 10 min



**Cook Time:** 0 min



**Serving:** 4

#### Directions:

- Add chickpeas, cherry tomatoes, cucumber, red onion, olives, feta cheese, and parsley into the bowl and mix well.
- Add olive oil, red wine vinegar, Dijon mustard, dried oregano, salt, and pepper in another bowl and mix well.
- Pour the dressing over the salad ingredients. Toss to combine.
- Serve!



#### Ingredients:

- 1 cup cooked chickpeas, rinsed and drained
- 1 cup cherry tomatoes, halved
- 1/2 cup cucumber, diced
- 1/4 cup red onion, finely chopped
- 1/4 cup Kalamata olives, halved
- 1/4 cup crumbled feta cheese
- 2 tbsp fresh parsley, chopped

#### For the Dressing:

- 3 tbsp olive oil
- 1 tbsp red wine vinegar
- 1 tsp Dijon mustard
- 1/2 tsp dried oregano
- Salt and pepper, to taste

**Calories 200, Fat 13g, Protein 6g, Carbohydrate 14g, Fiber 5g**

### Tuna White Bean Salad



**Prep Time:** 10 min



**Cook Time:** 0 min



**Serving:** 4

#### Directions:

- Add tuna, white beans, cherry tomatoes, cucumber, red onion, and Kalamata olives into the bowl and mix well.
- Add olive oil, red wine vinegar or lemon juice, Dijon mustard, oregano, salt, and pepper in another bowl and mix well.
- Pour the dressing over salad. Mix well.
- Serve!



#### Ingredients:

- 5 oz tuna in olive oil, drained
- 1 cup canned white beans, rinsed and drained
- 1 cup cherry tomatoes, halved
- 1/2 cup cucumber, diced
- 1/4 cup red onion, finely chopped
- 1/4 cup Kalamata olives, sliced
- 2 tbsp fresh parsley or basil, chopped
- 2 tbsp extra virgin olive oil
- 1 tbsp red wine vinegar or lemon juice
- 1/2 tsp dried oregano
- Salt and pepper, to taste

**Calories 210, Fat 9g, Protein 6g, Carbohydrate 12g, Fiber 5g**

## SALAD RECIPES

### Tomato Salad



**Prep Time:** 10 min



**Cook Time:** 0 min



**Serving:** 4

#### Directions:

- Add the chopped or sliced tomatoes, red onion, and Kalamata olives into the bowl and mix well.
- Add olive oil, red wine vinegar, oregano, salt, and pepper in another bowl and mix well.
- Drizzle the dressing over the salad and toss to coat. Top with feta cheese.
- Serve!



#### Ingredients:

- 4 ripe tomatoes, chopped or sliced
- ½ red onion, thinly sliced
- 1/4 cup Kalamata olives, pitted and halved
- 1/4 cup crumbled feta cheese
- 2 tbsp olive oil
- 1 tbsp red wine vinegar
- 1 tsp dried oregano
- Salt and ground black pepper, to taste

**Calories 130, Fat 11g, Protein 3g, Carbohydrate 6g, Fiber 2g**

### Corn Salad



**Prep Time:** 10 min



**Cook Time:** 0 min



**Serving:** 4

#### Directions:

- Add olive oil, red wine vinegar, garlic, oregano, salt, and pepper into the bowl and mix well.
- Add corn, cherry tomatoes, cucumber, red onion, olives, feta cheese, parsley, and basil in another bowl and mix well. Pour the dressing over salad. Mix well.
- Serve!



#### Ingredients:

- |                                   |                               |
|-----------------------------------|-------------------------------|
| • 2 cups corn kernels, cooked     | • 2 tbsp fresh basil, chopped |
| • 1 cup cherry tomatoes, halved   | <b>Dressing:</b>              |
| • 1 cucumber, diced               | • 3 tbsp olive oil            |
| • 1/2 red onion, chopped          | • 1 tbsp red wine vinegar     |
| • 1/3 cup Kalamata olives, sliced | • 1 garlic clove, minced      |
| • 1/4 cup crumbled feta cheese    | • 1/2 tsp dried oregano       |
| • 2 tbsp fresh parsley, chopped   | • Salt and pepper, to taste   |

**Calories 140, Fat 9g, Protein 4g, Carbohydrate 12g, Fiber 2g**

## SALAD RECIPES

### Shrimp Salad



**Prep Time:** 15 min



**Cook Time:** 5 min



**Serving:** 4

#### Directions:

- Add olive oil to the skillet and heat it.
- Add the shrimp and cook for 2–3 minutes per side. Season with a pinch of salt and pepper. Keep it aside.
- Add olive oil, lemon juice, Dijon mustard, oregano, garlic, salt, and pepper into the bowl and mix well. Set aside.
- Add mixed greens, cherry tomatoes, cucumber, olives, and red onion in a salad bowl and mix well. Top with the cooked shrimp.
- Drizzle the dressing over the salad and toss to combine.
- Serve!



#### Ingredients:

##### For the Salad:

- 1lb shrimp, peeled and deveined
- 4 cups mixed greens (arugula, spinach, or romaine)
- 1 cup cherry tomatoes, halved
- 1 cucumber, thinly sliced
- 1/2 cup Kalamata olives, pitted and halved

- 1/4 cup red onion, thinly sliced

##### For the Dressing:

- 3 tbsp olive oil
- 2 tbsp fresh lemon juice
- 1 tsp Dijon mustard
- 1 tsp dried oregano
- 1 garlic clove, minced
- Salt and pepper, to taste

**Calories 220, Fat 12g, Protein 22g, Carbohydrate 6g, Fiber 2g**

### Chicken Spinach Salad



**Prep Time:** 10 min



**Cook Time:** 15 min



**Serving:** 4

#### Directions:

- Season the chicken breast with black pepper and salt. Place the seasoned chicken onto the preheated grill and cook for 6 to 7 minutes per side.
- Add olive oil, lemon juice, Dijon mustard, salt, and pepper into the bowl and mix well.
- Add baby spinach, cherry tomatoes, cucumber, red onion, olives, and feta cheese in a salad bowl and mix well. Add sliced chicken over it.
- Drizzle the dressing over the salad.
- Serve!



#### Ingredients:

##### For the Salad:

- 4 cups fresh baby spinach
- 2 grilled chicken breasts, sliced
- 1 cup cherry tomatoes, halved
- 1/2 cucumber, thinly sliced
- 1/4 cup red onion, thinly sliced
- 1/4 cup Kalamata olives
- 1/4 cup crumbled feta cheese

##### For the Dressing:

- 3 tbsp extra virgin olive oil
- 2 tbsp fresh lemon juice
- 1 tsp Dijon mustard
- Salt and pepper, to taste

**Calories 280, Fat 18g, Protein 25g, Carbohydrate 7g, Fiber 3g**

## SALAD RECIPES

### Olive Salad



**Prep Time:** 10 min



**Cook Time:** 0 min



**Serving:** 4

#### Directions:

- Add the olives, cherry tomatoes, cucumber, red onion, and feta cheese in a mixing bowl.
- Add olive oil, lemon juice, oregano, salt, and pepper in another bowl and mix well.
- Pour the dressing over the salad ingredients and toss to combine.
- Serve!



#### Ingredients:

- 1 cup mixed olives (green, kalamata, or black), pitted and halved
- 1 cup cherry tomatoes, halved
- 1/2 cup cucumber, diced
- 1/4 cup red onion, thinly sliced
- 1/4 cup crumbled feta cheese
- 2 tbsp fresh parsley, chopped
- 2 tbsp olive oil
- 1 tbsp lemon juice
- 1 tsp dried oregano
- Salt and pepper, to taste

**Calories 160, Fat 15g, Protein 3g, Carbohydrate 4g, Fiber 2g**

### Quinoa Salad



**Prep Time:** 10 min



**Cook Time:** 15 min



**Serving:** 4

#### Directions:

- Add cherry tomatoes, cucumber, red onion, and olives into the bowl and mix well.
- Add olive oil, red wine vinegar, lemon juice, garlic, oregano, salt, and pepper in another bowl and mix well.
- Add the cooled quinoa to the vegetable mix. Pour the dressing over the top and toss to combine.
- Serve!



#### Ingredients:

- 1 cup cooked quinoa
- 1 cup cherry tomatoes, halved
- 1 cup cucumber, diced
- 1/4 cup red onion, chopped
- 1/4 cup Kalamata olives, sliced
- 1/4 cup crumbled feta cheese
- 2 tbsp fresh parsley, chopped

#### For the Dressing:

- 2 tbsp olive oil
- 1 tbsp red wine vinegar
- 1 tsp lemon juice
- Salt and pepper, to taste

**Calories 180, Fat 11g, Protein 6g, Carbohydrate 15g, Fiber 3g**

## SALAD RECIPES

### Kale Salad



**Prep Time:** 15 min



**Cook Time:** 0 min



**Serving:** 4

#### Directions:

- Add chopped kale and salt to the bowl and massage the kale with your hands for 2 to 3 minutes.
- Add olive oil, lemon juice, red wine vinegar, Dijon mustard, minced garlic, salt, and pepper into the bowl and mix well.
- Add the cherry tomatoes, cucumber, Kalamata olives, red onion, and feta cheese to the bowl of kale. Drizzle with the dressing. Toss to combine.
- Serve!



#### Ingredients:

- 6 cups kale, de-stemmed and chopped
- 1/4 cup extra-virgin olive oil
- 1 tbsp lemon juice
- 1 tbsp red wine vinegar
- 1 tsp Dijon mustard
- 1 garlic clove, minced
- 1/2 cup cherry tomatoes, halved
- 1/4 cup cucumber, diced
- 1/4 cup Kalamata olives, halved
- 1/4 cup red onion, thinly sliced
- 1/3 cup crumbled feta cheese
- Salt and pepper, to taste

**Calories 180, Fat 15g, Protein 5g, Carbohydrate 7g, Fiber 3g**

### Caprese Salad



**Prep Time:** 15 min



**Cook Time:** 0 min



**Serving:** 4

#### Directions:

- Add tomatoes and mozzarella into the plate. Drizzle olive oil over the salad.
- Sprinkle with salt and ground black pepper.
- Serve!



#### Ingredients:

- 4 ripe tomatoes, sliced
- 8 oz fresh mozzarella, sliced
- ¼ cup fresh basil leaves
- 3 tbsp extra virgin olive oil
- Salt and ground black pepper, to taste

**Calories 200, Fat 16g, Protein 9g, Carbohydrate 4g, Fiber 1g**

## SALAD RECIPES

### Strawberry Spinach Salad



**Prep Time:** 10 min



**Cook Time:** 0 min



**Serving:** 4

#### Directions:

- Add the baby spinach, sliced strawberries, red onion, and feta cheese into the bowl and mix well.
- Add the olive oil, balsamic vinegar, Dijon mustard, salt, and pepper in another bowl and mix well. Pour the dressing over the salad. Toss to combine.
- Serve!



#### Ingredients:

- 6 cups fresh baby spinach
- 1 cup strawberries, hulled and sliced
- ½ red onion, thinly sliced
- 1/4 cup crumbled feta cheese
- 1/4 cup extra virgin olive oil
- 2 tbsp balsamic vinegar
- 1 tsp Dijon mustard
- Salt and pepper, to taste

**Calories 160, Fat 13g, Protein 4g, Carbohydrate 7g, Fiber 3g**

### Avocado Salad



**Prep Time:** 10 min



**Cook Time:** 0 min



**Serving:** 4

#### Directions:

- Add the diced avocado, cherry tomatoes, cucumber, red onion, olives, parsley, and mint into the bowl and mix well.
- Add olive oil, lemon juice, garlic, oregano, salt, and pepper in another bowl and mix well.
- Drizzle the dressing over the salad ingredients and toss to combine.
- Serve!



#### Ingredients:

- 2 ripe avocados, diced
- 1 cup cherry tomatoes, halved
- 1 cucumber, diced
- 1/4 cup red onion, chopped
- 1/4 cup Kalamata olives, sliced
- 2 tbsp fresh parsley, chopped
- 1 tbsp fresh mint, chopped

#### Dressing:

- 3 tbsp olive oil
- 1 tbsp fresh lemon juice
- 1 clove garlic, minced
- 1/2 tsp dried oregano
- Salt and pepper, to taste

**Calories 220, Fat 20g, Protein 3g, Carbohydrate 8g, Fiber 5g**

## SALAD RECIPES

### Zucchini Salad



**Prep Time:** 10 min



**Cook Time:** 0 min



**Serving:** 4

#### Directions:

- Use a vegetable peeler to create zucchini noodles.
- Add the zucchini, cherry tomatoes, red onion, Kalamata olives, parsley, and mint into the bowl and mix well.
- Add olive oil, lemon juice, minced garlic, oregano, salt, and pepper in another bowl and mix well.
- Pour the dressing over the salad and toss together.
- Serve!



#### Ingredients:

- 2 zucchinis, spiralized
- 1 cup cherry tomatoes, halved
- 1/4 cup red onion, thinly sliced
- 1/3 cup Kalamata olives, sliced
- 2 tbsp fresh parsley, chopped
- 2 tbsp fresh mint, chopped

#### Dressing:

- 3 tbsp olive oil
- 2 tbsp fresh lemon juice
- 1 clove garlic, minced
- 1 tsp dried oregano
- Salt and pepper, to taste

**Calories 110, Fat 9g, Protein 2g, Carbohydrate 6g, Fiber 2g**

### Lentil and Feta Salad



**Prep Time:** 10 min



**Cook Time:** 25 min



**Serving:** 4

#### Directions:

- Add lentils and water to the saucepan and boil it. Reduce heat to a simmer and cook for 20-25 minutes. Drain and let cool.
- Add the cherry tomatoes, cooked lentils, cucumber, red onion, olives, and parsley into the bowl and mix well.
- Add olive oil, lemon juice, red wine vinegar, dried oregano, salt, and pepper in another bowl and mix well.
- Pour the dressing over the salad and toss together.
- Serve!



#### Ingredients:

- 1 cup green or brown lentils, rinsed
- 3 cups water or vegetable broth
- 1 cup cherry tomatoes, halved
- 1 cucumber, diced
- 1/4 red onion, finely chopped
- 1/4 cup Kalamata olives, sliced
- 1/4 cup fresh parsley, chopped
- 1/4 cup crumbled feta cheese
- 2 tbsp extra virgin olive oil
- 1 tbsp lemon juice
- 1 tsp red wine vinegar
- 1/2 tsp dried oregano
- Salt and pepper to taste

**Calories 220, Protein 10g, Carbohydrates 30g, Fat 7g, Fiber 12g**

## LUNCH RECIPES

### Sheet Pan Za'atar Chicken with Veggies



**Prep Time:** 20 min



**Cook Time:** 30 min



**Serving:** 4

#### Directions:

- Preheat the oven to 400 degrees F. Line a sheet pans with parchment paper.
- Add olive oil, Za'atar seasoning, minced garlic, lemon zest, lemon juice, salt, and pepper into the bowl and mix well. Rub this mixture all over the chicken breasts. Set aside to marinate for at least 10-15 minutes. Add the zucchini, red bell pepper, yellow bell pepper, red onion, and cherry tomatoes with olive oil, dried oregano, salt, and pepper in another bowl and mix well.
- Arrange the chicken breasts in the center of the sheet pan. Surround the chicken with the prepared vegetables. Place the sheet pan in the preheated oven and bake for 25-30 minutes.
- Remove from the oven and let it rest for 5 minutes.
- Serve!



#### Ingredients:

##### For the chicken:

- 1.5lbs boneless, skinless chicken breasts
- 2 tbsp olive oil
- 2 tbsp Za'atar seasoning
- 2 cloves garlic, minced
- 1 tsp lemon zest
- 1 tbsp fresh lemon juice
- Salt and pepper, to taste

- 1 zucchini, sliced
- 1 red bell pepper, sliced into strips
- 1 yellow bell pepper, sliced into strips
- 1 red onion, sliced
- 1 cup cherry tomatoes, halved
- 1 tbsp olive oil
- 1 tsp dried oregano
- Salt and pepper, to taste

##### For the veggies:

**Calories 350, Protein 30g, Carbohydrates 18g, Fat 18g, Fiber 7g**

### Lemon Baked Cod



**Prep Time:** 10 min



**Cook Time:** 20min



**Serving:** 4

#### Directions:

- Preheat the oven to 375 degrees F.
- Place the cod fillets in a baking dish. Drizzle with 1 tbsp of olive oil, and season with salt, pepper, oregano, and basil. Squeeze half the lemon over the fish and sprinkle with lemon zest.
- Add the remaining 1 tbsp of olive oil, garlic, lemon juice, capers, olives, and tomatoes into the bowl and mix well.
- Spoon the Mediterranean mixture over the cod fillets. Bake for 18-20 minutes.
- Serve and enjoy!



#### Ingredients:

- 4 cod fillets (6 oz each)
- 2 tbsp olive oil
- 1 lemon, zested and juiced
- 2 cloves garlic, minced
- 1 tsp dried oregano
- 1 tsp dried basil
- ½ tsp salt
- ½ tsp black pepper
- 1 tbsp capers, drained
- ¼ cup black olives, chopped
- ¼ cup cherry tomatoes, halved

**Calories 220, Protein 35g, Carbohydrates 4g, Fat 9g, Fiber 1g**

## LUNCH RECIPES

### Sautéed Scallops



**Prep Time:** 10 min



**Cook Time:** 10 min



**Serving:** 4

#### Directions:

- Pat the scallops dry with paper towels. Season the scallops with salt, pepper, and paprika.
- Add 1 tbsp of olive oil into the skillet and heat it. Add scallops and cook for 2 to 3 minutes per side. Once done, remove the scallops from the skillet and keep it aside.
- Add the remaining tbsp of olive oil to the same skillet and heat it. Add the minced garlic and sauté for 30 seconds until fragrant. Add the zucchini and cook for 3-4 minutes.
- Add the cherry tomatoes and Kalamata olives and cook for another 2-3 minutes.
- Return the scallops to the pan, and toss them with the vegetables.
- Drizzle with lemon juice, sprinkle with dried oregano, salt and pepper. Serve!



#### Ingredients:

- 1 lb fresh sea scallops, cleaned and patted dry
- 2 tbsp olive oil
- 3 cloves garlic, minced
- 1 zucchini, sliced thinly
- 1 cup cherry tomatoes, halved
- ½ cup Kalamata olives, pitted and sliced
- 1 tsp lemon juice
- Salt and pepper to taste
- ½ tsp dried oregano

**Calories 220, Protein 28g, Carbohydrates 10g, Fat 10g, Fiber 3g**

### Baked Chicken Thighs



**Prep Time:** 10 min



**Cook Time:** 35 min



**Serving:** 4

#### Directions:

- Preheat oven to 400 degrees F.
- Add olive oil, lemon juice, balsamic vinegar, garlic, oregano, paprika, and black pepper into the bowl and mix well.
- Place chicken thighs in a bowl. Add the marinade and coat well. Let it sit for 10-15 minutes.
- Lay chicken thighs in a baking dish. Surround with cherry tomatoes, red onion, and zucchini slices. Bake for 30-35 minutes.
- Serve and enjoy!



#### Ingredients:

- 8 boneless, skinless chicken thighs
- 2 tbsp olive oil
- 1 tbsp lemon juice
- 1 tbsp balsamic vinegar
- 3 cloves garlic, minced
- 1 tsp dried oregano
- 1 tsp paprika
- ½ tsp ground black pepper
- 1 cup cherry tomatoes, halved
- 1 red onion, sliced
- 1 zucchini, sliced

**Calories 310, Protein 27g, Carbohydrates 7g, Fat 18g, Fiber 2g**

## LUNCH RECIPES

### Chicken Kabob



**Prep Time:** 20 min **Cook Time:** 20 min **Serving:** 4

#### Directions:

- Add olive oil, lemon juice, garlic, oregano, cumin, paprika, salt, and pepper into the bowl and mix well.
- Add chicken cubes and toss to coat. Cover and refrigerate for 1–2 hours.
- Preheat grill to medium–high heat.
- Thread marinated chicken, zucchini, onion, bell pepper, and cherry tomatoes alternately onto skewers. Grill for 15–20 minutes.
- Serve and enjoy!



#### Ingredients:

- 1 lb boneless, skinless chicken breast, cut into cubes
- 1 red bell pepper, chopped into chunks
- 1 zucchini, sliced
- 1 red onion, cut into wedges
- 10–12 cherry tomatoes
- 2 tbsp olive oil
- 1 tsp lemon juice
- 2 cloves garlic, minced
- 1 tsp dried oregano
- ½ tsp ground cumin
- ½ tsp smoked paprika
- Salt & pepper, to taste

**Calories 260, Protein 30g, Carbohydrates 7g, Fat 12g, Fiber 2g**

### Grilled Chicken Drumsticks



**Prep Time:** 10 min **Cook Time:** 35 min **Serving:** 4

#### Directions:

- Add olive oil, lemon juice, red wine vinegar, minced garlic, dried oregano, cumin, paprika, salt, and pepper into the bowl and mix well.
- Add the drumsticks to the bowl and toss them in the marinade. Cover the bowl with plastic wrap and refrigerate for at least 30 minutes.
- Preheat the grill to medium heat. Lightly oil the grill grates.
- Place the marinated chicken drumsticks on the grill and cook for 30–35 minutes.
- Serve!



#### Ingredients:

- 8 chicken drumsticks
- 2 tbsp olive oil
- 2 tbsp lemon juice
- 1 tbsp red wine vinegar
- 4 garlic cloves, minced
- 1 tbsp dried oregano
- 1 tsp ground cumin
- 1 tsp paprika
- Salt and pepper, to taste

**Calories 230, Protein 26g, Carbohydrates 2g, Fat 14g, Fiber 1g**

## LUNCH RECIPES

### Pan-Seared Salmon



**Prep Time:** 10 min



**Cook Time:** 15 min



**Serving:** 2

#### Directions:

- Add cherry tomatoes, cucumber, red onion, olives, and parsley into the bowl and mix well.
- Add lemon juice, olive oil, salt, and pepper. Toss well. Set aside. Pat the salmon fillets dry with a paper towel.
- Add salt, pepper, paprika, garlic powder, and oregano into the dish and mix well.
- Rub the spice mixture over the salmon flesh. Drizzle lemon juice over the top.
- Add 1 tbsp of olive oil to the skillet and heat it.
- Add salmon fillets and cook for 4 to 5 minutes per side.
- Place the salmon fillets onto the plate. Add salsa over it.
- Serve and enjoy!



#### Ingredients:

##### For the salmon:

- 2 salmon fillets (5–6 oz each, skin-on)
- 1 tbsp olive oil
- ½ tsp sea salt
- ¼ tsp black pepper
- ½ tsp smoked paprika
- ½ tsp garlic powder
- ½ tsp dried oregano
- 1 tsp lemon juice

##### Salsa topping:

- ½ cup cherry tomatoes, halved

- ¼ cup cucumber, diced
- ¼ cup red onion, chopped
- 2 tbsp Kalamata olives, pitted and chopped
- 2 tbsp fresh parsley, chopped
- 1 tbsp lemon juice
- 1 tbsp olive oil
- Salt and pepper to taste

**Calories 420, Protein 34g, Carbohydrates 6g, Fat 28g, Fiber 2g**

### Lemon Halibut



**Prep Time:** 10 min



**Cook Time:** 15 min



**Serving:** 4

#### Directions:

- Preheat the oven to 400 degrees F.
- Add olive oil, lemon zest, lemon juice, garlic, oregano, black pepper, and salt into the bowl and mix well.
- Place halibut fillets in a baking dish lined with parchment paper. Drizzle the lemon mixture over the fillets. Spread cherry tomatoes, olives, and red onion over and around the fish.
- Place in the oven and bake for 12–15 minutes.
- Serve and enjoy!



#### Ingredients:

- 4 halibut fillets (4–6 oz each)
- 2 tbsp olive oil
- 2 garlic cloves, minced
- 1 tbsp fresh lemon zest
- 3 tbsp fresh lemon juice
- 1 tsp dried oregano
- ½ tsp ground black pepper
- 1 cup cherry tomatoes, halved
- ½ cup pitted Kalamata olives, sliced
- ¼ cup red onion, thinly sliced

**Calories 280, Protein 28g, Carbohydrates 6g, Fat 14g, Fiber 2g**

## LUNCH RECIPES

### Cilantro Lime Shrimp



**Prep Time:** 10 min



**Cook Time:** 8 min



**Serving:** 4

#### Directions:

- Add olive oil, lime juice, zest, cilantro, garlic, cumin, paprika, salt, and pepper into the bowl and mix well. Add the shrimp and toss to coat. Let marinate for 10–15 minutes.
- Heat a skillet over medium-high heat. Add shrimp and cook for 2 to 3 minutes per side.
- Serve and enjoy!



#### Ingredients:

- 1 lb shrimp, peeled and deveined
- 2 tbsp olive oil
- 2 tbsp fresh lime juice
- 1 tsp lime zest
- 3 garlic cloves, minced
- ¼ cup fresh cilantro, chopped
- ½ tsp ground cumin
- ½ tsp smoked paprika
- Salt and ground black pepper, to taste

**Calories 180, Protein 24g, Carbohydrates 3g, Fat 9g, Fiber 2g**

### Lemon Rosemary Chicken



**Prep Time:** 10 min



**Cook Time:** 25 min



**Serving:** 4

#### Directions:

- Add olive oil, lemon juice, lemon zest, rosemary, garlic, mustard, black pepper, and salt into the bowl and mix well.
- Place chicken breasts in a ziplock bag. Pour marinade over the chicken. Marinate for at least 30 minutes.
- Heat a skillet over medium heat. Remove chicken from marinade and cook for 5–6 minutes on each side.
- Serve and enjoy!



#### Ingredients:

- 4 boneless, skinless chicken breasts (4 oz each)
- 2 tbsp olive oil
- 2 tbsp fresh lemon juice
- 1 tbsp lemon zest
- 2 tsp fresh rosemary, chopped
- 2 garlic cloves, minced
- 1 tsp Dijon mustard
- ½ tsp black pepper

**Calories 230, Protein 28g, Carbohydrates 2g, Fat 12g, Fiber 0g**

## LUNCH RECIPES

### Chicken Meatballs



**Prep Time:** 15 min



**Cook Time:** 20 min



**Serving:** 4

#### Directions:

- Preheat Oven to 400 degrees F.
- Add the chicken, almond flour, onion, garlic, egg, and all spices and herbs into the bowl. Mix well.
- With damp hands, shape mixture into 16–18 small meatballs. Place meatballs on a baking tray lined with parchment. Brush with olive oil. Bake for 18–20 minutes.
- Serve hot!



#### Ingredients:

- 1lb ground chicken
- 1/3 cup almond flour
- 1 red onion, chopped
- 2 garlic cloves, minced
- 1 egg
- 1 tbsp fresh parsley, chopped
- 1 tbsp fresh mint, chopped
- 1 tsp dried oregano
- ½ tsp ground cumin
- ¼ tsp cinnamon
- Salt and pepper to taste
- 1 tbsp olive oil

**Calories 230, Protein 26g, Carbohydrates 8g, Fat 10g, Fiber 1g**

### Chicken Piccata



**Prep Time:** 15 min



**Cook Time:** 20 min



**Serving:** 4

#### Directions:

- Heat olive oil in a skillet over medium heat. Cook chicken breasts for 4–5 minutes per side. Remove and set aside.
- In the same pan, add garlic and cook for 30 seconds. Deglaze with chicken broth and lemon juice. Stir in capers. Simmer for 3–5 minutes.
- Return chicken to the pan. Simmer for another 2–3 minutes.
- Sprinkle with fresh parsley.
- Serve!



#### Ingredients:

- 4 boneless, skinless chicken breasts (4–5 oz each)
- 2 tbsp olive oil
- 2 tbsp almond flour
- ½ cup low-sodium chicken broth
- ¼ cup lemon juice, freshly squeezed
- 2 tbsp capers, rinsed
- 2 cloves garlic, minced
- 1 tbsp fresh parsley, chopped

**Calories 280, Protein 32g, Carbohydrates 6g, Fat 14g, Fiber 1g**

## LUNCH RECIPES

### Baked Trout with Lemon



**Prep Time:** 10 min



**Cook Time:** 20 min



**Serving:** 4

#### Directions:

- Preheat oven to 400 degrees F. Line a baking dish with parchment paper. Rinse and pat dry the fish.
- Rub the inside and outside of each trout with olive oil, lemon juice, garlic, oregano, salt, and pepper. Insert lemon slices and rosemary.
- Place the trout into the dish. Place the dish into the oven and bake for 18 to 20 minutes.
- Serve and enjoy!



#### Ingredients:

- 2 whole rainbow trout
- 1 tsp lemon juice
- 1 tsp lemon zest
- 2 tbsp olive oil
- 2 cloves garlic, minced
- 2 sprigs fresh rosemary
- 1 tsp dried oregano
- ¼ tsp sea salt
- ¼ tsp black pepper

**Calories 310, Protein 33g, Carbohydrates 2g, Fat 19g, Fiber 0g**

### Stuffed Bell Peppers



**Prep Time:** 10 min



**Cook Time:** 40 min



**Serving:** 4

#### Directions:

- Preheat the oven to 375 degrees F. Line a baking dish with parchment paper.
- Cut the tops off the bell peppers and remove the seeds and ribs. Place them in the prepared baking dish. Add 1 tbsp of olive oil into the skillet and put over medium heat.
- Add the diced onion and garlic, and sauté for 3-4 minutes. Add the ground turkey or chicken. Continue to cook for 6-8 minutes.
- Stir in the cooked quinoa, diced tomatoes, Kalamata olives, oregano, basil, cumin, salt, and pepper. Mix well and cook for another 2-3 minutes.
- Spoon the filling into the hollowed-out bell peppers.
- Drizzle the remaining olive oil over the stuffed peppers. Cover the baking dish with foil and bake for 25 minutes. After 25 minutes, remove the foil and bake for an additional 10-15 minutes.
- Serve and enjoy!



#### Ingredients:

- 4 bell peppers
- 1lb ground turkey or chicken
- 1 onion, diced
- 2 cloves garlic, minced
- 1 cup cooked quinoa
- ½ cup tomatoes, diced
- ¼ cup Kalamata olives, chopped
- 2 tbsp olive oil
- 1 tsp dried oregano
- 1 tsp dried basil
- ½ tsp ground cumin
- ½ tsp ground black pepper
- Salt, to taste

**Calories 280, Protein 28g, Carbohydrates 20g, Fat 14g, Fiber 5g**

## LUNCH RECIPES

### Roasted Cauliflower Steaks



**Prep Time:** 10 min



**Cook Time:** 30 min



**Serving:** 4

#### Directions:

- Preheat the oven to 400 degrees F.
- Remove the outer leaves of the cauliflower and trim the stem. Slice the cauliflower into thick "steaks,".
- Arrange the cauliflower steaks on a baking sheet lined with parchment paper. Drizzle the olive oil and lemon juice over the steaks. Sprinkle with garlic powder, dried oregano, cumin, paprika, salt, and pepper.
- Roast for 25-30 minutes.
- Meanwhile, add parsley, cherry tomatoes, and olives to the bowl and mix well.
- Top cauliflower steak with topping.
- Serve!



#### Ingredients:

- 1 head of cauliflower
- 2 tbsp olive oil
- 1 tbsp lemon juice
- 1 tsp garlic powder
- 1 tsp dried oregano
- ½ tsp cumin
- ½ tsp paprika
- Salt and pepper to taste
- ¼ cup Kalamata olives, pitted and chopped
- ¼ cup cherry tomatoes, halved
- 2 tbsp fresh parsley, chopped

**Calories 150, Protein 3g, Carbohydrates 8g, Fat 14g, Fiber 4g**

### Stuffed Tomatoes



**Prep Time:** 20 min



**Cook Time:** 25 min



**Serving:** 4

#### Directions:

- Cut off the tops of the tomatoes and scoop out the insides using a spoon.
- Add the cooked quinoa, chopped Kalamata olives, chopped red onion, minced garlic, parsley, basil, oregano, black pepper, and salt into the bowl and mix well.
- Add the reserved tomato pulp and juice to the bowl and mix everything together.
- Stuff each hollowed tomato with the quinoa mixture.
- Preheat the oven to 375 degrees F.
- Place the stuffed tomatoes on a baking dish and drizzle them with olive oil and a squeeze of lemon juice.
- Bake the tomatoes for 20-25 minutes.
- Serve!



#### Ingredients:

- 6 tomatoes
- 1 cup cooked quinoa
- ¼ cup Kalamata olives, pitted and chopped
- ¼ cup red onion, chopped
- 2 tbsp extra virgin olive oil
- 2 cloves garlic, minced
- 1 tbsp fresh parsley, chopped
- 1 tbsp fresh basil, chopped
- 1 tsp dried oregano
- ½ tsp black pepper
- ¼ tsp sea salt
- 1 tbsp lemon juice

**Calories 200, Protein 8g, Carbohydrates 18g, Fat 10g, Fiber 4g**

## LUNCH RECIPES

### Falafel with Tzatziki Sauce



**Prep Time:** 25 min **Cook Time:** 20 min **Serving:** 4

#### Directions:

- Soak the dried chickpeas in water for 12 hours or overnight. Drain well.
- Add the soaked chickpeas, onion, garlic, parsley, cilantro, cumin, coriander, salt, pepper, and lemon juice into the blender and blend until smooth.
- Add the baking powder and start adding flour, 1 tbsp at a time, until the mixture can hold together and form small balls. Refrigerate the mixture for 30 minutes. Shape the mixture into the balls. Add olive oil to the skillet and heat it. Fry the falafel for 3 to 4 minutes per side.
- Meanwhile, add dill, lemon juice, olive oil, garlic, grated cucumber, and Greek yogurt to the bowl and mix well.
- Serve the falafel balls with tzatziki sauce.



#### Ingredients:

##### For the Falafel:

- 1 cup dried chickpeas
- 1 onion, chopped
- 2-3 cloves garlic, minced
- 2 tbsp parsley, chopped
- 2 tbsp cilantro, chopped
- 1 tsp cumin
- 1 tsp coriander
- ½ tsp salt
- ½ tsp black pepper
- 1 tbsp lemon juice
- 2-3 tbsp olive oil
- ½ tsp baking powder

- 4-6 tbsp chickpea flour

##### For the Tzatziki Sauce:

- 1 cup Greek yogurt, unsweetened
- ½ cucumber, grated
- 2 cloves garlic, minced
- 1 tbsp olive oil
- 1 tbsp fresh lemon juice
- 2 tsp fresh dill, chopped
- Salt and pepper, to taste

**Calories 250, Protein 12g, Carbohydrates 30g, Fat 10g, Fiber 8g**

### Grilled Shrimp Skewers



**Prep Time:** 10 min **Cook Time:** 8 min **Serving:** 4

#### Directions:

- Add olive oil, lemon juice, minced garlic, oregano, basil, paprika, salt, and black pepper into the bowl and mix well.
- Add the shrimp to the marinade and toss to coat. Cover and refrigerate for 20-30 minutes.
- Thread the marinated shrimp onto the skewers.
- Preheat the grill to medium-high heat.
- Place the skewers on the grill and cook for 2-3 minutes per side.
- Serve!



#### Ingredients:

- 1 lb shrimp, peeled and deveined
- 1 tbsp olive oil
- 1 tbsp lemon juice, freshly squeezed
- 2 cloves garlic, minced
- 1 tsp dried oregano
- 1 tsp dried basil
- ¼ tsp salt
- ¼ tsp black pepper

**Calories 200, Protein 27g, Carbohydrates 4g, Fat 9g, Fiber 1g**

## LUNCH RECIPES

### Fish Tacos



**Prep Time:** 15 min



**Cook Time:** 15 min



**Serving:** 4

#### Directions:

- Preheat the oven to 400 degrees F.
- Add olive oil, lemon juice, oregano, garlic powder, smoked paprika, salt, and pepper into the bowl and mix well.
- Place the fish fillets on a baking sheet lined with parchment paper. Drizzle the olive oil mixture over the fish. Bake the fish for 12–15 minutes.
- Warm the tortillas in a dry skillet.
- Break the cooked fish into pieces and place them in the center of each tortilla.
- Top with lettuce, cucumber, tomatoes, and red onion.
- Garnish with fresh parsley.
- Serve!



#### Ingredients:

##### For the Fish:

- 1lb white fish fillets
- 2 tbsp olive oil
- 1 tbsp lemon juice
- 1 tsp dried oregano
- 1 tsp garlic powder
- 1 tsp smoked paprika
- Salt and pepper to taste

- ½ cup diced cucumber
- ½ cup cherry tomatoes, halved
- ¼ red onion, thinly sliced
- 2 tbsp fresh parsley, chopped

##### For the Tacos:

- 8 low-carb tortillas
- 1 cup lettuce, shredded

**Calories 350, Protein 25g, Carbohydrates 30g, Fat 12g, Fiber 8g**

### Lamb Chops with Tzatziki



**Prep Time:** 15 min



**Cook Time:** 20 min



**Serving:** 4

#### Directions:

- Add the olive oil, garlic, lemon zest, lemon juice, rosemary, oregano, cumin, salt, and pepper into the bowl and mix well.
- Coat the lamb chops with this marinade and let them sit for at least 30 minutes.
- Preheat a grill over medium-high heat.
- Once hot, grill the lamb chops for 4–5 minutes on each side.
- Remove from the grill and let rest for 5 minutes.
- Add the Greek yogurt, grated cucumber, garlic, lemon juice, and fresh dill into the bowl and mix well.
- Stir well and season with salt and pepper.
- Serve!



#### Ingredients:

##### For the Lamb Chops:

- 8 lamb chops
- 2 tbsp olive oil
- 2 cloves garlic, minced
- 1 tbsp lemon zest
- 2 tbsp fresh lemon juice
- 1 tbsp fresh rosemary, chopped
- 1 tsp dried oregano
- 1 tsp ground cumin
- Salt and pepper to taste

##### For the Tzatziki Sauce:

- 1 cup Greek yogurt, unsweetened
- 1 cucumber, grated
- 1 clove garlic, minced
- 1 tbsp lemon juice
- 2 tsp fresh dill, chopped
- Salt and pepper to taste

**Calories 400, Protein 35g, Carbohydrates 8g, Fat 22g, Fiber 3g**

## LUNCH RECIPES

### Pan Fried Brussels Sprouts



**Prep Time:** 15 min



**Cook Time:** 15 min



**Serving:** 4

#### Directions:

- Trim the stem ends of the Brussels sprouts and slice them in half.
- Add olive oil to the skillet and heat it. Add the Brussels sprouts and sauté for 5–7 minutes.
- Add the minced garlic, oregano, and thyme to the pan. Continue to cook for another 2–3 minutes.
- Season with salt and pepper to taste. Drizzle the lemon juice over the Brussels sprouts and toss to combine.
- Serve!



#### Ingredients:

- 1 lb Brussels sprouts, trimmed and halved
- 2 tbsp olive oil
- 3 cloves garlic, minced
- 1 tbsp lemon juice
- 1 tsp dried oregano
- 1 tsp dried thyme
- Salt and pepper to taste

**Calories 180, Protein 5g, Carbohydrates 8g, Fat 15g, Fiber 4g**

### Vegetarian Fajitas



**Prep Time:** 20 min



**Cook Time:** 15 min



**Serving:** 4

#### Directions:

- Drain and rinse the chickpeas, and pat them dry with a paper towel.
- Heat 1 tbsp of olive oil in a skillet over medium heat.
- Add the garlic and sauté for 1 minute until fragrant.
- Add the bell peppers, zucchini, eggplant, onion and cook for 5–7 minutes.
- Add the chickpeas, cumin, paprika, turmeric, salt, and pepper. Stir to combine and cook for an additional 5 minutes.
- Warm the tortillas in a dry skillet.
- Spoon the vegetable-chickpea mixture onto each tortilla.
- Add tzatziki sauce over it.
- Serve!



#### Ingredients:

- 2 bell peppers, thinly sliced
- 1 zucchini, thinly sliced
- 1 eggplant, thinly sliced
- 1 red onion, thinly sliced
- 15 oz chickpeas, drained and rinsed
- 2 cloves garlic, minced
- 1 tbsp olive oil
- 1 tsp cumin
- ½ tsp turmeric
- Salt and pepper to taste
- 4 low-carb tortillas
- 1 cup tzatziki sauce

**Calories 400, Protein 35g, Carbohydrates 8g, Fat 22g, Fiber 3g**

## LUNCH RECIPES

### Baked White Fish



**Prep Time:** 10 min



**Cook Time:** 20 min



**Serving:** 4

#### Directions:

- Preheat oven to 375 degrees F.
- Place the white fish fillets in a baking dish.
- Add olive oil, minced garlic, lemon juice, lemon zest, oregano, basil, paprika, salt, and black pepper into the bowl and mix well.
- Pour the marinade over the fish fillets. Let the fish marinate for 10–15 minutes.
- Sprinkle the tomato and olives over the marinated fish fillets.
- Place the baking dish in the preheated oven and bake for 15–20 minutes.
- Remove the fish from the oven.
- Serve!



#### Ingredients:

- 4 white fish fillets
- 2 tbsp olive oil
- 2 cloves garlic, minced
- 1 tbsp fresh lemon juice
- 1 tbsp lemon zest
- 1 tsp dried oregano
- 1 tsp dried basil
- ½ tsp paprika
- ¼ tsp salt
- ¼ tsp black pepper
- 1 tomato, diced
- ¼ cup Kalamata olives, pitted and chopped

**Calories 180, Protein 25g, Carbohydrates 3g, Fat 9g, Fiber 1g**

### Baked Sea Bass with Lemon



**Prep Time:** 10 min



**Cook Time:** 30 min



**Serving:** 4

#### Directions:

- Preheat oven to 400 degrees F. Line a baking dish with parchment paper.
- Season the sea bass fillets with salt, pepper, and dried oregano. Place them in the prepared baking dish. Drizzle with 1 tbsp of olive oil.
- Place the lemon slices over the fillets. Spread the halved cherry tomatoes, Kalamata olives, and capers around the fish.
- Add the minced garlic, remaining olive oil, and lemon juice into the bowl and mix well. Pour this mixture over the fish and vegetables.
- Cover the dish with aluminum foil and bake for 20 minutes. After 20 minutes, remove the foil and continue to bake for another 5–10 minutes.
- Serve!



#### Ingredients:

- 4 sea bass fillets (about 6 oz each)
- 1 lemon, zested and sliced into rounds
- 2 tbsp olive oil
- 2 garlic cloves, minced
- 1 tsp dried oregano
- 1 tbsp fresh parsley, chopped
- Salt and pepper to taste
- ½ cup cherry tomatoes, halved
- ¼ cup Kalamata olives, pitted
- 1 tbsp lemon juice

**Calories 210, Protein 26g, Carbohydrates 6g, Fat 12g, Fiber 2g**

## LUNCH RECIPES

### Hummus and Veggie Wrap



**Prep Time:** 15 min



**Cook Time:** 0 min



**Serving:** 4

#### Directions:

- Lay the low-carb wrap flat on a clean surface.
- Spread a hummus over the center of the wrap.
- Layer the veggies over the hummus: cucumber, bell pepper, onion, shredded carrots, and cherry tomatoes.
- Roll it up and serve!



#### Ingredients:

- 1 low-carb wrap
- ¼ cup hummus
- ½ cucumber, thinly sliced
- ½ bell pepper, thinly sliced
- ¼ red onion, thinly sliced
- ¼ cup carrots, shredded
- ¼ cup cherry tomatoes, halved
- Salt and pepper, to taste
- 1 tsp lemon juice

**Calories 350, Protein 9g, Carbohydrates 30g, Fat 12g, Fiber 7g**

### Roasted Broccoli



**Prep Time:** 10 min



**Cook Time:** 25 min



**Serving:** 4

#### Directions:

- Preheat the oven to 425 degrees F.
- Wash the broccoli thoroughly and cut it into florets.
- Add the broccoli florets with olive oil, garlic, lemon juice, dried oregano, salt, and black pepper into the bowl and mix well.
- Spread the seasoned broccoli on a baking sheet. Roast for 20–25 minutes.
- Serve and enjoy!



#### Ingredients:

- 1 head of broccoli
- 2 tbsp olive oil
- 1 tbsp lemon juice, freshly squeezed
- 2 cloves garlic, minced
- 1 tsp dried oregano
- ½ tsp salt
- ¼ tsp black pepper

**Calories 160, Protein 5g, Carbohydrates 9g, Fat 13g, Fiber 4g**

## LUNCH RECIPES

### Baked Cauliflower with Harissa



**Prep Time:** 10 min



**Cook Time:** 30 min



**Serving:** 4

#### Directions:

- Preheat the oven to 400 degrees F.
- Wash and cut the cauliflower into florets.
- Add olive oil, harissa paste, cumin, paprika, garlic powder, salt, pepper, and lemon juice into the bowl and mix well.
- Add the cauliflower florets to the bowl and toss well.
- Spread the cauliflower in a single layer on a baking sheet lined with parchment paper. Bake for 25-30 minutes.
- Once baked, remove from the oven.
- Serve!



#### Ingredients:

- 1 cauliflower, cut into florets
- 2 tbsp olive oil
- 2 tbsp harissa paste
- 1 tsp ground cumin
- 1 tsp smoked paprika
- 1 tsp garlic powder
- Salt and pepper to taste
- 1 tbsp lemon juice

**Calories 150, Protein 3g, Carbohydrates 10g, Fat 12g, Fiber 4g**

### Garlic Dijon Chicken



**Prep Time:** 10 min



**Cook Time:** 15 min



**Serving:** 4

#### Directions:

- Add the olive oil, minced garlic, Dijon mustard, lemon juice, oregano, thyme, salt, and black pepper into the bowl and mix well.
- Place the chicken breasts in a shallow dish. Pour the marinade over the chicken. Cover and refrigerate for at least 30 minutes.
- Preheat the grill to medium-high heat.
- Place the chicken onto the grill grate. Cook for 6 to 7 minutes per side.
- Serve!



#### Ingredients:

- 4 boneless, skinless chicken breasts (6 oz each)
- 3 tbsp olive oil
- 3 cloves garlic, minced
- 2 tbsp Dijon mustard
- 1 tbsp lemon juice, freshly squeezed
- 1 tbsp dried oregano
- 1 tsp dried thyme
- ¼ tsp black pepper

**Calories 220, Protein 33g, Carbohydrates 3g, Fat 9g, Fiber 1g**

## LUNCH RECIPES

### Roasted Cabbage Steaks



**Prep Time:** 10 min



**Cook Time:** 30 min



**Serving:** 4

#### Directions:

- Preheat the oven to 400 degrees F. Line a baking sheet with parchment paper.
- Remove the outer leaves of the cabbage and cut off the bottom stem. Slice the cabbage into steaks.
- Place the cabbage steaks flat on the baking sheet.
- Drizzle the olive oil over the cabbage steaks. Sprinkle the garlic powder, paprika, thyme, oregano, salt, and pepper over both sides of the cabbage steaks.
- Place the baking sheet in the oven and roast for 25–30 minutes.
- Once roasted, drizzle the lemon juice over the cabbage steaks.
- Serve!



#### Ingredients:

- 1 head of cabbage
- 2 tbsp olive oil
- 1 tsp dried oregano
- 1 tsp dried thyme
- 1 tsp garlic powder
- 1 tsp paprika
- Salt and pepper to taste
- 1 tbsp lemon juice

**Calories 150, Protein 3g, Carbohydrates 8g, Fat 9g, Fiber 4g**

### Grilled Oysters with Garlic Herb Butter



**Prep Time:** 10 min



**Cook Time:** 10 min



**Serving:** 4

#### Directions:

- Preheat the grill to medium-high heat.
- Add the softened butter with olive oil, minced garlic, lemon juice, parsley, oregano, salt, and pepper into the bowl and mix well.
- Spoon a garlic herb butter mixture onto each oyster. Place the oysters on the grill and grill for 5–8 minutes.
- Remove the oysters from the grill.
- Serve!



#### Ingredients:

- 12 fresh oysters
- 4 tbsp unsalted butter
- 2 tbsp olive oil
- 4 cloves garlic, minced
- 1 tbsp fresh lemon juice
- 1 tbsp fresh parsley, chopped
- 1 tbsp fresh oregano, chopped
- Salt and ground black pepper, to taste

**Calories 210, Protein 9g, Carbohydrates 2g, Fat 18g, Fiber 0g**

## DINNER RECIPES

### Pesto Salmon



**Prep Time:** 10 min



**Cook Time:** 15 min



**Serving:** 4

#### Directions:

- Add basil leaves, pine nuts, garlic, and Parmesan cheese into the blender and blend until smooth. Add olive oil and blend again. Season with salt and pepper. Set aside.
- Preheat the oven to 400 degrees F.
- Drizzle olive oil over the salmon fillets and season with salt and pepper.
- Place the salmon fillets on a baking sheet lined with parchment paper.
- Roast the salmon for 12-15 minutes.
- Once the salmon is cooked, remove it from the oven.
- Spread the pesto over the top of each salmon fillet.
- Serve!



#### Ingredients:

- 4 salmon fillets (about 6 oz each)
- ¼ cup pesto
- 1 tbsp olive oil
- Salt and pepper, to taste

#### For the Pesto:

- 1 cup fresh basil leaves
- 2 tbsp pine nuts
- ¼ cup olive oil
- 2 tbsp Parmesan cheese, grated
- 2 garlic cloves
- Salt and pepper, to taste

**Calories 380, Protein 30g, Carbohydrates 4g, Fat 28g, Fiber 1g**

### Salmon Tacos



**Prep Time:** 15 min



**Cook Time:** 15 min



**Serving:** 4

#### Directions:

- Preheat the oven to 400 degrees F.
- Place the salmon fillets on a baking sheet lined with parchment paper. Drizzle with olive oil and squeeze lime juice over the fillets. Sprinkle with chili powder, smoked paprika, garlic powder, cumin, salt, and pepper. Rub the spices over the salmon.
- Place the salmon in the preheated oven and bake for 12-15 minutes.
- Meanwhile, add the Greek yogurt, mayonnaise, lime juice, hot sauce, salt, and pepper into the bowl and mix well.
- Heat the tortillas in a dry skillet over medium heat for 30 seconds on each side.
- Once the salmon is cooked, remove it from the oven. Place a few pieces of salmon on each tortilla. Top with shredded cabbage, red onion slices, avocado, salsa, and cilantro.
- Drizzle the prepared sauce over the top of each taco.
- Serve!



#### Ingredients:

##### For the salmon:

- 4 salmon fillets (about 6 oz each)
- 1 tbsp olive oil
- 1 tsp chili powder
- 1 tsp smoked paprika
- 1 tsp garlic powder
- ½ tsp cumin
- Salt and pepper to taste
- 1 tbsp lime juice

##### For the toppings:

- 1 cup cabbage, shredded
- 1 avocado, sliced

- 1 red onion, thinly sliced
- ½ cup fresh cilantro, chopped
- ½ cup salsa

##### For the sauce:

- ¼ cup Greek yogurt
- 1 tbsp mayonnaise
- 1 tbsp lime juice
- Salt and pepper to taste

##### For the tortillas:

- 8 low-carb tortillas

**Calories 350, Protein 30g, Carbohydrates 20g, Fat 20g, Fiber 7g**

## DINNER RECIPES

### Grilled Swordfish



**Prep Time:** 15 min



**Cook Time:** 12 min



**Serving:** 4

#### Directions:

- Add the olive oil, lemon juice, minced garlic, oregano, paprika, salt, and pepper into the bowl. Stir well.
- Place the swordfish steaks in a shallow dish. Pour the marinade over the steaks.
- Cover and refrigerate for at least 30 minutes to 1 hour.
- Preheat the grill to medium-high heat. Place the marinated swordfish steaks on the grill. Cook for 4-5 minutes per side.
- Serve and enjoy!



#### Ingredients:

- 4 swordfish steaks (about 6 oz each)
- 2 tbsp olive oil
- 2 tbsp lemon juice
- 2 cloves garlic, minced
- 1 tsp dried oregano
- 1 tsp paprika
- ½ tsp salt
- ½ tsp ground black pepper

**Calories 290, Protein 40g, Carbohydrates 1g, Fat 15g, Fiber 0g**

### Baked Haddock



**Prep Time:** 10 min



**Cook Time:** 20 min



**Serving:** 4

#### Directions:

- Preheat the oven to 375 degrees F. Grease a baking dish with olive oil or non-stick spray.
- Place the haddock fillets in the baking dish. Drizzle with olive oil, then squeeze the lemon juice over the fillets. Sprinkle the garlic powder, onion powder, paprika, salt, and pepper over the fish.
- Bake the fillets in the preheated oven for 15-20 minutes.
- Serve and enjoy!



#### Ingredients:

- 1.5lbs haddock fillets
- 2 tbsp olive oil
- 1 lemon, zested and juiced
- 1 tsp garlic powder
- 1 tsp onion powder
- ½ tsp paprika
- ¼ tsp salt
- ¼ tsp black pepper

**Calories 200, Protein 30g, Carbohydrates 2g, Fat 4g, Fiber 0g**

## DINNER RECIPES

### Baked Grouper with Cherry Tomatoes



**Prep Time:** 10 min



**Cook Time:** 15 min



**Serving:** 4

#### Directions:

- Preheat the oven to 400 degrees F. Grease a baking dish with olive oil.
- Add the halved cherry tomatoes, minced garlic, oregano, basil, olive oil, lemon juice, salt, and pepper into the bowl and mix well.
- Place the grouper fillets in the prepared baking dish.
- Spoon the tomato mixture over the grouper fillets. Bake for 12-15 minutes.
- Serve and enjoy!



#### Ingredients:

- 4 grouper fillets (about 6 oz each)
- 1 pint of cherry tomatoes, halved
- 2 tbsp olive oil
- 2 cloves garlic, minced
- 1 tbsp fresh lemon juice
- 1 tsp dried oregano
- 1 tsp dried basil
- Salt and pepper to taste

**Calories 220, Protein 28g, Carbohydrates 5g, Fat 10g, Fiber 1g**

### Creamy Saffron Chicken



**Prep Time:** 15 min



**Cook Time:** 20 min



**Serving:** 4

#### Directions:

- Add the saffron threads to the hot water into the bowl. Let it steep for 10 minutes. Set aside.
- Season the chicken breasts with salt, pepper, cumin, paprika, and lemon juice.
- Heat 1 tbsp of olive oil in a skillet over medium heat.
- Add the chicken breasts and cook for 5-7 minutes on each side. Remove from the pan and set aside.
- Add 1 tbsp of olive oil to the same skillet and heat it. Add onion and cook for 3 to 4 minutes. Add the garlic and cook for another 30 seconds.
- Pour in the saffron water, including the threads, and bring it to a simmer.
- Add the chicken broth and stir well. Let it simmer for 2-3 minutes. Reduce the heat and stir in the Greek yogurt. Season with salt and pepper.
- Return the cooked chicken to the pan.
- Let it simmer for an additional 2-3 minutes. Serve!



#### Ingredients:

##### For the chicken:

- 4 boneless, skinless chicken breasts
- 1 tbsp olive oil
- Salt and pepper to taste
- 1 tsp ground cumin
- 1 tsp paprika
- 1 tbsp fresh lemon juice

##### For the saffron sauce:

- ½ tsp saffron threads
- ½ cup hot water

- 1 tbsp olive oil
- 1 onion, chopped
- 3 garlic cloves, minced
- ½ cup Greek yogurt, unsweetened
- ½ cup chicken broth
- Salt and pepper to taste

**Calories 280, Protein 34g, Carbohydrates 6g, Fat 15g, Fiber 1g**

## DINNER RECIPES

### Roasted Cornish Hens



**Prep Time:** 15 min



**Cook Time:** 60 min



**Serving:** 4

#### Directions:

- Preheat the oven to 400 degrees F.
- Pat the Cornish hens dry with paper towels. Rub the hens all over with olive oil.
- Add the lemon zest, lemon juice, minced garlic, oregano, thyme, smoked paprika, salt, and pepper into the bowl and mix well. Rub this mixture over the hens.
- Place the hens in a roasting pan or large baking dish. Spread the red onion, cherry tomatoes, and olives around the hens. Add the chicken broth to the pan.
- Roast the hens in the preheated oven for 50-60 minutes.
- Once cooked, remove the hens from the oven and let them rest for 10 minutes.
- Serve!



#### Ingredients:

- 2 Cornish hens (1.5 lbs each)
- 2 tbsp olive oil
- 1 lemon, zested and juiced
- 4 cloves garlic, minced
- 1 tbsp dried oregano
- 1 tbsp fresh thyme
- 1 tsp smoked paprika
- Salt and pepper to taste
- 1 cup low-sodium chicken broth
- 1 red onion, sliced
- 1 cup cherry tomatoes, halved
- ½ cup Kalamata olives, pitted and halved

**Calories 350, Protein 35g, Carbohydrates 9g, Fat 20g, Fiber 2g**

### Shrimp Kabobs



**Prep Time:** 15 min



**Cook Time:** 10 min



**Serving:** 4

#### Directions:

- Add olive oil, lemon zest, lemon juice, garlic, parsley, oregano, salt, and pepper into the bowl and mix well.
- Add the shrimp and toss to coat. Let it marinate for 15-30 minutes in the fridge.
- Drizzle the vegetables with a little olive oil and season with salt, pepper, and oregano for extra flavor.
- Preheat the grill to medium-high heat.
- Thread the marinated shrimp and the prepared vegetables onto skewers, alternating shrimp and veggies.
- Place the kabobs on the grill and cook for 2-3 minutes per side.
- Remove the kabobs from the grill.
- Serve!



#### Ingredients:

##### For the Shrimp:

- 1 lb shrimp, peeled and deveined
- 2 tbsp olive oil
- 1 tsp lemon zest
- 1 tbsp lemon juice
- 2 cloves garlic, minced
- 1 tbsp fresh parsley, chopped
- 1 tsp dried oregano
- Salt and pepper to taste

##### For the Veggies:

- 1 bell pepper, cut into chunks
- 1 red onion, cut into chunks
- 1 zucchini, sliced into rounds
- 1 cup cherry tomatoes, halved

**Calories 180, Protein 23g, Carbohydrates 8g, Fat 8g, Fiber 2g**

## DINNER RECIPES

### Beef Tenderloin



**Prep Time:** 15 min



**Cook Time:** 12 min



**Serving:** 4

#### Directions:

- Remove the beef tenderloin steaks from the refrigerator about 30 minutes.
- Pat the steaks dry with paper towels. Season both sides of the steaks with salt, pepper, chopped rosemary, and thyme.
- Add olive oil, minced garlic, lemon juice, and lemon zest into the bowl and mix well.
- the marinade over the steaks and let them sit for 10 minutes.
- Heat a skillet over medium-high heat. Once hot, add the steaks and cook for 4-5 minutes on each side.
- Add the chopped Kalamata olives, feta cheese, halved cherry tomatoes, and fresh parsley in a bowl and mix well.
- Once the steaks are cooked, remove them from the pan and let them rest for a few minutes.
- Top each steak with the Mediterranean mixture of olives, feta, tomatoes, and parsley. Serve!



#### Ingredients:

- 4 Beef tenderloin steaks (6 oz each)
- 1 tbsp olive oil
- 2 cloves garlic, minced
- 1 tbsp fresh rosemary, chopped
- 1 tbsp fresh thyme, chopped
- 1 tbsp lemon juice
- 1 tsp lemon zest
- Salt and pepper to taste
- ¼ cup Kalamata olives, pitted and chopped
- ¼ cup feta cheese, crumbled
- ½ cup cherry tomatoes, halved
- 2 tbsp fresh parsley, chopped

**Calories 290, Protein 35g, Carbohydrates 6g, Fat 18g, Fiber 2g**

### Meatloaf



**Prep Time:** 15 min



**Cook Time:** 12 min



**Serving:** 4

#### Directions:

- Preheat the oven to 375 degrees F.
- Add ground turkey or chicken, almond meal, chopped spinach, onion, bell pepper, garlic, grated zucchini, olives, egg, olive oil, tomato paste, oregano, basil, parsley, salt, and black pepper into the bowl and mix well.
- Transfer the meat mixture into a loaf pan. Spread a tomato sauce on top of the meatloaf.
- Place the loaf in the oven and bake for 45-50 minutes.
- Serve!



#### Ingredients:

- 1lb ground turkey or chicken
- ½ cup almond meal
- ¼ cup fresh spinach, chopped
- ¼ cup onion, chopped
- ¼ cup red bell pepper, chopped
- 2 cloves garlic, minced
- ¼ cup black olives, chopped
- 1 egg
- 2 tbsp olive oil
- 2 tbsp tomato paste
- 1 tbsp dried oregano
- 1 tbsp fresh basil, chopped
- 1 tbsp fresh parsley, chopped
- ¼ tsp black pepper
- ½ cup tomato sauce

**Calories 250, Protein 38g, Carbohydrates 10g, Fat 12g, Fiber 3g**

## DINNER RECIPES

### Chicken Souvlaki



**Prep Time:** 15 min



**Cook Time:** 12 min



**Serving:** 4

#### Directions:

- Add olive oil, lemon juice, garlic, oregano, cumin, paprika, turmeric, black pepper, and salt into the bowl and mix well.
- Cut the chicken into cubes and add them to the marinade. Toss to coat the chicken. Cover and refrigerate for at least 30 minutes.
- Add Greek yogurt, grated cucumber, fresh dill, lemon juice, and minced garlic into the bowl and mix well.
- Season with salt and pepper to taste. Stir well.
- Heat a grill over medium-high heat. Thread the marinated chicken pieces onto skewers.
- Grill the chicken for 4-6 minutes per side.
- Serve!



#### Ingredients:

##### For the Chicken Marinade:

- 1.5 pounds skinless, boneless chicken breasts
- 2 tbsp olive oil
- 3 tbsp lemon juice, freshly squeezed
- 3 cloves garlic, minced
- 1 tbsp dried oregano
- 1 tsp ground cumin
- 1 tsp paprika
- ½ tsp ground turmeric

- Salt and black pepper, to taste

##### For the Tzatziki Sauce:

- 1 cup plain Greek yogurt
- 1 cucumber, grated
- 1 tbsp dill, chopped
- 1 tbsp lemon juice
- 1 garlic clove, minced
- Salt and pepper to taste

**Calories 275, Protein 35g, Carbohydrates 6g, Fat 12g, Fiber 1g**

### Stuffed Portobello Mushrooms



**Prep Time:** 15 min



**Cook Time:** 25 min



**Serving:** 4

#### Directions:

- Preheat oven to 375 degrees F.
- Clean the Portobello mushrooms using a damp cloth. Remove the stems and carefully scrape out the gills with a spoon to create space for the stuffing.
- Add the olive oil into the pan and put over medium heat. Add the minced garlic and diced onion and cook for 3 minutes. Add the cauliflower rice, sun-dried tomatoes, kalamata olives, oregano, and basil. Stir to combine and cook for another 2-3 minutes. Remove from heat and stir in the feta cheese, lemon zest, and fresh parsley. Season with salt and pepper to taste.
- Spoon the quinoa mixture into each mushroom cap. Place the stuffed mushrooms on a baking sheet lined with parchment paper. Drizzle with a little olive oil and bake for 20-25 minutes. Serve!



#### Ingredients:

- 4 Portobello mushrooms, stems removed and gills scraped
- ½ cup cauliflower rice
- ¼ cup crumbled feta cheese
- ¼ cup kalamata olives, pitted and chopped
- ¼ cup sun-dried tomatoes, chopped
- ¼ cup red onion, diced

- 1 garlic clove, minced
- 1 tbsp olive oil
- 1 tsp dried oregano
- 1 tsp dried basil
- 1 tbsp fresh parsley, chopped
- Salt and pepper, to taste
- 1 tsp lemon zest

**Calories 220, Protein 6g, Carbohydrates 12g, Fat 17g, Fiber 3g**

## SNACK AND SIDE DISH RECIPES

### Tzatziki with Fresh Veggies



**Prep Time:** 15 min



**Cook Time:** 0 min



**Serving:** 4

#### Directions:

- Add the Greek yogurt, grated cucumber, olive oil, lemon juice, minced garlic, and fresh dill into the bowl and mix well. Season with black pepper and salt.
- Arrange the vegetables on a serving platter.
- Serve with tzatziki sauce.



#### Ingredients:

##### Tzatziki Sauce:

- 1 cup plain Greek yogurt
- 1 cucumber, grated
- 1 tbsp olive oil
- 1 tbsp lemon juice
- 1-2 garlic cloves, minced
- 1 tbsp fresh dill, chopped
- Salt and pepper, to taste

##### For the Fresh Veggies:

- 1 cup cherry tomatoes, halved
- 1 carrot, julienned
- 1 bell pepper, sliced into strips
- 1 red onion, thinly sliced

**Calories 140, Protein 6g, Carbohydrates 15g, Fat 8g, Fiber 3g**

### Roasted Red Pepper Hummus



**Prep Time:** 10 min



**Cook Time:** 0 min



**Serving:** 4

#### Directions:

- Add the chickpeas, roasted red pepper, tahini, olive oil, lemon juice, garlic, water, and cumin into the blender. Blend until smooth.
- Serve with raw veggies.



#### Ingredients:

- 1 cup chickpeas, drained and rinsed
- 1 roasted red bell pepper
- 2 tbsp tahini
- 1 tbsp olive oil
- 1 tbsp lemon juice
- 1 clove garlic, minced
- ½ tsp ground cumin
- Salt and pepper, to taste
- 2-3 tbsp water

**Calories 70, Protein 3g, Carbohydrates 8g, Fat 4g, Fiber 3g**

## SNACK AND SIDE DISH RECIPES

### Roasted Beets with Chives



**Prep Time:** 10 min



**Cook Time:** 40 min



**Serving:** 4

#### Directions:

- Preheat the oven to 400 degrees F.
- Peel and cut the beets into cubes.
- Add the beet cubes with olive oil, dried oregano, garlic powder, salt, and black pepper into the bowl and mix well.
- Spread the seasoned beets on a baking sheet lined with parchment paper. Roast for 35-40 minutes.
- Once the beets are done, remove them from the oven.
- Serve!



#### Ingredients:

- 4 beets, peeled and cut into cubes
- 1 tbsp olive oil
- 1 tsp dried oregano
- 1 tsp garlic powder
- ½ tsp salt
- ¼ tsp black pepper
- 1 tbsp fresh lemon juice
- 2 tbsp fresh chives, chopped

**Calories 120, Protein 2g, Carbohydrates 25g, Fat 7g, Fiber 4g**

### Avocado Crema



**Prep Time:** 10 min



**Cook Time:** 0 min



**Serving:** 4

#### Directions:

- Place the avocados, Greek yogurt, olive oil, lemon juice, garlic, cumin, and paprika in a blender.
- Blend until smooth and creamy.
- Season with salt and pepper to taste.
- Serve!



#### Ingredients:

- 2 ripe avocados, peeled and pitted
- ½ cup plain Greek yogurt
- 2 tbsp extra virgin olive oil
- 2 tbsp fresh lemon juice
- 1 garlic clove, minced
- ¼ tsp ground cumin
- ¼ tsp smoked paprika
- Salt and pepper to taste

**Calories 150, Fat 13g, Carbohydrate 5g, Protein 4g, Fiber 3g**

## SNACK AND SIDE DISH RECIPES

### Greek Yogurt Dip with Dill and Garlic



**Prep Time:** 10 min



**Cook Time:** 0 min



**Serving:** 4

#### Directions:

- Add the Greek yogurt, chopped dill, minced garlic, olive oil, and lemon juice into the bowl and mix well. Season with black pepper and salt. Cover with a lid and place it into the fridge for 15 to 30 minutes.
- Serve!



#### Ingredients:

- 1 cup plain Greek yogurt
- 2 tbsp fresh dill, chopped
- 1 clove garlic, minced
- 1 tbsp olive oil
- 1 tsp lemon juice
- ¼ tsp salt
- 1/8 tsp black pepper

**Calories 40, Fat 3g, Carbohydrate 1g, Protein 2g, Fiber 0g**

### Marinated Olives



**Prep Time:** 10 min



**Cook Time:** 0 min



**Serving:** 4

#### Directions:

- Add the olive oil, lemon juice, garlic, oregano, red pepper flakes, rosemary, parsley, and lemon zest into the bowl and mix well. Season with salt and pepper.
- Add the olives to the bowl and toss with the marinade.
- Allow the olives to marinate in the refrigerator for 1 hour.
- Serve!



#### Ingredients:

- 2 cups mixed olives
- ¼ cup olive oil
- 2 tbsp fresh lemon juice
- 3 garlic cloves, thinly sliced
- 1 tsp dried oregano
- 1 tbsp fresh rosemary leaves, chopped
- 1 tbsp fresh parsley, chopped
- Salt and pepper to taste

**Calories 120, Fat 13g, Carbohydrate 1g, Protein 1g, Fiber 1g**

## SNACK AND SIDE DISH RECIPES

### Baba Ghanoush



**Prep Time:** 10 min



**Cook Time:** 40 min



**Serving:** 4

#### Directions:

- Preheat the oven to 400 degrees F.
- Pierce the eggplants with a fork. Place them on a baking sheet and roast in the oven for 30–40 minutes. Let it cool.
- Transfer the flesh of eggplant to the blender and blend until smooth.
- Add tahini, olive oil, garlic, lemon juice, cumin, and salt. Blend until smooth and creamy.
- Serve!



#### Ingredients:

- 2 eggplants
- 2 tbsp tahini
- 2 tbsp olive oil
- 2 garlic cloves, minced
- 1 tsp lemon juice
- ½ tsp ground cumin
- Salt to taste

**Calories 85, Fat 7g, Carbohydrate 4g, Protein 2g, Fiber 2g**

### Cucumber Salsa



**Prep Time:** 10 min



**Cook Time:** 0 min



**Serving:** 4

#### Directions:

- Add the diced cucumbers, bell peppers, red onion, jalapeño, and cilantro into the bowl and mix well.
- Drizzle the olive oil and lime juice over the mixture. Sprinkle with garlic powder, salt, and pepper. Toss well.
- Chill and serve!



#### Ingredients:

- 2 cucumbers, diced
- 1 red bell pepper, diced
- 1 green bell pepper, diced
- 1 red onion, chopped
- 2 tbsp fresh cilantro, chopped
- 1 tsp lime juice
- 1 tbsp olive oil
- 1 tsp garlic powder
- Salt and pepper to taste

**Calories 40, Fat 2g, Carbohydrate 4g, Protein 1g, Fiber 1g**

## SNACK AND SIDE DISH RECIPES

### Roasted Radishes



**Prep Time:** 10 min



**Cook Time:** 25 min



**Serving:** 4

#### Directions:

- Preheat the oven to 400 degrees F.
- Toss the radishes with olive oil, garlic powder, onion powder, smoked paprika, salt, and pepper into the bowl.
- Spread the seasoned radishes on a baking sheet lined with parchment paper.
- Roast for 20–25 minutes.
- Serve!



#### Ingredients:

- 1lb radishes, trimmed and halved
- 2 tbsp olive oil
- 1 tsp garlic powder
- 1 tsp onion powder
- Salt and pepper to taste

**Calories 45, Fat 4g, Carbohydrate 3g, Protein 1g, Fiber 1g**

### Bruschetta



**Prep Time:** 10 min



**Cook Time:** 5 min



**Serving:** 2

#### Directions:

- Add cherry tomato basil, olive oil, minced garlic, balsamic vinegar, salt, and pepper. Mix well and keep aside to marinate for 10–15 minutes.
- Toast the bread until golden and crispy.
- Spread the tomato mixture onto the toasted bread slices.
- Serve!



#### Ingredients:

- 4 low-carb bread
- 2 cups cherry tomatoes, diced
- ¼ cup fresh basil, chopped
- 2 tbsp olive oil
- 1 clove garlic, minced
- 1 tbsp balsamic vinegar
- ½ tsp salt
- ¼ tsp black pepper

**Calories 120, Fat 9g, Carbohydrate 4g, Protein 6g, Fiber 2g**

## SNACK AND SIDE DISH RECIPES

### Grilled Corn on the Cob



**Prep Time:** 10 min



**Cook Time:** 5 min



**Serving:** 4

#### Directions:

- Preheat the grill to medium-high heat.
- Brush each ear of corn with olive oil.
- Sprinkle with garlic powder, smoked paprika, salt, and pepper.
- Place the corn on the grill grates. Cook for 10 to 15 minutes.
- Serve!



#### Ingredients:

- 4 ears of corn, husks removed
- 2 tbsp olive oil
- 1 tsp garlic powder
- 1 tsp smoked paprika
- ½ tsp salt
- ¼ tsp black pepper

**Calories 120, Fat 7g, Carbohydrate 12g, Protein 3g, Fiber 2g**

### Sautéed Green Beans



**Prep Time:** 10 min



**Cook Time:** 5 min



**Serving:** 2

#### Directions:

- Add olive oil to the skillet and heat it. Add minced garlic and cook for 30 seconds.
- Add green beans and cook for 6 to 8 minutes.
- Season with black pepper and salt.
- Serve!



#### Ingredients:

- 1lb fresh green beans, trimmed
- 2 tbsp olive oil
- 2 cloves garlic, minced
- Salt and black pepper, to taste

**Calories 90, Fat 7g, Carbohydrate 5g, Protein 2g, Fiber 2g**

## SNACK AND SIDE DISH RECIPES

### Zucchini Chips



**Prep Time:** 10 min



**Cook Time:** 15 min



**Serving:** 2

#### Directions:

- Preheat the oven to 400 degrees F. Line a baking sheet with parchment paper.
- Place the zucchini slices in a bowl. Drizzle with olive oil. Sprinkle with garlic powder, smoked paprika, salt, and pepper.
- Place the zucchini slices onto the baking sheet and bake for 15 minutes.
- Serve!



#### Ingredients:

- 2 zucchinis, thinly sliced
- 1 tbsp olive oil
- ½ tsp garlic powder
- ½ tsp smoked paprika
- ½ tsp salt
- ¼ tsp black pepper

**Calories 80, Fat 5g, Carbohydrate 6g, Protein 2g, Fiber 1g**

### Roasted Artichoke Hearts



**Prep Time:** 10 min



**Cook Time:** 15 min



**Serving:** 4

#### Directions:

- Preheat the oven to 400 degrees F. Line a baking sheet with parchment paper.
- Add olive oil, garlic powder, oregano, smoked paprika, salt, and pepper into the bowl and mix well.
- Add the artichoke hearts to the bowl and toss them with the seasoning mixture.
- Spread the artichoke hearts on the prepared baking sheet. Roast for 20–25 minutes.
- Serve!



#### Ingredients:

- 14 oz artichoke hearts, drained and rinsed
- 2 tbsp olive oil
- 1 tsp garlic powder
- 1 tsp dried oregano
- ½ tsp smoked paprika
- ½ tsp salt
- 1/4 tsp black pepper

**Calories 80, Fat 6g, Carbohydrate 5g, Protein 2g, Fiber 3g**

## SNACK AND SIDE DISH RECIPES

### Roasted Cauliflower Tahini Dip



**Prep Time:** 10 min



**Cook Time:** 15 min



**Serving:** 2

#### Directions:

- Preheat the oven to 400 degrees F.
- Toss the cauliflower florets and garlic cloves with olive oil, salt, and pepper. Spread on a baking sheet. Roast the cauliflower and garlic for 10 minutes until golden brown.
- When cooked, remove from the oven and let it cool.
- Add roasted cauliflower, roasted garlic, tahini, lemon juice, cumin, smoked paprika, and water into the blender. Blend until smooth and creamy.
- Serve!



#### Ingredients:

- 1 head cauliflower, cut into florets
- 3 tbsp olive oil
- 2 cloves garlic
- ¼ cup tahini
- 1 tsp lemon juice
- 1 tsp ground cumin
- ½ tsp salt
- ¼ tsp black pepper

**Calories 90, Fat 7g, Carbohydrate 5g, Protein 3g, Fiber 2g**

### Veggie Sandwich



**Prep Time:** 10 min



**Cook Time:** 0 min



**Serving:** 2

#### Directions:

- Spread the hummus onto the lettuce leaves. Add the avocado slices, cucumber, roasted red peppers, carrots, and tomato slices on the lettuce leaves.
- Sprinkle with salt and pepper, and drizzle with olive oil.
- Fold and serve!



#### Ingredients:

- 4 romaine lettuce leaves
- ½ avocado, sliced
- ½ cup cucumber, thinly sliced
- ¼ cup roasted red peppers, sliced
- ¼ cup carrots, shredded
- 4 slices of tomato
- 2 tbsp hummus
- Salt and pepper to taste
- 1 tsp olive oil

**Calories 150, Fat 11g, Carbohydrate 7g, Protein 5g, Fiber 3g**

## DESSERT RECIPES

### Baklava



**Prep Time:** 30 min **Cook Time:** 45 min **Serving:** 12

#### Directions:

- Preheat the oven to 350 degrees F.
- Add the chopped nuts with ground cinnamon into the bowl and mix well. Set aside.
- Brush a baking dish with olive oil. Layer 10 sheets of phyllo dough in the dish. Brush each sheet with butter.
- Spread a thin layer of the nut mixture.
- Add 5 more layers of phyllo dough, brushing each with olive oil. Repeat the layering process with nuts and phyllo until all nuts are used.
- Cut the assembled baklava into diamond using sharp knife.
- Bake for 40–45 minutes until golden brown and crisp.
- Meanwhile, add lemon juice, vanilla, stevia, water, and sugar to the saucepan and boil and simmer for 10 minutes.
- Remove the baklava from the oven and pour the hot syrup over the top.
- Let the baklava sit for at least 4–6 hours. Serve!



#### Ingredients:

##### For the Baklava:

- 16 oz phyllo dough, thawed
- 1 cup olive oil
- 2 cups mixed nuts (walnuts, pistachios, or almonds, chopped)
- 1 tsp ground cinnamon

##### For the Syrup:

- 1 cup granulated sugar
- 1 cup water
- ½ cup stevia
- 1 tsp vanilla extract
- 1 tsp lemon juice

**Calories 300, Carbohydrate 3g, Protein 4g, Fat 20g, Fiber 2g**

### Semolina Cake



**Prep Time:** 15 min **Cook Time:** 30 min **Serving:** 10

#### Directions:

- Add stevia and water to the saucepan. Heat over medium heat.
- Bring to a boil, then simmer for 5–7 minutes. Add lemon juice and vanilla. Remove from heat and let cool.
- Preheat the oven to 350 degrees F. Grease a round baking dish.
- Add semolina, stevia, and baking powder into the bowl. Add yogurt, olive oil and vanilla. Stir well.
- Pour the batter into the prepared dish. Bake for 25–30 minutes.
- Serve!



#### Ingredients:

##### For the Cake:

- 1 cup semolina
- ½ cup plain yogurt
- ¼ cup olive oil
- 1 tbsp stevia
- ½ tsp baking powder
- ¼ tsp vanilla extract
- 1 cup almonds, blanched

##### For the Syrup:

- 1 cup stevia
- 1 cup water
- 1 tsp lemon juice

**Calories 220, Carbohydrate 35g, Protein 3g, Fat 8g, Fiber 1g**

## DESSERT RECIPES

### Date-Filled Cookies



**Prep Time:** 10 min



**Cook Time:** 25 min



**Serving:** 6

#### Directions:

- Add cinnamon, stevia, water, and chopped dates to the saucepan and cook for 5 to 7 minutes. Remove from heat and let it cool.
- Add flour, baking powder, and salt into the bowl and mix well. Set aside.
- Add the olive oil and stevia in another bowl and mix until creamy.
- Add the egg and vanilla extract, and mix well.
- Add the dry ingredients to the wet mixture and mix well.
- Preheat the oven to 350 degrees F and line a baking sheet with parchment paper. Roll the dough into balls. Place the date filling in the middle of ball. Place the cookies on the baking sheet. Bake for 12–15 minutes.
- Serve!



#### Ingredients:

##### For the Dough:

- 2 cups almond flour
- ½ tsp baking powder
- ¼ tsp salt
- ½ cup olive oil
- ½ cup stevia
- 1 egg
- 1 tsp vanilla extract

##### For the Filling:

- 1 cup pitted dates, chopped

- ¼ cup water
- 1 tbsp stevia
- ½ tsp ground cinnamon

**Calories 110, Carbohydrate 16g, Protein 1g, Fat 4g, Fiber 1g**

### Sesame Bars



**Prep Time:** 5 min



**Cook Time:** 10 min



**Serving:** 4

#### Directions:

- Heat a skillet. Add sesame seeds and toast for 3 to 5 minutes. Remove from heat and set aside.
- Add stevia into the saucepan and heat it.
- Lower the heat and stir in the toasted sesame seeds and a pinch of salt. Mix well. Cook the mixture for 1–2 more minutes.
- Transfer the mixture onto a parchment-lined baking sheet.
- Use another sheet of parchment paper to press it into a thin. Let the mixture cool for 10–15 minutes.
- Serve and enjoy!



#### Ingredients:

- 1 cup sesame seeds
- ¼ cup stevia
- ¼ tsp vanilla extract
- 1 tsp salt

**Calories 110, Carbohydrate 12g, Protein 2g, Fat 6g, Fiber 1g**

## DESSERT RECIPES

### Kunafa



**Prep Time:** 15 min



**Cook Time:** 35 min



**Serving:** 3

#### Directions:

- Add stevia and water in a saucepan. Bring to a boil and simmer for 5–7 minutes.
- Add lemon juice and rose water. Mix and set aside to cool.
- Cut the shredded phyllo dough into small pieces. Add olive oil and mix well.
- Preheat the oven to 350 degrees F.
- Grease a round baking dish with olive oil.
- Place half of dough into the dish. Spread the cheese over it.
- Cover with remaining dough and bake for 30 to 35 minutes.
- Pour the syrup over it. Let it soak for 10–15 minutes.
- Serve!



#### Ingredients:

##### For the Kunafa:

- 1 lb kunafa dough, shredded
- 1 cup olive oil
- 2 cups mozzarella cheese
- 1 cup heavy cream

##### For the Syrup:

- 1 cup stevia
- ½ cup water
- 1 tsp rose water
- 1 tsp lemon juice

**Calories 420, Carbohydrate 40g, Protein 10g, Fat 25g, Fiber 1g**

### Rice Pudding



**Prep Time:** 10 min



**Cook Time:** 40 min



**Serving:** 6

#### Directions:

- Add rice and water in a saucepan. Bring to a boil, then reduce heat, cover, and simmer for 15 minutes.
- Add 3 cups of milk, stevia, and salt to the cooked rice. Cook over medium heat, about 20 minutes.
- Add eggs and 1 cup of milk to the small bowl and mix well. Add hot rice mixture the egg mixture.
- Add tempered egg mixture to the saucepan. Cook for another 5 minutes.
- Remove from heat and stir in vanilla extract and cinnamon.
- Serve!



#### Ingredients:

- 1 cup uncooked white rice
- 2 cups water
- 4 cups almond milk
- 1 cup stevia
- 2 eggs, beaten
- 1 tsp vanilla extract
- ½ tsp ground cinnamon
- 1 tsp salt

**Calories 280, Carbohydrate 50g, Protein 7g, Fat 6g, Fiber 0g**

## DESSERT RECIPES

### Turkish Delight



**Prep Time:** 20 min



**Cook Time:** 60 min



**Serving:** 6

#### Directions:

- Grease a square baking dish with oil and line it with parchment paper. Grease the paper.
- Add stevia, 1 ½ cups of water, and lemon juice into the saucepan. Heat on medium.
- Add cornstarch, cream of tartar, and 3 cups of water in another pot and mix until smooth. Cook over medium heat.
- Add stevia syrup to the cornstarch mixture and mix well. Simmer for 60 minutes.
- Add rosewater and stir well.
- Pour the mixture into the prepared pan.
- Let it cool for 4–6 hours.
- Serve!



#### Ingredients:

- 4 cups stevia
- 1 cup cornstarch
- 4 ½ cups water
- 1 tsp cream of tartar
- 1 tbsp lemon juice
- 1 tsp rosewater

**Calories 60, Carbohydrate 15g, Protein 0g, Fat 0g, Fiber 0g**

### Cannoli



**Prep Time:** 20 min



**Cook Time:** 0 min



**Serving:** 12

#### Directions:

- Add the ricotta cheese, stevia and vanilla extract into the mixing bowl. Mix well until smooth.
- Fold in the mini chocolate chips.
- Fill a piping bag fitted with a large round tip with the ricotta mixture.
- Pipe the filling into both ends of each cannoli shell.
- Dust the filled cannoli with powdered sugar.
- Serve!



#### Ingredients:

- 16 cannoli shells
- 1 ½ cups ricotta cheese
- ½ cup stevia
- 1 tsp vanilla extract
- ¼ cup mini chocolate chips

**Calories 150, Carbohydrate 16g, Protein 3g, Fat 8g, Fiber 0g**

## DESSERT RECIPES

### Almond Cookies



**Prep Time:** 10 min



**Cook Time:** 15 min



**Serving:** 6

#### Directions:

- Preheat the oven to 350 degrees F.
- Add stevia and olive oil to the bowl and whisk to combine. Add flour, almond extract, and almond flour and beat until smooth.
- Scoop dough with a cookie dough into balls. Bake for 12-15 minutes.
- Serve!



#### Ingredients:

- ½ cup olive oil
- ½ cup stevia
- 1 cup + 2 tbsp almond flour
- ½ cup almond flour
- ¼ tsp almond extract
- ½ cup semisweet chocolate chips, melted

**Calories 208, Fat 13g, Carbohydrate 21g, Fiber 1g, Protein 3g**

### Pistachio Cookies



**Prep Time:** 15 min



**Cook Time:** 15 min



**Serving:** 12

#### Directions:

- Preheat the oven to 350 degrees F. Line a baking sheet with parchment paper.
- Add the whole wheat flour, salt, cinnamon, and chopped pistachios into the bowl and mix well.
- Add the olive oil, vanilla extract, egg, and almond milk in another bowl and mix well.
- Combine the wet ingredients and dry ingredients.
- Shape the dough into balls. Place the onto the baking sheet. Press it.
- Place the baking sheet in the oven and bake for 12-15 minutes.
- Serve!



#### Ingredients:

- 1 cup almond flour
- ½ cup unsalted pistachios, chopped
- ¼ cup olive oil
- ¼ tsp vanilla extract
- ¼ tsp ground cinnamon
- ¼ tsp salt
- 1 egg
- 2 tbsp unsweetened almond milk

**Calories 120, Fat 2g, Carbohydrate 6g, Fiber 2g, Protein 4g**

## DRINK RECIPES

### Turkish Tea



**Prep Time:** 10 min



**Cook Time:** 30 min



**Serving:** 4

#### Directions:

- Add 3 cups of water to the saucepan and boil it. Once the water has boiled, reduce the heat and let it simmer.
- While the water is heating, place the loose tea into the traditional Turkish tea pot.
- Add about 2 tablespoons of loose tea to the top section of the traditional Turkish tea pot. Fill the bottom pot with the remaining 1 cup of water. Place both parts of the teapot together and bring the water in the bottom part to a boil again.
- Once the bottom pot has boiled, pour the hot water into the upper section with the tea leaves. Let it steep for 15-20 minutes.
- Pour the steeped tea into glasses and dilute with hot water from the bottom part of the teapot.
- Add lemon juice and stir well.
- Serve!



#### Ingredients:

- 2 tbsp loose black tea
- 4 cups of water
- 1 tsp lemon juice

**Calories 5, Fat 0g, Carbohydrate 0g, Fiber 0g, Protein 0g**

### Peach Lemonade



**Prep Time:** 10 min



**Cook Time:** 0 min



**Serving:** 2

#### Directions:

- Place the sliced peaches in a blender and blend until smooth.
- Add the peach puree, fresh lemon juice, and cold water into the pitcher and mix well.
- Add ice cubes to the pitcher and mix well.
- Serve and enjoy!



#### Ingredients:

- 3 ripe peaches, peeled, pitted, and sliced
- 2 tbsp fresh lemon juice
- 4 cups cold water
- 3-4 fresh mint leaves
- Ice cubes

**Calories 40, Fat 0g, Carbohydrate 7g, Fiber 2g, Protein 0g**

## DRINK RECIPES

### Pomegranate Fizz Mocktail



**Prep Time:** 5 min



**Cook Time:** 0 min



**Serving:** 2

#### Directions:

- Add ice cubes to the tall glass.
- Add pomegranate juice and lime juice in another mixing container and stir well.
- Add chia seeds and sparkling water and mix well.
- Pour the pomegranate mixture to the tall glass and stir well.
- Serve and enjoy!



#### Ingredients:

- ½ cup fresh pomegranate juice, unsweetened
- ½ tsp fresh lime juice
- 1 tsp chia seeds
- ½ cup sparkling water

**Calories 20, Fat 0g, Carbohydrate 5g, Fiber 1g, Protein 0g**

### Hibiscus Tea



**Prep Time:** 5 min



**Cook Time:** 7 min



**Serving:** 2

#### Directions:

- In a medium saucepan, bring 4 cups of water to a boil.
- Once the water is boiling, add the dried hibiscus petals. Let it simmer for 5-7 minutes.
- Add the lemon and orange slices to the simmering water. Let them steep for another 2-3 minutes.
- Remove from heat and strain the tea into a pitcher.
- Serve hot!



#### Ingredients:

- 2 tbsp dried hibiscus petals
- 1-2 slices of lemon
- 1-2 slices of orange
- 4 cups filtered water

**Calories 15, Fat 0g, Carbohydrate 1g, Fiber 0g, Protein 0g**

## DRINK RECIPES

### Ouzo Drink with Lemon and Mint



**Prep Time:** 5 min



**Cook Time:** 0 min



**Serving:** 2

#### Directions:

- Add mint leaves to the shaker and muddle them using a spoon.
- Add Ouzo and lemon juice and mix well.
- Add ice cubes and shake well for 10 to 15 seconds. Strain the mixture into a glass filled with ice cubes.
- Add sparkling water to the glass and give it a gentle stir.
- Serve!



#### Ingredients:

- 1 ½ oz Ouzo
- ½ oz fresh lemon juice
- 2 oz sparkling water, unsweetened
- 6-8 fresh mint leaves
- Ice cubes

**Calories 15, Fat 0g, Carbohydrate 0g, Fiber 0g, Protein 0g**

### Lemon Ginger Tea



**Prep Time:** 5 min



**Cook Time:** 10 min



**Serving:** 2

#### Directions:

- In a small saucepan, add the water and bring it to a gentle boil over medium heat.
- Once the water is boiling, add the sliced ginger to the pan. Reduce the heat to low and let it simmer for 5-10 minutes.
- After the ginger has steeped in the water, remove the saucepan from the heat. Add the fresh lemon juice to the tea.
- Strain the tea into the cup.
- Serve!



#### Ingredients:

- 1 cup fresh water
- 1-inch piece of fresh ginger root, peeled and sliced thinly
- 1-2 tbsp fresh lemon juice

**Calories 3, Fat 0g, Carbohydrate 0g, Fiber 0g, Protein 0g**

## DRINK RECIPES

### Watermelon Drink



**Prep Time:** 10 min



**Cook Time:** 0 min



**Serving:** 2

#### Directions:

- Cut the watermelon into cubes and remove any seeds.
- Add the watermelon cubes, sparkling water and fresh lemon juice in a blender or food processor. Blend until smooth.
- Tear a few fresh mint leaves and add them to the drink. Blend them into the mixture.
- Pour the drink into the glass filled with ice cubes.
- Serve!



#### Ingredients:

- 4 cups of fresh watermelon, cubed, seeds removed
- 1 tbsp fresh lemon juice
- A few fresh mint leaves
- 1 to 2 cups of sparkling water

**Calories 30, Fat 0g, Carbohydrate 0g, Fiber 0g, Protein 0g**

### Tahini Date Shake



**Prep Time:** 10 min



**Cook Time:** 0 min



**Serving:** 2

#### Directions:

- Add the tahini, soaked or chopped dates, almond milk, cinnamon, cardamom, and vanilla extract into the blender and blend until creamy and smooth.
- Pour the shake into a glass and enjoy immediately.



#### Ingredients:

- ¼ cup tahini, unsweetened
- 3 Medjool dates, pitted and chopped
- 1 tsp vanilla extract
- 1 cup unsweetened almond milk
- ½ tsp ground cinnamon
- ¼ tsp ground cardamom

**Calories 200, Fat 14g, Carbohydrate 0g, Fiber 6g, Protein 6g**

## ----- **CONCLUSION** -----

Living with diabetes doesn't mean giving up the joy of eating—it means embracing smarter, more nourishing choices. The Mediterranean Diabetic-Friendly cookbook is your companion in that journey, blending the time-honored wisdom of Mediterranean cuisine with the practical needs of blood sugar management. These recipes are designed not just to support better health, but to bring pleasure back to the table with every bite.

Throughout this cookbook, you've discovered how fresh vegetables, lean proteins, healthy fats, and whole grains can come together to create vibrant, satisfying meals that help maintain stable blood glucose levels. The Mediterranean lifestyle is more than just a diet—it's a way of living that promotes balance, connection, and long-term well-being.

Whether you're managing diabetes or simply aiming for a healthier lifestyle, these dishes are crafted to nourish your body, uplift your mood, and simplify mealtime. With a little preparation and the right ingredients, you can enjoy flavorful food that fits seamlessly into your health goals.

Let this be more than just a cookbook—let it be a lifestyle shift that encourages mindful eating, joyful cooking, and empowered living. Here's to good health, great food, and a life full of flavor and balance.