



30-Days
Meal Plan

**& Shopping
Guide**



MEDITERRANEAN DIET COOKBOOK

FOR BEGINNERS



Delicious & Mouthwatering Recipes with Simple Ingredients without
Sacrificing Taste to Live Everyday Healthy Lifestyle



Dakota Lane

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Disclaimer

The content in this book is provided for informational purposes only and is not intended as medical advice, diagnosis, or treatment. The Mediterranean Diet Cookbook reflects general dietary guidelines and should not be interpreted as a substitute for consultation with a licensed healthcare professional or nutritionist. Individual dietary needs and restrictions vary, so please consult your physician or dietitian before making any significant changes to your diet, especially if you have any pre-existing medical conditions, allergies, or health concerns.

The recipes and nutritional information in this book are based on general health guidelines and are approximate. Always check product labels for ingredient content and nutritional values to ensure suitability for your specific needs. The author and publisher disclaim any liability for any adverse effects or consequences from the use of the information provided.

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Introduction

The MEDITERRANEAN DIET is an eating plan based on the traditional cuisines of countries such as Turkey, Greece, Italy, Spain, France, and many more. The Mediterranean diet is one of the healthiest diets you can adopt. It is a plant-based diet consisting of fruits, vegetables, legumes, nuts, whole grains, heart-healthy fats, cereals, seeds, spices, herbs, seafood, etc. Olive oil is the main ingredient in this diet. Fish, seafood, and poultry are included in moderate amounts.

The Mediterranean diet may promote weight loss and help prevent heart attacks, type-2 diabetes, strokes, and premature death. It also improves health and lowers the risk of chronic diseases. This diet encourages you to eat healthy food. It is quite a simple diet. It is straightforward to follow and suit your lifestyle.

The Mediterranean diet is magical because it lacks restriction and an abundance of healthy and delicious foods. It has endless health benefits and is a satisfying and rewarding diet. In this cookbook, you will get tasty and healthy Mediterranean diet recipes. These are rich in veggies, beans, legumes, olive oil, herbs, and spices, often seafood, fish, and chicken.

Principles of the Mediterranean diet:

- Drink plenty of water
- Use olive oil in each dish
- Eat fish at least twice a week
- Eat a lot of fruits and vegetables
- Serve fresh fruit as dessert
- Do exercise
- Eat well and stay healthy!

What is Mediterranean Diet?

A Mediterranean diet is a type of diet that people in the region around the Mediterranean Sea eat. It comprises vegetables, fruits, whole grains, seeds, nuts, olive oil, spices, herbs, and legumes. You should use only olive oil to make Mediterranean diet meals. This diet focused on only healthy foods. This diet is easy-to-follow and straightforward because it has a lot of health benefits. However, it is essential to use olive oil to make recipes. The main drink included in this diet is water. It would be best if you drink plenty of water in this diet. You can consume healthy smoothies like avocado, strawberries, or mango smoothies – this is a good option for a break from the water.

Eight main steps to getting started with the Mediterranean diet

The Mediterranean is a super easy diet if you follow these steps:

Eat a lot of veggies:

In this diet, you should eat many veggies such as broccoli, asparagus, leeks, Brussels sprouts, pumpkins, green beans, green onions, chilies, cauliflower, zucchini, and many more. Make these dishes with olive oil.

Use some dairy products:

This diet does not restrict dairy products. You can eat Greek or plain yogurt in this diet. Try to use a small amount of cheese.

Change your mind about meat:

You should eat a small amount of meat, such as chicken and poultry, beef, and lamb.

Eat fish twice a week:

You can eat fish twice a week. Fish such as sardines, salmon, tuna, and herring are good sources of omega-3 fatty acids. Seafood such as oysters, clams, and mussels are good for heart and brain health.

Use healthy fats:

This diet focused on healthy fats such as nuts, peanuts, extra-virgin olive oil, avocados, olives, sunflower seeds, and almonds. It would be best if you ate these fats daily in your meal.

Cook vegetarian meals two nights per week:

This diet promotes whole grains, legumes, beans, veggies, herbs, and spices. Try to make a veggie meal two nights per week. Make these meals with olive oil.

Use a large amount of whole grain:

Whole grains are rich in nutrients. It keeps you satisfied for many hours. It has a nutty and delicious taste. Cook Mediterranean grains such as barley, red, brown, black, or farro rice (made with whole-grain flour), and legumes!

For dessert, eat fresh fruits only:

Eat fresh fruits such as peaches, pomegranates, grapes, oranges, kiwis, figs, apples, and dates instead of cookies, cakes, ice creams, and sweet treats. Choose fresh fruits only!

Breakfast Recipes

Greek Yogurt Parfait

Preparation time: 30 minutes

Cooking time: 0 minutes

Serving size: 2

INGREDIENTS

- Greek yogurt, 1 cup, unsweetened
- Mixed berries, ¼ cup
- Vanilla extract, 1 teaspoon
- Chia seeds, 1 tablespoon
- Mixed nuts, ¼ cup

INSTRUCTIONS

- Place Greek yogurt and vanilla extract in a small bowl and whisk together.
- Start layering the yogurt parfait by spooning half of the Greek yogurt mixture into the Mason jar. Add half of the fresh mixed berries. Top with chia seeds and mixed nuts.
- Repeat the layers by adding the remaining yogurt, berries, chia seeds, and mixed nuts. Put it into the refrigerator for 30 minutes only. Greek Yogurt Parfait is ready to enjoy!



Calories 201, Carbohydrate 24g, Protein 14g, Fat 6g, Fiber 3g

Vegetable Omelet

Preparation time: 10 minutes

Cooking time: 10 minutes

Serving size: 1

INGREDIENTS

- Eggs, 2
- Tomatoes, ¼ cup, diced
- Bell peppers, ¼ cup, diced
- Red onion, 2 tablespoons, chopped
- Fresh basil, 1 tablespoon, chopped
- Salt and pepper to taste
- Feta cheese, 2 tablespoons, crumbled
- Kalamata olives, 1 tablespoon, chopped
- Olive oil, 1 tablespoon

INSTRUCTIONS

- Crack eggs in a small bowl and beat with an electric mixer. Add pepper and salt and whisk together.
- Heat a skillet over medium-low heat. Place olive oil in it. Add onion and bell peppers when heated and cook for 2 to 3 minutes. Add beaten egg mixture over it. Cook until mixed well.
- Add fresh basil leaves, olives, tomatoes, and feta cheese, and cook for 3 to 4 minutes.
- Place a spatula under the un-filled half, and fold over.
- Serve immediately.



Calories 358, Carbohydrate 9g, Protein 18g, Fat 28g, Fiber 2g

Breakfast Recipes

Shakshuka

Preparation time: 10 minutes

Cooking time: 25 minutes

Serving size: 1

INGREDIENTS

- Olive oil, 1 tablespoon
- Bell pepper, 1, diced
- Paprika, 1 teaspoon
- Onion, 1, diced
- Garlic, 2 cloves, minced
- Ground coriander, ½ teaspoon
- Salt and pepper to taste
- Eggs, 4-6
- Zucchini, 1, diced
- Tomatoes, 14 oz, diced
- Ground cumin, 1 teaspoon

INSTRUCTIONS

- Heat olive oil in a small skillet. Add onions and cook for 3 to 4 minutes until lightly browned. Place zucchini, garlic, and bell pepper stir and cook for 5 to 7 minutes. Reduce the heat to medium-low, add diced tomatoes, paprika, pepper, salt, cumin, and coriander, and cook for about 10 to 15 minutes.
- Use the back of a spoon to make 3 to 5 wells in the sauce. Crack in the eggs. Cover and cook until the eggs are set, 5 to 7 minutes.
- Season with pepper and salt.
- Remove from heat and garnish with fresh parsley leaves.
- Serve!



Calories 111, Carbohydrate 10g, Protein 7g, Fat 4g, Fiber 3g

Breakfast Recipes

Hummus and Veggie Wrap

Preparation time: 15 minutes

Cooking time: 0 minutes

Serving size: 2

INGREDIENTS

- Lettuce leaves, 4
- Hummus, ½ cup
- Cherry tomatoes, 1 cup, halved
- Cucumber, 1, julienned
- Red bell pepper, half, thinly sliced
- Red onion, half, thinly sliced
- Kalamata olives, ¼ cup, sliced
- Feta cheese, 2 tablespoons, crumbled
- Olive oil, 1 tablespoon
- Salt and pepper to taste

INSTRUCTIONS

- On each lettuce leaf, spread a layer of hummus.
- Lay the cherry tomatoes, cucumber, red bell pepper, red onion, Kalamata olives, and feta cheese on the hummus.
- Drizzle olive oil over the veggies and season with salt and pepper to taste.
- Fold the sides of each lettuce leaf towards the center and then roll from the bottom up to create a wrap.
- Serve!



Calories 220, Carbohydrate 17g, Protein 7g, Fat 15g, Fiber 6g

Feta and Spinach Egg Muffins

Preparation time: 15 minutes

Cooking time: 20 minutes

Serving size: 12

INGREDIENTS

- Eggs, 8
- Fresh spinach, 1 cup, chopped
- Black olives, 1/4 cup, sliced
- Red onion, 1/4 cup, chopped
- Dried oregano, 1 teaspoon
- Feta cheese, 1/2 cup, crumbled
- Sun-dried tomatoes, 1/4 cup, chopped
- Salt and pepper to taste
- Olive oil spray

INSTRUCTIONS

- Preheat the oven to 350°F. Grease a muffin tin with olive oil spray.
- In a small bowl, crack eggs and whisk together.
- Add the chopped spinach, crumbled feta, sun-dried tomatoes, black olives, red onion, dried oregano, salt, and pepper to the beaten eggs. Combine well.
- Divide the egg and spinach mixture across the muffin tins. Transfer the muffin tins to the oven and bake for 18-20 minutes.
- Remove from the oven.
- Serve!



Calories 100, Carbohydrate 1g, Protein 8g, Fat 7g, Fiber 1g

Caprese Avocado Toast

Preparation time: 10 minutes

Cooking time: 0 minutes

Serving size: 2

INGREDIENTS

- Ripe avocados, 2
- Bread, 4 slices, low-carb
- Cherry tomatoes, 1 cup, halved
- Olive oil
- Balsamic glaze
- Fresh mozzarella, 1/2 cup, sliced
- Fresh basil leaves, few
- Salt and pepper to taste

INSTRUCTIONS

- Cut the avocados in half, remove the pit, and scoop the flesh into a small bowl. Add pepper and salt and mash it with a fork.
- Toast the low-carb bread slices to your liking.
- Spread the mashed avocado on each toasted bread slice.
- Top each avocado-covered toast with halved cherry tomatoes and fresh mozzarella slices.
- Drizzle olive oil over the toast.
- Finish by drizzling balsamic glaze over the top.
- Serve!



Calories 320, Carbohydrate 15g, Protein 10g, Fat 25g, Fiber 10g

Breakfast Recipes

Mediterranean Quinoa Bowl

Preparation time: 15 minutes

Cooking time: 15 minutes

Serving size: 2

INGREDIENTS

- Cooked quinoa, 1 cup, cooked
- Cherry tomatoes, 1 cup, halved
- Cucumber, half, diced
- Kalamata olives, 1/4 cup, sliced
- Feta cheese, 1/4 cup, crumbled
- Olive oil, 2 tablespoons
- Lemon juice, 1 tablespoon
- Dried oregano, 1 teaspoon
- Salt and pepper to taste

INSTRUCTIONS

- Cook quinoa according to package instructions and set aside.
- Add cooked quinoa, cherry tomatoes, cucumber, Kalamata olives, and feta cheese to the bowl to make a bowl.
- Add olive oil, lemon juice, dried oregano, salt, and pepper in another bowl and mix well.
- Pour the dressing over the quinoa mixture and toss to combine.
- Serve immediately.



Calories 350, Carbohydrate 35g, Protein 10g, Fat 20g, Fiber 5g

Breakfast Recipes

Smoked Salmon and Cream Cheese Bagel

Preparation time: 10 minutes

Cooking time: 5 minutes

Serving size: 2

INGREDIENTS

- Bagel, 1, low-carb
- Smoked salmon, 2 oz
- Cream cheese, 2 tablespoons
- Capers, 1 tablespoon
- Red onion, half, thinly sliced
- Fresh dill, 1 tablespoon, chopped
- Lemon juice, 1 teaspoon
- Salt and pepper to taste

INSTRUCTIONS

- Slice the bagel in half.
- Toast the bagel halves to your liking.
- Spread one tablespoon of cream cheese on each half of the bagel.
- Layer smoked salmon on top of the cream cheese.
- Sprinkle capers, red onion slices, and fresh dill over the salmon.
- Drizzle lemon juice over the toppings.
- Season with salt and pepper.
- Serve and enjoy!



Calories 300, Carbohydrate 15g, Protein 25g, Fat 15g, Fiber 8g

Breakfast Recipes

Olive and Tomato Frittata

Preparation time: 10 minutes

Cooking time: 15 minutes

Serving size: 4

INGREDIENTS

- Eggs, 6, small
- Cup cherry tomatoes, ½ cup, halved
- Kalamata olives, 1/4 cup, sliced
- Fresh parsley, 2 tablespoons, chopped
- Olive oil, 1 tablespoon
- Feta cheese, 1/4 cup, crumbled
- Salt and pepper to taste

INSTRUCTIONS

- Preheat the oven to 375°F.
- Crack eggs into the bowl and beat well. Season with salt and pepper.
- Add olive oil into the skillet and put it over medium-low heat.
- Add cherry tomatoes and cook for 2-3 minutes until softened.
- Stir in Kalamata olives and half of the chopped parsley.
- Pour the beaten eggs over the vegetables in the skillet.
- Sprinkle crumbled feta cheese over the eggs.
- Transfer the skillet to the preheated oven and bake for 12-15 minutes.
- Once done, remove from the oven.
- Serve!



Calories 180, Carbohydrate 3g, Protein 12g, Fat 15g, Fiber 1g

Breakfast Recipes

Mediterranean Breakfast Pizza

Preparation time: 10 minutes

Cooking time: 20 minutes

Serving size: 4

INGREDIENTS

- Cauliflower crust, 1
- Tomato sauce, ½ cup
- Cherry tomatoes, ½ cup, sliced
- Baby spinach, 1 cup, chopped
- Feta cheese, 1/4 cup, crumbled
- Eggs, 4, small
- Black olives, 1/4 cup, sliced
- Olive oil, 1 tablespoon
- Salt and pepper to taste

INSTRUCTIONS

- Preheat your oven to 400°F.
- Spread the tomato sauce over the cauliflower crust.
- Sprinkle the chopped spinach, sliced cherry tomatoes, black olives, and crumbled feta over the pizza.
- Create four small wells in the toppings for the eggs.
- Carefully crack one egg into each well.
- Season the pizza with salt and pepper to taste. Drizzle with olive oil.
- Place the pizza onto the baking sheet and transfer it to the oven.
- Bake for 15-20 minutes.
- Serve!



Calories 300, Carbohydrate 15g, Protein 15g, Fat 20g, Fiber 5g

Blueberry Orange Granola

Preparation time: 10 minutes

Cooking time: 30 minutes

Serving size: 6

INGREDIENTS

Dry ingredients:

- Rolled oats, 2 ½ cups, gluten-free
- Dried blueberries, ¾ cup, unsweetened
- Almonds, ½ cup, slivered
- Flax seed meal, 3 tablespoons
- Coconut flakes, ½ cup, unsweetened
- Orange zest, 1 tablespoon

Wet ingredients:

- Olive oil, ¼ cup
- Orange extract, 1 teaspoon

INSTRUCTIONS

- Preheat the oven to 330 degrees Fahrenheit.
- Line a baking sheet with parchment paper.
- Add rolled oats, dried blueberries, almonds, flax seed meal, orange zest, and coconut flakes into the small bowl and combine well.
- Add olive oil and orange extract in another bowl and mix well.
- Add the olive oil mixture to the oats mixture and whisk together.
- Transfer the mixture to the baking sheet. Place the baking sheet into the oven.
- Bake for 30 minutes.
- Allow it to cool.
- Serve!



Calories 287, Protein 6g, Fat 14g, Carbohydrate 38g

Zucchini Quiche

Preparation time: 5 minutes

Cooking time: 45 minutes

Serving size: 8

INGREDIENTS

- Tomato, 1, sliced into thin rounds
- Olive oil
- White wheat flour, ½ cup
- Zucchini, 1, sliced into rounds
- Shallots, 3, sliced into rounds
- Kosher salt and pepper, to taste
- Parmesan cheese, 2 tablespoons, grated
- Eggs, 3, beaten
- Sweet Spanish paprika, 1 teaspoon
- Mozzarella cheese, ½ cup, shredded
- Milk, 2/3 cup
- Baking powder, ¼ teaspoon
- Parsley, ¼ cup

INSTRUCTIONS

- Preheat the oven to 350 degrees F.
- Place the sliced tomatoes onto the paper towel and season with salt. Allow it to sit for a few minutes. Then, pat it dry.
- Meanwhile, add 2 tablespoons of olive oil to the skillet over medium-low heat.
- Add zucchini, shallots, pepper, salt, and sweet paprika, and cook until tender.
- Transfer the cooked shallot mixture to the pie dish.
- Top with sliced tomatoes, parmesan cheese, and mozzarella cheese.
- Add baking powder, parsley, flour, paprika, milk, and eggs into the mixing bowl and whisk to combine.
- Pour the egg mixture into the pie dish over the cheese. Transfer it to the oven and bake for 30 minutes. When done, serve!



Calories 314, Carbohydrate 5g, Protein 14g, Fat 27g

Breakfast Recipes

Veggie Frittata

Preparation time: 15 minutes

Cooking time: 18 minutes

Serving size: 4

INGREDIENTS

- Eggs, 8
- Almond milk, ¼ cup
- Olive oil, 1 tablespoon
- Garlic, 2 teaspoons, minced
- Zucchini, 1 cup, quartered
- Red bell pepper, ½ cup, diced
- Green pepper, ½ cup, diced
- Yellow onion, ¼ cup, diced
- Salt and pepper, to taste

INSTRUCTIONS

- Preheat the oven to 375 degrees Fahrenheit.
- Add eggs and milk into the bowl and whisk to combine. Keep it aside.
- Add olive oil to the skillet and heat it. Add garlic, red bell pepper, green pepper, onion, and zucchini and cook for 5 to 7 minutes—season with pepper and salt.
- Then, add the egg mixture and cook for 2 to 4 minutes until the egg is scrambled.
- Transfer the skillet to the oven.
- Bake for 16 to 18 minutes.
- When done, remove the pan from the oven.
- Serve and enjoy!



Calories 194, Fat 13g, Protein 14g, Carbohydrate 4g, Fiber 1g

Breakfast Recipes

Avocado and Kale Omelet

Preparation time: 5 minutes

Cooking time: 10 minutes

Serving size: 1

INGREDIENTS

- Eggs, 2
- Almond milk, 1 teaspoon
- Salt, 1 pinch
- Kale, 1 cup, chopped
- Unsalted sunflower seeds, 1 teaspoon
- Red pepper, 1 pinch, crushed
- Olive oil, 2 teaspoons
- Lime juice, 1 tablespoon
- Fresh cilantro, 1 tablespoon, chopped
- Salt, 1 pinch
- Avocado, half, sliced

INSTRUCTIONS

- Add salt, milk, and eggs into the small bowl and beat well using an electric beater.
- Add 1 teaspoon olive oil to the skillet and heat it. Add egg mixture and cook for 1 to 2 minutes.
- Flip with a spatula and cook for 30 seconds more. Transfer it to the plate.
- Toss kale with salt, crushed red pepper, sunflower seeds, cilantro, lime juice, and olive oil. Top the omelet with kale salad and avocado.
- Serve!



Calories 339, Protein 15g, Carbohydrate 6g, Fiber 4g

Breakfast Recipes

Baked Eggs in Avocado

Preparation time: 5 minutes

Cooking time: 15 minutes

Serving size: 4

INGREDIENTS

- Avocados, 2
- Eggs, 4
- Salt and pepper, to taste

Toppings (optional):

- Cheddar cheese
- Smoked salmon
- Cream cheese
- Dill
- Cherry tomatoes
- Chives

INSTRUCTIONS

- Preheat the oven to 400 degrees F.
- Cut the avocado in half and remove the pits. Scoop out some of the avocado flesh to create a hole.
- Transfer the avocado halves to the baking dish. Crack one egg into each hole. Add topping and season with pepper and salt.
- Bake for 15 to 18 minutes.
- Top with your favorite toppings.
- Serve and enjoy!



Calories 224, Protein 8g, Fat 19g, Carbohydrate 9g, Fiber 7g

Za'atar Toast with Labneh

Preparation time: 5 minutes

Cooking time: 5 minutes

Serving size: 2

INGREDIENTS

- Whole grain bread, 4 slices
- Labneh or strained yogurt, 4 tablespoons
- Olive oil, 2 tablespoons
- Za'atar spice blend, 2 tablespoons
- Salt to taste

INSTRUCTIONS

- Preheat the oven broiler to high.
- Place the slices of bread on a baking sheet and toast them under the broiler for 1-2 minutes per side.
- Remove the bread from the oven and spread labneh on each slice.
- Drizzle olive oil over the labneh and sprinkle za'atar spice blend over each slice.
- Return the topped bread to the broiler and cook for another 1-2 minutes.
- Remove from the oven, season with salt.
- Serve!



Calories 270, Carbohydrate 26g, Protein 11g, Fat 14g, Fiber 5g

Breakfast Recipes

Greek Omelet

Preparation time: 10 minutes

Cooking time: 10 minutes

Serving size: 2

INGREDIENTS

- Eggs, 4
- Feta cheese, ¼ cup, crumbled
- Fresh spinach, ½ cup, chopped
- Tomatoes, ¼ cup, diced
- Red onion, ¼ cup, chopped
- Black olives, ¼ cup, sliced
- Fresh parsley, 1 tablespoon, chopped
- Salt and pepper to taste
- Olive oil, 1 tablespoon

INSTRUCTIONS

- Crack the eggs into a bowl and whisk them together until well combined. Season with salt and pepper to taste.
- Add olive oil into the skillet and heat it.
- Add the chopped spinach, diced tomatoes, red onion, and black olives to the skillet. Cook for 2-3 minutes until softened.
- Pour the blended eggs over the vegetables in the skillet. Cook for 3-4 minutes.
- Sprinkle the crumbled feta cheese and chopped parsley over one half of the omelets.
- Fold the other half of the omelets over the filling and cook for another 2-3 minutes.
- Serve hot.



Calories 230, Carbohydrate 5g, Protein 14g, Fat 18g, Fiber 2g

Breakfast Recipes

Turkish Breakfast Platter

Preparation time: 20 minutes

Cooking time: 20 minutes

Serving size: 4

INGREDIENTS

- Eggs, 4
- Tomatoes, 4, sliced
- Cucumbers, 4, sliced
- Olives, 1 cup
- Feta cheese, 8 oz, cubed
- Olive oil, 4 tablespoons
- Honey, 4 tablespoons
- Turkish bread, 4 slices
- Paprika, 1 teaspoon
- Salt and pepper to taste

INSTRUCTIONS

- Add olive oil into the skillet and heat it. Crack the eggs into the skillet and cook until scrambled. Season with salt and pepper. Arrange the sliced tomatoes and cucumbers on a large platter. Add olives and cubed feta cheese to the platter.
- Toast the bread slices until golden brown.
- Arrange the fried eggs and toasted bread slices on the platter.
- Drizzle honey over the feta cheese and bread slices.
- Sprinkle paprika over the eggs.
- Serve!



Calories 380, Carbohydrate 22g, Protein 20g, Fat 24g, Fiber 4g

Chia Seed Pudding

Preparation time: 1-2 hours

Cooking time: 0 minutes

Serving size: 2

INGREDIENTS

- Chia seeds, 4 tablespoons
- Almond milk, 1 cup
- Vanilla extract, ¼ teaspoon
- Fresh berries, for topping

INSTRUCTIONS

- Add chia seeds, vanilla, and almond milk into the bowl. Place the lid on and shake the mixture to combine. Let it sit for 5 minutes. Stir, cover, and place the mixture into the fridge for 1-2 hours.
- When chilled, top with berries.
- Serve!



Calories 170, Carbohydrate 16g, Protein 7g, Fat 9g, Fiber 13g

Turkish Sesame Bread

Preparation time: 15 minutes

Cooking time: 25 minutes

Serving size: 8

INGREDIENTS

- All-purpose flour, 4 cups
- Instant yeast, 2 ¼ teaspoons
- Warm water, 1 1/2 cups
- Olive oil, 2 tablespoons
- Sugar, 1 tablespoon
- Salt, 1 teaspoon
- Sesame seeds, for sprinkling

INSTRUCTIONS

- Add warm water, sugar, and yeast into the mixing bowl and mix well. Let it sit for about 5-10 minutes until frothy.
- Add flour, olive oil, and salt to the yeast mixture. Mix until a dough forms.
- Knead the dough on a floured surface for about 8-10 minutes. Place the dough in a greased bowl, cover with a clean kitchen towel, and let it rise in a warm place for 1 hour.
- Preheat the oven to 400°F. Line a baking sheet with parchment paper.
- Punch down the dough and divide it into 8 equal portions. Shape each portion into a round ball and flatten slightly.
- Place the dough rounds on the prepared baking sheet. Brush the tops with water and sprinkle with sesame seeds. Bake for 20-25 minutes. Serve!



Calories 220, Carbohydrate 38g, Protein 6g, Fat 4g, Fiber 1g

Mediterranean Breakfast Salad

Preparation time: 15 minutes

Cooking time: 0 minutes

Serving size: 2

INGREDIENTS

- Mixed salad greens, 4 cups, baby spinach, arugula, and romaine
- Cherry tomatoes, 1 cup, halved
- Cucumber, half, sliced
- Red onion, half, thinly sliced
- Kalamata olives, ½ cup, pitted
- Hard-boiled eggs, 2, sliced
- Feta cheese, ¼ cup, crumbled
- Olive oil, 2 tablespoons
- Salt and pepper to taste

INSTRUCTIONS

- Add mixed greens, cherry tomatoes, cucumber, red onion, and Kalamata olives into the salad bowl and mix well.
- Drizzle the olive oil over the salad and toss to coat. Season with salt and pepper.
- Divide the salad between two plates and top each with sliced hard-boiled eggs and crumbled feta cheese.
- Serve!



Calories 285, Carbohydrate 15g, Protein 10g, Fat 21g, Fiber 5g

Breakfast Recipes

Halloumi Cheese with Tomatoes and Olives

Preparation time: 10 minutes

Cooking time: 10 minutes

Serving size: 2

INGREDIENTS

- Halloumi cheese, 8 oz, sliced
- Tomatoes, 2, sliced
- Kalamata olives, ¼ cup, pitted
- Olive oil, 2 tablespoons
- Fresh lemon juice, 1 tablespoon
- Dried oregano, 1 teaspoon
- Salt and pepper to taste

INSTRUCTIONS

- Place a skillet over medium heat. Place the sliced Halloumi cheese in the skillet and cook for 2-3 minutes on each side until golden brown.
- While the cheese is cooking, arrange the sliced tomatoes and olives on a serving plate.
- Once the Halloumi cheese is cooked, place it on top of the tomatoes and olives.
- Add olive oil, lemon juice, dried oregano, salt, and pepper into the bowl and mix well.
- Drizzle the dressing over the Halloumi cheese, tomatoes, and olives.
- Serve and enjoy!



Calories 390, Carbohydrate 9g, Protein 18g, Fat 32g, Fiber 3g

Breakfast Recipes

Flatbread with Za'atar

Preparation time: 10 minutes

Cooking time: 12 minutes

Serving size: 2

INGREDIENTS

- Flatbread or pizza dough, 1
- Olive oil, 2 tablespoons
- Za'atar spice blend, 2 tablespoons
- Feta cheese, 1/4 cup, crumbled
- Cherry tomatoes, 1/4 cup, sliced

INSTRUCTIONS

- Preheat the oven to 400°F.
- Place the flatbread or pizza dough on a baking sheet lined with parchment paper.
- Brush the olive oil over the surface of the flatbread.
- Sprinkle the za'atar spice blend evenly over the oiled flatbread.
- Scatter the crumbled feta cheese and sliced cherry tomatoes over the za'atar-covered flatbread.
- Bake for 10-12 minutes.
- Remove from the oven and let it cool.
- Slice and serve warm.



Calories 250, Carbohydrate 26g, Protein 6g, Fat 14g, Fiber 2g

Italian Caprese Breakfast

Preparation time: 10 minutes

Cooking time: 0 minutes

Serving size: 2

INGREDIENTS

- Tomatoes, 2, sliced
- Fresh mozzarella cheese, 8 oz, sliced
- Fresh basil leaves, 1/4 cup
- Olive oil, 2 tablespoons
- Balsamic glaze, 1 tablespoon
- Salt and pepper to taste

INSTRUCTIONS

- Arrange tomato and mozzarella slices on a serving platter.
- Tuck fresh basil leaves in between the slices.
- Drizzle with olive oil and balsamic glaze.
- Season with salt and pepper to taste.
- Serve!



Calories 345, Carbohydrate 6g, Protein 17g, Fat 28g, Fiber 1g

Smoothie and Drink Recipes

Cucumber and Mint Smoothie

Preparation time: 5 minutes

Cooking time: 0 minutes

Serving size: 1

INGREDIENTS

- Cucumber, 1, peeled and chopped
- Greek yogurt, ½ cup, unsweetened
- Chia seeds, 1 tablespoon
- Almond milk, 1 cup, unsweetened
- Lemon juice, 1 teaspoon
- Fresh mint leaves, ½ cup

INSTRUCTIONS

- Add chopped cucumber, almond milk, fresh mint leaves, Greek yogurt, chia seeds, and lemon juice into the blender and blend until smooth.
- Add blended smoothie into the glass.
- Garnish with cucumber slice.
- Serve!



Calories 80, Carbohydrate 8g, Protein 5g, Fat 4g, Fiber 3g

Smoothie and Drink Recipes

Avocado Smoothie

Preparation time: 5 minutes

Cooking time: 0 minutes

Serving size: 2

INGREDIENTS

- Unsweetened oat milk, 1 cup
- Avocado, ½ cup, chopped
- Flaxseeds, 1 tablespoon
- Cinnamon, ½ teaspoon
- Ice cubes, few

INSTRUCTIONS

- Add oat milk, avocado, flaxseeds, and cinnamon into the blender and blend until smooth. Add ice cubes to the glass.
- Pour it into the smoothie glass.
- Serve and enjoy!



Calories 338, Fat 5.3g, Protein 29g, Carbohydrate 4g, Fiber 7.3g

Smoothie and Drink Recipes

Mint Smoothie

Preparation time: 5 minutes

Cooking time: 0 minutes

Serving size: 2

INGREDIENTS

- Unsweetened cashew milk, 1 cup
- Spinach, 1 cup
- Mint leaves, 6, chopped
- Ice cubes, few

INSTRUCTIONS

- Add cashew milk, spinach, and mint leaves into the blender and blend until smooth.
- Add ice cubes to the glass.
- Pour it into the smoothie glass.
- Serve and enjoy!



Calories 207, Fat 3.7g, Protein 29g, Carbohydrate 1g, Fiber 6.9g

Smoothie and Drink Recipes

Blueberry Smoothie

Preparation time: 5 minutes

Cooking time: 0 minutes

Serving size: 2

INGREDIENTS

- Unsweetened almond milk, 1 cup
- Blueberries, 1 cup
- Ice cubes, few
- Almond butter, 1 tablespoon

INSTRUCTIONS

- Add almond milk, blueberries, and almond butter to the blender and blend until smooth.
- Add ice cubes to the glass.
- Pour it into the smoothie glass.
- Serve and enjoy!



Calories 334, Fat 12g, Protein 31g, Carbohydrate 3g, Fiber 6g

Smoothie and Drink Recipes

Banana Shake

Preparation time: 5 minutes

Cooking time: 0 minutes

Serving size: 2

INGREDIENTS

- Ripe bananas, 2
- Greek yogurt, 1 cup
- Almond milk, ½ cup
- Cinnamon, ½ teaspoon
- Vanilla extract, ¼ teaspoon
- Ice cubes

INSTRUCTIONS

- Peel the bananas and break them into chunks.
- Add bananas, Greek yogurt, almond milk, cinnamon, and vanilla extract into a blender.
- Blend until smooth and creamy.
- Add ice cubes and blend again.
- Pour into glasses and serve immediately.



Calories 220, Fat 4g, Protein 8g, Carbohydrate 42g, Fiber 5g

Smoothie and Drink Recipes

Moroccan Mint Tea

Preparation time: 5 minutes

Cooking time: 10 minutes

Serving size: 4

INGREDIENTS

- Water, 4 cups
- Loose green tea leaves, 4 tablespoon
- Fresh mint leaves, 1 bunch
- Sugar, 4-6 tablespoons

INSTRUCTIONS

- Add water into the saucepan and boil it.
- Once boiling, remove from heat and add the tea leaves and fresh mint leaves.
- Allow it to steep for 5-7 minutes.
- Strain the tea into another pot or serving pitcher.
- Stir in the sugar until dissolved.
- Serve hot in small glasses or cups.



Calories 30, Carbohydrate 8g, Protein 0g, Fat 0g, Fiber 0g

Creamy Chicken Skillet

Preparation time: 10 minutes

Cooking time: 25 minutes

Serving size: 4

INGREDIENTS

- Chicken breasts, 6 oz, boneless, skinless
- Italian seasoning, 1 teaspoon
- Kosher salt, $\frac{3}{4}$ teaspoon
- Onion, $\frac{1}{2}$ cup, chopped
- Garlic, 2 cloves, minced
- Black pepper, $\frac{1}{4}$ teaspoon
- Olive oil, 1 tablespoon
- Sun-dried tomatoes, $\frac{1}{2}$ cup, sliced
- Chicken broth, $\frac{1}{2}$ cup, low-sodium
- Cream cheese, 4 oz
- Mozzarella cheese, 1 cup, shredded

INSTRUCTIONS

- Heat olive oil into the skillet.
- Season the chicken breasts with Italian seasoning, pepper, and salt.
- Add seasoned chicken breast to the skillet and cook for 4 to 5 minutes on each side.
- Remove chicken breasts from the skillet and transfer it to the plate.
- Reduce the heat. Add remaining olive oil to the skillet. Add diced onion and cook for 4-5 minutes. Add tomatoes and garlic and sauté for 30 seconds.
- Add cream cheese and chicken broth and stir well.
- Return the chicken breasts to the skillet and coat them in the sauce. Top with cheese.
- Lower the heat and cook for 7 to 9 minutes.
- Serve!



Calories 260, Fat 16g, Carbohydrate 11g, Protein 19g, Fiber 1g

Lunch Recipes

Turkish Green Beans

Preparation time: 15 minutes

Cooking time: 30 minutes

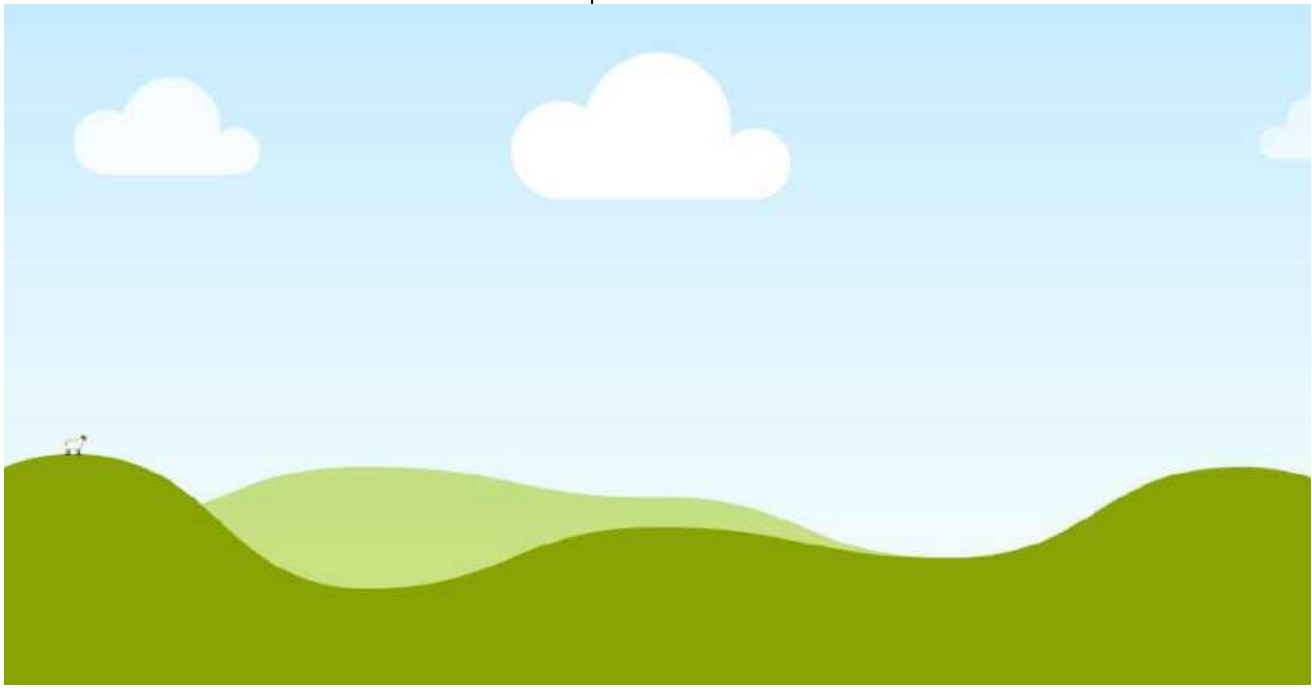
Serving size: 4

INGREDIENTS

- Green beans, 500g, trimmed
- Tomatoes, 2, chopped
- Onion, 1, diced
- Garlic cloves, 2 minced
- Olive oil, ¼ cup
- Water, ½ cup
- Salt to taste

INSTRUCTIONS

- Add olive oil to the pot and heat it. Add onion and garlic and cook until softened.
- Then, add green beans, salt, water, and tomatoes, and cover with a lid.
- Simmer for 30 minutes.
- Serve hot!



Calories 120, Carbohydrate 12g, Protein 2g, Fat 8g, Fiber 4g

Mediterranean Ratatouille

Preparation time: 15 minutes

Cooking time: 30 minutes

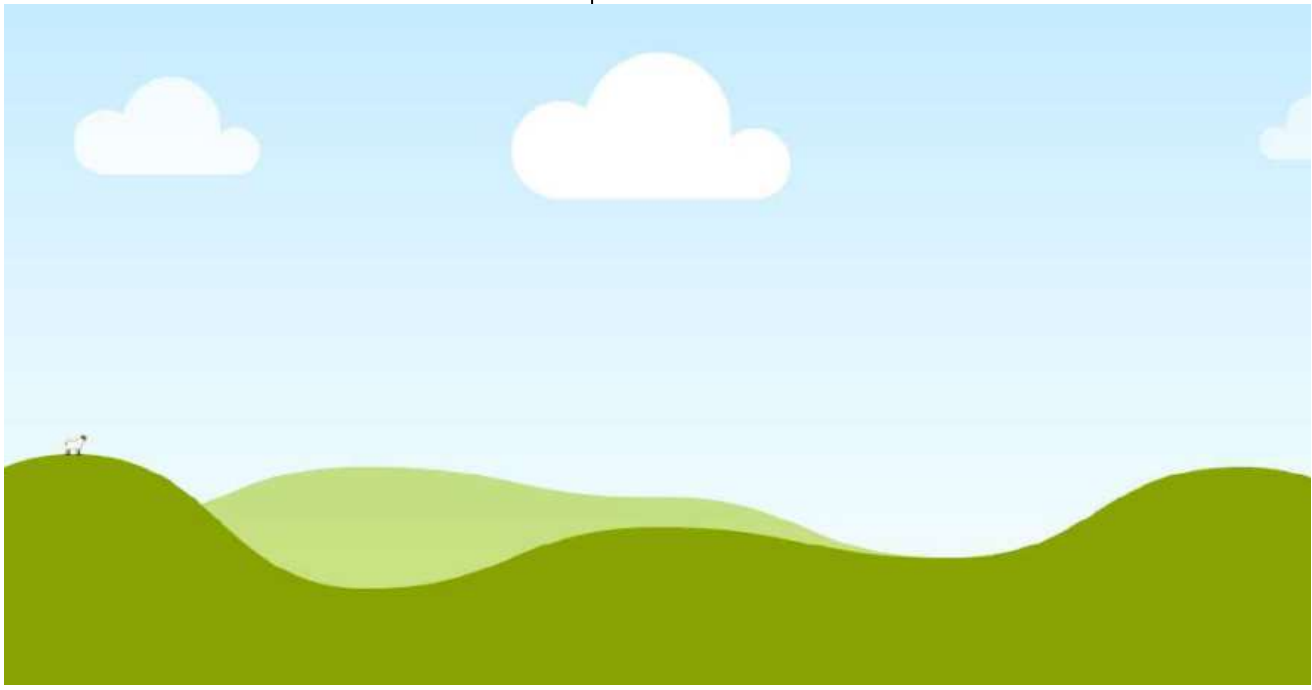
Serving size: 4

INGREDIENTS

- Eggplant, 1 diced
- Zucchini, 1 sliced
- Bell pepper, 1, diced
- Onion, 1, chopped
- Tomatoes, 2, diced
- Garlic, 2 cloves, minced
- Olive oil, 3 tbsp
- Dried oregano, 1 tsp
- Dried thyme, 1 tsp
- Salt and pepper, to taste

INSTRUCTIONS

- Add olive oil to the skillet and heat it. Add garlic and onion and cook until softened.
- After that, add eggplant and cook for 5 minutes.
- Add thyme, oregano, tomatoes, zucchini, and bell pepper. Season with black pepper and salt and simmer for 20 minutes.
- Serve!



Calories 180, Carbohydrate 14g, Protein 3g, Fat 12g, Fiber 5g

Lasagna Stuffed Portobello

Preparation time: 10 minutes

Cooking time: 40 minutes

Serving size: 4

INGREDIENTS

- Portobello mushrooms, 4
- Italian sausage, 4
- Ricotta cheese, 1 cup
- Marinara sauce, 1 cup
- Mozzarella cheese, 1 cup, shredded

INSTRUCTIONS

- Preheat the oven to 375 degrees F.
- Brush the mushroom with a dry paper towel. Remove stems. Use a spoon to scrape out the brown ribs.
- Remove the sausage from the casing and press into patties. Place one patty into each mushroom cap. Add ricotta into each mushroom cap and press the edges. Add marinara into each mushroom. Top with mozzarella cheese. Bake for 40 minutes.
- Serve and enjoy!



Calories 482, Fat 36g, Carbohydrate 6g, Fat 36g, Protein 28g, Fiber 1g

Chicken Piccata Meatballs

Preparation time: 10 minutes

Cooking time: 10 minutes

Serving size: 5

INGREDIENTS

Meatballs:

- Ground chicken or turkey, 1 pound
- Almond flour, 1/3 cup
- Egg, 1
- Kosher salt, 1/2 teaspoon
- Ground black pepper, 1/4 teaspoon
- Garlic powder, 1/4 teaspoon
- Lemon zest, 1/2 teaspoon
- Fresh parsley, 1 teaspoon, chopped
- Olive oil, 2 tablespoons

Sauce:

- Chicken broth, 1/2 cup
- Lemon juice, 2 tablespoons
- Capers, 2 tablespoons, drained and chopped
- Lemon zest, 1/4 teaspoon
- Butter, 1/4 cup

INSTRUCTIONS

Meatballs:

- Add parsley, lemon zest, garlic powder, pepper, salt, egg, almond meal, and ground meat into the bowl and mix well. Shape into meatballs.
- Add olive oil into the skillet and heat it. Add meatballs and fry until browned.
- Remove the meatballs and keep it aside.

Sauce:

- Add chicken broth into the pan and heat it. Add capers and lemon juice and simmer for 2-3 minutes. Remove from heat. Add butter and lemon zest and whisk until smooth. Season with pepper and salt.
- Add cooked meatballs into the sauce and combine together.
- Serve and enjoy!



Calories 379, Fat 36g, Carbohydrate 3g, Fat 36g, Protein 35g, Fiber 1g

Panzanella Salad

Preparation time: 15 minutes

Cooking time: 5 minutes

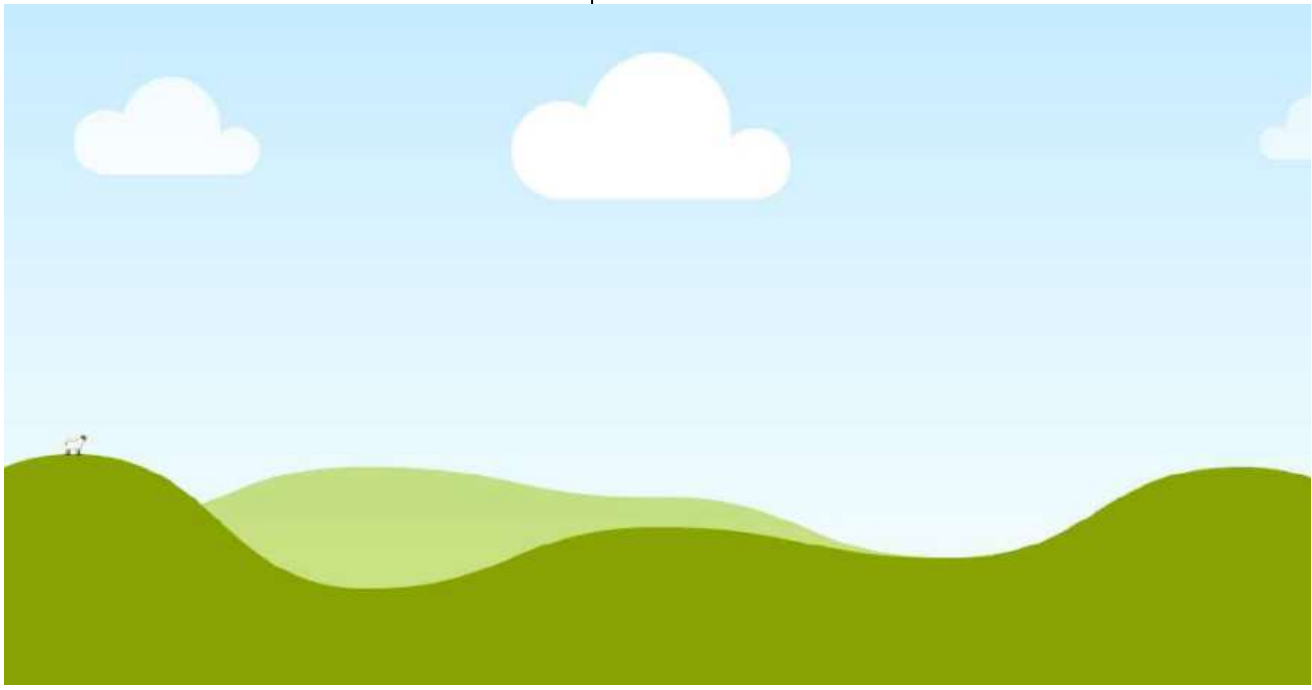
Serving size: 4

INGREDIENTS

- Stale bread, 4 cups, cubed
- Cherry tomatoes, 2 cups, halved
- Cucumber, 1, diced
- Red bell pepper, 1, diced
- Red onion, half, thinly sliced
- Kalamata olives, 1/3 cup, pitted
- Fresh basil leaves, ¼ cup, chopped
- Olive oil, 3 tbsp
- Red wine vinegar, 2 tbsp
- Salt and pepper, to taste

INSTRUCTIONS

- Place the bread cubes in a skillet over medium heat, about 5 minutes.
- Add tomatoes, cucumber, bell pepper, onion, olives, and basil into the bowl and mix well. Add toasted bread cubes.
- Drizzle olive oil and vinegar, season with salt and pepper, and toss well.
- Serve!



Calories 280, Carbohydrate 32g, Protein 6g, Fat 14g, Fiber 4g

Lunch Recipes

Tomato and Avocado Salad

Preparation time: 10 minutes

Cooking time: 0 minutes

Serving size: 4

INGREDIENTS

- Vine-ripened tomatoes, 4, thinly sliced
- Onion, half, thinly sliced
- Avocado, 1, thinly sliced
- Parsley, 1 tablespoon, chopped
- Olive oil, 2 tablespoons
- Lemon juice, 1 ½ tablespoons
- Kosher salt and pepper, to taste

INSTRUCTIONS

- Place tomatoes, onion, avocado, and parsley into the salad bowl.
- Add olive oil and lemon juice in a small bowl.
- Add dressing over salad. Season with pepper and salt.
- Serve and enjoy!



Calories 171, Carbohydrate 6g, Protein 2g, Fat 15g, Fiber 5g

Greek Sheet-Pan Chicken

Preparation time: 15 minutes

Cooking time: 45 minutes

Serving size: 6

INGREDIENTS

- Olive oil, ½ cup
- Lemon, 1, juiced
- Garlic, 4 cloves, minced
- Dried oregano, 2 teaspoons
- Dried thyme, 1 teaspoon
- Dijon mustard, 1 teaspoon
- Kosher salt, 1 teaspoon
- Ground black pepper, ½ teaspoon
- Chicken thighs, 6, bone-in, skin-on
- Zucchini, 1, halved lengthwise and sliced
- Yellow bell pepper, 1, chopped
- Red onion, half, thinly sliced
- Cherry or grape tomatoes, 1 pint
- Kalamata olives, ½ cup, pitted
- Feta cheese, ¼ cup
- Fresh parsley, 2 tablespoons, chopped

INSTRUCTIONS

- Preheat the oven to 425 degrees F.
- Add pepper, salt, Dijon mustard, thyme, oregano, garlic, lemon juice, and olive oil into the bowl and whisk to combine. Coat the chicken into the marinade.
- Allow it to marinate for 10 to 15 minutes.
- When the chicken is marinating, add bell pepper, zucchini, tomatoes, and red onions onto the baking sheet. Drizzle the remaining marinade over it. Toss to combine.
- Add chicken thighs and toss it well. Bake for 30 minutes.
- Remove the baking sheet from the oven and Top with feta cheese and olives and bake for 10 to 15 minutes.
- Serve!



Calories 454, Carbohydrate 10g, Protein 26g, Fat 35g, Fiber 3g

Baked Halibut

Preparation time: 10 minutes

Cooking time: 25 minutes

Serving size: 4

INGREDIENTS

- Shallot, 1, diced
- Lemon juice, 2 tablespoons
- Parsley, 1 tablespoon, chopped
- Chives, 2 tablespoons, chopped
- Dijon mustard, 1 teaspoon
- Salt and pepper, to taste
- Halibut fillets, 4

INSTRUCTIONS

- Preheat the oven to 400 degrees F.
- Add pepper, salt, mustard, chives, parsley, lemon juice, and shallot into the bowl and combine well. Add halibut fillets and coat well.
- Lightly coat the baking dish with olive oil. Place the halibut fillets onto the baking dish. Bake for 15 to 20 minutes. Broil for 1 to 2 minutes.
- Serve!



Calories 289, Carbohydrate 2g, Protein 32g, Fat 16g, Fiber 1g

Antipasto Salad

Preparation time: 15 minutes

Cooking time: 0 minutes

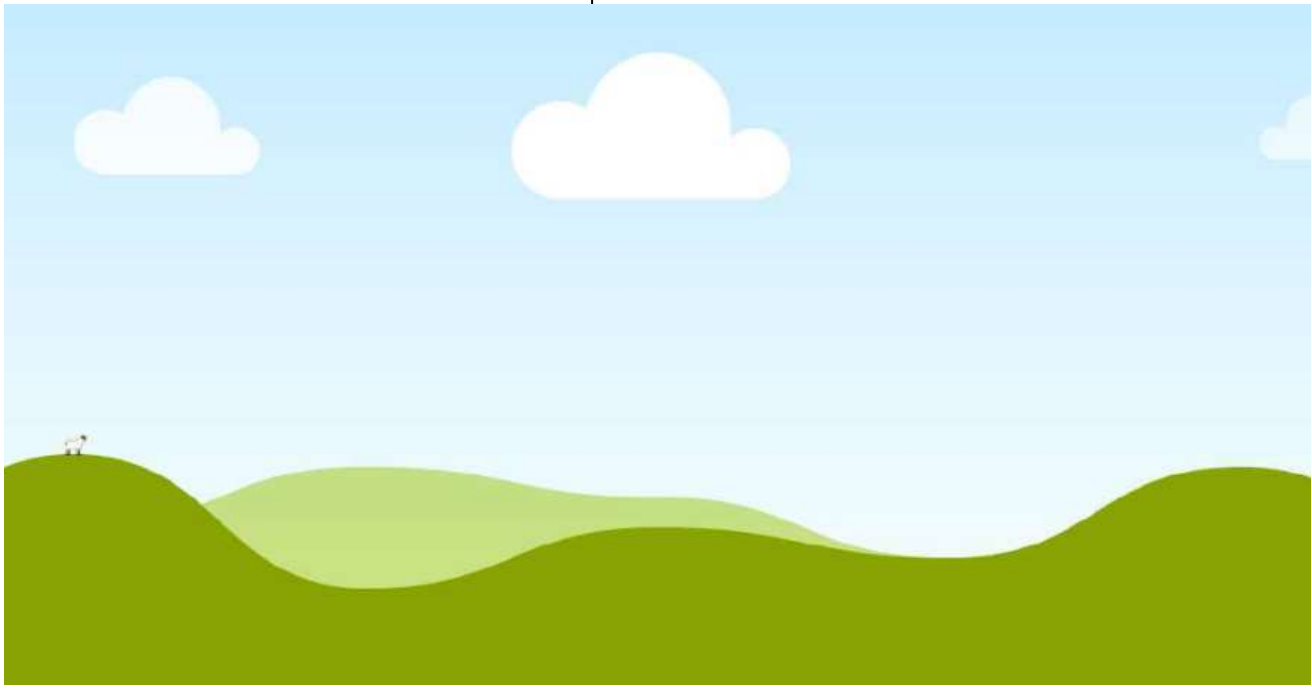
Serving size: 4

INGREDIENTS

- Mixed greens, 2 cups
- Cherry tomatoes, ½ cup, halved
- Cucumber, ½ cup, sliced
- Kalamata olives, ¼ cup
- Marinated artichoke hearts, ¼ cup, chopped
- Roasted red peppers, ¼ cup, sliced
- Feta cheese, ¼ cup, crumbled
- Olive oil, 2 tbsp
- Red wine vinegar, 1 tbsp
- Dried oregano, 1 tsp
- Salt and pepper to taste

INSTRUCTIONS

- Add greens, tomatoes, cucumber, olives, artichokes, red peppers, and feta in a big bowl.
- Add olive oil, vinegar, oregano, salt, and pepper in a small bowl.
- Drizzle dressing over salad and toss to combine.
- Serve and enjoy!



Calories 180, Carbohydrate 7g, Protein 4g, Fat 15g, Fiber 2g

Dijon Baked Salmon

Preparation time: 5 minutes

Cooking time: 20 minutes

Serving size: 5

INGREDIENTS

- Salmon, 1 ½ lbs
- Parsley, ¼ cup, chopped
- Dijon mustard, ¼ cup
- Lemon juice, 1 tablespoon
- Olive oil, 1 tablespoon
- Garlic, 3 cloves, chopped
- Salt and pepper, to taste

INSTRUCTIONS

- Preheat the oven to 375 degrees F.
- Add garlic, olive oil, lemon juice, parsley, and mustard into the bowl and combine well. Add salmon fillets and coat well.
- Place the salmon onto the baking tray lined with parchment paper.
- Bake for 18 to 20 minutes.
- Serve!



Calories 249, Carbohydrate 1g, Protein 30g, Fat 13g, Fiber 0g

Lunch Recipes

Caprese Salad

Preparation time: 10 minutes

Cooking time: 0 minutes

Serving size: 4

INGREDIENTS

- Tomatoes, 4, sliced
- Fresh mozzarella cheese, 8 oz, sliced
- Fresh basil leaves, ¼ cup
- Extra virgin olive oil, 2 tbsp
- Balsamic glaze, 1 tbsp
- Salt and pepper to taste

INSTRUCTIONS

- Place the tomato and mozzarella slices onto the plate.
- Place three basil leaves between the slices. Drizzle with balsamic glaze and olive oil.
- Season with black pepper and salt.
- Serve!



Calories 180, Carbohydrate 6g, Protein 8g, Fat 14g, Fiber 1g

Broccoli Tuna Salad

Preparation time: 15 minutes

Cooking time: 15 minutes

Serving size: 4

INGREDIENTS

- Tuna, 5 oz, drained
- Broccoli rice, 1 cup
- Dijon mustard, ½ tablespoon
- Green onions, 2, sliced
- Sunflower seeds, 2 tablespoons
- Parsley, 1-2 tablespoons, chopped
- Salt and pepper, to taste

INSTRUCTIONS

- Add broccoli into the food processor and process until smooth.
- Add chopped parsley, broccoli rice, green onion, sunflower seeds, broccoli rice, Dijon mustard, and drained tuna into the bowl. Stir well.
- Serve!



Calories 236, Carbohydrate 5g, Protein 17g, Fat 17g, Fiber 2g

Greek Chicken Kabobs

Preparation time: 30 minutes

Cooking time: 25 minutes

Serving size: 6

INGREDIENTS

Marinade:

- Olive oil, ¼ cup
- Lemon juice, 3 tablespoons
- Dijon mustard, 1 teaspoon
- Garlic, 3 cloves, minced
- Dried oregano, 1 teaspoon
- Salt, ½ teaspoon
- Black pepper, ¼ teaspoon

Chicken kabobs:

- Chicken breast, 1 ½ lbs, boneless, skinless, sliced
- Red bell pepper, 1, seeded, sliced
- Yellow bell pepper, 1, seeded, sliced
- Red onion, 1, sliced
- Zucchini, 1, sliced

INSTRUCTIONS

- Add pepper, salt, dried oregano, minced garlic, Dijon mustard, lemon juice, and olive oil into the bowl and combine well.
- Add chicken pieces into the dish and pour the marinade over the chicken. Allow it to marinate for 1 hour.
- Thread the skewers with bell pepper, zucchini, chicken, and red onion. Place them onto the preheated grill and cook for 5 to 7 minutes per side.
- Serve!



Calories 135, Carbohydrate 11g, Protein 10g, Fat 6g, Fiber 3g

Pasta Fagioli Soup

Preparation time: 15 minutes

Cooking time: 30 minutes

Serving size: 4

INGREDIENTS

- Olive oil, 1 tbsp
- Onion, 1, diced
- Garlic, 2 cloves, minced
- Carrot, 1, diced
- Celery stalk, 1, diced
- Cannellini beans, 15 oz, drained and rinsed
- Tomatoes, 14 oz, diced
- Vegetable broth, 4 cups
- Small pasta, ½ cup
- Dried oregano, 1 tsp
- Dried basil, 1 tsp
- Salt and pepper to taste
- Fresh spinach, 2 cups, chopped

INSTRUCTIONS

- Add olive oil to the pot and heat it.
- Add celery, carrot, garlic, and onion and cook until softened.
- Add black pepper, salt, basil, oregano, broth, beans, and tomatoes and boil it.
- Add spinach and simmer for 2 to 3 minutes.
- Serve!



Calories 240, Carbohydrate 35g, Protein 8g, Fat 6g, Fiber 7g

Creamy Chipotle Shrimp

Preparation time: 5 minutes

Cooking time: 25 minutes

Serving size: 4

INGREDIENTS

- Olive oil, 3 tablespoons
- Shrimp, 1lb
- Red bell pepper, 1, seeds removed and chopped
- Garlic, 3 cloves, minced
- Green onions, 3, sliced with green and white parts separated
- Salt and pepper, to taste
- Chipotle sauce, 1 tablespoon
- Almond milk, ½ cup

INSTRUCTIONS

- Add 2 tablespoons olive oil to the pan and place it over medium heat.
- Add shrimp and sauté for 3 to 4 minutes. Remove them to the bowl.
- Add 1 tablespoon of olive oil to the same pan. Add bell pepper and sauté for 5 minutes. Add pepper, salt, green onion, and garlic and cook for 2 minutes.
- Add milk and chipotle sauce and stir well. Add shrimp back to the pan.
- Serve!



Calories 455, Carbohydrate 10g, Protein 27g, Fat 36g, Fiber 3g

Lunch Recipes

Baked Garlic Chicken Thighs

Preparation time: 10 minutes

Cooking time: 45 minutes

Serving size: 6

INGREDIENTS

- Chicken thighs, 2lbs, bone-in, skin-on
- Salt & black pepper, to taste
- Olive oil, 2 tablespoons
- Garlic, 4-6 cloves, minced
- Italian seasoning, 1 teaspoon

INSTRUCTIONS

- Preheat the oven to 400 degrees F.
- Add Italian seasoning, garlic, and Olive oil into the bowl and whisk to combine. Season the chicken thighs with black pepper and salt.
- Place the chicken thighs onto the baking dish. Bake for 40 to 45 minutes.
- Remove the chicken thighs from the oven.
- Drizzle garlic sauce over it.
- Serve!



Calories 229, Carbohydrate 1g, Protein 34g, Fat 8g, Fiber 0g

Chicken Fajitas

Preparation time: 10 minutes

Cooking time: 16 minutes

Serving size: 6

INGREDIENTS

Chicken Fajitas:

- Chicken breasts, 3, boneless and skinless
- Onion, 1, thinly sliced
- Bell peppers, 3, thinly sliced
- Lime, half
- Olive oil, 2 tablespoons

Fajita Seasoning:

- Ground cumin, ½ tablespoon
- Paprika, ½ teaspoon
- Oregano, ½ teaspoon
- Chili powder, ½ tablespoon
- Salt, ½ teaspoon
- Garlic powder, 1 teaspoon
- Olive oil, 1 tablespoon
- Pepper, ¼ teaspoon

INSTRUCTIONS

- Add fajita seasoning ingredients into the mixing bowl and combine well. Season the fajita seasoning on both sides of the chicken.
- Add olive oil to the skillet and place it over medium heat. Add chicken and cook for 7 to 8 minutes per side.
- When the chicken has cooked, transfer it to the plate. Allow it to rest for 2 minutes. Add onion and bell pepper and cook for 4 to 5 minutes.
- Cut the chicken breast into strips. Add chicken back to the skillet. Add lime juice and stir well.
- Serve!



Calories 140, Carbohydrate 7g, Protein 13g, Fat 7g, Fiber 2g

Mediterranean Potato Salad

Preparation time: 15 minutes

Cooking time: 20 minutes

Serving size: 4

INGREDIENTS

- Baby potatoes, 1lb, boiled and halved
- Cherry tomatoes, ¼ cup, halved
- Kalamata olives, ¼ cup, pitted and sliced
- Red onion, ¼ cup, thinly sliced
- Capers, 2 tbsp
- Fresh parsley, 2 tbsp, chopped
- Fresh dill, 2 tbsp, chopped
- Olive oil, 3 tbsp
- Lemon juice, 1 tbsp
- Dijon mustard, 1 tsp
- Salt and pepper to taste

INSTRUCTIONS

- Add water and potatoes into the pot and boil for 15 to 20 minutes. Drain and allow it to cool.
- Add potatoes, cherry tomatoes, olives, onion, capers, parsley, and dill into the bowl and mix well.
- Add black pepper, salt, Dijon mustard, olive oil, and lemon juice and mix well.
- Toss to combine.
- Serve!



Calories 220, Carbohydrate 30g, Protein 4g, Fat 10g, Fiber 4g

Roasted Cauliflower Steaks

Preparation time: 15 minutes

Cooking time: 35 minutes

Serving size: 4-6

INGREDIENTS

- Cauliflower, 1 head, sliced
- Olive oil, ¼ cup
- Dried thyme, ½ teaspoon
- Garlic powder, ½ teaspoon
- Parmesan cheese, ¼ cup, grated
- Parsley, 2 tablespoons, minced
- Lemon pepper seasoning, ½ teaspoon
- Onion powder, ½ teaspoon
- Kosher salt and black pepper, ½ teaspoon

INSTRUCTIONS

- Preheat the oven to 400 degrees Fahrenheit.
- Add onion powder, garlic powder, lemon pepper seasoning, dried herbs, and Olive oil into the bowl and combine well.
- Lay cauliflower steaks onto the baking sheet and brush the marinade on both sides of the cauliflower slices. Season with pepper and salt.
- Roast for 20 minutes. Flip and roast for 10 to 20 minutes more.
- Serve!



Calories 214, Carbohydrate 15g, Protein 6g, Fat 16g, Fiber 5g

Mediterranean Veggie Pizza

Preparation time: 15 minutes

Cooking time: 20 minutes

Serving size: 4

INGREDIENTS

- Pizza crust, 1
- Hummus or tomato sauce, ½ cup
- Mozzarella cheese, ½ cup, shredded
- Feta cheese, ¼ cup, crumbled
- Cherry tomatoes, ½ cup, halved
- Black olives, ¼ cup, sliced
- Red onion, ¼ cup, thinly sliced
- Artichoke hearts, ¼ cup, chopped
- Fresh spinach, ½ cup
- Dried oregano, 1 tsp

INSTRUCTIONS

- Preheat the oven to 425 degrees F.
- Spread hummus or tomato sauce over the pizza crust.
- Sprinkle mozzarella and feta cheese on top.
- Add cherry tomatoes, olives, red onion, oregano, artichoke hearts, and spinach.
- Transfer it to the oven and bake for 15 to 20 minutes.
- Slice and serve!



Calories 320, Carbohydrate 35g, Protein 12g, Fat 14g, Fiber 4g

Lunch Recipes

Stuffed Tomatoes with Tabbouleh

Preparation time: 15 minutes

Cooking time: 20 min

Serving size: 4

INGREDIENTS

- Tomatoes, 4
- Bulgur wheat, 1 cup, cooked
- Parsley, ½ cup, chopped
- Mint, ¼ cup, chopped
- Cucumber, ¼ cup, diced
- Red onion, ¼ cup, diced
- Olive oil, 2 tbsp
- Lemon juice, 1 tbsp
- Salt, ½ tsp
- Black pepper, ¼ tsp

INSTRUCTIONS

- Preheat oven to 375 degrees F.
- Cut off the tops of the tomatoes and scoop out the pulp.
- Add bulgur wheat, parsley, mint, cucumber, red onion, olive oil, lemon juice, salt, and pepper into the bowl and mix well.
- Stuff the tomato shells with the tabbouleh mixture.
- Place the stuffed tomatoes in a baking dish and bake for 20 minutes.
- Serve!



Calories 180, Carbohydrate 22g, Protein 4g, Fat 8g, Fiber 5g

Lunch Recipes

Sheet Pan Lemon Chicken and Roasted Artichoke

Preparation time: 15 minutes

Cooking time: 25 min

Serving size: 4

INGREDIENTS

- Chicken breasts, 4, boneless, skinless
- Artichoke hearts, 14 oz, drained and halved
- Lemon, 1, thinly sliced
- Cherry tomatoes, 2 cups
- Olive oil, 3 tbsp
- Garlic powder, 2 tsp
- Dried oregano, 1 tsp
- Paprika, 1 tsp
- Salt and pepper, to taste

INSTRUCTIONS

- Preheat oven to 400 degrees F.
- Place the chicken, artichokes, and cherry tomatoes on a baking sheet.
- Drizzle with olive oil and season with garlic powder, oregano, paprika, salt, and pepper.
- Top with lemon slices. Place it into the oven. Roast for 25 minutes.
- Serve hot!



Calories 320, Carbohydrate 10g, Protein 34g, Fat 16g, Fiber 3g

Grilled Fish with Lemon

Preparation time: 10 minutes

Cooking time: 10 min

Serving size: 4

INGREDIENTS

- 4 fish fillets (cod, tilapia, or sea bass)
- Lemons, 2 (1 for slices, 1 for juice)
- Olive oil, 2 tbsp
- Garlic, 2 cloves, minced
- Dried oregano, 1 tsp
- Salt and pepper to taste

INSTRUCTIONS

- Add black pepper, salt, lemon juice, oregano, minced garlic, and olive oil into the bowl and mix well. Place the fish fillets in resealable bag, and pour the marinade over the fish. Let it marinate for at least 10 minutes.
- Preheat the grill to medium-high heat. Grease with olive oil.
- Place the fish fillets on the grill. Cook for 3-4 minutes per side.
- Place the lemon slices on the grill for 1 to 2 minutes.
- Serve the grilled fish fillets with charred lemon slices.



Calories 220, Carbohydrate 5g, Protein 22g, Fat 14g, Fiber 1g

Portobello Mushroom Pizza

Preparation time: 10 minutes

Cooking time: 20 min

Serving size: 4

INGREDIENTS

- Olive oil, 1 teaspoon
- Portobello mushrooms, 4, stems removed
- Sea salt, to taste
- Pizza sauce, 6 tablespoons
- Mozzarella cheese, $\frac{3}{4}$ cup, shredded
- Pepperoni sausage, 16 slices

INSTRUCTIONS

- Preheat the oven to 375 degrees F.
- Line a baking sheet with parchment paper. Coat with a layer of Olive oil.
- Place the mushroom stems onto the baking sheet, spray with Olive oil, and season with sea salt. Top with sauce, mozzarella cheese, and pepperoni slices. Bake for 20 to 25 minutes.
- Serve!



Calories 131, Carbohydrate 6.5g, Protein 9g, Fat 8g, Fiber 1g

Eggplant Pizza

Preparation time: 15 minutes

Cooking time: 25 min

Serving size: 4

INGREDIENTS

- Eggplant, 1
- Olive oil, 2 tablespoons
- Salt, 1 teaspoon
- Pepper, ½ teaspoon
- Pizza sauce, ½ cup
- Mozzarella cheese, 1 cup
- Provolone cheese, ½ cup
- Mushrooms, ¼ cup, chopped
- Onions, ¼ cup, chopped
- Bell peppers, ½ cup, diced
- Italian seasonings, 1 tablespoon

INSTRUCTIONS

- Preheat the oven to 400 degrees Fahrenheit.
- Cut the eggplant lengthwise into slices.
- Brush the eggplant with Olive oil and transfer it to the baking sheet.
- Season with pepper and salt. Bake for 12 to 15 minutes until cooked.
- Spread the marinara sauce over eggplant and top with cheese.
- Add bell peppers, mushrooms, onion, and remaining cheese, and season with Italian seasoning. Place it into the oven and bake for 5 to 10 minutes until the cheese is golden.
- Serve!



Calories 105, Carbohydrate 6g, Protein 8g, Fat 6g, Fiber 3g

Lunch Recipes

Salmon-Stuffed Avocados

Preparation time: 15 minutes

Cooking time: 0 min

Serving size: 4

INGREDIENTS

- Greek yogurt, ½ cup
- Celery, ½ cup, diced
- Fresh parsley, 2 tablespoons, chopped
- Lime juice, 1 tablespoon
- Dijon mustard, 1 teaspoon
- Salt, 1/8 teaspoon
- Ground pepper, 1/8 teaspoon
- Salmon, 5 oz, drained, flaked, skinless, and boneless
- Avocados, 2

INSTRUCTIONS

- Add black pepper, salt, mustard, lime juice, parsley, yogurt, salmon, and celery into the mixing bowl. Combine well.
- Halve the avocado and remove pits. Scoop 1 tablespoon flesh from each avocado half into the bowl. Let mash the avocado flesh with a fork.
- Stuffed the avocado with salmon mixture.
- Serve and enjoy!



Calories 293, Carbohydrate 5g, Protein 22g, Fat 19g

Lunch Recipes

Baked Zucchini

Preparation time: 5 minutes

Cooking time: 10 min

Serving size: 4

INGREDIENTS

- Zucchini, 2, sliced into rounds
- Olive oil, 1 tablespoon
- Italian seasoning, ½ teaspoon
- Pepper and salt, to taste
- Parmesan cheese, 1/3 cup

INSTRUCTIONS

- Preheat the oven to 425 degrees F.
- Add parmesan cheese, pepper, salt, Italian seasoning, Olive oil, and zucchini into the bowl. Place onto the baking sheet and top with remaining parmesan cheese and bake for 5 minutes.
- Let broil for 3 to 5 minutes until tender.
- Serve and enjoy!



Calories 80, Carbohydrate 3g, Protein 4g, Fat 5g

Lunch Recipes

Walnut Pesto Zoodles

Preparation time: 10 minutes

Cooking time: 5 min

Serving size: 2

INGREDIENTS

- Zucchinis, 4, zoodles
- Walnuts, ¼ cup, toasted
- Fresh basil leaves, 1 cup
- Olive oil, 2 tbsp
- Garlic, 1 clove
- Lemon juice, 1 tbsp
- Salt and pepper, to taste

INSTRUCTIONS

- Use a spiralizer to create zucchini noodles (zoodles) from the zucchinis. Set them aside.
- Add the toasted walnuts, basil leaves, garlic, olive oil, lemon juice, salt, and pepper into the blender. Process until smooth.
- Heat the skillet over medium heat. Add zoodles and cook for 2 to 3 minutes.
- Remove the zoodles from the skillet and toss with the walnut pesto.
- Serve!



Calories 280, Carbohydrate 10g, Protein 7g, Fat 25g, Fiber 4g

Turkish Lamb Stew

Preparation time: 10 minutes

Cooking time: 2 hrs

Serving size: 2

INGREDIENTS

- Lamb shoulder or stew meat, 1lb, cubed
- Olive oil, 2 tbsp
- Onion, 1, chopped
- Garlic, 2 cloves, minced
- Carrots, 2, peeled and chopped
- Potatoes, 2, peeled and cubed
- Tomato sauce, 1 cup
- Beef or lamb broth, 2 cups
- Tomato paste, 1 tbsp
- Cumin, 1 tsp
- Paprika, 1 tsp
- Dried thyme, 1 tsp
- Salt and pepper, to taste
- Bay leaf, 1

INSTRUCTIONS

- Add olive oil to the pot and heat it. Add cubed lamb and cook until browned. Remove the lamb and set aside.
- Add garlic and chopped onion to the same pot and cook for 3 to 4 minutes.
- Add the carrots, potatoes, tomato paste, cumin, paprika, thyme, salt, and pepper. Stir to combine. Return the lamb to the pot. Pour in the tomato sauce and broth, and add the bay leaf. Boil and simmer for 1.5 to 2 hrs over low heat.
- Discard the bay leaf.
- Serve!



Calories 400, Carbohydrate 30g, Protein 35g, Fat 18g, Fiber 5g

Ground Beef Skillet

Preparation time: 15 minutes

Cooking time: 35 min

Serving size: 6

INGREDIENTS

- Olive oil, 1 tablespoon
- Ground beef, 1lb
- Yellow onion, 1, chopped
- Garlic 3 cloves, minced
- Tomato paste, 2 tablespoons
- Worcestershire sauce, 2 tablespoons
- Beef broth, 1 ½ cups
- Salt and pepper, to taste
- Mexican blend cheese, 1 cup, shredded

INSTRUCTIONS

- Add olive oil into the skillet and heat it.
- Add onion and ground beef and cook until browned. Sprinkle with pepper and salt.
- Add Worcestershire sauce, tomato paste, and garlic cloves and cook for 2 to 3 minutes. Add beef broth and stir well. Bring to a boil, about 10 to 15 minutes. Sprinkle with pepper and salt.
- Top with cheese. Place it under the broiler for 2 to 3 minutes until golden brown.
- Serve and enjoy!



Calories 46, Carbohydrate 3g, Protein 30g, Fat 22g

Cauliflower Fried Rice

Preparation time: 10 minutes

Cooking time: 15 min

Serving size: 4

INGREDIENTS

- Riced cauliflower, 3 ½ cups
- Olive oil, 1 tablespoon
- Onion, ½ cup, chopped
- Garlic, 1 teaspoon, minced
- Eggs, 2, beaten
- Soy sauce, 2 tablespoons
- Olive oil, 1 tablespoon
- Salt and pepper, to taste

INSTRUCTIONS

- Add olive oil into the skillet and heat it.
- Add onion to the skillet and cook for 3 to 5 minutes until softened. Add garlic and cook for a half-minute. Sprinkle with pepper and salt. Remove the vegetable from the pan. Transfer it to the plate.
- Add olive oil into the pan. Add eggs and cook until eggs are scrambled. Sprinkle with pepper and salt.
- Add cooked veggies, and cauliflower rice to the pan. Add olive oil and soy sauce and stir and cook for 4 to 5 minutes.
- Serve!



Calories 158, Carbohydrate 5g, Protein 7g, Fat 10g

Tuna Sandwich

Preparation time: 10 minutes

Cooking time: 1 min

Serving size: 2

INGREDIENTS

- Tuna, 5 oz drained
- Mayonnaise, 2 tbsp
- Dijon mustard, 1 tsp
- Chopped red onion, 1 tbsp
- Salt and pepper, to taste
- Whole-grain bread, 4 slices

INSTRUCTIONS

- Add the tuna, mayonnaise, mustard, red onion, and celery into the bowl and mix well.
- Season with salt and pepper.
- Toast the bread slices until golden brown.
- Spread the tuna mixture over bread slice.
- Place another slice of bread to make the sandwich.
- Serve!



Calories 300, Carbohydrate 30g, Protein 20g, Fat 14g, Fiber 5g

Lemon Garlic Shrimp

Preparation time: 10 minutes

Cooking time: 10 min

Serving size: 4

INGREDIENTS

- Olive oil, 1 tablespoon
- Shrimp, 16, peeled, deveined, and tails on
- Garlic, 3 cloves, smashed
- Red pepper, 1 teaspoon, crushed
- Seafood seasoning, 2 teaspoon
- Black pepper and salt, to taste
- Lemon juice, 2 tablespoons
- Parsley, 3 tablespoons, chopped
- Lemon zest, 3 teaspoons

INSTRUCTIONS

- Add olive oil into the skillet and place on medium-low heat, about 2 to 3 minutes. Add crushed red pepper, garlic, and shrimp and stir well.
- Add black pepper, salt, and seafood seasoning and combine well.
- Cook for 3 to 5 minutes.
- Add lemon juice into the skillet and stir again. Lower the heat to low.
- Sprinkle with lemon zest and parsley leaves.
- Serve!



Calories 76, Carbohydrate 2.4g, Protein 14.2g, Fat 0.9g

Roasted Butternut Squash

Preparation time: 15 minutes

Cooking time: 25 min

Serving size: 4

INGREDIENTS

- Butternut squash, 1, peeled, seeded, and cut into 1-inch cubes
- Olive oil, 2 tablespoons
- Garlic, 2 cloves, minced
- Salt and ground black pepper, to taste

INSTRUCTIONS

- Preheat the oven to 400 degrees Fahrenheit.
- Add butternut squash, garlic, and Olive oil into the bowl. Toss to combine. Sprinkle with black pepper and salt. Place squash onto the baking sheet. Roast for 25 to 30 minutes until tender.
- Serve and enjoy!



Calories 177, Carbohydrate 3g, Protein 2.6g, Fat 7g

Moroccan Meatballs

Preparation time: 15 minutes

Cooking time: 25 min

Serving size: 4

INGREDIENTS

- Ground beef, 1lb
- Onion, 1, chopped
- Garlic, 2 cloves, minced
- Fresh parsley, ¼ cup, chopped
- Fresh cilantro, ¼ cup, chopped
- Ground cumin, 1 tsp
- Ground coriander, 1 tsp
- Paprika, 1 tsp
- Cinnamon, ½ tsp
- Ground ginger, ½ tsp
- Ground turmeric, ¼ tsp
- Salt and pepper to taste
- Olive oil, 2 tbsp
- Tomatoes, 14 oz, diced
- Water or beef broth, ¼ cup

INSTRUCTIONS

- Add ground beef, onion, garlic, parsley, cilantro, cumin, coriander, paprika, cinnamon, ginger, turmeric, salt, and pepper into the bowl and mix well. Roll the mixture into meatballs.
- Add olive oil to the skillet and heat it. Place the meatballs and cook for 5 to 6 minutes.
- Return the meatballs to the skillet. Add tomatoes and water broth and simmer for 15 to 20 minutes.
- Serve!



Calories 350, Carbohydrate 15g, Protein 26g, Fat 22g, Fiber 3g

Seafood Chowder

Preparation time: 15 minutes

Cooking time: 30 min

Serving size: 4

INGREDIENTS

- Butter, 1 tbsp
- Onion, 1, diced
- Celery, 1 stalk, chopped
- Potatoes, 2, peeled and diced
- Vegetable broth, 2 cups
- Milk or heavy cream, 1 cup
- Frozen corn kernels, ½ cup
- Carrots, ½ cup, diced
- Fish fillets, 1 cup, cut into pieces
- Shrimp, ½ cup, peeled and deveined
- Garlic powder, ½ tsp
- Smoked paprika, ¼ tsp
- Salt and pepper to taste

INSTRUCTIONS

- Add butter to the skillet and heat it. Add the diced onion, celery, and carrots. Cook for 5–7 minutes.
- Add the diced potatoes and vegetable broth. Boil and simmer for 10–12 minutes.
- Add the milk or cream, frozen corn, garlic powder, smoked paprika, salt, and pepper. Simmer for another 5 minutes.
- Add the fish pieces and shrimp to the pot. Simmer for another 5–7 minutes.
- Serve!



Calories 280, Carbohydrate 28g, Protein 18g, Fat 10g, Fiber 4g

Pan Fried Brussels Sprouts

Preparation time: 10 minutes

Cooking time: 20 min

Serving size: 4

INGREDIENTS

- Olive oil, 1 tablespoon
- Garlic, 2 teaspoons, crushed
- White onion, half, chopped
- Brussels sprouts, 16 oz, trimmed
- Salt and ground black pepper, to taste
- Garlic powder, to taste

INSTRUCTIONS

- Add olive oil into the skillet and place on medium heat.
- Add garlic and cook for 3 minutes until golden brown. Add onion and cook for 5 minutes. Add Brussels sprouts and cook for 5 to 7 minutes.
- Flip and cook for 5 to 7 minutes more.
- Sprinkle with garlic powder, salt, and black pepper.
- Serve!



Calories 87, Carbohydrate 4g, Protein 4g, Fat 3g

Chicken Piccata

Preparation time: 10 minutes

Cooking time: 15 min

Serving size: 4

INGREDIENTS

- Chicken breast, 4, boneless, skinless
- Cayenne pepper, to taste
- Black pepper and salt, to taste
- Coconut flour, for dredging
- Olive oil, 2 tablespoons
- Capers, 1 tablespoon, drained
- Lemon juice, ¼ cup
- Water, ¼ cup
- Olive oil, 3 tablespoons
- Parsley, 2 tablespoons, chopped

INSTRUCTIONS

- Add chicken breasts into the plastic wrap and pound into thick pieces.
- Season chicken breast with black pepper, salt, and cayenne pepper. Then, dredge in flour and shake off excess flour.
- Add Olive oil into the skillet and place on medium-high heat.
- Add chicken to the skillet and cook for 5 minutes per side. When done, transfer it to the medium shallow dish.
- Add capers in the skillet with the reserved oil and cook for 30 seconds.
- Add water, Olive oil, and lemon juice into the pan and place on low heat. Add parsley and cook for 1 to 2 minutes.
- When done, pour sauce over the chicken.
- Serve and enjoy!



Calories 321, Carbohydrate 4g, Protein 24g, Fat 18g

Seared Scallop with Creamy Polenta

Preparation time: 10 minutes

Cooking time: 25 min

Serving size: 4

INGREDIENTS

- Sea scallops, 12
- Polenta, 1 cup
- Water or low-sodium chicken broth, 4 cups
- Butter, 2 tbsp
- Parmesan cheese, ½ cup, grated
- Salt and pepper, to taste
- Olive oil, 1 tbsp
- Garlic, 2 cloves, minced

INSTRUCTIONS

- Add water or broth to the saucepan and boil it.
- Add polenta and cook for 15 to 20 minutes over low heat. Add butter, Parmesan, salt, and pepper.
- Pat the scallops dry with paper towels and season with salt and pepper on both sides.
- Add olive oil to the skillet and heat it.
- Add scallops and sear for 2 to 3 minutes on each side.
- Remove the scallops from the pan and set aside.
- Spoon the creamy polenta onto plates and arrange the scallops on top.
- Serve!



Calories 350, Carbohydrate 36g, Protein 21g, Fat 15g, Fiber 2g

Garlicky Chicken Thighs

Preparation time: 10 minutes

Cooking time: 25 min

Serving size: 8

INGREDIENTS

- Chicken thighs, 5 oz, boneless
- Olive oil, 2 tablespoons
- Onion, half, chopped
- Garlic, chopped, 7 cloves
- Soy sauce, ½ cup
- Onion powder, 1 pinch
- Garlic powder, 1 pinch
- Cilantro, ¼ cup, chopped
- Salt and ground black pepper, to taste

INSTRUCTIONS

- Season chicken with black pepper and salt.
- Add Olive oil into the skillet and place on medium-high heat.
- Add chicken and cook for 3 to 5 minutes. Flip chicken, add garlic and onion and cook for 5 to 7 minutes.
- Transfer chicken to medium heat.
- Add onion powder, garlic powder, soy sauce and stir well.
- Place chicken back in the pan, lower the medium heat, and cook for 10 minutes more.
- Transfer it to the container. Garnish with cilantro.



Calories 368, Carbohydrate 3g, Protein 25g, Fat 13g

Falafel

Preparation time: 15 minutes

Cooking time: 20 min

Serving size: 4

INGREDIENTS

- Dried chickpeas, 1 ½ cups, soaked overnight
- Onion, 1, chopped
- Garlic, 2-3 cloves, minced
- Fresh parsley, 1 cup, chopped
- Fresh cilantro, 1 cup, chopped
- Dried cumin, 1-2 tsp
- Dried coriander, 1-2 tsp
- Salt, 1 tsp
- Black pepper, ½ tsp
- Baking soda, ½ tsp
- Flour, 4-6 tbsp
- Olive oil, for frying

INSTRUCTIONS

- Drain and rinse the soaked chickpeas.
- Add the chickpeas, onion, garlic, parsley, cilantro, cumin, coriander, salt, and pepper into the blender. Process until smooth. Add the baking soda and flour, and blend again.
- Shape the mixture into balls.
- Add olive oil to the frying pan and heat it. Place the falafel to the pan and fry for 3 to 4 minutes per side.
- Serve!



Calories 330, Carbohydrate 45g, Protein 12g, Fat 14g, Fiber 9g

Chicken Salad

Preparation time: 15 minutes

Cooking time: 0 minutes

Serving size: 4

INGREDIENTS

- Greek yogurt, 6 oz
- Cottage cheese, ½ cup
- Celery, ½ cup, chopped
- Dried cranberries, ¼ cup, sweetened
- Onion, 2 tablespoons, chopped
- Pecans, 2 tablespoons, chopped
- Dijon mustard, ½ tablespoon
- Chicken, 1 ¼ cups, cubed, cooked
- Salt and ground black pepper, to taste

INSTRUCTIONS

- Add Dijon mustard, pecans, onion, cranberries, celery, Greek yogurt, and cottage cheese into the bowl. Stir well.
- Add chicken and combine well. Sprinkle with pepper and salt.
- Serve and enjoy!



Calories 168, Carbohydrate 4g, Protein 14g, Fat 6g

Balsamic Chicken Breasts

Preparation time: 10 minutes

Cooking time: 50 minutes

Serving size: 2

INGREDIENTS

- Olive oil, 1 tablespoon
- Squash, 1 cup
- Salt and pepper to taste
- Chicken breast halves, 1lb, skinless, boneless
- Balsamic vinegar, ½ cup
- Salt and ground black pepper, to taste

INSTRUCTIONS

- Preheat the oven to 400 degrees F.
- Place squash onto the baking sheet, drizzle Olive oil over squash, and sprinkle with pepper and salt.
- Place chicken breasts onto the baking dish and add ½ cup of balsamic vinegar. Sprinkle with pepper and salt.
- Place squash in the oven and bake for 10 minutes. Place the dish with the chicken in the oven and cook for 20 minutes.
- Flip both squash and chicken.
- Lower the heat to 350 degrees F. Bake for 20 minutes.
- Add ½ cup of balsamic vinegar into the saucepan and place on medium heat. Cook until reduced to half.
- Place chicken breast over squash and drizzle with balsamic vinegar.



Calories 379, Carbohydrate 44g, Protein 29g, Fat 8g

Greek Stuffed Collard Greens

Preparation time: 20 minutes

Cooking time: 1 hour

Serving size: 4

INGREDIENTS

- Collard green leaves, 12, stems removed
- Cooked quinoa or rice, 1 cup
- Feta cheese, ½ cup, crumbled
- Kalamata olives, ¼ cup, chopped
- fresh parsley, ¼ cup, chopped
- Red onion, ¼ cup, chopped
- Olive oil, 1 tbsp
- Lemon juice, 2 tbsp
- Dried oregano, 1 tsp
- Garlic powder, ½ tsp
- Salt and pepper, to taste
- Vegetable broth, ¼ cup

INSTRUCTIONS

- Add water to the pot and boil it. Add the collard green leaves and blanch them for 2 minutes. Remove and set aside to cool. Pat dry with a paper towel.
- Add the cooked quinoa or rice, feta cheese, olives, parsley, onion, olive oil, lemon juice, oregano, garlic powder, salt, and pepper into the mixing bowl. Mix well.
- Place the collard green leaf on a clean surface. Place the filling in the middle and fold over the filling. Roll up tightly.
- Add vegetable broth to the skillet and heat it. Place the stuffed collard greens and cover with a lid. Cook for 30 to 40 minutes.
- Serve!



Calories 220, Carbohydrate 28g, Protein 6g, Fat 10g, Fiber 5g

Steamed Mussels in White Sauce

Preparation time: 10 minutes

Cooking time: 15 minutes

Serving size: 4

INGREDIENTS

- Mussels, 2lbs, cleaned and debearded
- Olive oil, 1 tbsp
- Garlic, 2 cloves, minced
- Onion, 1, chopped
- Chicken broth, 1 cup
- Heavy cream, ½ cup
- Fresh parsley, ¼ cup, chopped
- Salt and pepper to taste

INSTRUCTIONS

- Scrub the mussels under cold water and remove any beards.
- Add olive oil to the pot and heat it. Add onion and garlic and cook for 3 minutes.
- Add chicken broth and simmer for a few minutes and then add the mussels. Cover the pot and cook for 5-7 minutes.
- Reduce the heat to low. Add heavy cream and cook for 2 to 3 minutes.
- Serve!



Calories 330, Carbohydrate 10g, Protein 25g, Fat 22g, Fiber 1g

Chickpea Patties

Preparation time: 15 minutes

Cooking time: 10 minutes

Serving size: 4

INGREDIENTS

- Chickpeas, 15 oz, drained and rinsed
- Breadcrumbs, ½ cup
- Onion, ¼ cup, chopped
- Parsley, ¼ cup, chopped
- Garlic, 2 cloves, minced
- Olive oil, 1 tbsp
- Ground cumin, 1 tsp
- Paprika, ½ tsp
- Salt and pepper, to taste
- Egg, 1

INSTRUCTIONS

- Add chickpeas to the bowl and mash with a potato masher.
- Add the breadcrumbs, chopped onion, parsley, minced garlic, cumin, paprika, salt, and pepper. Mix well. Add the egg and stir until the mixture holds together. Form the mixture into small patties.
- Add olive oil to the skillet and heat it. Place the patties and cook for 4 to 5 minutes on each side.
- Transfer the patties to the plate.
- Serve hot!



Calories 210, Carbohydrate 25g, Protein 8g, Fat 8g, Fiber 5g

Salmon Patties

Preparation time: 15 minutes

Cooking time: 10 minutes

Serving size: 5

INGREDIENTS

- Salmon, 14 oz
- Egg, 1
- Onion, ¼ cup, chopped
- Dry breadcrumbs, ½ cup, seasoned
- Olive oil, 1 tablespoon

INSTRUCTIONS

- Add salmon, breadcrumbs, onion, and egg into the bowl and combine well.
- Shape mixture into patties.
- Add Olive oil into the frying pan and place on medium heat.
- Place patties in the pan and cook until browned.
- Drain onto the paper towel.
- Serve!



Calories 224, Carbohydrate 9g, Protein 22g, Fat 10g

Broiled Salmon

Preparation time: 5 minutes

Cooking time: 15 minutes

Serving size: 4

INGREDIENTS

- Salmon fillets, 24 oz
- Olive oil, 4 tablespoons
- Soy sauce, 1 ½ tablespoons
- Lemon zest, ½ teaspoon
- Lemon juice, 2 teaspoons
- Fresh parsley, 2 teaspoons, chopped
- Thyme leaves, 1 ½ teaspoon
- Salt, ½ teaspoon
- Pepper, ¼ teaspoon
- Garlic, 1 teaspoon, minced

INSTRUCTIONS

- Preheat the broiler to high.
- Let coat sheet pan with cooking spray.
- Add garlic, pepper, salt, thyme, parsley, lemon juice, lemon zest, soy sauce, and Olive oil into the bowl. Stir well.
- Add salmon and toss to combine. Place salmon fillets onto the sheet pan. Broil for 10 to 15 minutes.
- Garnish with parsley leaves.



Calories 274, Carbohydrate 4g, Protein 23g, Fat 17g

Chicken Parmesan Wraps

Preparation time: 10 minutes

Cooking time: 20 minutes

Serving size: 2

INGREDIENTS

- 2 boneless, skinless chicken breasts
- Marinara sauce, ½ cup
- Mozzarella cheese, ½ cup, shredded
- Parmesan cheese, ¼ cup, grated
- Breadcrumbs, ¼ cup
- Olive oil, 1 tbsp
- Whole-wheat or flour tortillas, 2
- Salt and pepper to taste

INSTRUCTIONS

- Preheat the oven to 400 degrees F.
- Season the chicken breasts with salt, pepper, and a sprinkle of grated Parmesan cheese.
- Add olive oil to the skillet and heat it. Place the chicken breast and cook for 5 to 7 minutes per side.
- Pour the marinara sauce over the chicken. Top with mozzarella cheese.
- Cover the skillet with a lid.
- Remove the chicken from the skillet and slice it into strips.
- Warm the tortillas for 1-2 minutes.
- Place the sliced chicken in the middle of each tortilla. Drizzle with marinara sauce.
- Sprinkle with parmesan cheese and fold the sides of tortilla over the filling.
- Serve!



Calories 450, Carbohydrate 30g, Protein 38g, Fat 22g, Fiber 4g

Stuffed Peppers

Preparation time: 20 minutes

Cooking time: 30 minutes

Serving size: 6

INGREDIENTS

- Red bell peppers, 6
- Olive oil, 1 tablespoon
- Cauliflower rice, 1 cup
- Garlic, 2 teaspoons, minced
- Onion, 1/3 cup, minced
- Salt, 1 ½ teaspoon
- Ground beef, 1lb
- Mozzarella cheese, 1 cup, grated
- Parmesan cheese, ½ cup, grated
- Parsley, 2 tablespoons, minced
- Italian seasoning, 2 teaspoons
- Ground nutmeg, 1 pinch
- Marinara sauce, 1 cup

INSTRUCTIONS

- Preheat the oven to 350 degrees Fahrenheit.
- Cut the stems out of the peppers and scoop out the membranes.
- Place it into the baking dish and cook for 10 minutes.
- Add Olive oil to the pan and place it over a medium-high heat.
- Add salt, garlic, onion, and cauliflower and cook for 5 to 7 minutes.
- Transfer it to the bowl.
- Add beef to the pan and cook for 5 to 7 minutes. Transfer it to the bowl.
- Add tomatoes and marinara sauce into the bowl and stir well.
- Spoon the mixture into the peppers and cook for 20 to 30 minutes.
- Top with cheese and cook until cheese is melted.
- Serve!



Calories 340, Carbohydrate 5g, Protein 19g, Fat 22g, Fiber 5g

Blackened Salmon

Preparation time: 5 minutes

Cooking time: 10 minutes

Serving size: 4

INGREDIENTS

- Paprika, 1 tablespoon
- Garlic powder, 2 teaspoons
- Onion powder, 1 teaspoon
- Salt, ½ teaspoon
- Dried thyme, ½ teaspoon
- Cayenne powder, ¼ teaspoon
- Black pepper, ¼ teaspoon
- Salmon fillets, 6 oz, skin-on
- Olive oil, 2 tablespoons

INSTRUCTIONS

- Add black pepper, cayenne pepper, dried thyme, salt, onion powder, garlic powder, and paprika into the container and stir well.
- Rub a little oil on the flesh side of the salmon fillets and coat it into spice mixture.
- Add olive oil to the pan and heat it. Add salmon fillets and cook for 3 to 8 minutes per side.
- Serve!



Calories 76, Carbohydrate 3g, Protein 1g, Fat 7g, Fiber 1g

Dinner Recipes

Lemon Baked Cod

Preparation time: 5 minutes

Cooking time: 15 minutes

Serving size: 4

INGREDIENTS

- Cod, 4 fillets, 6 oz each
- Salt and pepper, to taste
- Olive oil, 3 tablespoons
- Lemon juice, 1 teaspoon
- Lemon zest, 1 teaspoon
- Garlic, 2 cloves, sliced

INSTRUCTIONS

- Preheat the oven to 400 degrees F.
- Place the cod fillets onto the baking dish. Season with pepper and salt.
- Add lemon juice, Olive oil, garlic, lemon zest, and parsley. Place it into the oven and bake for 12 to 18 minutes.
- Serve!



Calories 243kcal, Carbohydrate 3g, Protein 31g, Fat 12g, Fiber 1g

Beef Gyros with Tahini Sauce

Preparation time: 15 minutes

Cooking time: 20 minutes

Serving size: 4

INGREDIENTS

For the Beef Gyros:

- Beef sirloin or flank steak, 1lb, thinly sliced
- Olive oil, 2 tbsp
- Garlic, 2 cloves, minced
- Ground cumin, 1 tsp
- Ground paprika, 1 tsp
- Ground oregano, 1 tsp
- Ground cinnamon, ½ tsp
- Salt and pepper, to taste
- Pita breads or flatbreads, 4

For the Tahini Sauce:

- Tahini, ½ cup
- Lemon juice, 2 tbsp
- Olive oil, 1 tbsp
- Warm water, 2 tbsp
- Garlic, 1 clove, minced
- Salt, to taste

INSTRUCTIONS

- Add the beef with olive oil, garlic, cumin, paprika, oregano, cinnamon, salt, and pepper into the bowl and mix well. Toss to combine. Let it marinate for 10-15 minutes.
- Add the tahini, lemon juice, olive oil, garlic, and warm water into the bowl and mix until smooth. Season with salt. Set aside.
- Heat the skillet over medium-high heat. Add the marinated beef and cook for 5-7 minutes. Remove from heat.
- Warm the pita or flatbreads in a dry skillet for 1-2 minutes on each side.
- Place the cooked beef on the bread.
- Serve with tahini sauce!



Calories 380, Carbohydrate 28g, Protein 25g, Fat 22g, Fiber 5g

Mediterranean Cod Stew

Preparation time: 15 minutes

Cooking time: 30 minutes

Serving size: 4

INGREDIENTS

- 4 cod fillets, about 6 oz each
- Olive oil, 2 tbsp
- Onion, 1, diced
- Garlic, 2 cloves, minced
- Bell pepper, 1, chopped
- Zucchini, 1, sliced
- Tomatoes, 14 oz, chopped
- Vegetable broth, 1 cup
- Dried oregano, 1 tbsp
- Paprika, 1 tsp
- Salt and pepper to taste
- Kalamata olives, ½ cup, pitted and sliced
- Fresh parsley, 2 tbsp, chopped
- Lemon juice, 1 tbsp

INSTRUCTIONS

- Cut the cod fillets into large chunks.
- Add olive oil to the skillet and heat it. Add the onion and garlic and sauté for 3-4 minutes until softened. Add the bell pepper and zucchini to the pot and cook for another 5 minutes until tender.
- Pour in the diced tomatoes, vegetable broth, oregano, paprika, salt, and pepper. Simmer and cook for 10 minutes.
- Add olives and cod chunks and cook for 5 to 7 minutes.
- Add lemon juice and parsley leaves.
- Serve!



Calories 290, Carbohydrate 18g, Protein 32g, Fat 10g, Fiber 10g

Spinach Avocado Shrimp Salad

Preparation time: 12 minutes

Cooking time: 15 minutes

Serving size: 4

INGREDIENTS

- Olive oil, as needed
- Shrimp, 10 to 12, deveined
- Salt and pepper, to taste
- Italian seasoning, ½ teaspoon
- Smoked paprika, ¼ teaspoon
- Baby spinach, 4 cups
- Romaine lettuce, 1-2 cups, chopped
- Cherry tomatoes, 1 cup
- Avocados, 2, diced
- Pecans, ¼ cup, chopped
- Almonds, ¼ cup, sliced
- Feta, ½ tablespoon, crumbled

For the Dressing:

- Extra virgin olive oil, 1/3 cup
- Apple cider vinegar, 2 tablespoons
- Dijon mustard, 1 ½ tablespoon
- Fresh lemon juice, 2 teaspoon
- Poppy seeds, 1 ½ teaspoon
- Salt and black pepper, to taste

INSTRUCTIONS

- Preheat the grill over medium-high heat.
- Grease the grill with oil.
- Season the shrimp with paprika, Italian seasoning, salt, and black pepper.

Prepare the dressing:

- Add pepper, salt, poppy seeds, lemon juice, mustard, vinegar, and olive oil to the bowl and combine well. Keep it aside.
- Grill shrimp for 3 to 4 minutes per side.

Assemble the salad:

- Add mixed greens and spinach to the bowl and stir well.
- Pour the dressing over it.
- Toss to combine. Add almonds, pecans, tomatoes, and avocados.
- Divide the salad among the bowls. Top with cooked shrimp and stir well.
- Serve!



Calories 389, Carbohydrate 5g, Protein 7g, Fat 21g, Fiber 9g

Mediterranean Brown Rice Pilaf

Preparation time: 10 minutes

Cooking time: 35 minutes

Serving size: 4

INGREDIENTS

- Brown rice, 1 cup
- Vegetable broth, 2 cups, low-sodium
- Olive oil, 1 tbsp
- Onion, 1, diced
- Bell pepper, ½ cup, diced
- Tomatoes, ½ cup, diced
- Kalamata olives, ¼ cup, pitted and sliced
- Fresh parsley, ½ cup, chopped
- Dried oregano, 1 tsp
- Garlic powder, ½ tsp
- Salt and pepper, to taste

INSTRUCTIONS

- Rinse the brown rice under cold water until the water runs clear.
- Add rinsed rice and vegetable broth to the saucepan and boil and simmer for 30 minutes. Remove from heat. Allow it to stand for 5 minutes.
- Add olive oil to the skillet and heat it. Add diced onion and bell pepper and cook for 5 to 7 minutes. Add the diced tomatoes, olives, parsley, oregano, garlic powder, and salt and pepper to the skillet. Stir to combine and cook for 2-3 minutes.
- Add cooked brown rice and sautéed vegetable mixture and mix well.
- Serve!



Calories 220, Carbohydrate 44g, Protein 4g, Fat 5g, Fiber 4g

Vegetarian Fajitas

Preparation time: 15 minutes

Cooking time: 6 minutes

Serving size: 4

INGREDIENTS

Seasoning Mix:

- Chili powder, 1 teaspoon
- Ground cumin, 1 teaspoon
- Smoked paprika, 1 teaspoon
- Garlic powder, ½ teaspoon
- Onion powder, ½ teaspoon
- Salt, ¾ teaspoon
- Ground black pepper, ¼ teaspoon
- Cayenne pepper, 1 pinch

Fajita Veggies:

- Olive oil, 2-3 tablespoon
- Red bell pepper, 1, seeded and sliced
- Green bell pepper, 1, seeded and sliced
- Yellow bell pepper, 1, seeded and sliced
- Red onion, 1, sliced
- Mushrooms, 8 oz, sliced

INSTRUCTIONS

- Add all spice mixture to the bowl and combine well. Keep it aside.
- Add oil to the pan and heat it. Add mushrooms, onion, and peppers and cook for 1 minute. Add seasoning mix and cook for 5 minutes.
- Remove from heat.
- Serve!



Calories 101, Fat 7g, Carbohydrate 8g, Protein 1g, Fiber 3g

Dessert Recipes

Tiramisu

Preparation time: 30 minutes

Cooking time: 0 minutes

Serving size: 6-8

INGREDIENTS

- Fresh strawberries, 1 cup
- Granulated sugar, 1/4 cup
- Water, 2 tablespoons
- Lemon juice, 1 tablespoon
- Strong brewed coffee, 1 cup, cooled
- Coffee liqueur, 3 tablespoons
- Mascarpone cheese, 1 cup
- Heavy cream, 1 cup
- Powdered sugar, 1/2 cup
- Vanilla extract, 1 teaspoon
- Ladyfinger cookies, 24 to 30

INSTRUCTIONS

- Add strawberries, granulated sugar, water, and lemon juice into the saucepan. Cook over medium heat. Remove from heat and let it cool.
- Add brewed coffee and coffee liqueur into the shallow dish and mix well.
- Add mascarpone cheese into the big bowl and mix until smooth.
- Add heavy cream, powdered sugar and vanilla extract in another bowl and whip until stiff peaks form.
- Fold the whipped cream into the mascarpone mixture.
- Dip each ladyfinger into the coffee mixture.
- Arrange a layer of soaked ladyfingers at the bottom of a serving dish.
- Spread half of the mascarpone mixture over the ladyfingers.
- Spoon half of the strawberry compote over the mascarpone layer.
- Dust the top with cocoa powder.
- Refrigerate the tiramisu for at least 4 hours.
- Serve!



Calories 350, Fat 24g, Carbohydrate 28g, Fiber 1g, Protein 4g

Dessert Recipes

Date and Nut Bars

Preparation time: 15 minutes

Cooking time: 0 minutes

Serving size: 2

INGREDIENTS

- Pitted dates, 2 cups
- Mixed nuts, 1 cup, almonds, walnuts, and pistachios, chopped
- Shredded coconut, 1/2 cup
- Almond butter or peanut butter, 1/4 cup
- Vanilla extract, 1 teaspoon
- Pinch of salt

INSTRUCTIONS

- Add the dates in a food processor and pulse until form a sticky paste.
- Add chopped nuts, shredded coconut, almond butter or peanut butter, vanilla extract, and a pinch of salt into the mixing bowl. Mix well.
- Add the date paste to the nut mixture and stir well.
- Line a baking dish or pan with parchment paper. Press the mixture into the pan.
- Refrigerate the mixture for 1 hour.
- Once chilled, remove from the refrigerator and slice into bars or squares.
- Serve!



Calories 200, Fat 9g, Carbohydrate 30g, Fiber 4g, Sugar 23g, Protein 4g

Dessert Recipes

Rice Pudding

Preparation time: 5 minutes

Cooking time: 25 minutes

Serving size: 2

INGREDIENTS

- Long-grain white rice, 1 cup
- Whole milk, 4 cups
- Granulated sugar, 1/2 cup
- Vanilla extract, 1 teaspoon
- Ground cinnamon, 1/4 teaspoon
- Pinch of salt

INSTRUCTIONS

- Add the rice, milk, sugar, vanilla extract, cinnamon, and salt into the saucepan and simmer over medium heat.
- Reduce the heat to low and let the rice simmer for 20–25 minutes.
- Remove the saucepan from the heat.
- Serve!



Calories 250, Fat 4g, Carbohydrate 46g, Fiber 0g, Sugar 22g, Protein 7g

Orange and Almond Cake

Preparation time: 30 minutes

Cooking time: 2 hours

Serving size: 6–8

INGREDIENTS

- Oranges, 3
- Eggs, 6
- Almond meal, 1 cup
- Sugar, 1 cup
- Baking powder, 1 teaspoon

INSTRUCTIONS

- Preheat the oven to 350°F. Grease and line a round cake pan with parchment paper.
- Add water and whole oranges into the pot and boil it. Then, reduce the heat and simmer for 1 ½ hours.
- Cut the cooled oranges into quarters, removing any seeds, and blend them in a blender until smooth.
- Beat the eggs and sugar into the mixing bowl and mix until pale and creamy.
- Add the almond meal, baking powder, and pureed oranges to the egg mixture. Stir until well combined.
- Pour the batter into the prepared cake pan.
- Bake in the preheated oven for 50–60 minutes.
- Remove the cake from the oven and let it cool in the pan for 10 minutes. Then transfer it to a wire rack to cool. Serve!



Calories 250, Fat 10g, Carbohydrate 36g, Fiber 3g, Protein 8g

Dessert Recipes

Lemon Sorbet

Preparation time: 5 minutes

Cooking time: 0 minutes

Serving size: 2

INGREDIENTS

- Fresh lemon juice, 1 cup
- Granulated sugar, 1 cup
- Water, 2 cups
- Zest of 1 lemon

INSTRUCTIONS

- Add the sugar and water into the saucepan and put over medium heat. Stir until the sugar is dissolved, then remove from heat and let it cool.
- Once the sugar syrup has cooled, stir in the fresh lemon juice and lemon zest.
- Pour the mixture into a shallow dish or pan and place it in the freezer.
- Every 30 minutes, use a fork to stir.
- Serve!



Calories 150, Fat 0g, Carbohydrate 40g, Fiber 0g, Sugar 38g, Protein 0g

Dessert Recipes

Fruit Salad

Preparation time: 10 minutes

Cooking time: 0 minutes

Serving size: 6

INGREDIENTS

- Apple, 1, sliced
- Red apple, 1, sliced
- Green grapes, 1 cup
- Red grapes, 1 cup
- Kiwi, 2, peeled and sliced
- Raspberries, 1 cup
- Pomegranate arils, ¼ cup
- Sugar, 2 tablespoons
- Lime juice, 1 tablespoon
- Water, 1 tablespoon

INSTRUCTIONS

- Add all fruits into the bowl and mix well.
- Add water, lime juice, and sugar in another bowl and mix well.
- Drizzle over fruit and stir well.
- Serve!



Calories 132, Carbohydrate 34g, Protein 1g, Fat 1g, Fiber 4g

Dessert Recipes

Oatmeal Banana Bars

Preparation time: 5 minutes

Cooking time: 15 minutes

Serving size: 12

INGREDIENTS

- Bananas, 2, ripened and mashed
- Peanut butter, ½ cup
- Vanilla extract, 1 teaspoon
- Quick oats, 1 ¾ cups
- Chocolate protein powder, 1 scoop
- Dark chocolate chips, ½ cup
- Peanuts, ½ cup, roasted and chopped

INSTRUCTIONS

- Preheat the oven to 350 degrees F.
- Line a baking pan with parchment paper.
- Add banana into the bowl and mash it.
- Add peanut butter, vanilla, quick oats, protein powder, chocolate chips, and peanuts and mix well.
- Transfer it to the baking sheet.
- Bake for 15 minutes.
- Cut into bars and serve!



Calories 195, Carbohydrate 22g, Protein 8g, Fat 10g, Fiber 4g

Almond Cookies

Preparation time: 10 minutes

Cooking time: 5 minutes

Serving size: 12

INGREDIENTS

- Olive oil, ½ cup, softened
- Sugar, ½ cup
- All-purpose flour, 1 cup plus 2 tablespoons
- Almond flour, ½ cup
- Almond extract, ¼ teaspoon
- Semisweet chocolate chips, ½ cup, melted

INSTRUCTIONS

- Preheat the oven to 350 degrees Fahrenheit.
- Add melted butter and sugar 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!



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

Turkish Delight

Preparation time: 20 minutes

Cooking time: 10 minutes

Serving size: 12

INGREDIENTS

- Granulated sugar, 4 cups
- Water, 4 cups
- Cornstarch, 1 cup
- Cream of tartar, 1 teaspoon
- Lemon juice, 1 tablespoon
- Rose water, 1 teaspoon
- Food coloring
- Confectioners' sugar, for dusting

INSTRUCTIONS

- Grease a square baking dish or line it with parchment paper.
- Add sugar and water into the saucepan over medium heat.
- Add cornstarch and cream of tartar with 1 cup of water in another bowl and mix until smooth.
- Pour the cornstarch mixture into the saucepan with the sugar syrup.
- Add lemon juice and stir well.
- Stir in rose water and food coloring and mixing well.
- Pour the mixture into the prepared baking dish and let it cool.
- Serve!



Calories 100, Carbohydrate 25g, Protein 0g, Fat 0g, Fiber 0g

Dessert Recipes

Cannoli

Preparation time: 20 minutes

Cooking time: 0 minutes

Serving size: 12

INGREDIENTS

- Cannoli shells, 16
- Ricotta cheese, 1 1/2 cups
- Powdered sugar, 1/2 cup
- Vanilla extract, 1 teaspoon
- Mini chocolate chips, 1/4 cup
- Powdered sugar, for dusting

INSTRUCTIONS

- Add the ricotta cheese, powdered sugar, 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!



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

Week 1

	BREAKFAST	LUNCH	DINNER	DESSERT
MON	Feta, Egg & Spinach Breakfast Taco	Cucumber & Tomato Sandwich	Crispy Salmon Rice Bowl	Turkish Delight
TUE	Triple-Berry Blended Oats	Hearty minestrone soup	Chicken Caprese Salad	Tiramisu
WEN	Cinnamon Roll Overnight Oats	Vegan Superfood Grain Bowls	Chicken Fajita	Panna Cotta
THU	Bircher Muesli	Chickpea and Tuna Salad	Shrimp Zoodles	Baked Pears
FRI	Pineapple Green Smoothie	Mediterranean Tuna-Spinach Salad	Black Olive Chicken	Yogurt with Honey and Nuts
SAT	Green Shakshuka	Roasted Veggie & Quinoa Salad	Grilled Chicken Breast	Mediterranean Fruit Salad
SUN	Blueberry Almond Chia Pudding	Chicken & Chickpea Soup	Mediterranean Shrimp Salad	Almond Cookies

Week 2

	BREAKFAST	LUNCH	DINNER	DESSERT
MON	Yogurt Parfait	Marinated Olive and Feta Skewers	Spinach and Feta Tart	Baklava
TUE	Vegetable Frittata	Tuna Salad	Pasta with Olive Oil and Garlic	Greek Custard Pie
WEN	Scrambled Eggs	Minestrone Soup	Hummus and Veggie Wrap	Olive Oil Cake
THU	Mediterranean Frittata	Tomato Soup with Basil	Stuffed Bell Peppers	Cheese Pastry
FRI	Shakshuka	Fish Tacos	Lemon Basil Pasta	Fig and Almond Tart
SAT	Mediterranean Quiche	White Bean Soup	Zucchini Fritters	Semolina Cake
SUN	Italian Bread Salad	Fish Soup with Saffron	Baked Halibut with Lemon and Dill	Turkish Delight

Week 3

	BREAKFAST	LUNCH	DINNER	DESSERT
MON	Poached Eggs in Tomato Sauce	Greek Salad with Grilled Chicken	Shrimp and Avocado Salad	Baklava
TUE	Greek Yogurt with Honey and Nuts	Quinoa Tabbouleh	Lemon Garlic Cod	Turkish Delight
WEN	Frittata with Spinach and Feta	Falafel Wraps	Grilled Eggplant Rollatini	Olive oil Cake
THU	Spinach Pie	Mediterranean Grain Bowl	Fettuccine with Pesto	Almond Cookies
FRI	Avocado Toast with Feta & Olives	Roasted Vegetable	Spinach and Feta Stuffed Chicken	Semolina Cake
SAT	Mediterranean Breakfast Bowl	Stuffed Bell Peppers	Mediterranean Baked Salmon	Olive Oil Cookies
SUN	Labneh with Olive Oil and Za'atar	Greek Lemon Chicken Soup	Eggplant Parmesan	Date and Walnut Balls

Week 4

	BREAKFAST	LUNCH	DINNER	DESSERT
MON	Egg and Cheese Bougatsa	Chickpea and Spinach Stew	Seafood Paella	Pistachio Baklava Rolls
TUE	Orange and Olive Salad	Lentil Soup	Lemon Garlic Cod	Greek Yogurt with Honey
WEN	Hibiscus Tea	Tuna Niçoise Salad	Lemon Garlic Roasted Chicken	Turkish Delight
THU	Green Smoothie	Lemon Salmon	Seafood Chowder	Fig and Almond Tart
FRI	Breakfast Pita	Caprese Panini	Baked Halibut	Creamy Custard Tart
SAT	Muesli with Greek Yogurt	Lamb Gyros	Roasted Veggies	Saffron and Cardamom Rice Pudding
SUN	Zaatar Manakish	Spinach and Feta Stuffed Pita	Tuna Salad Bowl	Chocolate Mousse

SHOPPING LIST

Fruits:

- **Citrus Fruits:** Oranges, lemons, limes, grapefruits
- **Berries:** Strawberries, blueberries, raspberries
- **Apples and Pears:** For snacking and salads
- **Grapes:** Fresh or for making into raisins
- **Melons:** Cantaloupe, watermelon, honeydew
- **Stone Fruits:** Peaches, plums, cherries, apricots

Vegetables:

- **Leafy Greens:** Spinach, kale, arugula, Swiss chard
- **Cruciferous Vegetables:** Broccoli, cauliflower, Brussels sprouts
- **Root Vegetables:** Carrots, beets, sweet potatoes
- **Nightshades:** Tomatoes, bell peppers, eggplants
- **Alliums:** Garlic, onions, leeks
- **Squash:** Zucchini, butternut squash

Whole Grains:

- **Cereals:** Oats, quinoa, barley
- **Bread:** Whole grain or sourdough bread
- **Pasta:** Whole wheat or alternative grains like spelt
- **Rice:** Brown rice, wild rice

Legumes:

- **Beans:** Chickpeas, black beans, kidney beans, cannellini beans
- **Lentils:** Green, brown, red lentils
- **Peas:** Green peas, split peas

Nuts and Seeds:

- **Nuts:** Almonds, walnuts, pistachios, hazelnuts
- **Seeds:** Flaxseeds, chia seeds, sunflower seeds, pumpkin seeds

Oils and Fats:

- **Olive Oil:** Extra virgin for cooking and dressings
- **Other Oils:** For variety, you might include avocado oil or coconut oil

Protein Sources:

- **Fish and Seafood:** Salmon, sardines, mackerel, shrimp, scallops
- **Poultry:** Chicken breasts, thighs, turkey
- **Eggs:** Free-range or organic

Dairy Products:

- **Cheese:** Feta, goat cheese, Parmesan
- **Yogurt:** Greek yogurt or plain yogurt (unsweetened)

Herbs and Spices:

- **Fresh Herbs:** Basil, parsley, cilantro, dill, rosemary, thyme
- **Dried Spices:** Oregano, cumin, paprika, turmeric, black pepper, cinnamon

Condiments and Flavorings:

- **Vinegars:** Balsamic vinegar, red wine vinegar
- **Mustard:** For dressings and marinades
- **Capers and Olives:** For adding flavor to dishes
- **Honey:** For natural sweetness

Beverages:

- **Tea:** Herbal teas like mint or chamomile
- **Coffee:** For a moderate caffeine option
- **Red Wine:** Optional, for moderate consumption

Miscellaneous:

- **Whole Wheat Flour:** For baking or bread-making
- **Canned Tomatoes:** For sauces and soups
- **Nutritional Yeast:** For a cheesy flavor in vegan dishes