



MEDITERRANEAN DIET FOR BEGINNERS

WITH OVER 120 BEST HEALTHY FOOD
RECIPES, MEAL PLAN TO LOSE WEIGHT

INNA VOLIA

The Mediterranean Diet Cookbook

120 Healthy Food Recipes with a Meal Plan for Weight Loss

INNA VOLIA

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Mediterranean Salad and Soup Recipes

Mediterranean Salad

Greek Salad

Mediterranean Tomato Soup

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Brussels Sprout and Cabbage Salad

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Coconut Curry Cauliflower Soup

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Conclusion

Introduction

Finding a diet that's effective and enables those who adopt it to lose weight alongside other health benefits is quite critical and the desire of many. Many people associate dieting with restriction to calories, but enjoying the foods that they love is something that's quite different with the Mediterranean diet. The Mediterranean diet is not only easier to follow, but it's also a diet that is rich and has a lot of health benefits. It's a plant-heavy diet that focuses as well on consumption of whole foods, healthy fat and flavor.

Understanding the Mediterranean diet is much easier even for beginners as there is a pyramid that can be followed. The pyramid shows in detail the foods that should be consumed in large amounts, those to be taken with moderation and those to be consumed in very low amounts. One great thing about the Mediterranean diet is that it works more as a daily practice with no restrictions on specific foods. It's possible to realize sustained weight with the Mediterranean diet since it's more of a lifestyle and based on eating foods that are enjoyable.

The Mediterranean Diet Cookbook: 120 Healthy Food Recipes with a Meal Plan for Weight Loss is a book that has covered in detail what the Mediterranean diet entails, how to get started with the Mediterranean diet, a 7-day meal plan to lose weight and more. The book has also shared 120 nutritious Mediterranean diet recipes that one can easily make. Whether you are already on a Mediterranean diet or considering getting started, this book shares all the vital information that you need in order to succeed with the diet.

I encourage you to take your time and read the book all the way to the end so that you can have proper understanding of what the diet entails and how you can succeed on it.

Chapter 1

The Basics of the Mediterranean Diet

The foods that we eat have been known to contribute greatly to how our health turns out. Feeding on unhealthy foods is known to cause a myriad of health issues, including chronic diseases; therefore, the diet that one adopts should be given a lot of emphasis. The Mediterranean diet is considered as one of the world's healthiest diet. It's an eating approach that puts emphasis on eating whole foods that are full of flavor. It's a diet that is abundant in fruits, whole grains, vegetables, legumes and olive oil. The diet also features lean sources of protein, and the red wine is consumed in moderate amounts.



The Mediterranean diet is also one of the top most popular diets, and it's not the type of diet where the end goal is only to lose weight; it's considered more of a lifestyle. It should be adopted as a daily practice and a way of living that's sustainable. The Mediterranean diet incorporates traditional and healthy living habits of people from the countries that border the Mediterranean Sea, such as Greece, Italy, France, Spain, Morocco and the like.

The diet varies by country and the region it is adopted, so it may have a range of definitions. However, it is a diet with high intake of vegetables, legumes, fruits, nuts, beans, grains, unsaturated fats like olive oil and fish among others. It, however, includes lower intake of dairy foods and meat. There are several benefits that have been associated with the Mediterranean diet, such as good health and a healthier heart.

Various research studies have proven that those who put a lot of emphasis on healthy fats, whole grains and fish not only weigh less but also experience decreased risks of heart-related diseases, dementia and depression.

Eating in this way means that one gets little room for consuming the unhealthy junk and processed foods, which normally lead to being overweight and obese.

The Mediterranean Pyramid



This new model of the Mediterranean pyramid takes into account both the qualitative and quantitative elements for food selection. The traditional pyramid has greatly evolved and adopts the new way of life. It follows a pattern where the base consists of foods that sustain the diet and at the upper level are foods that should be eaten in moderate amounts. Therefore, one should put emphasis on the type of foods being selected with focus given to the foods that sustain being on the diet.

At the base of the pyramid are foods that provide key nutrients and protective substances that contribute to the overall well-being of individuals. These foods should be taken in greater portions and frequency than the foods located at the central and top of the pyramid.

Chapter 2

Health Benefits of the Mediterranean Diet

The Mediterranean diet entails consumption of plenty of fresh, non-starchy foods. The diet doesn't only provide people with tasty foods to eat, but it's also a way of life and comes with numerous benefits. Here are some of the benefits of the Mediterranean diet:

Healthy way to lose weight

If you are looking for ways to lose weight without being hungry most of the time, then the Mediterranean diet is the best approach. The Mediterranean diet is sustainable and provides a realistic way of eating that can last a lifetime. The diet consists of nutrient-dense foods with room for one to choose whether they prefer low-carb foods, lower protein or something in between. The oils that are consumed on the Mediterranean diet hold natural vitamins, antioxidants and the essential fatty acids, which are great for overall body health.

The fact that the diet focuses on healthy natural foods, there is limited room for indulging in processed and junk foods that are known to contribute to health-related conditions and weight gain.

Improves heart health

Various research studies have proven that having a greater adherence to the Mediterranean diet, which consists of intake of mono-saturated fats and omega-3 foods, is associated with reduction of heart disease. The Mediterranean diet decreases the risk of cardiac death by about 30 percent. Intake of olive also decreases high blood pressure and is also suitable for lowering hypertension. The diet also helps with combating disease promoting effects of oxidation.

The Mediterranean diet discourages intake of saturated fats and the hydrogenated oils or trans fats, both of which can contribute to heart disease.

Helps fight cancer

Plant-based foods, especially fruits and vegetables, are simply the cornerstone of the Mediterranean diet and help in fighting cancer in each and every way. The plant-based foods provide antioxidants, which help in protecting the DNA from damage and also stop cell mutation. They also help in delaying tumor growth and lowering inflammation. Various studies have proven that olive oil can be a natural way of preventing cancer and decreasing the risk of bowel and colon cancers.

Plant-based foods also help in promoting balanced blood sugar and sustain healthy weight.

Prevents diabetes

Various studies have proven that the Mediterranean diet also works as an anti-inflammatory dietary pattern that helps with fighting diseases that are related to Type 2 diabetes, chronic inflammation and metabolic syndrome. The Mediterranean diet is considered effective for preventing diabetes just because it controls excess levels of insulin, a hormone that controls the levels of blood sugar and causes people to gain weight even when dieting.

Intake of well-balanced whole foods that contain healthy fatty acids alongside healthy sources of protein and carbohydrates is great for the body. Such foods enable the body to burn fat more efficiently and also provide energy. Consumption of foods with low levels of sugar also means that insulin resistance becomes rare, so it's impossible to experience peaks of blood sugar.

Improves cognitive health

Being on a Mediterranean diet provides a natural way of preserving memory and is a great step towards the treatment of Alzheimer's disease and dementia in a natural way. Cognitive disorders normally occur when the brain is deprived of sufficient dopamine, a very important chemical that's vital for mood regulation, body movements and processing of thoughts.

Healthy fats such as nuts and olive oil are great at fighting age-related cognitive decline. They help counter some of the harmful effects of free radicals, exposure to toxins and inflammation that's caused by being on poor diets. Being on a Mediterranean diet has also been linked to lowering the rate of Alzheimer's. Foods such as yoghurt also help in building a healthy gut, which also helps in improving cognitive functioning, mood and memory.

A Path to Weight Loss with the Mediterranean Diet

The Mediterranean diet focuses mainly on plant-based foods and healthy fats such as olive oil, and the diet has been well known for the heart-health benefits and quite recently the brain-boosting effect. Major studies, however, show that the Mediterranean diet has an eating plan that's great not only for losing weight but also for maintaining weight. It's possible to lose weight and keep it off completely when you are on a Mediterranean diet.

The Mediterranean diet is never a calorie-restricted diet, which fails in providing sustained weight loss. It's more of a way of life and that makes it possible to realize sustained weight loss. Since the diet is rich in healthy and mono-saturated fats like nuts, avocados and olive oil, it enables people to stay full for long, so it's possible to be content with less food. It's also low on added sugar, which also lowers the risk of developing Type 2 diabetes. Unlike other trendy diets, intake of carbs is not banned; however, emphasis is given on intake of fruits and vegetables in great amounts along with fiber-rich whole grains.

Unlike crash diets that dehydrate people and the low-calorie diets that put the body into starvation mode, the Mediterranean diet is outstanding in weight loss as you don't regain the weight lost as long as you continue with the lifestyle. To realize weight loss with the Mediterranean diet, one should be aware of the following:

Have a clear path to healthy foods: One should be aware of how the processed foods with chemicals sabotage weight loss and weight control. They should begin by purging pantry and restocking healthy food choices as they begin to eat healthy and whole foods.

Portion control: You should look at the behavioral habits in relation to how you handle food and adopt healthy eating habits. Learn to control overconsumption of some foods that you should be taking in moderation. As much as you are free to eat the foods you want, the quantity of the foods matter and can greatly enhance weight loss.

Have peace with the process: Address stress induced by way of eating and learn to adapt to the new eating habits. Finding peace with the process will help you address weight gain that may come as a result of stress-induced eating. You should engage in activities that help you to stay active with the process.

Follow as a lifestyle: Make the healthy eating habits a way of life that you practice on a daily basis. Remember that behavioral change is important if you have to adapt easily to the Mediterranean lifestyle.

Chapter 3

Getting Started with the Mediterranean Diet

The Mediterranean diet emphasizes on consumption of the following foods:

Healthy fats: If you have been used to cooking foods with coconut oil or olive oil, then you should switch to healthy fats such as olive oil when getting started with the Mediterranean diet. Olive oil is healthy and normally rich in mono-saturated fatty acids, which help with improving the good type of cholesterol. Olive oil can be used on finished dishes by drizzling to boost flavor.

Nuts, seeds and legumes: This class of plant foods is a great source of protein and fiber. Nuts and seeds also provide antioxidants and healthy fats. You can eat small portions of nuts daily or servings of legumes at least twice a week.

Fish and eggs: Consider eating fish and eggs about two to three times per week. Eggs should be in the menu most of the times.

Dairy: You can include dairy from cultured milk, such as yoghurt and cheeses. Cultured dairy is easy to digest and a good source of beneficial bacteria that improve the health of the digestive system.

Whole grains: Refined carbs are known to lack nutrients and have a way of impacting the blood sugar negatively. Whole grains are the best and should always be eaten with healthy fats and protein. You can incorporate fermented grains for easy digestion and nutrient absorption in a better way.

Herbs and spices: Spices and herbs are filled with antioxidants and plant compounds that help with fighting the effects of inflammation.

Meal Plan to Lose Weight

If your intention of being on a Mediterranean diet is to lose weight and gain the health benefits that come with being on the diet, then having a meal plan can greatly help. Here is a 7-day meal plan that you can use to get started.

7-Day Mediterranean Meal Plan – 1200 Calories Per Day

Breakfast: Oatmeal with Fruits and Nuts (calories – 297)

- Cooked oatmeal with 1/2 cup milk and 1/2 cup water
- Diced apple – 1/2 medium
- Chopped walnuts – 1 tablespoon

Top the oatmeal with a pinch of cinnamon and walnuts.

Snack (calories 47)

- Medium apple – 1/2

Lunch (Calories 320)

Spiced Chickpea with Green Salad

- Mixed greens – 2 cups
- Cucumber slices – 1/2 cup
- Cherry tomatoes – 5 halved
- Feta cheese – 1 tablespoon
- Pitted kalamata olives – 5
- Spiced chickpea – 1/4 cup

Combine all the ingredients and then top with olive oil and balsamic vinaigrette.

Snack (calories 51)

- Dried apricots – 6

Dinner (calories 457)

Salmon Roast with Couscous and Fennel

- Roasted salmon fillet coated with 1/4 teaspoon olive oil and 1/4 teaspoon dried oregano, and seasoned with salt and pepper
- Roasted fennel bulb – 1 cup tossed with 1/2 tablespoon olive oil and a pinch of salt and pepper
- Whole wheat couscous cooked and topped with 1 tablespoon chopped walnuts
- Lemon wedge for garnish

Snack (37 calories)

Medium plum or fresh fig – 1

Day 2:

Oatmeal with Fruits and Nuts (calories – 297)

- Cooked oatmeal with 1/2 cup milk and 1/2 cup water
- Diced apple – 1/2 medium

- Chopped walnuts – 1 tablespoon

Top the oatmeal with a pinch of cinnamon and walnuts.

Snack (70 calories)

- Clementines – 2

Lunch (Calories 320)

Spiced Chickpea with Green Salad

- Mixed greens – 2 cups
- Cucumber slices – 1/2 cup
- Cherry tomatoes – 5 halved
- Feta cheese – 1 tablespoon
- Pitted kalamata olives – 5
- Spiced chickpea – 1/4 cup

Combine all the ingredients and then top with olive oil and balsamic vinaigrette.

Snack (108 calories)

- Walnuts halves – 5
- Dried apricots – 5

Dinner (calories 427)

- Tomato and artichoke gnocchi – 1 3/4 cups

Day 3:

Breakfast (calories 266)

- Egg and Toast breakfast
- Toasted whole-wheat bread - 1 slice
- Mashed medium avocado – 1/4
- Large egg cooked – 1
- Clementine -1

Top with an egg and mashed avocado.

Snack (calories 131)

Spiced chickpea nuts – 1/4 cup

Lunch (calories 332)

- Leftovers
- Tomato and artichoke gnocchi – 1 cup
- Mixed greens – 2 cups

Top the salad greens with olive oil and balsamic vinaigrette.

Snack (calories 25)

- Dried apricots – 3

Dinner (calories 447)

Cod with Vegetables & Couscous

- Cooked cod in olive oil and seasoned with herbs as preferred
- Cherry tomatoes – 1/2 cup
- Sliced zucchini sautéed in olive oil and seasoned with salt and pepper
- Whole wheat couscous cooked – 1 cup
- Whole wheat pita toasted – 1/2
- Lemon wedge for garnish

Day 4:

Breakfast (calories 279)

- Whole wheat toast – 1 slice
- Peanut butter – 1 tablespoon
- Medium banana – 1

Snack (calories 65)

- Walnut halves – 5

Lunch (calories 350)

Greek Salad with Pita Bread and Hummus

- Mixed greens – 2 cups
- Cucumber slices – 1/2 cup
- Grated carrot – 2 tablespoons

Top with balsamic vinegar and olive oil and serve with whole-wheat pita and some hummus for dipping.

Snack (calories 80)

- Plain Greek yoghurt topped with sliced strawberries 1/4 cup

Dinner (calories 416)

- Italian egg drop soup – 1 1/2 cups
- Arugula – 2 cups topped with balsamic vinegar and olive oil
- Toasted whole-wheat bread – 1 slice drizzled with olive oil

Day 5:

Breakfast (calories 297)

Oatmeal with Fruits and Nuts

- Cooked oatmeal with 1/2 cup milk and 1/2 cup water
- Diced apple – 1/2 medium
- Chopped walnuts – 1 tablespoon

Top the oatmeal with a pinch of cinnamon and walnuts.

Snack (calories 152)

- Medium apple – 1/2
- Peanut butter – 1 tablespoon

Lunch (calories 305)

Greek Salad with Pita Bread and Hummus

- Mixed greens – 2 cups
- Cucumber slices – 1/2 cup
- Grated carrot – 2 tablespoons

Top with balsamic vinegar and olive oil and serve with whole-wheat pita and some hummus for dipping.

Snack (calories 80)

- Plain Greek yogurt topped with sliced strawberry 1/4 cup

Dinner (calories 416)

- Italian egg drop soup – 1 1/2 cups
- Arugula – 2 cups topped with balsamic vinegar and olive oil
- Toasted whole-wheat bread – 1 slice drizzled with olive oil

Day 6:

Breakfast (calories 279)

- Whole wheat toast – 1 slice
- Peanut butter – 1 tablespoon
- Medium banana – 1

Snack (calories 78)

Hard boiled eggs seasoned with salt and pepper

Lunch (calories 299)

Green Salad with Pita Bread and Hummus

- Mixed greens – 2 cups
- Cucumber slices – 1/2 cup
- Cherry tomatoes – 5 halved
- Feta cheese – 1 tablespoon

Combine the ingredients and then top with balsamic vinegar and olive oil.

Serve with toasted whole-wheat pita and hummus for dipping.

Snack (calories 95)

- Medium apple -1

Dinner (calories 444)

- Mediterranean tuna spinach salad – 1 serving
- Toasted whole-wheat bread – 1 slice

Day 7:

Breakfast (calories 266)

Egg and Toast Breakfast

- Toasted whole-wheat bread - 1 slice
- Mashed medium avocado – 1/4
- Large egg cooked – 1
- Clementine -1

Top with an egg and mashed avocado.

Snack (calories 95)

Medium apple -1

Lunch (calories 350)

Green Salad with Pita Bread and Hummus

- Mixed greens – 2 cups
- Cucumber slices – 1/2 cup
- Grated carrot – 2 tablespoons

Top the salad with balsamic vinegar and olive oil.

Serve with toasted whole-wheat pita and hummus for dipping.

Snack (calories 27)

- Sliced strawberries – 1/4 cup

Dinner (calories 484)

- Chicken - 1 serving
- Steamed broccoli florets – 1 cup
- Cooked whole-wheat couscous

Chapter 4

The Mediterranean Diet Recipes

Breakfast Recipes

Creamy Oatmeal Bowls with Raspberry Seeds and Honey



(Total Time: 20 min | Serves 3)

Ingredients

- Rolled oats – 1 cup
- Ground cinnamon – 1/2 teaspoon
- Boiling water – 2 cups
- Butter – 2 teaspoons
- Pinch of salt

For Toppings

1. Fresh berries or preferred fruit
2. Seeds and nuts of choice
3. Honey to taste

Instructions

1. To cook the oats, place a saucepan over medium heat and then add water and sauce and bring to a boil. Add the oats and then cook for about 5 minutes.
2. Lower the heat and allow to simmer for 10 minutes as you stir regularly or until the oats are creamy and water well absorbed.
3. Remove the pot off from heat and then add cinnamon and butter, and cover with a lid as you allow to cook for 5 minutes.
4. Stir the oats again once the 5 minutes are up and then serve topped with nuts, berries and seeds, and drizzle with honey.

Nutrition Information:

Calories per serving: 541; Carbohydrates: 35g; Protein: 12g; Fat: 26g; Sugar: 0g; Sodium: 450mg; Fiber: 11g

Shakshouka Mediterranean Breakfast



(Total Time: 30 min| Serves 2)

Ingredients

- Finely sliced onion – 1
- Garlic cloves chopped – 1
- Chopped tomatoes -1 15 oz
- Red bell peppers – 2
- Spicy harissa – 1 teaspoon
- Sugar – 1 teaspoon
- Olive oil – 2 tablespoons
- Chopped parsley – 1 tablespoon
- Eggs – 4
- Salt and pepper to taste

Instructions

1. Place a skillet over medium heat and then add olive oil. After that, add onions and peppers. Cook for about 5 minutes as you stir occasionally.
2. Add garlic and then cook for one more minute. Add tomatoes, harissa and sugar, and cook for 7 minutes. Season with salt and pepper. Next, use a wooden spoon to make about 4 indentations in the mixture and then add an egg to each of the holes.
3. Cover the pot and allow to cook until the egg whites are set. Sprinkle the mixture with fresh parsley.
4. Serve and enjoy with some crusty bread.

Nutrition Information:

Calories per serving: 455; Carbohydrates: 3g; Protein: 25g; Fat: 38g; Sugar: 0g; Sodium: 350mg; Fiber: 0g

Breakfast Casserole with Sausage and Cheese



(Total Time: 45 min | Serves 6)

Ingredients

- Breakfast sausage – 1 pound
- Eggs – 10 large
- Heavy cream
- Cheddar cheese
- Fresh parsley
- Ground dry mustard – 1 teaspoon
- Salt and black pepper ¼ teaspoon

Instructions

1. Have the oven preheated to 370°F.
2. Place a greased skillet over medium heat and then cook minced garlic for a minute or until fragrant.
3. Add sausage and then allow to cook for about 10 minutes or until no longer pink.
4. In a bowl, whisk together the eggs, half of cheddar cheese, parsley, heavy cream, sea salt and black pepper.
5. Have the casserole dish and then arrange the crumbled sausage at the bottom of the dish.
6. Pour the egg mixture over the cooked sausages and then sprinkle with the remaining cheddar cheese.
7. Place in the oven and then bake for 30 minutes or until the cheese is melted and eggs set.

Nutrition Information:

Calories per serving: 281; Carbohydrates: 1g; Protein: 17g; Fat: 23g; Sugar: 0g.

Pancakes



(Total Time: 20 min | Serves 2)

Ingredients

- Eggs – 2
- Vanilla protein powder – 2 scoops
- Baking Powder – 2 teaspoon
- Liquid stevia – 5 drops
- Pastured butter
- Heavy cream

Instructions

1. Place all the ingredients apart from butter into a blender. Blend until smooth and well mixed.
2. Place frying pan over medium heat and then grease with butter.
3. Add the blended mixture into the frying pan and then allow to cook as you flip once the bubbles appear over the pancake.
4. Turn the other side and cook as well.
5. Remove from heat once cooked and then serve in a plate.
6. Top it up with butter or ghee and then enjoy!

Nutrition Information:

Calories per serving: 400; Carbohydrates: 1g; Protein: 28g; Fat: 37g; Sugar: 1g; Sodium: 340mg; Fiber: 0g

Mediterranean Toast



(Total Time: 20 min | Serves 1)

Ingredients

- Whole-wheat or multigrain bread – 1 slice
- Roasted red pepper hummus – 1 tablespoon
- Mashed avocado – 1/3
- Sliced cherry tomatoes – 3
- Sliced Greek olives – 3
- Hard-boiled egg sliced – 1
- Reduced fat crumbled feta – 1 1/2 teaspoon

Instructions

1. Toast the slice of bread and then top with mashed avocado and hummus.
2. Add the cherry tomatoes and olives. Top with the sliced hard-boiled egg and feta.
3. Season with salt and pepper and then enjoy!

Nutrition Information:

Calories per serving: 333; Carbohydrates: 33g; Protein: 16g; Fat: 17g; Sugar: 3g; Sodium: 730mg; Fiber: 8g

Mediterranean Breakfast Egg Muffins



(Total Time: 40 min | Serves 1)

Ingredients

- Cooking oil spray
- Eggs – 3
- Skimmed milk – 2 tablespoons
- Grated parmesan cheese – 4 tablespoons
- Red pepper finely chopped – 1/4
- Chopped tomatoes
- Grated cheddar cheese – 25g
- Leek finely chopped – 35g
- Baby spinach finely chopped – 25g

Instructions

1. Get the oven preheated to 190°C. Spray silicon muffin tin with the cooking spray.
2. Whisk eggs, parmesan cheese and milk together in a pouring jug and then season.
3. Mix all of the finely chopped vegetables into a bowl and then portion into 6 muffin cups.
4. Pour the egg mixture over each of the muffin cups and then mix with the chopped vegetables.
5. Divide grated cheddar cheese and use to top each of the muffin cups.
6. Place in the oven and bake in the center of the oven for about 20 minutes or until the egg is set.

Nutrition Information:

Calories per serving: 308; Carbohydrates: 9g; Protein: 24g; Fat: 19g; Sugar: 4g; Sodium: 0mg; Fiber: 1g

Mediterranean Omelette



(Total Time: 15 min | Serves 2)

Ingredients

- Oil or butter – 1 teaspoon
- Milk or cream – 1 tablespoon
- Diced tomato – 2 tablespoons
- Sliced kalamata olives – 2 tablespoons
- Artichoke heart quartered – 1
- Crumbled feta cheese – 1 tablespoon
- Romesco sauce – 1 tablespoon

Instructions

1. Place a skillet over medium heat. Pour a mixture of milk, egg, oregano salt and pepper and then add to the skillet and cover.
2. Cook the egg mixture until the eggs begin to set. Sprinkle with artichoke, olive, and feta on the half part of the egg and then fold the remaining part of the egg over.
3. Cook the folded egg for about a minute then remove from the heat and top with romesco sauce.
4. Serve and enjoy!

Nutrition Information:

Calories per serving: 303; Carbohydrates: 21g; Protein: 18g; Fat: 17g; Sugar: 4g; Sodium: 630mg; Fiber: 5g

Zucchini and Tomato Frittata



(Total Time: 15 min | Serves 2)

Ingredients

- Eggs – 8
- Crushed red pepper – ¼ teaspoon
- Olive oil – 1 tablespoon
- Thinly sliced zucchini – 1
- Cherry tomatoes – ½ cup (halved)
- Fresh mozzarella balls – 2 ounces
- Coarsely Chopped walnuts – 1/3 cup

Instructions

1. Get the skillet preheated. In a medium bowl, whisk the eggs together and then add salt and crushed red pepper.
2. Heat olive oil in a skillet over medium heat. Add zucchini slices at the bottom of the skillet and cook for about 3 minutes as you turn once.
3. Top zucchini with cherry tomatoes and then pour egg mixture into the skillet. Top with mozzarella balls and walnuts. Cook for about 5 minutes or until the sides begin to set.
4. Broil it 4 inches from the heat for about 4 minutes or until set.
5. Cut into wedges and then serve with slices of tomatoes and basil leaves with additional olive oil.

Nutrition Information:

Calories per serving: 281; Carbohydrates: 4g; Protein: 18g; Fat: 22g; Sugar: 4g; Sodium: 334mg; Fiber: 1g

Blackberry Ginger Overnight Bulgar



(Total Time: 10 min | Serves 2)

Ingredients

- Plain low-fat yoghurt – 2/3 cup
- Bulgar – 1/4 cup
- Refrigerated coconut milk – 3 tablespoons
- Honey – 2 tablespoons
- Crystallized ginger – 1/4 teaspoon
- Blackberries – 1/4 cup

Instructions

1. In a bowl, stir the ingredients all together apart from the blackberries.
2. Divide the mixture into two half jars and then top with blackberries.
3. Stir and then serve.

Nutrition Information:

Calories per serving: 215; Carbohydrates: 4g; Protein: 8g; Fat: 2g; Sugar: 8g; Sodium: 74mg; Fiber: 1g

Mediterranean Breakfast Sandwich



(Total Time: 20 min | Serves 4)

Ingredients

- Multigrain sandwich thins – 4
- Olive oil – 4 teaspoons
- Fresh rosemary – 1 tablespoon
- Eggs – 4
- Fresh baby spinach leaves – 2 cups
- Medium tomato – cut into thin slices
- Reduced feta cheese – 4 tablespoons
- Kosher salt – 1/8 teaspoon
- Freshly ground black pepper

Instructions

1. Get the oven preheated to 375°F.
2. Split the sandwich thins and then brush the cut sides with 2 teaspoons of olive oil. Place the sandwich on a baking sheet and then toast in the oven for about 5 minutes or until the edges are crisp and light brown.
3. Place a large skillet over medium heat and then add the remaining 2 teaspoons of olive oil. Add rosemary into the skillet and then cook.
4. Break eggs into the skillet one at a time. Cook for a minute or until the whites are set and the yolks runny.
5. Break the yolks with spatula and then flip the eggs and cook on one side until well done. After which, remove it from the heat.
6. Place the bottom halves of toasted sandwich thins onto four serving plates and then top with tomato slices, an egg and a teaspoon of feta cheese.
7. Sprinkle again with the remaining sandwich thin halves and enjoy.

Nutrition Information:

Calories per serving: 242; Carbohydrates: 6g; Protein: 8g; Fat: 2g; Sugar: 8g; Sodium: 74mg; Fiber: 1g

Eggs with Tomatoes, Olives and Feta



(Total Time: 15 min | Serves 2)

Ingredients

- Ripe diced tomatoes – 3
- Olive oil – 2 tablespoons
- Pitted and sliced Greek olives – 10
- Eggs – 4
- Grated feta cheese – 1 cup
- Salt and pepper to taste

Instructions

1. Sauté tomatoes in olive oil for about 10 minutes and then fry in a large pan.
2. Add olives into the pan and then cook for 5 minutes. In a bowl, whisk the eggs and then add to the frying pan. Cook the eggs over medium heat or until they begin to set. Add feta cheese and cook to the desired consistency.
3. Add salt and pepper to taste and then serve and enjoy.

Nutrition Information:

Calories per serving: 230; Carbohydrates: 4g; Protein: 7g; Fat: 4g; Sugar: 5g; Sodium: 87mg; Fiber: 1g

Breakfast Burrito



(Total Time: 20 min | Serves 6)

Ingredients

- Tortillas – 6
- Eggs – 9
- Baby spinach – 2 cups
- Black Olives – 3 tablespoons
- Sun-dried tomatoes – 3 tablespoons (chopped)
- Feta cheese – 1/2 cup
- Canned refried beans – 3/4 cup
- Salsa for garnish

Instructions

1. Use non-stick spray to spray a medium pan and then place over medium heat. Scramble eggs and toss for about 5 minutes.
2. Add spinach, the sundried tomatoes and black olives. Continue to stir until no longer wet. Add feta cheese and then cover and allow to cook until the cheese is melted.
3. Add 2 tablespoons of the refried beans on each tortilla and then top with the egg mixture. Divide equally between all the burritos and then wrap.
4. Grill the burritos in a frying pan until lightly browned and then serve hot with salsa and fruit.

Nutrition Information:

Calories per serving: 252; Carbohydrates: 21g; Protein: 14g; Fat: 11g; Sugar: 3g; Sodium: 687mg; Fiber: 2g

Mediterranean Breakfast Quinoa



(Total Time: 25 min | Serves 4)

Ingredients

- Ground Cinnamon- 1 teaspoon
- Raw almonds chopped – ¼ cup
- Quinoa – 1 cup
- Vanilla extract – 1 teaspoon
- Honey – 2 tablespoons
- Pitted dates – 2 (dried and chopped)
- Finely chopped dried apricots – 5

Instructions

1. Place a skillet over medium heat and then toast the almonds for 5 minutes and set aside.
2. Place a saucepan over medium heat and then cook quinoa and cinnamon together until warmed through.
3. Add milk and sea salt to the saucepan and then stir and bring to a boil. Reduce the heat to low and then cover the saucepan and allow to cook for 15 minutes.
4. Stir in vanilla, dates, honey, apricots and about half of the almonds into the saucepan.
5. Top quinoa mixtures with remaining almonds and then serve and enjoy.

Nutrition Information:

Calories per serving: 330; Carbohydrates: 15g; Protein: 14g; Fat: 10g; Sugar: 3g; Sodium: 680mg; Fiber: 4g

Pancakes with Berries and Whipped Cream



(Total Time: 20 min | Serves 3)

Ingredients

- Cottage cheese - 200g
- Eggs - 4
- Psyllium husk powder - 1 tbsp
- Coconut oil or butter - 50g

Toppings

- Fresh raspberries/ blueberries
Or strawberries - 120g
- Whipping cream - 225mls

Instructions

1. Put all the ingredients in a bowl and blend to form batter using a wide fork and then leave to expand for 5 minutes to 10 minutes.
2. Let the butter or oil heat in the frying pan and then fry the pancakes on medium heat for about 4 minutes, flipping carefully. Ensure that the cheese lumps do not stick on to the pan.
3. Serve with blueberries or the other berries as convenient.

Nutritional Information:

Calories per serving: 80; Carbohydrates: 4g; Protein: 12g; Fat: 36g; Sugar: 1g; Sodium: 210mg; Fiber: 0g

Mediterranean Frittata



(Total Time: 40 min | Serves 4)

Ingredients

- Eggs – 12
- Goat cheese – 6 ounces
- Grated parmesan cheese – 1/ cup
- Cremini mushrooms – 4 ounces
- Deli ham – 1/4 pound
- Pinch of salt – 1
- Roasted red peppers – 1 jar
- Olive oil

Instructions

1. Get the oven preheated to 350° F. In a mixing bowl, add eggs, roasted red peppers parmesan, goat cheese and salt. Whisk thoroughly together.
2. Coat an iron skillet with olive oil and then place over medium heat and add the mushrooms and cook for a minute or until soft.
3. Add diced ham and then allow it to fry for one more minute. Pour in the egg mixture. Ensure it's well mixed and even.
4. Transfer carefully to the oven and then let the frittata bake for 30 minutes or until puffy and golden.
5. Remove from the pan and then allow to stay for a few minutes. After that, cut into wedges and enjoy.

Nutrition Information:

Calories per serving: 530; Carbohydrates: 5g; Protein: 41g; Fat: 40g; Sugar: 3g; Sodium: 900mg; Fiber: 1g

Breakfast Buns



(Total Time: 50 min | Serves 4)

Ingredients

- Butter – 3 tablespoons
- Fresh shiitake mushrooms – 1/2 cup
- Spinach – 2
- Black pepper – 1/8 teaspoon
- Shredded sharp cheddar cheese – 1 1/2 cups
- Thin pizza crust – 11 ounces
- Baby spinach – 1 cup
- Fresh sage leaves – 6

Instructions

1. Get the oven preheated to 400°F and then line the baking dish with parchment paper.
2. Place a non-stick skillet over medium heat and then add butter, mushrooms and sausage. Cook for about 4 minutes as you stir frequently until the mushrooms are tender and the sausage thoroughly heated. After that, remove from the skillet.
3. In a medium bowl, beat eggs and then add salt and pepper. After that, whisk until well beaten. Add butter into the same skillet and then place over medium heat.
4. Add the egg mixture and then cook for about 3 minutes as you stir frequently until firm and moist. Stir in cheese and then remove from the heat and allow to cool for 10 minutes.
5. Sprinkle a cutting board with flour. Unroll pizza dough over the board and then press into a 14x10-inch rectangle.
6. Evenly top with the remaining cheese, eggs and sausage mixture and then press down slightly. Sprinkle the chopped spinach over the eggs evenly.
7. Begin with the short end and then tightly roll up the dough as you pat the sides to retain the length of about 10 inches.
8. Pinch the edges to seal. Reshape the buns as you press the tops slowly down. Bake in the oven for about 15 minutes or until golden.

9. Place a skillet over medium heat and then melt about 1 tablespoon of butter. Add sage leaves and then cook for about 2 minutes as you turn frequently until crisp.
10. Remove sage to a paper towel and then crumble. Reserve the butter in a skillet. Remove the buns from the oven and then brush the sides with the butter that you have reserved. Bake for a minute longer.
11. Sprinkle each of the buns with the crumbled sage leaves and then serve them warm.

Nutrition Information:

Calories per serving: 420; Carbohydrates: 28g; Protein: 21g; Fat: 25g; Sugar: 3g; Sodium: 770mg; Fiber: 1g

Simple Veggie Frittata



(Total Time: 50 min | Serves 4)

Ingredients

- Eggs – 2
- Salt and pepper to taste
- Fresh broccoli florets
- Sliced black olives
- Fresh cherry or sliced grape tomatoes
- Shredded cheddar cheese – 1 cup

Instructions

1. Get the oven preheated to 350°F. Spray a skillet with cooking spray and then place the chopped, sliced and diced vegetables into the skillet. Pour the scrambled eggs over the vegetables.
2. Top the mixture evenly with cheddar cheese and then bake for 20 minutes.
3. Remove the lid and then continue baking for 10 minutes or until the cheese is melted and the eggs set.
4. Serve immediately and enjoy.

Nutrition Information:

Calories per serving: 330; Carbohydrates: 7g; Protein: 22g; Fat: 25g; Sugar: 2g; Sodium: 800mg; Fiber: 1g

Bananas Foster French Toast



(Total Time: 30 min| Serves 4)

Ingredients

Banana Sauce

- Unsalted butter – 4 ounces
- Dark brown sugar – ½ cup
- Water - 2 tablespoons
- Peeled and cut bananas – 4

French Toast

- Whole eggs – 3
- Egg yolks – 3
- Whole milk – ½ cup
- Whipping cream – ¼ cup
- Challah bread – 6 slices
- Unsalted butter – 3 tablespoons
- Whipped cream

Instructions

1. Place a skillet over medium heat and then melt butter. Add brown sugar and then whisk until it melts and mixes with the butter. Add water and whisk until smooth. Cover and set aside.
2. To prepare the French toast, whisk eggs into a bowl and then add milk, vanilla and cream. Dip the slices of bread into the egg mixture and then turn to coat as they soak until completely moistened.
3. Place a cooking pan over medium heat and then melt 1 teaspoon butter. Transfer the soaked bread into the pan and cook each in batches until cooked through and golden brown for about 3 minutes on each side. Add more butter for each of the batch.
4. Once the toast is cooked, add banana slices to the sauce and cook until the

bananas are tender for about 3 minutes as you gently toss.

5. Transfer the French toast to plates and then toss each with whipped cream and banana sauce.

Nutrition Information:

Calories per serving: 495; Carbohydrates: 32g; Protein: 10g; Fat: 15g; Sugar: 2g; Sodium: 549mg; Fiber: 4g

Honey-Caramelized Figs with Yoghurt



(Total Time: 20 min | Serves 4)

Ingredients

- Honey for drizzling
- Low fat yoghurt – 2 cups
- Chopped pistachios – ¼ cup
- Fresh figs halved – 8 ounces
- A pinch of ground cinnamon

Instructions

1. Place a skillet over medium heat and then add honey and heat. Cook figs as you cut the sides down until caramelized for about 5 minutes.
2. Serve over yoghurt with pistachios and cinnamon. Drizzle with honey as desired.

Nutrition Information:

Calories per serving: 138; Carbohydrates: 24g; Protein: 7g; Fat: 2g; Sugar: 2g; Sodium: 87mg; Fiber: 2g

Maple French Toast



(Total Time: 15 min| Serves 2)

Ingredients

- Unsweetened almond milk – ½ cup
- Ground cinnamon – 1 teaspoon
- Vanilla extract – 1 teaspoon
- Sprouted cinnamon raisin bread – 4 slices
- Unsalted butter – 1 tablespoon
- Maple syrup for serving

Instructions

1. In a bowl, whisk together the eggs, cinnamon, almond and vanilla.
2. Soak the slices of bread in the egg mixture for about 2 minutes.
3. Place a skillet over medium heat and then add bread and cook for about 2 minutes or until golden brown.
4. Serve the toast with maple syrup over medium heat and then sprinkle with cinnamon.

Nutrition Information:

Calories per serving: 420; Carbohydrates: 36g; Protein: 15g; Fat: 11g; Sugar: 4g; Sodium: 102mg; Fiber: 2g

Chapter 5

Mediterranean Lunch Recipes

Feta Shrimp Skillet



(Total Time: 30 min| Serves 4)

Ingredients

- Olive oil – 1 tablespoon
- Finely chopped medium onion – 1
- Minced garlic cloves - 3
- Pepper – ½ teaspoon
- Diced tomatoes – 2 cans
- Uncooked shrimp peeled and deveined – 1 pound
- Minced fresh parsley – 2 tablespoons
- Crumbled feta cheese – ¾ cup
- Dried oregano – 1 teaspoon
- Salt and pepper to taste
- White wine – ¼ cup (optional)

Instructions

1. Place a large non-stick skillet over medium heat and then add oil and heat. Add onion. Cook for about 4 minutes as you occasionally stir.
2. Add seasonings and garlic and then cook for one more minute. Stir in tomatoes as desired and wine. After which, bring to a boil.
3. Reduce heat and then allow to simmer for 7 minutes uncovered or until the sauce is thickened.
4. Add shrimp and parsley and cook for 6 minutes or until shrimp turns pink as you occasionally stir.
5. Remove from heat once cooked and then sprinkle with cheese and allow to stay covered for some time until the cheese softens.
6. Serve and enjoy.

Nutrition Information:

Calories per serving: 240; Carbohydrates: 9g; Protein: 25g; Fat: 11g; Sugar: 4g; Sodium: 748mg; Fiber: 5g

Healthy Tuscan Chicken



(Total Time: 40 min| Serves 4)

Ingredients

- Boneless skinless chicken breast – 4 (6 ounces)
- Pepper – ¼ teaspoon
- Green, red and yellow peppers julienned – 1
- Chicken broth – 1 can
- Minced fresh basil – 2 tablespoons
- Dried basil – 2 teaspoons
- Minced fresh oregano – 1 teaspoon
- Olive oil – 2 tablespoons
- Minced garlic cloves – 2

Instructions

1. Sprinkle the chicken with salt and pepper and then set aside. Place a skillet over medium heat and then add oil and heat.
2. Add chicken and then cook until brown. After which, remove from heat and set aside. In the same skillet, add chopped deli ham and peppers. Cook until the peppers are tender.
3. Add garlic into the pan and then cook for a minute. Add tomatoes, basil, broth, oregano and chicken and then bring to a boil. Reduce heat and then cover and allow to simmer for 15 minutes or until the thermometer reads 170°.
4. Serve and enjoy.

Nutrition Information:

Calories per serving: 304; Carbohydrates: 11g; Protein: 38g; Fat: 12g; Sugar: 4g; Sodium: 389mg; Fiber: 3g

Beef and Lentil Chili



(Total Time: 1hr 10 min| Serves 4)

Ingredients

- Ground beef – 2 pounds
- Chopped onion – 1
- Chopped stewed potatoes – 2 cans
- Minced cloves garlic – 1
- Chili powder – 3 tablespoons
- Dried and rinsed lentils – 1 cup
- Chili powder – 3 tablespoons
- Chocolate semisweet – 1 ounce
- Tomato sauce – 1 can
- Salt – 1/4 teaspoon
- Water – 2 cups

Instructions

1. Use a Dutch oven to cook ground beef and onion over medium heat for 8 minutes or until the meat is pink.
2. Add garlic and then cook for a minute. After that, add the remaining ingredients apart from water and lentils and then cook and bring to a boil.
3. Add lentils and water. Reduce heat and allow to simmer for one hour as you stir often.
4. Serve with a dollop of sour cream, grated cheese or fresh onions.

Nutrition Information:

Calories per serving: 367; Carbohydrates: 29g; Protein: 29g; Fat: 16g; Sugar: 4g; Sodium: 655mg; Fiber: 6g

Mediterranean Chicken



(Total Time: 25 min| Serves 4)

Ingredients

- Boneless chicken breast halves – 4 (6 ounces)
- Pepper and salt – 1/4 teaspoon
- Olive oil – 3 tablespoons
- Grape tomatoes – 1 pint
- Ripe olives – 16
- Capers drained – 3 tablespoons

Instructions

1. Sprinkle chicken with salt and pepper. Place a skillet over medium heat and cook the chicken for 3 minutes on each side or until golden brown.
2. Add olives, tomatoes and capers. Set the oven to 475°F and then bake for 15 minutes or until the thermometer reads 170°.
3. Remove from the oven once ready and then serve and enjoy.

Nutrition Information:

Calories per serving: 336; Carbohydrates: 6g; Protein: 36g; Fat: 3g; Sugar: 4g; Sodium: 631mg; Fiber: 2g

Greek Style Ravioli



(Total Time: 25 min| Serves 4)

Ingredients

- Frozen cheese ravioli – 12
- Lean ground beef – 1/3 pound
- Fresh baby spinach – 1 cup
- Sliced ripe olives – 1/4 cup
- Crumbled feta cheese – 1/4 cup
- Canned diced tomatoes with oregano, basil and garlic – 1 cup

Instructions

1. Cook ravioli according to the instructions given in the package and then drain. Place a skillet over medium heat. Cook beef for 6 minutes or until no longer pink.
2. Stir in tomatoes. Bring to a boil. Reduce heat and then allow to simmer uncovered for 10 minutes as you occasionally stir.
3. Add spinach, ravioli and olives. After which, heat through as you stir gently to combine. Sprinkle with cheese once ready.
4. Serve and enjoy.

Nutrition Information:

Calories per serving: 333; Carbohydrates: 28g; Protein: 23g; Fat: 12g; Sugar: 4g; Sodium: 851mg; Fiber: 2g

Herb Roasted Olives and Tomatoes



(Total Time: 20 min| Serves 2)

Ingredients

- Cherry tomatoes – 2 cups
- Garlic stuffed olives – 1 cup
- Greek olives – 1 cup
- Pitted ripe olives – 1 cup
- Peeled garlic cloves – 8
- Olive oil – 3 tablespoons
- Herbes de provence – 1 tablespoon
- Pepper – 1 teaspoon

Instructions

1. Get the oven preheated to 425° and then combine all the ingredients apart from olive oil and seasonings into a greased baking pan.
2. Add oil and seasonings to the mixture and then toss to coat. Roast the mixture for 20 minutes or until the tomatoes become soft as you occasionally stir.
3. Serve and enjoy.

Nutrition Information:

Calories per serving: 153; Carbohydrates: 9g; Protein: 8g; Fat: 6g; Sugar: 2g; Sodium: 250mg; Fiber: 2g

Moroccan Apple Beef Stew



(Total Time: 2hrs 20 min| Serves 8)

Ingredients

- Beef stew meat – 1 ½ pounds cut into pieces
- Ground allspice – ¼ teaspoon
- Ground cinnamon – ½ teaspoon
- Pepper and salt to taste
- Olive oil – 3 tablespoons
- Large onion – 1
- Minced garlic cloves – 3
- Beef broth – 1 can
- Pitted dried plums – 1 cup (chopped)
- Gala apples peeled – 2 cut into 1 ½ inch pieces
- Tomato sauce – 1 can
- Honey – 1 tablespoon
- Hot cooked rice or couscous (optional)

Instructions

1. Mix together the cinnamon, salt, pepper and allspice and then use the mixture to toss and coat the beef.
2. Place a Dutch oven over medium heat and then add 2 tablespoons of olive oil. After that, cook the beef until browned. Remove the beef from the pan using a slotted spoon.
3. Add onions to the pan and cook for about 6 minutes or until tender and then add garlic and cook for a minute longer. Add tomato sauce, dried plums, broth and honey and cook for a minute.
4. Return beef into the pan and then bring to boil for about one and a half hours on reduced heat as you let it simmer while covered.
5. Add apples and then cook for about 45 minutes or until the apples and beef are tender.
6. You can then serve the stew with rice or your preferred dish.

Nutrition Information:

Calories per serving: 339; Carbohydrates: 24g; Protein: 29g; Fat: 13g; Sugar: 8g; Sodium: 905mg; Fiber: 2g

Mediterranean Chickpeas



(Total Time: 25 min| Serves 4)

Ingredients

- Whole wheat couscous – $\frac{3}{4}$ cup
- Chopped medium onion – 1
- Olive oil – 1 tablespoon
- Minced cloves garlic – 2
- Chickpeas – 1 can (rinsed and drained)
- Stewed tomatoes – 1 can
- Water packed artichoke hearts chopped, rinsed and drained – 1 can
- Pitted Greek olives coarsely chopped – $\frac{1}{2}$ cup
- Dried oregano – $\frac{1}{2}$ teaspoon
- Dash of pepper and cayenne
- Lemon juice – 1 tablespoon
- Water – 1 cup

Instructions

1. Place a saucepan over medium heat and then add water and bring to a boil. Add couscous to the boiling water. Allow to stay for 2 minutes and then remove from heat.
2. Let the couscous stay in the saucepan and absorb all the water for about 10 minutes. It should be easy to fluff with a fork.
3. Place a skillet over medium heat and then add olive oil. Add onion and then cook until tender. Add garlic and cook for one more minute.
4. Stir in the remaining ingredients and then let it heat through as you stir occasionally.
5. Serve with couscous and enjoy.

Nutrition Information:

Calories per serving: 340; Carbohydrates: 41g; Protein: 11g; Fat: 10g; Sugar: 8g; Sodium:

677mg; Fiber: 7g

Quinoa Tabbouleh



(Total Time: 35 min| Serves 8)

Ingredients

- Quinoa rinsed – 1 cup
- Black beans rinsed and drained – 1 can
- Water – 2 cups
- Cucumber peeled and chopped – 1 small
- Freshly minced parsley – 1/3 cup
- Olive oil – 2 tablespoons
- Lemon juice 1/4 cup
- Sweet red pepper chopped – 1
- Salt and pepper – 1/2 teaspoon

Instructions

1. Bring water to a boil in a large saucepan and then add quinoa. Reduce the heat. Allow to simmer covered for 15 minutes or until liquid is absorbed.
2. Remove from the heat and then fluff with a fork and transfer into a bowl in order to cool.
3. Add cucumber, beans, parsley and red pepper. After that, in a small bowl, mix together the remaining ingredients and then drizzle over the salad and toss to coat.
4. Refrigerate until chilled. You can then enjoy it as desired.

Nutrition Information:

Calories per serving: 159; Carbohydrates: 24g; Protein: 6g; Fat: 5g; Sugar: 8g; Sodium: 255mg; Fiber: 4g

Mediterranean Quesadillas



(Total Time: 20 min| Serves 2)

Ingredients

- Tortillas – 2 (8 inch)
- Shredded mozzarella – 1 cup
- Crumbled feta – ¼ cup
- Baby spinach – ¼ cup
- Artichoke hearts sliced – ¼ cup
- Sundried tomatoes thinly sliced – 2 tablespoons
- Sliced kalamata olives – 2 tablespoons
- Romesco sauce – 1 tablespoon (optional)

Instructions

1. Place a pan over medium heat and then add a tortilla into the pan. Sprinkle half of cheese and then follow with spinach, feta, artichoke hearts, kalamata olives, sundried tomatoes, the remaining cheese and the remaining tortilla.
2. Cook for about 4 minutes or until the quesadilla is golden brown on both sides and the cheese melted.
3. Serve and enjoy.

Nutrition Information:

Calories per serving: 304; Carbohydrates: 33g; Protein: 25g; Fat: 8g; Sugar: 4g; Sodium: 840mg; Fiber: 4g

Spanish Garlic Shrimp



(Total Time: 20 min| Serves 4)

Ingredients

- Olive oil – 1/3 cup
- Large shrimp peeled and deveined – 1 pound
- Sweet Spanish paprika – 1 teaspoon
- Chili flakes – 1/4 teaspoon
- Kosher salt – 1/4 teaspoon
- Finely chopped cloves garlic – 4
- Dry sherry – 2 tablespoons
- Fresh lemon juice – 1 1/2 tablespoons
- Chopped parsley – 2 tablespoons

Instructions

1. Place a skillet over medium heat and then pour in olive oil and heat. Add garlic and chili flakes. After that, cook for a minute over high heat.
2. Once garlic is fragrant, add shrimp into the pan and then season with salt, pepper and paprika.
3. Cook the shrimp as you stir often for about 5 minutes or until it turns pink. Add lemon juice and sherry. Cook for 3 more minutes or until liquid is reduced and shrimp well cooked.
4. Sprinkle parsley on top and then serve with some crusty bread or your preferred dish.

Nutrition Information:

Calories per serving: 250; Carbohydrates: 3g; Protein: 16g; Fat: 17g; Sugar: 4g; Sodium: 840mg; Fiber: 4g

Mediterranean Spiced Salmon and Vegetable Quinoa



(Total Time: 30 min| Serves 4)

Ingredients

For Quinoa

- Quinoa – 1 cup
- Sliced cherry tomatoes – 1 cup
- Finely dried red onion – ¼ cup
- Kosher salt – ½ teaspoon
- Thinly sliced basil leaves – 4
- Lemon zest -1
- Diced and seeded cucumbers – ¾ cup

Salmon

- Salmon fillets – 20 ounces
- Chopped fresh parsley – ¼ cup
- Paprika – ½ teaspoon
- Cumin – 1 teaspoon
- Salmon fillets – 20 ounces
- Lemon wedges – 8
- Salt and pepper – ¼ teaspoon

Instructions

1. Place a saucepan over medium heat and then add 2 cups water, quinoa and salt. Bring to a boil.
2. Cover the saucepan and then reduce the heat to simmer for 20 minutes.
3. Turn the heat off and allow it to stay for 5 minutes while still covered before serving.
4. Before serving, mix the tomatoes, cucumbers, basil, onions and lemon zest.
5. In a different bowl, combine salt and pepper, cumin and paprika. Next, line a pan with foil and grease lightly with olive oil.

6. Transfer salmon fillets into the pan. Coat evenly the fillet with the spice mixture.
7. Place salmon wedges on the edge of the pan alongside salmon and then broil on high for about 10 minutes with the rack placed at the lower third of the oven.
8. Remove once time is up or when salmon is well cooked and flakes apart with a fork.
9. Sprinkle it with parsley. Serve with the roasted lemon wedges and the prepared vegetable quinoa.

Nutrition Information:

Calories per serving: 222; Carbohydrates: 16g; Protein: 32g; Fat: 4g; Sugar: 2g; Sodium: 753mg; Fiber: 2g

Easy Mediterranean Chicken



(Total Time 30 min|Serves 4)

Ingredients

- Large boneless and skinless chicken – 2lbs
- Dried oregano – 1 tablespoon
- Smoked paprika – 1 teaspoon
- Himalayan salt – 1 teaspoon
- Freshly ground black pepper – 1 teaspoon
- Mini bell peppers of different colors – 6
- Diced medium tomatoes – 2
- Seeded and sliced jalapeno peppers - 2
- Sliced green onions – 2 tablespoons
- Lime juice

Ingredients

1. Get the oven preheated to 450°F.
2. Have all the ingredients mixed in a small bowl and then marinate the chicken thighs with the spice mix.
3. In a baking dish, place the chicken and add vegetables on the side.
4. Cover the baking dish with aluminum foil. Bake for about 35 minutes.
5. Set the oven to broil and then remove the foil and cook again for another 5 minutes or until the chicken becomes golden.
6. Slice the chicken. Serve as you top with vegetables.

Nutrition Information:

Calories per serving: 293; Carbohydrates: 6g; Protein: 20g; Fat: 15g; Sugar: 0g; Sodium: 201mg; Fiber: 0g

Salmon with Broccoli and Lemon Mayo



(Total Time: 25 min| Serves 4)

Ingredients

- Salmon – 1 1/2 lbs
- Broccoli – 1 lb
- Butter – 2 oz
- Salt and water
- Mayonnaise – 1 cup
- Lemon juice – 2 tablespoons

Instructions

1. Mix lemon juice and mayonnaise. Set aside for later use.
2. Divide salmon into pieces. Season with salt and pepper.
3. Over medium heat, fry salmon with half of the butter for about 10 minutes on both sides and then lower the heat towards the end. Remove salmon from the pan and keep warm.
4. Trim and rinse broccoli, including the stem and then have them chopped into bite-sized pieces.
5. Add the remaining butter in the used skillet and then cook broccoli for 4 minutes over medium heat or until softened slightly and golden brown.
6. Season the broccoli with salt and pepper.
7. Serve the salmon with broccoli and a dollop of mayo.

Nutrition Information:

Calories per serving: 560; Carbohydrates: 3g; Protein: 29g; Fat: 68g; Sugar: 0g; Sodium: 540mg; Fiber: 2g

Easy Orange Harissa Lamb Chops



(Total Time: 30 min | Serves 6)

Ingredients

- Frenched lamb rack – 2.25lb
- Extra virgin olive oil –
- Orange slices for garnish
- Fresh parsley for garnish

For Spice Mixture

- Harissa spice blend – 2 teaspoons
- Black pepper – 1 teaspoon
- Salt – 1/2 teaspoon
- Ground coriander -1/2 teaspoon
- Ground cinnamon – 1/2 teaspoon

For Marinade

- Zested and juiced orange – 1
- Zested and juiced lemon – 1
- Virgin oil – 1/4 cup
- Minced garlic cloves – 10

Tahini sauce for serving (optional)

Instructions

1. In a bowl, combine harissa spice blend, coriander, salt, pepper and cinnamon and then make a spice mixture.
2. Use the spice mixture to rub on the lamb chops on both sides and then place the lamb chops into a zip lock bag.
3. Mix the ingredients for marinade together. Add it into the zip lock bag with the lamb chops. Add the remaining spices into the zip lock as well.
4. Zip the bag and then use your hands to coat the lamb chops well. Leave it at

room temperature for about 20 minutes.

5. Place a large skillet over medium heat. Add olive oil and heat to shimmering. Add lamb chops to the skillet and then sear for 3 minutes on each side, depending on the thickness of the lamb chops. You can still cook longer as desired.
6. Transfer the lamb chops to a platter and then cover with foil. Repeat the process with the remaining chops until all are done.
7. Garnish with fresh parsley leaves and thinly sliced oranges. Add a drizzle of tahini sauce if desired and enjoy.

Nutrition Information:

Calories per serving: 132; Carbohydrates: 4g; Protein: 13g; Fat: 8g; Sugar: 2g; Sodium: 204mg; Fiber: 1g

Roasted Garlic Hummus



(Total Time: 40 min| Serves 6)

Ingredients

- Garlic heads – 2
- Extra virgin olive oil
- Cooked chickpeas – 2 ½ cups
- Tahini – 4 tablespoons
- Water – 2 tablespoons
- Fresh lemon juice – 3 tablespoons
- Cayenne pepper – ½ teaspoon
- Za’atar spice – 1 teaspoon
- Sumac – 1 teaspoon
- Salt
- Chopped fresh parsley – 3 tablespoons
- Toasted pine nuts for garnish
- Crumbled feta cheese for garnish

Instructions

1. Get the oven preheated to 400°F. Cut the garlic cloves and then place each piece in a foil and drizzle with oil. Wrap the foil up. Bake the garlic cloves in a heated oven for 45 minutes or until garlic is soft and then remove from heat and allow to cool.
2. Place the roasted garlic into a food processor bowl that’s fitted with a blade and then add chickpeas, tahini, lemon juice and some water. After that, sprinkle with sumac, cayenne and salt.
3. Blend the mixture until smooth or until the desired texture is attained. Taste and then adjust for salt and spices.
4. Spread the roasted garlic hummus in a bowl and then add drizzles of virgin oil. Top it with Za’atar spice, parsley, crumbled feta and toasted pine nuts.

5. Serve with some warm pita bread and assorted vegetables.

Nutrition Information:

Calories per serving: 208; Carbohydrates: 24g; Protein: 9g; Fat: 9g; Sugar: 1g; Sodium: 244mg; Fiber: 1g

Garlic Dijon Chicken



(Total Time: 30 min| Serves 4)

Ingredients

- Boneless skinless chicken – 1.5 lbs
- Yellow onion cut into large pieces – 1 large
- Salt

For Garlic Sauce

- Dijon mustard – 3 teaspoons
- Minced garlic cloves – 6
- Honey – 2 teaspoon
- Spanish paprika – $\frac{3}{4}$ teaspoon
- Black pepper – $\frac{1}{2}$ teaspoon
- Ground coriander – 1 teaspoon
- Ground coriander – 1 teaspoon
- Pinch of salt
- Cayenne pepper

Instructions

1. Get the oven preheated to 425°F.
2. Remove chicken from the fridge and then pat to dry on both sides with salt. Set aside for a few minutes.
3. To make the honey garlic Dijon sauce, in a bowl, add mustard Dijon, olive oil, garlic, honey, spices and salt and then mix.
4. Add chicken to the sauce and then coat each piece with Dijon sauce. Transfer chicken to a cast iron skillet that is lightly oiled or a baking sheet. Pour Dijon sauce that's left over into the skillet and then add onions.
5. Bake in the oven for 30 minutes or until the chicken thighs are well cooked with internal temperature of 170°F.
6. Remove from the oven once ready and then garnish with fresh parsley.

7. Serve hot and enjoy.

Nutrition Information:

Calories per serving: 284; Carbohydrates: 3g; Protein: 9g; Fat: 17g; Sugar: 0g; Sodium: 454mg; Fiber: 1g

Mediterranean Dip



(Total Time: 20 min | Serves 8)

Ingredients

- Crumbled feta cheese – 1 cup
- Chopped beefsteak tomatoes – 2
- Chopped scallions – 3
- Olive oil – 1 ½ tablespoons
- Spiced sea salt – 1 teaspoon

Instructions

1. Sprinkle cheese into a plate and then top with tomato and drizzle with oil.
2. Sprinkle the scallions and then season with sea salt.
3. Serve with pita chips or even bruschetta topping on bread.

Baked Zucchini Sticks



(Total Time: 30 min | Serves 8)

Ingredients

- Zucchini – 4
- Finely chopped red bell pepper – 1 cup
- Finely chopped tomatoes – ½ cup
- Finely chopped kalamata olives – ½ cup
- Minced garlic cloves – 3
- Dried oregano – 1 tablespoon
- Ground black pepper – ¼ teaspoon
- Crumbled feta cheese – ¼ cup
- Finely chopped parsley – ¼ cup

Instructions

1. Get the oven preheated to 350°F. Cut zucchini in half and scoop the middle out with a spoon and then set aside.
2. In a bowl, mix bell pepper, olives, garlic, oregano, tomato and black pepper and then combine well. Fill each of the zucchini with the mixture and then evenly distribute.
3. Place the mixture in a large baking sheet. Bake for 15 minutes. Top the mixture with feta cheese and then broil on high for about 3 minutes or until the cheese is browned.
4. Remove from the oven. Sprinkle with parsley.
5. Serve and enjoy.

Nutrition Information:

Calories per serving: 120; Carbohydrates: 3g; Protein: 2g; Fat: 2g; Sugar: 1g; Sodium: 48mg; Fiber: 1g

Mediterranean Chickpea Burger



(Total Time: 25 min | Serves 4)

Ingredients

- Chickpea burgers – 4
- Chopped cucumber – 1/2
- Chopped tomato -1
- Feta cheese – 1 cup
- Burger buns – 4

For Tzatziki Sauce

- Greek yoghurt – 1 cup
- Julienned cucumber – 1/2
- Fresh dill – 1 tablespoon
- Fresh lemon juice – 1 teaspoon

Instructions

1. Place one grilled burger over each other.
2. In a bowl, combine all of the ingredients for making tzatziki sauce.
3. Top burger with 1/2 cup of the sauce and 1/4 of cheese and veggies.

Nutrition Information:

Calories per serving: 820; Carbohydrates: 24g; Protein:47g; Fat: 5g; Sugar: 4g; Sodium: 705mg; Fiber: 2g

Chapter 6

Mediterranean Dinner Recipes



(Total Time: 35 min | Serves 6)

Ingredients

- Onion powder – 1 teaspoon
- Coriander – 1/2 teaspoon
- Paprika – 1/2 teaspoon
- Olive oil – 2 tablespoons
- Crushed red pepper to taste
- Salt and black pepper to taste
- Chopped yellow onion – 1 cup
- Boneless and skinless chicken breasts – 2 lbs
- Diced tomatoes with juice – 1 1/2 cup
- Sliced black olives – 1/4 cup
- Feta cheese – 2 tablespoons

Instructions

1. Get the oven preheated to 400°F. In a bowl, add chicken, onion powder, paprika, coriander, crushed red pepper, salt and pepper.
2. Mix everything and combine well. Place a skillet over medium heat and add olive oil.
3. Add onions and cook for about 3 minutes. Add garlic and cook for about 30 seconds. Add diced tomatoes and then stir everything well.
4. Bring chicken into the skillet and then place in the oven and bake for about 20 minutes or until the internal temperature of the chicken is 165°F.
5. Remove from the oven. Top with feta cheese and black olives.
6. Enjoy.

Nutrition Information:

Calories per serving: 300; Carbohydrates: 9g; Protein: 40g; Fat: 11g; Sugar: 3g; Sodium: 470mg; Fiber: 1g

Grilled Pork Roast



(Total Time: 1hr 25 min | Serves 6)

Ingredients

- Boneless pork loin roast – 4 pounds
- Cloves garlic – 5
- Rosemary leaves – 1/3 cup
- Lemons – 2
- Sage leaves – 1/4 cup
- Salt – 1 teaspoon
- Black pepper -1/4 teaspoon

Instructions

1. Pat the pork roast dry. Next, in the bowl of a food processor, place the remaining ingredients and then process until fine.
2. Use the seasoning mixture over the pork roast surfaces and then place over medium grill and over indirect heat.
3. Close the grill. Allow it to grill for 1 hour and 15 minutes or until the internal temperature reads 145°F.
4. Remove from the heat and then allow to rest for about 10 minutes before slicing and serving.

Nutrition Information:

Calories per serving: 380; Carbohydrates: 7g; Protein: 22g; Fat: 15g; Sugar: 1g; Sodium: 446mg; Fiber: 1g

Spanish Prawns with Vegetables



(Total Time: 20 min | Serves 4)

Ingredients

- Frozen raw peeled prawns – 600g
- Barbecue spice blend – 2 tablespoons
- Garlic butter spread – 1/2 cup
- Frozen mixed vegetables – 500g
- Chopped tomatoes – 3
- Crusty bread to serve (optional)

Instructions

1. Toss prawns inside half of the spice and then cook in two batches. Place a skillet over medium heat. Add the butter spread and heat.
2. Add prawns into the skillet and cook for about 3 minutes on both sides or until tender.
3. Remove from the pan. Set aside and wipe the skillet clean.
4. Add some more butter into the frying pan. Add in tomatoes and cook as you stir for a minute. Return prawns into the skillet and then add the remaining spices and 2 tablespoons of water.
5. Season with salt and allow to cook for about 3 minutes.
6. Boil, microwave or steam the vegetables until tender.
7. Serve the vegetables with prawn and some crusty bread.

Nutrition Information:

Calories per serving: 420; Carbohydrates: 8g; Protein: 21g; Fat: 12g; Sugar: 1g; Sodium: 380mg; Fiber: 2g

Chicken and Chorizo Tray Bake



(Total Time: 1hr 55 min| Serves 4)

Ingredients

- Chicken thigh fillets – 8
- Marinated kalamata olives – 180g
- Sliced chorizo – 200g
- Small rosemary sprigs – 6
- Lemon cut into wedges -1
-

Instructions

1. Get the oven preheated to 180°C and then rinse the chicken and pat dry.
2. Place the chicken on a baking tray in a single layer alongside lemon wedges and the fresh rosemary sprigs.
3. Pour reserved olive marinade over the chicken and then pop it into the oven and cook for about 30 minutes.
4. Add chorizo and olives to the pan. Bake for 15 more minutes or until the chicken is well cooked through.
5. Serve with preferred salad, pasta or rice.

Nutrition Information:

Calories per serving: 520; Carbohydrates: 11g; Protein: 21g; Fat: 20g; Sugar: 2g; Sodium: 448mg; Fiber: 2g

Salmon with Spinach and White Beans



(Total Time: 1hr 25 min| Serves 4)

Ingredients

- Salmon fillets – 4 (4-ounces each)
- Olive oil - 3 tablespoons
- Seafood seasoning – 1 teaspoon
- Minced cloves garlic – 1
- Cannellini beans rinsed and drained – 1 can
- Salt and pepper – ¼ teaspoon
- Fresh spinach – 1 package
- Lemon wedges

Instructions

1. Get the broiler preheated and then rub the fillets with oil and seafood seasoning. Place the fillets on a greased rack. Broil for about 8 minutes or until it begins to easily flake with a fork.
2. Place a skillet over medium heat and then add olive oil. Add garlic to the skillet and cook for 30 seconds or until fragrant.
3. Add beans, salt and pepper and then stir to coat with garlic oil. Stir in spinach and then cook until wilted.
4. Serve salmon with spinach mixture and the lemon wedges.

Nutrition Information:

Calories per serving: 317; Carbohydrates: 16g; Protein: 24g; Fat: 17g; Sugar: 0g; Sodium: 577mg; Fiber: 5g

Balsamic-Glazed Beef Skewers



(Total Time: 25 min| Serves 4)

Ingredients

- Balsamic vinaigrette – ¼ cup
- Barbecue sauce – ¼ cup
- Dijon mustard – 1 teaspoon
- Beef top sirloin steak – 1 pound (cut into 1-inch cubes)
- Cherry tomatoes – 2 cups

Instructions

1. In a bowl, whisk together the vinaigrette, barbecue sauce and Dijon mustard and then mix until well blended.
2. Reserve a ¼ cup of the mixture. Set aside. Add beef to the bowl with the mixture and then toss to coat.
3. Thread beef and tomatoes on wooden skewers. Grill the meat with the skewers covered over medium heat. You can also broil it for 9 minutes or until the beef reaches the required texture.
4. Turn the beef occasionally as you coat it frequently with the reserved vinaigrette and barbecue mixture.
5. Remove from the grill once ready and then serve and enjoy.

Nutrition Information:

Calories per serving: 194; Carbohydrates: 5g; Protein: 24g; Fat: 7g; Sugar: 0g; Sodium: 288mg; Fiber: 1g

Garlicky Lemon Mahi-Mahi



(Total Time: 40 min | Servings 4)

Ingredients

- Virgin oil – 1 tablespoon
- Butter – 3 tablespoons
- Ground black pepper
- Minced garlic – 3 cloves
- Zest and juice – 1 lemon
- Kosher salt
- Freshly chopped parsley – 1 tablespoon
- Mahi-mahi fillets

Instructions

1. Place a skillet over medium heat and then add 1 tablespoon butter and olive oil. Add mahi-mahi and then season with pepper and salt. Cook for 3 minutes or until it turns golden. Transfer to a plate.
2. Add the remaining 2 tablespoons of butter to the skillet and then add garlic once melted and cook for 1 minute or until fragrant.
3. Stir in lemon zest, juice, parsley and juice. Return mahi-mahi to the skillet and then add in sauce.
4. Garnish with some more parsley. Serve and enjoy.

Nutrition Information:

Calories per serving: 201; Carbohydrates: 1g; Protein: 20g; Fat: 15g; Sugar: 0g; Sodium: 210mg; Fiber: 0g

Salmon with Chili Lime



(Total Time: 15 min| Serves 2)

Ingredients

For Steaming Salmon

- Salmon fillets – 5 ounces
- Freshly ground black pepper to taste
- Sea salt
- Water – 1 cup

For Chili Lime Sauce

- Diced jalapeno seeds - 1
- Juiced lime – 1
- Minced cloves garlic – 2
- Honey – 1 tablespoon
- Olive oil – 1 tablespoon
- Chopped fresh parsley – 1 tablespoon
- Cumin – 1/2 tablespoon
- Paprika – 1/2 teaspoon
- Hot water – 1 tablespoon

Instructions

1. Combine ingredients for the sauce into a bowl. Mix and set aside.
2. Add water into the instant pot and then place salmon fillets over the steam rack in the pot.
3. Season salmon with salt and pepper. Cover the lid and lock.
4. Select to steam mode and cook over high pressure for 5 minutes
5. Once cooked, use the quick release method and then end the cooking.
6. Transfer the salmon to a serving plate. Drizzle with the chili lime sauce.
7. Serve and enjoy.

Nutrition Information:

Calories 400; Fat 25 g; protein 29g; Net carbs 10g; Fiber 1g; Sugar 0g

Cashew Beef Thai Stir-Fry



(Total Time: 40 min| Serves 2)

Ingredients

- Toasted sesame seed oil – 2 tablespoons
- Cloves garlic – 2
- Ginger – 1 teaspoon
- Carrot – 1
- Medium red onion – ¼
- Zucchini – 1
- Jalapeno – 1
- Beef – 1 lb
- Salt and pepper to taste
- Red pepper flakes – ¼ teaspoon
- Chinese 5 Spice – ¼
- Beef broth – ¼ cup
- Coconut milk – ¼ cup
- Cashews – 1 oz
- Bunch of fresh basil – 1

Instructions

1. Chop and slice all the veggies and mince garlic.
2. Over medium heat, place a skillet and then add sesame seed oil. Add garlic, ginger, onion and carrots. Cook until fragrant.
3. Add jalapeno and zucchini as seasonings and then toss to combine. Set aside.
4. Cut beef into thin slices and then add toasted sesame oil into a pan. Cook until the beef browns on all sides.
5. Season the beef with salt, red pepper flakes, pepper and Chinese 5 Spice.
6. Add veggies to the browned beef and then toss. Pour in ¼ cup beef broth and ¼ cup coconut milk. Add heavy cream.

7. Add cashews and let it cook for about 8 minutes.
8. Add fresh basil. Stir and combine. Cook for 5 more minutes.
9. Garnish with green onions. Serve and enjoy.

Nutrition Information:

Calories per serving: 540; Carbohydrates: 8g; Protein: 40g; Fat: 43g; Sugar: 0g; Sodium: 480mg; Fiber: 0g

Bacon Ranch Chicken Casserole



(Total Time: 40 min | Serves 6)

Ingredients

- Cubed, cooked chicken – 1.5 lbs
- Fresh broccoli – 1 lb (steamed and drained)
- Minced onion – 1 tablespoon
- Bacon crumbles – ¼ cup
- Sour cream – 4 oz
- Shredded cheddar – 8 oz
- Salt and pepper – ½ teaspoon
- Parsley – 1 tablespoon
- Dill – ½ tablespoon
- Cream cheese softened – 8 oz
- Mayo – 4 oz

Instructions

1. Get the oven preheated to 350°F.
2. In a bowl, combine the sour cream, cream cheese, mayo and spices and then mix thoroughly.
3. Add chicken, broccoli, ¾ of cheese and bacon crumbles into the cream cheese mixture. Mix well.
4. Place into a baking dish that's sprayed with cooking spray and then sprinkle the remaining cheese.
5. Place in the oven and then bake for about 35 minutes.
6. Remove from the oven. Allow to cool and serve.

Nutrition Information:

Calories per serving: 498; Carbohydrates: 5g; Protein: 37g; Fat: 15g; Sugar: 2g; Sodium: 502 mg; Fiber: 1g

Mahi-Mahi & Veggie Skillet



(Total Time: 30 min | Serves 4)

Ingredients

- Olive oil – 3 tablespoons
- Mahi-mahi – 4 (6-ounces each)
- Baby Portobello mushrooms – ½ pound
- Sweet red peppers – 3
- Large sweet onion – 1
- Lemon juice – 1/3 cup
- Salt – ¾ teaspoon
- Pepper – ½ teaspoon
- Pine nuts – 1/3 cup (optional)

Instructions

1. Place a skillet over medium heat and then add 2 tablespoons of olive oil. Add fillets and cook for 5 minutes on each side until the fish begins to flake easily with a fork. After that, remove from the pan.
2. Add the remaining oil, peppers, onion, mushrooms, lemon juice and ¼ teaspoon of salt into the pan. Cook while covered for 8 minutes or until the vegetables are tender.
3. Place the fish over the vegetables and then sprinkle with the remaining salt and pepper. Cook for about 2 minutes while covered or until heated through. Sprinkle with chives and pine nuts before serving.

Nutrition Information:

Calories per serving: 307; Carbohydrates: 15g; Protein: 35g; Fat: 12g; Sugar: 7g; Sodium: 606 mg; Fiber: 3g

Sweet-Chili Salmon with Blackberries



(Total Time: 25 min | Serves 4)

Ingredients

- Frozen blackberries thawed – 1 cup
- Finely chopped cucumber – 1 cup
- Finely chopped green onion – 1
- Sweet chili sauce – 2 tablespoons
- Salmon fillets – 4 (6 ounces each)
- Salt and pepper – 1/2 teaspoon

Instructions

1. In a bowl, combine the cucumber, black berries, green onion and 1 teaspoon of chili sauce and then toss to coat.
2. Sprinkle salmon with salt and pepper. After that, place it on a greased grill rack. Grill the fillet while covered over medium heat or broil for 12 minutes from heat or until the fish easily flakes with a fork.
3. Brush with the remaining chili sauce in the last 3 minutes of cooking.
4. Serve with some blackberry mixture.

Nutrition Information:

Calories per serving: 303; Carbohydrates: 9g; Protein: 30g; Fat: 12g; Sugar: 7g; Sodium: 510 mg; Fiber: 3g

Sautéed Pork Chops with Garlic Spinach



(Total Time: 20 min | Serves 4)

Ingredients

- Olive oil – 2 tablespoons
- Bone-in pork loin chops – 4(8-ounces)
- Salt and pepper – ¼ teaspoon
- Lemon – 1
- Thinly sliced garlic cloves – 3
- Fresh spinach with stems removed – 2 packages

Instructions

1. Place a large skillet over medium heat. Add oil and heat. Sprinkle the pork chops with salt and pepper and then add to the skillet. Cook for 5 minutes on each side.
2. Remove from the skillet and then place on a platter. Squeeze the lemon juice over the chops. Cover with foil and then allow to stay for about 5 minutes before serving.
3. To prepare garlic spinach, place a skillet over medium heat and then add oil and heat. Add garlic and cook for about 30 seconds or until fragrant. Add spinach and cook for about 3 minutes or until wilted.
4. Sprinkle with salt and pepper and then stir. Remove from heat. Add lemon juice.
5. Transfer to a platter. Remove foil from the pork chops and serve alongside spinach.

Nutrition Information:

Calories per serving: 310; Carbohydrates: 4g; Protein: 36g; Fat: 12g; Sugar: 1g; Sodium: 607 mg; Fiber: 1g

Citrus Scallops



(Total Time: 15 min | Serves 4)

Ingredients

- Medium green or red pepper julienned
- Chopped green onions – 4
- Minced garlic cloves – 1
- Olive oil – 2 tablespoons
- Sea scallops – 1 pound
- Crushed red pepper flakes – 1/4 teaspoon
- Lime juice – 2 tablespoons
- Grated lime zest – 1/2 teaspoon
- Oranges – 4 medium
- Minced fresh cilantro – 2 teaspoons
- Hot cooked rice pasta

Instructions

1. Place a skillet over medium heat and then add oil and heat. Sauté garlic for 30 seconds. Add onions and pepper. Cook for about 3 minutes.
2. Add lime juice and zest. Cook for a minute and reduce heat. Add orange sections and cilantro. Cook for two more minutes until the scallops become opaque.
3. Serve with pasta, rice or your preferred dish.

Nutrition Information:

Calories per serving: 240; Carbohydrates: 23g; Protein: 21g; Fat: 8g; Sugar: 1g; Sodium: 482 mg; Fiber: 4g

Easy Mediterranean Chicken



(Total Time: 25 min | Serves 4)

Ingredients

- Boneless chicken breasts – 4 (5-ounce)
- Freshly chopped basil – ¼ cup
- Olive oil – 1 tablespoon
- Cherry tomatoes halved
- Olive tapenade – ¼ cup
- Sea salt – ¼ teaspoon

Instructions

1. Place chicken breasts into a greased baking tray. Sprinkle with salt and two tablespoons basil. Cover the baking tray with parchment paper.
2. Place a frying pan over medium heat and then add oil. Cook the chicken breasts for about 6 minutes on each side until browned and no longer pink.
3. Remove the chicken from the skillet once cooked and then wrap in aluminum foil to stay warm.
4. Add tomatoes into the same pan and olive tapenade. Cook for 3 minutes.
5. Serve chicken into a platter and then pour tomato and tapenade mixture. Sprinkle with the remaining basil and enjoy.

Nutrition Information:

Calories per serving: 503; Carbohydrates: 15g; Protein: 25g; Fat: 12g; Sugar: 0g; Sodium: 480mg; Fiber: 2g

Roasted Carrots with Cumin Thyme Granola



(Total Time: 30 min | Serves 4)

Ingredients

- Carrots – 1 ½ lb
- Olive oil – 1 tablespoon
- Salt and pepper – ¼ teaspoon
- Lemon juice – 1 tablespoon
- Finely chopped shallot – ½ small
- Fresh thyme leaves – 1 teaspoon
- Thyme granola – 1 cup

Instructions

1. On a rimmed baking dish toss the carrots with olive oil, salt and pepper.
2. Set the oven to 400°F and then bake for 25 minutes or until tender and golden brown.
3. In a bowl, mix the lemon juice with a teaspoon of olive oil, fresh thyme leaves, finely chopped shallot and a teaspoon of salt and pepper.
4. Drizzle the mixture over carrots and then sprinkle with thyme granola.
5. Serve and enjoy.

Nutrition Information:

Calories per serving: 350; Carbohydrates: 12g; Protein: 8g; Fat: 6g; Sugar: 0g; Sodium: 320mg; Fiber: 2g

Bacon, Potato and Kale Frittata



(Total Time: 30 min | Serves 6)

Ingredients

- Tiny red new potatoes – 12 ounces
- Coarsely chopped lower sodium less fat bacon
- Freshly chopped kale – 2 cups
- Chopped onion – 1 medium
- Eggs – lightly beaten

Instructions

1. Place a saucepan over medium heat and then add water and salt. Add the potatoes and cook covered for 10 minutes or until the potatoes are tender. Drain and set aside.
2. Preheat the broiler. In a large skillet, cook bacon until crisp over medium heat. Add onion and kale. Cook for about 5 minutes and then stir in the cooked potatoes.
3. In a bowl, whisk the eggs, ground black pepper, salt and pepper and then cook over low heat. As the mixture sets, run a spatula around the edges and then lift the egg mixture so that the uncooked portion may flow underneath.
4. Continue with cooking and lifting edges until the egg mixture is set. After that, place the skillet under the broiler where it's about 5 inches from heat.
5. Broil it for 2 minutes or until the top is well set and no longer wet. Get the oven preheated to 400°F and then bake for 5 minutes or until the top is well set.
6. Allow it to stand for about 5 minutes. After that, slide frittata out into a serving platter.

Nutrition Information:

Calories per serving: 175; Carbohydrates: 13g; Protein: 13g; Fat: 8g; Sugar: 2g; Sodium: 480mg; Fiber: 2g

Pan- Roasted Chicken with Brussels Sprouts and Apples



(Total Time: 30 min | Serves 3)

Ingredients

- Chicken thighs – 4(2 pounds)
- Fresh brussels sprouts – 1 pound
- Thinly sliced medium cooking apple – 1
- Pure maple syrup – 3 tablespoons
- Snipped fresh thyme – 1 teaspoon

Instructions

1. Begin by removing skin from chicken and then sprinkle with ground black pepper and salt.
2. In a skillet, heat olive oil over medium heat and then add chicken to the skillet. Cook for about 10 minutes or until browned and crisp.
3. Turn it once and then cook while partially covered for 15 minutes over medium heat or until the inside temperature is 170°F. Remove chicken from the skillet and then allow to stay warm.
4. Trim and remove the wilted outer leaves from the brussels sprouts. Wash and drain well. Add brussels sprouts to the hot skillet and then cook for 5 minutes. Add apples to the skillet and cook while covered for about 5 minutes or until the sprouts become golden and tender as you stir occasionally. Drizzle with some maple syrup and then toss to coat.
5. Serve by transferring the brussels sprouts and apples into a platter and then arrange chicken thighs on top and sprinkle with thyme.

Nutrition Information:

Calories per serving: 301; Carbohydrates: 26g; Protein: 30g; Fat: 5g; Sugar: 10g; Sodium: 273mg; Fiber: 5g

Mediterranean Stuffed Chicken



(Total Time: 25 min | Serves 2)

Ingredients

- Boneless and skinless chicken breast halves – 4 (1 ½ pounds)
- Crumbled reduced feta cheese – ¼ cup
- Finely chopped roasted red sweet peppers – 2 tablespoons
- Roasted bell peppers – 15 oz
- Thinly sliced green onion – 2 tablespoons
- Snipped fresh oregano – 2 tablespoons
- Crushed dried oregano – ½ teaspoon
- Ground black pepper – ½ teaspoon

Instructions

1. Use a sharp knife to cut a pocket in the chicken breasts through the thickest portion and then set aside.
2. In a bowl, mix together the feta cheese, roasted peppers, oregano and green onion. Spoon the mixture evenly into the chicken breast pocket and then sprinkle with some black pepper.
3. Place a skillet over medium heat and then add chicken. Cook for about 15 minutes or until no longer pink with the temperature of the thickest part being 170°F.
4. For grilling directions, place chicken on the rack and then grill uncovered. Grill directly for 15 minutes over medium heat. Turn halfway through grilling and grill for 10 more minutes.
5. Serve and enjoy.

Nutrition Information:

Calories per serving: 171; Carbohydrates: 2g; Protein: 28g; Fat: 5g; Sugar: 3g; Sodium: 226mg; Fiber: 2g

French Baked Brie with Figs, Walnuts and Pistachios



(Total Time: 15 min | Serves 4)

Ingredients

- Fig jam – 4 tablespoons
- Dried mission figs sliced – 1/3 cup
- Roughly chopped walnuts – 1/3 cup
- French brie – 13 oz
- Shelled pistachios roughly chopped

Instructions

1. Get the oven preheated to 375°F. Place fig jam into the microwave and microwave for 30 seconds or until soft.
2. In a bowl, combine the sliced figs with nuts and then add half of the fig jam. Mix well to coat.
3. Place brie dish on a baking sheet and then bake for about 10 minutes or until the brie begins to ooze.
4. Serve it warm with your favorite crackers.

Nutrition Information:

Calories per serving: 273; Carbohydrates: 6g; Protein: 8g; Fat: 6g; Sugar: 2g; Sodium: 136mg; Fiber: 4g

Chapter 7 Mediterranean Snack Recipes

Mediterranean Picnic Snack



(Total Time: 10 min | Serves 2)

Ingredients

- Crusty whole-wheat bread – 1 slice
- Cherry tomatoes – 10
- Oil-cured olives – 6
- Sliced aged cheese – ¼ ounce

Instructions

1. Combine the bread pieces, cheese, tomatoes and olives into a portable container.
2. Serve and enjoy.

Nutrition Information:

Calories per serving: 197; Carbohydrates: 22g; Protein: 7g; Fat: 9g; Sugar: 0g; Sodium: 454mg; Fiber: 1g

Tomato and Basil Finger Sandwiches



(Total Time: 15 min | Serves 4)

Ingredients

- Whole-wheat bread – 4 slices
- Mayonnaise – 8 teaspoons
- Tomato thick slices – 4
- Freshly ground pepper – 1/8 teaspoon
- Salt – 1/8 teaspoon
- Sliced fresh basil – 4 teaspoons

Instructions

1. Cut bread into rounds that are larger than tomato and then spread each with mayonnaise.
2. Top it with tomatoes, basil, salt and pepper.

Nutrition Information:

Calories per serving: 85; Carbohydrates: 13g; Protein: 3g; Fat: 3g; Sugar: 2g; Sodium: 324mg; Fiber: 1g

Greek Yoghurt with Strawberries



(Total Time: 10 min | Serves 2)

Ingredients

- Nonfat plain Greek yoghurt – ½ cup
- Sliced fresh strawberries – ½ cup

Instructions

1. Place yoghurt in a bowl and then top with the strawberries.

Nutrition Information:

Calories per serving: 80; Carbohydrates: 7g; Protein: 12g; Fat: 1g; Sugar: 4g; Sodium: 130mg; Fiber: 2g

Herbed Olives



(Total Time: 20 min | Serves 4)

Ingredients

- Favorite olives – 3 cups
- Olive oils – 2 teaspoons
- Dried oregano – 1/8 teaspoon
- Dried basil – 1/8 teaspoon
- Crushed clove garlic – 1
- Freshly ground pepper to taste

Instructions

1. Toss the olives, basil, garlic, oregano and pepper into a medium bowl.
2. Enjoy.

Nutrition Information:

Calories per serving: 47; Carbohydrates: 1g; Protein: 0g; Fat: 5g; Sugar: 0g; Sodium: 224mg; Fiber: 1g

Bacon-Wrapped Chicken Tenders



(Total Time: 25 min | Serves 4)

Ingredients

- Chicken breast tenderloins – 1 lb
- Bacon slices – 8
- Cheddar cheese – 4 slices

Instructions

1. Fill a bowl with water and then add salt. Add the chicken breasts and then allow to stay in the water for 10 minutes.
2. Get the oven preheated to 450°F and then line baking sheet with parchment paper.
3. Remove chicken from the water and then pat to dry. Place a piece of cheese over each chicken piece and wrap together in bacon slice.
4. Place the wrapped chicken on a baking sheet with the cheese side up.
5. Repeat with the remaining cheese, chicken and bacon. Bake for 16 minutes or until the chicken is well cooked.
6. Place it under a broiler for a few minutes until bacon is crisp.
7. Serve and enjoy.

Nutrition Information:

Calories per serving: 301; Carbohydrates: 1g; Protein: 25g; Fat: 17g; Sugar: 0g; Sodium: 210mg; Fiber: 0g

Sweet and Spicy Meat Balls



(Total Time: 30 min | Serves 6)

Ingredients

- Cooked meatballs – 16 oz
- Crushed red pepper – ½ tablespoon
- Cayenne pepper – ½ teaspoon
- Grape jelly – 12 ounce
- Water – 1 cup
- Chopped green onions for garnish

Instructions

1. Add the cooked meatballs into the pot. In a bowl, mix the grape jelly, chili sauce, spices and water and then combine.
2. Pour the mixture into the pot and stir. Cover and lock the lid.
3. Set to cook on high pressure for 10 minutes and then quick release pressure once ready.
4. Let the meatballs cool. After that, serve and garnish with green onions.

Nutrition Information:

Calories 330; Fat 16g; protein 7g ; Net carbs 12g; Fiber 1g; Sugar 2g; Sodium 539mg

Garlic Bread



(Total Time: 1 hr | Serves 4)

Ingredients

- Egg white – 3 pieces
- Apple cider vinegar – 2 teaspoons
- Sea salt – 1 teaspoon
- Almond flour - 300ml
- Ground psyllium husk powder – 5 tablespoons
- Baking powder - 2 teaspoons
- Boiling water - 300 ml
- Garlic Butter
- Butter - 110g
- Garlic clove - 1pc
- Fresh parsley chopped – 2 teaspoons
- Salt

Instructions

1. Set the oven at 350°F while mixing the dry ingredients in a bowl.
2. Let the water boil. Add vinegar and egg whites to the bowl and then whisk or stir with a manual mixer for 30 seconds, ensuring that you do not over mix.
3. Using your hands, make 10 pieces rolling them into hot dog buns. Create enough space on the baking sheet to enable expansion.
4. Place in the oven on lower rack and leave to bake for 50 minutes.
5. Prepare garlic butter as the bread is baking by mixing all ingredients together and then place in the fridge.
6. Remove the buns from the oven and let them cool. Remove the garlic butter from the fridge and set aside.
7. Slice the buns in halves and spread the garlic butter on each side and then proceed to bake the bread for 10 minutes.

Nutrition Information:

Calories per serving: 53; Carbohydrates: 5g; Protein: 2g; Fat: 4g; Sugar: 0g; Sodium: 98mg; Fiber: 0g

Chocolate Biscuits



(Total Time: 25 min | Serves 8)

Ingredients

- Whole almonds – 2 cups
- Chia seeds – 2 tablespoons
- Unsweetened shredded coconut – ¼ cup
- Egg – 1
- Coconut oil – 1 cup
- Cacao powder – ¼ cup
- Stevia – 3 tablespoons
- Salt – ¼ teaspoon
- Baking soda – 1 teaspoon

Instructions

1. Get the oven preheated to 350°F.
2. Blend whole almonds and chia seeds into a fairly fine mixture.
3. Have all the ingredients mixed together.
4. Place the mixture on aluminum foil and then refrigerate for about 30 minutes.
5. Cut the dough into thin biscotti shapes and then bake for about 12 minutes.
6. You can enjoy while warm or let it cool and dry further.

Nutrition Information:

Calories 80; Fat 5g; protein 1g; Net carbs 13g; Fiber 0g; Sugar 1g; Sodium 0mg

Whipped Coconut Cream with Berries



(Total time – 15 min| Serves 1)

Ingredients

- Unsweetened full fat coconut milk – 1 can
- Berries of choice
- Dark chocolate (Optional)

Instructions

1. Let coconut milk stay in the fridge overnight for about 12 hours.
2. Scoop the thick part and leave water.
3. Whip with a mixer for about 3 minutes.
4. Mix in the berries.
5. Top the cream with chocolate shavings.
6. Serve and enjoy.

Nutrition Information:

Calories 100; Fat 12g; protein 2g; Net carbs 8g; Fiber 0g; Sugar 2g; Sodium 400mg

Sous Vide Egg Bites



(Total Time: 450 min | Serves 4)

Ingredients

- Large eggs – 4
- Strips of cooked bacon – 4
- Cheddar cheese – $\frac{3}{4}$ cup
- Heavy cream – $\frac{1}{4}$ cup
- Cottage cheese – $\frac{1}{2}$ cup

Instructions

1. Set the oven to 350°F.
2. Crack eggs into a blender. Add cottage cheese and a half cup of cheddar cheese. Pulse until well mixed.
3. Spray the glass bowls with cooking spray and then pour $\frac{1}{2}$ cup of the mixture into bowls. Top it up with the remaining shredded cheese and bacon.
4. Place the bowls into a baking dish. Fill the baking dish with water.
5. Bake for 35 minutes or until the mixture becomes solid.
6. Serve and enjoy.

Nutrition Information:

Calories 120; Fat 9g; protein 3g; Net carbs 9g; Fiber 0g; Sugar 2g; Sodium 0mg

Pepperoni Chips



(Total Time: 20 min | Serves 4)

Ingredients

- Pepperoni – 4 oz

Instructions

1. Turn the oven to broil and then line the baking sheet with parchment paper.
2. Place pepperoni slices in a single layer. Bake for 2 minutes and watch as they brown in the edges.
3. Remove from the oven. Transfer to a tray and allow to cool for 10 minutes.
4. Serve and enjoy.

Nutrition Information:

Calories per serving: 96; Carbohydrates: 1g; Protein: 6g; Fat: 8g; Sugar: 0g; Sodium: 48mg; Fiber: 0g

Cheddar Basil Bites



(Total Time 50 min | Serves 24)

Ingredients

- Heavy whipping cream – 2 tablespoons
- Butter – 6 tablespoons
- Shredded cheddar cheese – 1cup
- Coconut flour – ¼ cup
- Grated parmesan cheese – ¼ cup
- Fresh basil – 2 tablespoon

Instructions

1. Get the oven preheated to 325°F and then line two baking sheets with parchment paper.
2. Place butter in a medium bowl. Add heavy cream and combine.
3. Add parmesan cheese, cheddar cheese and coconut flour and then combine using a spatula.
4. Fold in basil and use your hand to incorporate the mixture.
5. Place parchment paper over the counter and then roll the mixture out to about ¼ inch thick. Use a cookie cutter to cut the 24 pieces of crackers. After that, place the crackers on the baking dish.
6. Bake for 15 minutes and check towards the end to ensure you don't overcook them.
7. Enjoy.

Nutrition Information:

Calories per serving: 58; Carbohydrates: 0.5g; Protein: 2g; Fat: 5g; Sugar: 0g; Sodium: 78mg; Fiber: 0g

Zucchini Chips



(Total Time: 25min | Serves 4)

Ingredients

- Organic zucchini – 1 pound
- Olive oil – 1/3 cup
- Unrefined sea salt to taste

Instructions

1. Trim the ends of zucchini and then thinly slice them.
2. Oil a microwave safe plate with olive oil and then place zucchini slices. Spray with olive oil and unrefined sea salt to taste.
3. Cook for 10 minutes uncovered. Check the chips. Cook for more minutes until crispy.
4. Allow to cool and then serve with dressings and dips of your choice.

Nutrition Information:

Calories 290; Fat 27g; protein 4g; Net carbs 7g; Fiber 1g; Sugar 1g; Sodium 210mg

Easy Almond Butter Fat Bombs



(Total Time: 10 min| Serves 6)

Ingredients

- Almond butter – ¼ cup
- Unrefined coconut oil – ¼ cup
- Cacao powder – 2 tablespoons
- Erythritol – ¼ cup

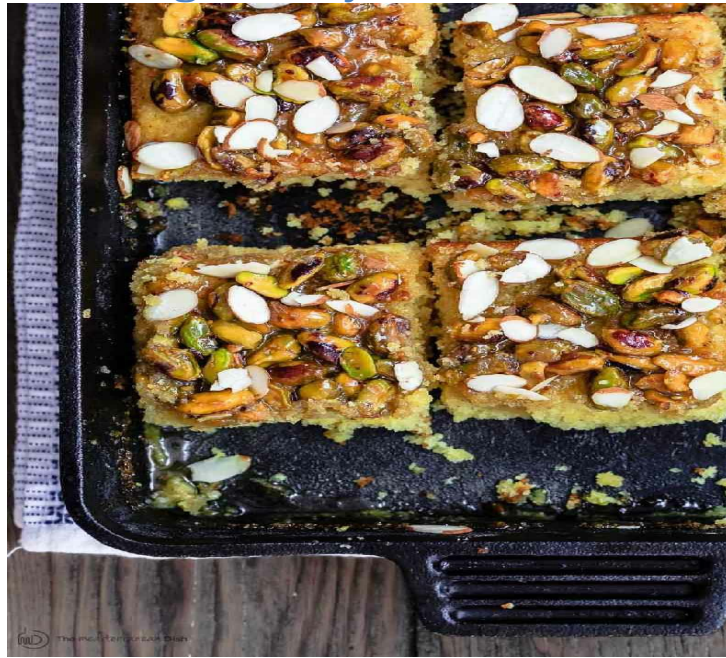
Instructions

1. Mix almond butter and coconut together in a bowl. Microwave for about 45 minutes and then stir until smooth.
2. Stir in cacao powder and erythritol and then pour into silicone molds.
3. Refrigerate until firm.

Nutrition Information:

Calories per serving: 189; Carbohydrates: 3g; Protein: 3g; Fat: 19g; Sugar: 0g; Sodium: 220mg; Fiber: 2g

Greek Orange Honey Cake with Pistachios



(Total Time: 30 min| Serves 6)

Ingredients

- Large eggs – 5
- Low fat Greek yoghurt – 1 cup
- Granulated sugar – 2 cups
- Ground almonds – 5 tablespoons
- Zest of lemon – 1
- All-purpose flour – 1 ¼ cup
- Course semolina – 1 cup
- Baking powder – 2 teaspoons
- Virgin olive oil -3/4 cup
- Shaved almonds for topping (optional)

Honey Pistachio Syrup

- Shelled salted pistachios – 1 ¼ cup
- Honey – 1 ¼ cup
- Orange juice – 2
- Lemon juice – 1

Instructions

1. Get the oven preheated to 350°F. Grease the baking dish with butter and dust with flour and then shake the pan to evenly coat it with flour.
2. Place ingredients for the cake into a mixing bowl and then whisk to combine. Pour butter into the prepared baking pan and then spread the mixture evenly using a spatula.
3. Bake in the oven for 30 minutes or until golden and cooked through. Remove from the oven once ready. Set aside to cool.

4. Once the cake has cooled, prepare the honey syrup by toasting pistachio into a non-stick pan and then place over medium heat.
5. Stir in honey once it begins to smell and then add orange and lemon juice. Bring to a boil for about 2 minutes or until syrupy.
6. Stab some holes into the cake to create holes. Pour honey pistachio syrup over the cake evenly.
7. Sprinkle the shaved almonds as desired.
8. Cut the cake to squares. Serve and enjoy.

Nutrition information:

Calories per serving: 352; Carbohydrates: 58g; Protein: 8g; Fat: 10g; Sugar: 32g; Sodium: 30mg; Fiber: 3g

Avocado Chips



(Total Time: 30 min | Serves 4)

Ingredients

- Large ripe avocado – 1
- Freshly grated parmesan – $\frac{3}{4}$ cup
- Lemon juice – 1 teaspoon
- Garlic powder – $\frac{1}{2}$ teaspoon
- Kosher salt
- Italian seasoning – $\frac{1}{2}$ teaspoon
- Freshly ground black pepper

Instructions

1. Get the oven preheated to 325°F and then line the baking dish with parchment paper.
2. In a bowl, mash avocado and then stir in parmesan, lemon juice, garlic powder, salt, pepper and Italian seasoning.
3. Place scoops of the mixture on the baking sheet and leave space of 3” apart between each scoop.
4. Place in the oven and bake until crisp and golden or for 15 minutes.
5. Remove from the oven and then allow to cool.
6. Serve while at room temperature.

Nutrition Information:

Calories per serving: 160; Carbohydrates: 17g; Protein: 2g; Fat: 3g; Sugar: 0g; Sodium: 12mg; Fiber: 3g

Pepperoni Pizza Mozzarella Crisps



(Total Time: 15 min| Serves 4)

Ingredients

- Shredded mozzarella cheese – 1/2 cup
- Diced pepperoni
- Garlic powder – 1 teaspoon

Instructions

1. Get the oven preheated to 350°F and then line the cookie sheet in parchment paper.
2. Place mozzarella onto the parchment paper and spread it slightly in a circle.
3. Sprinkle mozzarella with garlic powder and basil and then top with pieces of chopped pepperoni.
4. Place in the oven and allow to bake for 6 minutes or until the edges of the cheese turn golden brown.
5. Remove from the oven. Allow to cool.
6. Enjoy with your preferred dip.

Nutrition information:

Calories per serving: 158; Carbohydrates: 18g; Protein: 20g; Fat: 18g; Sugar: 0g; Sodium: 420mg; Fiber: 0g

Parmesan Crisps



(Total Time: 20 min | Serves 2)

Ingredients

- Grated parmesan cheese – 8 tablespoons
- Provolone cheese – 2 slices
- Medium jalapeno – 1

Instructions

1. On a parchment paper, place eight mounds of parmesan cheese an inch apart from one another.
2. Slice the jalapeno and then lay on the parchment paper. Bake at 425°F for about 5 minutes.
3. Remove from the oven. Allow to cool and then lay each one onto a mound of parmesan as you slightly press it down.
4. Split each of the provolone slice into pieces and then place over jalapeno and parmesan.
5. Let it bake for 5 more minutes. After that, remove and allow to cool.
6. Serve and enjoy.

Nutrition Information:

Calories per serving: 162; Carbohydrates: 1.5g; Protein: 14g; Fat: 10g; Sugar: 1g; Sodium: 200mg; Fiber: 0g

Toasted Spicy Almonds



(Total Time: 1 hr 10 min| Serves 6)

Ingredients

- Almonds – 4 cups
- Butter – 2 tablespoons
- Ground cinnamon – 1 teaspoon
- Vanilla extract – 1 tablespoon
- Egg whites – 2
- Salt - 1 teaspoon

Instructions

1. Get the oven preheated to 450°F.
2. Add all ingredients apart from almonds into a bowl and then stir until well combined.
3. Add almonds to the mixture and then combine until well coated.
4. Transfer the mixture into a baking pan. Allow to bake for about 10 minutes as you stir occasionally.
5. Remove from the oven once ready. Allow to cool before serving.

Nutrition information:

Calories per serving: 350; Carbohydrates: 9g; Protein: 11g; Fat: 7g; Sugar: 0g; Sodium: 356mg; Fiber: 5g

Tomato Basil Skewers



(Total Time: 20 min| Serves 4)

Ingredients

- Fresh mozzarella balls – 16
- Fresh basil leaves – 16
- Cherry tomatoes – 16
- Olive oil to drizzle
- Salt and freshly ground pepper

Instructions

1. Thread mozzarella, tomatoes and basil on a small skewer and then drizzle with oil and sprinkle with salt and pepper.

Nutrition information:

Calories per serving: 46; Carbohydrates: 1g; Protein: 3g; Fat: 3g; Sugar: 0g; Sodium: 217mg; Fiber: 1g

Chapter 8

Mediterranean Dessert Recipes

Fig and Honey Yoghurt



(Total Time: 10 min | Serves 1)

Ingredients

- Low-fat plain yoghurt – 2/3 cup
- Dried figs sliced – 3
- Honey – 2 teaspoons

Instructions

1. Place yoghurt in a bowl and then top with honey and figs.

Nutrition Information:

Calories per serving: 208; Carbohydrates: 39g; Protein: 9g; Fat: 3g; Sugar: 0g; Sodium: 117mg; Fiber: 2g

Dried Figs with Ricotta, Honey and Walnuts



(Total Time: 15 min| Serves 4)

Ingredients

- Dried figs – 8
- Walnut halves – 16
- Honey – 1 tablespoon
- Skim ricotta cheese – ¼ cup

Instructions

1. Place a skillet over medium heat. Toast the walnuts until fragrant for about 2 minutes.
2. Cut each of the figs into half and then place the pieces into a serving dish with the cut side up.
3. Make some small indentations on the cut side and then pour ½ teaspoon of ricotta cheese on each of the figs.
4. Top with walnut and then drizzle with honey.
5. Serve and enjoy.

Nutrition Information:

Calories per serving: 142; Carbohydrates: 17g; Protein: 4g; Fat: 8g; Sugar: 1g; Sodium: 21mg; Fiber: 2g

Grilled Pineapple with Strawberries and Mint



(Total Time: 30 min | Serves 4)

Ingredients

- Pineapple – 1
- Olive oil – 1/4 cup
- Honey – 3 tablespoons
- Sriracha chili sauce – 2 teaspoons
- Sliced strawberries – 1 cup
- Salt – 1/2 teaspoon
- Mint leaves for garnish
- Ice cream

Instructions

1. Prepare pineapple marinade by combining olive oil, honey, sriracha and salt in a bowl and then set aside.
2. Cut pineapple at the top and bottom and then remove the outer skin. Cut pineapple into slices of about 3/8 inch thick and then place in a zip lock bag. Pour marinade over them. After that, seal the bag and rub to distribute the marinade.
3. Allow it to marinate for 4 hours. Preheat the grill and then get the pineapples grilled on both sides for about 3 minutes.
4. Transfer the grilled pineapple to a plate. Top with mint leaves and sliced strawberries.
5. Serve with a scoop of ice cream.

Nutrition Information:

Calories per serving: 300; Carbohydrates: 14g; Protein: 2g; Fat: 2g; Sugar: 1g; Sodium: 200mg; Fiber: 4g

Easy No-Bake Cheesecake



(Total Time: 2 hrs| Serves 4)

Ingredients

- Cream cheese – 4 oz
- Sour cream – 2 tablespoons
- Heavy whipping cream – ¼ cup
- Erythritol – ¼ cup
- Unsweetened Baker's Chocolate

Instructions

1. Use a hand mixer to blend together the cream cheese, heavy whipping cream, sour cream and erythritol.
2. Dollop filling into the cupcake molds then place in the fridge for 2 hours.

Ganache

1. Melt the Baker's Chocolate in the microwave and then add heavy whipping cream. Combine well.
2. Add water and then mix until it gets thick liquid consistency.
3. Pour over the frozen cheesecakes and enjoy.

Nutrition Information:

Calories per serving: 323; Carbohydrates: 5.2g; Protein: 4.2g; Fat: 29g; Sugar: 0g; Sodium: 0mg; Fiber: 3g

Homemade Hummus



(Total Time: 15 min | Serves 4)

Ingredients

- Garbanzo beans – 1 pound (Soaked overnight)
- Peeled garlic cloves – 3
- Juice from lemons – 1 ½ lemons
- Olive oil – ¼ cup
- Tahini – ¼ cup
- Water – ½ cup
- Salt 1 tablespoon

Instructions

1. Add the rinsed beans into a pot and then cover with water and bring to simmer. Cook the beans for an hour and then add as much water as required. Drain the water and set aside.
2. Add the cooked garbanzo beans into the food processor and then add water, lemon juice, garlic cloves and a tablespoon of salt into the food processor.
3. While the processor is running, drizzle olive oil and then blend until very smooth for about 1 minute.
4. Transfer the mixture to a plate and then drizzle with olive oil.
5. Serve and enjoy.

Nutrition Information:

Calories per serving: 630; Carbohydrates: 78g; Protein: 25g; Fat: 28g; Sugar: 12g; Sodium: 240mg; Fiber: 23g

Blueberries with Lemon Cream



(Total Time: 20 min| Serves 2)

Ingredients

- Reduced fat cream cheese – 4 ounces
- Low fat vanilla yoghurt – $\frac{3}{4}$ cup
- Honey – 1 teaspoon
- Freshly grated lemon zest – 2 teaspoons
- Fresh blueberries – 2 cups

Instructions

1. Break up the cream cheese in a bowl. Drain off any extra liquid from the yoghurt.
2. Add yoghurt and honey to the bowl. Mix together until well combined and creamy and then stir lemon zest in.
3. Serve immediately and enjoy or refrigerate for 8 hours.

Nutrition Information:

Calories per serving: 144; Carbohydrates: 3g; Protein: 5g; Fat: 3g; Sugar: 3g; Sodium: 126mg; Fiber: 1g

Coconut Ice Cream



(Total Time: 15 min| Serves 2)

Ingredients

- Full fat Coconut Milk – 2 (15 ounce)
- Sugar – $\frac{3}{4}$ cup
- Pinch salt
- Cornstarch – 2 $\frac{1}{2}$ tablespoons
- Unsweetened shredded coconut, dried and toasted (Optional)

Instructions

1. In a saucepan, have all the ingredients combined apart from $\frac{1}{4}$ cup of coconut milk.
2. Place the saucepan over medium heat and then allow the ingredients to simmer.
3. In a bowl, place cornstarch and the $\frac{1}{4}$ cup of coconut milk and then whisk together until smooth.
4. Add the cornstarch mixture to the saucepan. After that, allow to cook as you constantly stir until it thickens.
5. Remove from heat. Allow to cool at room temperature.
6. Cover it up. Allow to chill for about 4 hours.
7. Freeze it in the ice cream maker. Serve with toasted coconut or as desired.

Nutrition Information:

Calories per serving: 116; Carbohydrates: 11g; Protein: 21g; Fat: 34g; Sugar: 3g; Sodium: 87mg; Fiber: 1g

Easy Lime Curd



(Total time: 10 min | Serves 4)

Ingredients

- Butter without salt - 85g
- Sugar - 200g
- Eggs - 2 pieces
- Egg yolks - 2
- Fresh key lime juice - 150g
- Lime zest grated - 2 spoonfuls
- Mason jars - 3

Instructions

1. Mix the butter and sugar for 2 minutes in a food processor bowl. Add the eggs and yolks. Mix thoroughly
2. Add key lime juice and mix until uniformly combined.
3. Pour the mixture into 3 separate mason jars and cover the lids.
4. Pour 2 cups of water into the instant pot and then place a trivet inside. Place the Mason jars on top of the trivet. Lock the lids and the pressure valve.
5. Allow to cook for 15 minutes over high pressure and then release pressure manually for 5 minutes.
6. Remove the jars from the cooker and then open. Add lime zest and stir to form a curd. Place the lids on the curd and tighten so that the lids can hold.
7. Let it cool for 20 minutes and then refrigerate overnight; the curd will thicken upon cooling.
8. When serving, bring to room temperature.

Nutrition Information:

Calories 60; Fat 1g; protein 0g; Net carbs 11g; Fiber 0g; Sugar 0; Sodium 0mg

Chocolate Cheesecake



(Total time: 35 min | Serves 3)

Ingredients

For Crust

- Almond flour - 1/4 cup
- Coconut flour - 1/4 cup
- Melted butter - 2 tablespoons
- Cocoa powder unsweetened - 2 1/2 tablespoons
- Sweetener low carb - 1 1/2 butter

For Filling

- Cream Cheese - 16 ounces
- Concentrated Stevia powder - 1/2 teaspoon
- Sour Cream - 1/4 cup
- Eggs - 1 piece
- Egg yolks - 2
- Cocoa powder- 1/3 cup
- Monk fruit powder- 1/2 teaspoon
- Melted baking Chocolate - 6 ounces
- Vanilla Extract - 1 teaspoon
- Cream (Heavy) - 3/4 cup

Instructions

Crust

1. Line the bottom of the push pan with parchment paper that is trimmed to size.
2. Combine all the ingredients for dry crust into a medium bowl and stir in melted butter and then press to the bottom of the pan.

Filling

1. Preferably use an electric mixer to blend the cream cheese with cocoa powder

and sweeteners.

2. Add the egg and the egg yolk and then blend.
3. Blend starting with sour cream, heavy cream, melted chocolate and vanilla extract, ensuring that the sides of the bowl are scrubbed as necessary.
4. Pour the cream cheese mixture on top of the crust in the pan and then use a rubber spatula to smoothen.
5. Place the trivet into the pot. After that, add water 2 cups
6. Get a foil sling and place over the trivet, ensuring that the ends can extend to cover the entire top of the pot.
7. Put the cheesecake pan over the sling and cover with the foil to prevent condensed drips as you fold the sling loosely on top of the cheesecake.
8. Cover the pot. Set to cook on high pressure for 20 minutes.
9. Release pressure naturally for 10 minutes.
10. Open the lid and then lift the cheesecake off and place on a cooling rack.
11. Allow to cool further for about 1 hour. After that, refrigerate overnight.
12. Remove and let it come down to room temperature and then serve.

Nutrition Information:

Calories 413; Fat 7g; protein 9g; Net carbs 13g; Fiber 3g; Sugar 0; Sodium 0mg

Chocolate Mousse



(Time time: 30 min| Serves 4)

Ingredients

- Unsalted butter – 2 oz
- Cream cheese – 2 oz
- Heavy whipping cream – 3 oz
- Cocoa powder – 1 tablespoon
- Stevia to taste

Instructions

1. In a blender, add cream cheese, softened butter and stevia and then blend until smooth.
2. Add cocoa powder and whipped cream to the mixture and blend as well.
3. Transfer to glasses. Refrigerate for 30 minutes.
4. Serve and enjoy.

Nutrition Information:

Calories 227; Fat 24g; protein 4g; Net carbs 3g; Fiber 0g; Sugar 0; Sodium 0mg

Peanut Butter Chocolate Cheesecake



(Total time: 25 min | Serves 6)

Ingredients

- Cream cheese – 16 ounces
- Eggs – 2
- Powdered peanut butter – 2 tablespoons
- Vanilla extract – 1 teaspoon
- Cocoa – 1 teaspoon

Instructions

1. Add the eggs and cream cheese to the blender. Combine until well mixed. Add the remaining ingredients as well and then blend.
2. Divide into jars and cover with foil. Add 1 cup of water into the instant pot and then insert the trivet.
3. Place the jars inside the trivet. Cook in batches for 20 minutes over high pressure.
4. Release pressure naturally for 5 minutes. Allow to chill overnight and then top with whipped cream. You can drizzle with peanut butter or even chopped peanuts as desired.

Nutrition Information:

Calories 320; Fat 25g; protein 20g; Net carbs 6g; Fiber 1g; Sugar 1g; Sodium 680mg

Peanut Butter Banana Greek Yoghurt Bowl



(Time time: 10 min| Serves 4)

Ingredients

- Vanilla Greek yoghurt – 4 cups
- Sliced bananas – 2 medium
- Creamy natural peanut butter – ¼ cup
- Flaxseed meal – ¼ cup
- Nutmeg – 1 teaspoon

Instructions

1. Divide yoghurt into four bowls then top with banana slices.
2. Melt peanut butter in a bowl and then drizzle each bowl with 1 teaspoon of peanut butter on top of the slices of banana.
3. Sprinkle the mixture with ground nutmeg and flaxseed meal.
4. Enjoy.

Nutrition Information:

Calories per serving: 370; Carbohydrates: 34g; Protein: 23g; Fat: 11g; Sugar: 4g; Sodium: 146mg; Fiber: 4g

Greek Yoghurt Chocolate Mousse



(Total time: 2 hrs 5 min | Serves 4)

Ingredients

- Milk – $\frac{3}{4}$ cup
- Dark chocolate – 100g
- Greek yoghurt – 2 cups
- Honey or maple syrup – 1 tablespoon
- Vanilla extract – $\frac{1}{2}$ teaspoon

Instructions

1. Pour milk into a saucepan. Add chocolate and then gently heat until the chocolate melts well. Once the milk and chocolate have fully combined, add vanilla extract and honey. Mix well.
2. Spoon the Greek yoghurt into a bowl and then pour chocolate mixture over the top. Mix together before transferring to smaller bowls or glasses.
3. Let it chill in the fridge for 2 hours. Serve with a spoonful of Greek yoghurt and fresh raspberries.
4. Serve and enjoy as desired.

Nutrition Information:

Calories per serving: 328; Carbohydrates:25g; Protein: 16g; Fat: 10g; Sugar: 13g; Sodium: 72mg; Fiber: 1g

Moroccan Orange Cake



(Total time: 1 hrs 15 min | Serves 4)

Ingredients

- Eggs – 4
- Sugar – 1 1/2 cups
- Vegetable oil – 1/2 cup
- Orange juice – 1/2 cup
- Orange zest – 2 tablespoons
- Vanilla extract – 1 teaspoon
- Flour – 2 cups
- Baking powder – 4 teaspoons
- Salt

Instructions

1. Get the oven preheated to 350°F. Grease and flour the pan.
2. Whisk eggs and sugar in a bowl. Mix until thick. Add in oil.
3. Add flour, baking powder, salt and then stir well to combine.
4. Add in orange juice and mix until smooth. Add orange zest and vanilla. Stir well to combine.
5. Pour into the pan and then bake for 40 minutes.
6. Remove from the oven once ready. After that, allow to cool for 10 minutes.

Nutrition Information:

Calories per serving: 350; Carbohydrates:15g; Protein: 9g; Fat: 6g; Sugar: 7g; Sodium: 240mg; Fiber: 1g

Rice Pudding



(Total time: 40 min | Serves 4)

Ingredients

- White rice -1 cup
- Water - 5 cups
- Condensed milk – 1 can
- Evaporated milk – 1 can
- Whole milk – 1 cup
- Raisins - 1/2 cup
- Ground cinnamon for serving

Instructions

1. Place cinnamon sticks, water and rice in a saucepan and then place over medium heat.
2. Let the mixture boil and simmer for about 20 minutes or until the rice is completely cooked.
3. Remove from heat. Strain the remaining liquid and return to the saucepan.
4. Mix all the three kinds of milk into a different saucepan and then place over medium heat. Bring to a boil. Pour the boiled milk into the rice. Cook for about 18 minutes as you constantly stir to create a thick mixture.
5. Add the raisins and then stir well to combine.

Nutrition Information:

Calories per serving: 420; Carbohydrates:20g; Protein: 7g; Fat: 5g; Sugar: 2g; Sodium: 340mg; Fiber: 1g

Pistachio Pudding



(Total time: 30 min | Serves 4)

Ingredients

- Shelled unsalted pistachios – 1 cup
- Granulated sugar – 1/2 cup
- Whole milk - 2 cups
- Cornstarch – 2 tablespoons
- Sugar – 1/4 cup
- Salt – 1/2 teaspoon
- Unsalted butter – 2 tablespoons
- Pure vanilla extract – 1/4 tablespoon
- Whipped cream for garnish

Instructions

1. Add pistachios to a food processor. Process for about 3 minutes until finely ground. Add 1/4 cup of sugar and 2 tablespoons milk. Pulse well until it forms a paste.
2. In a saucepan, combine 2 cups of milk with the paste and then place over medium heat and cook as you whisk to break any clumps.
3. As the milk heats, add the remaining sugar, the egg yolks, cornstarch and salt into the food processor. Process until well combined.
4. Add 1/2 cup of warm milk into the food processor to temper the eggs. Scrape the contents in the food processor into the saucepan. Stir constantly until it thickens and then remove from heat.
5. Add vanilla and butter. Stir until butter is well melted.
6. Divide pudding into 4 serving cups. Cover with plastic wrap and refrigerate for at least 4 hours.
7. Serve topped with chopped pistachios and whipped cream.

Nutrition Information:

Calories per serving: 310; Carbohydrates: 29g; Protein: 9g; Fat: 6g; Sugar: 23g; Sodium: 100mg; Fiber: 2g

Crème Brulee



(Total time: 1 hr 5 min | Serves 8)

Ingredients

- Egg yolks – 10
- Sugar – 1/2 cup
- Whipping cream – 2 1/2 cups
- Vanilla extract – 1 tablespoon
- Sugar – 1/4 cup

Instructions

1. Get the oven preheated to 300°F. Separate egg yolks from the whites.
2. In a bowl, whisk the egg yolks with sugar until well dissolved. Add vanilla and whipping cream and then whisk until well blended.
3. Pour the mixture through a strainer into 8 ramekins up to 1/4 inch from the top.
4. Place the ramekins into a roasting pan and then pour hot water around the ramekins. Bake for about 55 minutes or until set.
5. Remove from the oven once ready. Allow to stay in the water until cooled.
6. Remove the ramekins from water. Refrigerate for about 2 hours.
7. Serve and enjoy.

Nutrition Information:

Calories per serving: 406; Carbohydrates: 21g; Protein: 5g; Fat: 33g; Sugar: 19g; Sodium: 39mg; Fiber: 1g

Pumpkin Spice Ice Cream



(Total time: 35 min | Serves 2)

Ingredients

- Coconut milk – 13 1/2 ounces
- Unsweetened canned pumpkin puree – 1 1/2 cups
- Dark brown sugar - 1/2 cp
- Sugar – 1 cup
- Vanilla Extract – 2 teaspoons
- Pumpkin pie spice – 1 1/2 teaspoon
- Cinnamon – 1/4 teaspoon
- Ginger powder – 1/4 teaspoon
- Cloves – 1/4 teaspoon
- Salt – 1/4 teaspoon

Instructions

1. Have all the ingredients whisked into a large bowl and mix until smooth. Transfer into the ice cream maker. After that, freeze as per instructions.
2. Transfer to a container and then freeze until firm.

Nutrition Information:

Calories per serving: 302; Carbohydrates: 24g; Protein: 2g; Fat: 14g; Sugar: 19g; Sodium: 102mg; Fiber: 1g

Orange Creamsicle Ice Cream



(Total time: 45 min | Serves 4)

Ingredients

- Coconut Milk – 1 $\frac{3}{4}$ cup
- Orange – 2 medium
- Sweetener – 4 tablespoons
- Vanilla extract

Instructions

1. Peel and section the oranges and then place on a tray and freeze.
2. Add coconut milk and half of the frozen oranges into a blender. Blend until smooth.
3. Add your preferred sweetener like powdered sugar, maple syrup, honey and vanilla extract and then blend.
4. Pour into a freezer safe container. Freeze until solid.
5. Remove from freezer. Allow to stay for a few minutes before scooping.
6. Enjoy.

Nutrition Information:

Calories per serving: 333; Carbohydrates: 24g; Protein: 2g; Fat: 15g; Sugar: 12g; Sodium: 145mg; Fiber: 1g

Greek Yoghurt with Honey and Walnuts



(Total Time: 45 min| Serves 4)

Ingredients

- Strained Greek yoghurt – 1 ½ cups
- Vanilla extract – ¾ teaspoon
- Walnuts – 1 ½ cups
- Honey ¾ cup
- Cinnamon powder

Instructions

1. Begin by toasting the walnuts. After that, get the oven preheated to 180°C. Get the walnuts spread in a single layer on a baking sheet and then toast for about 8 minutes or until fragrant and golden brown.
2. Transfer the walnuts into a bowl. Add honey and blend well to coat. Set aside and allow to cool for 2 minutes.
3. Stir together the Greek yoghurt and vanilla extract. Divide into 5 dessert bowls. Spoon in honey-walnut mixture over yoghurt. Sprinkle with some cinnamon powder.
4. Serve immediately and enjoy.

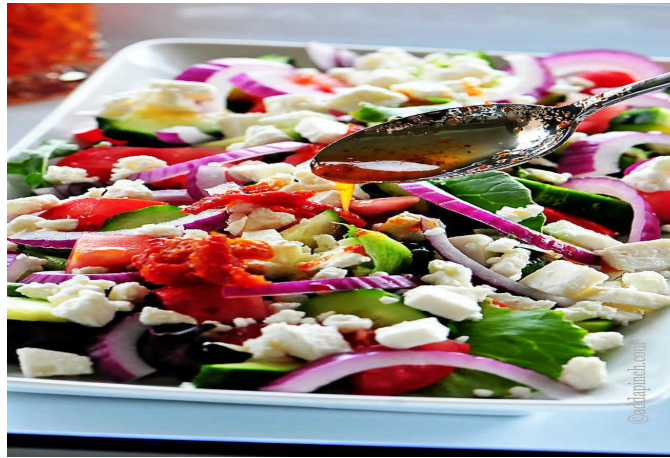
Nutrition Information:

Calories per serving: 242; Carbohydrates: 18g; Protein: 3g; Fat: 12g; Sugar: 8g; Sodium: 132mg; Fiber: 1g

Chapter 9

Mediterranean Salad and Soup Recipes

Mediterranean Salad



(Total time: 20 min | Serves 4)

Ingredients

- Salad greens- 4 cups
- Chopped medium tomatoes – 2
- Chopped cucumber – 3
- Sliced purple onion – 1/2
- Feta cheese – 8 ounces
- Sun-dried tomato vinaigrette

Instructions

1. Add all the ingredients onto a serving platter and then serve with sundried tomato vinaigrette.

Nutrition Information:

Calories per serving: 102; Carbohydrates: 7g; Protein: 2g; Fat: 3g; Sugar: 1g; Sodium: 24mg; Fiber: 4g

Greek Salad



(Total time: 20 min | Serves 2)

Ingredients

- Seeded and sliced cucumbers – 3
- Crumbled feta cheese – 1 ½ cups
- Pitted and sliced black olives – 1 cup
- Diced roma tomatoes – 3 cups
- Sun-dried tomatoes– 1/3 cup
- Sliced red onions – ½

Instructions

1. In a large bowl, mix together all the ingredients and then chill until serving time.

Nutrition Information:

Calories per serving: 131; Carbohydrates: 9g; Protein: 6g; Fat: 9g; Sugar: 1g; Sodium: 386mg; Fiber: 4g

Mediterranean Tomato Soup



(Total time: 30 min | Serves 4)

Ingredients

- Olive oil – 4 tablespoons
- Thinly sliced yellow onions – 2
- Curry powder – 2 teaspoons
- Red curry powder – 1 teaspoon
- Ground coriander – 1 teaspoon
- Ground cumin – 1 teaspoon
- Red pepper flakes – ½ teaspoon
- Can of diced tomatoes – 1 28 oz
- Chicken broth – 5 ½ cups
- Coconut milk – 1 14-ounce
- Salt to taste

Instructions

1. Place a skillet over medium heat. Add olive oil, onions and salt one after the other and then cook as you occasionally stir for 12 minutes.
2. Stir in coriander, curry powder, cumin and red pepper flakes. Cook for 30 seconds as you stir constantly.
3. Add the tomatoes with juices and chicken broth. Allow to simmer for 15 minutes and then use a hand blender to puree until smooth.
4. Serve with your preferred add-ins, such as oregano pesto, poached egg, fresh thyme, etc.

Nutrition Information:

Calories per serving: 36.5; Carbohydrates: 3g; Protein: 4g; Fat: 3g; Sugar: 1g; Sodium: 342mg; Fiber: 1g

Bacon Cheddar Broccoli Salad



(Total Time: 10 min | Serves 4)

Ingredients

- Broccoli florets – 1 bunch (cut in pieces)
- Mayonnaise – $\frac{3}{4}$ cup
- Stevia packets – 3
- Cooked bacon – 6 slices
- Grated cheese cheddar – $\frac{1}{2}$ cup
- Chopped onion – $\frac{1}{4}$ cup
- Melted butter – 2 tablespoons
- Salt and peppers to taste

Instructions

1. Steam broccoli for 2 minutes. After which, drain and cool.
2. Mix together mayonnaise and stevia. After that, toss into broccoli. Add cooked bacon and grated cheddar cheese.
3. Serve and enjoy.

Nutrition Information:

Calories 390; Fat 36g; protein 9g; Net carbs 8g; Fiber 2g; Sugar 1g; Sodium 316mg

Strawberry Cheesecake Salad



(Total time: 25 min | Serves 4)

Ingredients

- Cream cheese – 8 oz
- Heavy Cream - 3 tablespoons
- Cup of almond flour – ¼ cup
- Fresh strawberries chopped and hulled
- Sweetening syrup sugar free – 2 tablespoon

Instructions

1. Place the cream cheese and heavy cream half into a bowl and then mix.
2. Add sweetening syrup, the remaining cream, almond flour and fresh strawberries. Stir until well mixed.
3. Mix together and then serve in a bowl. Refrigerate for an hour or as desired.
4. Serve and enjoy.

Nutrition Information:

Calories 363, Fat 36g , protein 5g, Net carbs 7g, Fiber 2g, Sugar 4g, Sodium 200mg

Avocado Deviled Egg Salad



(Total Time: 10 min| Serves 4)

Ingredients

- Peeled boiled eggs – 5
- Medium ripe avocado – 1
- Cooked and crumbled sugar free bacon
- Chopped fresh chives – 2 tablespoons
- Thinly sliced green onions – 3 tablespoons
- Freshly squeezed lemon juice - 1 ½ tablespoons
- Sea salt – ½ teaspoon
- Dash of smoked paprika
- Veggies to serve with

Instructions

1. Chop the boiled eggs and place in a bowl. Cut the ripe avocado and then add to the bowl.
2. Mash the avocado. Mix them well in the same bowl.
3. Add the remaining ingredients and then mix well.
4. Add extra squeezed lemon to the mixture.
5. Serve and enjoy.

Nutrition Information:

Calories per serving: 150; Carbohydrates: 4g; Protein: 12g; Fat: 34g; Sugar: 1g; Sodium: 0mg; Fiber: 2g

Brussels Sprout and Cabbage Salad



(Total time: 25 min | Serves 4)

Ingredients

- Shaved brussels sprouts – 4 cups
- Shredded red cabbage – 2 cup
- Thinly sliced red apple – 1
- Finely chopped celery stalks – 2
- Chopped walnuts – 1/4 cup
- Fresh lemon juice – 2 tablespoons
- Apple cider vinegar – 4 tablespoons
- Homemade mayonnaise
- Sea salt
- Freshly ground black pepper

Instructions

1. In a bowl, whisk together apple cider vinegar, mayonnaise, lemon juice, salt and pepper to taste.
2. In a salad bowl, mix red cabbage, apple, celery, brussels sprouts and walnuts.
3. Pour the dressing. Stir until well mixed.
4. Refrigerate.
5. Serve and enjoy.

Nutrition Information:

Calories per serving: 89; Carbohydrates: 5g; Protein: 8g; Fat: 4g; Sugar: 1g; Sodium: 0mg; Fiber: 2g

Buffalo Chicken Soup



Total time: 20 min | Serves 6)

Ingredients

- Olive oil – 1 tablespoon
- Diced onion – 1/2
- Diced celery – 1/2 cup
- Minced garlic cloves – 4
- Chicken bone broth – 4 cups
- Buffalo sauce – 3 tablespoons
- Cream cheese 6 oz
- Heavy cream

Instructions

1. Set the pot to sauté and then add oil, celery and onions. Cook for 10 minutes or until the onions become translucent. Add minced garlic. Sauté for another minute and then press off.
2. Add buffalo sauce, shredded chicken and broth into the pot. Cover and seal. Press soup button and then set time to 5 minutes.
3. Release pressure naturally once cooking is done. Open the pot and remove a cup of liquid from it and then pour into a blender. Add cream cheese. Blend until smooth.
4. Pour the blended mixture back to the pot. Add heavy cream and stir until smooth.
5. Serve and enjoy.

Nutrition Information:

Calories 270; Fat 16g; protein 27g; Net carbs 4g; Fiber 1g; Sugar 1g; Sodium 350mg

Florentine Soup



Total time: 15 min | Serves 6)

Ingredients

- Butter – 1 tablespoon
- Diced onion - 1/2 large
- Chicken broth – 4 cups
- Italian seasoning – 2 tablespoons
- Shredded chicken – 1 lb
- Artichoke hearts – 1 14-oz
- Spinach – 10 oz
- Black pepper and salt to taste
- Heavy cream – 1 cup
- Minced cloves garlic – 4

Instructions

1. Add butter and garlic into the pot. Set into sauté for 2 minutes until fragrant.
2. Add Italian seasoning and onions. Cook until slightly browned for 7 minutes.
3. Cancel sauté and then add chicken broth, spinach, shredded chicken, chopped artichoke hearts, salt and black pepper. After that, cook on high pressure for 5 more minutes.
4. Release pressure naturally. Serve into a bowl and enjoy.

Nutrition Information:

Calories 215; Fat 14g; protein 16g; Net carbs 3g; Fiber 1g; Sugar 1g; Sodium 480mg

Taco Soup Recipe



(Total Time: 20 min| Serves 6)

Ingredients

- Ground beef – 1 lb
- Taco seasoning – 3 tablespoons
- Beef bone broth – 4 cups
- Diced tomatoes – 2 cans
- Ranch dressing – $\frac{3}{4}$ cup
- Olive oil

Instructions

1. Set instant pot to sauté. Add olive oil and ground beef. Cook for 5 minutes until well browned.
2. Cancel sauté. Add taco seasoning and a cup of broth. Stir together and then cook on high pressure for 10 minutes.
3. Release pressure naturally for 5 minutes. Stir in ranch dressing.
4. Serve on a bowl. Garnish with cilantro and shredded cheddar cheese.

Nutrition Information:

Calories 309; Fat 24g; protein 13g; Net carbs 6g; Fiber 1g; Sugar 1g; Sodium 550mg

Mushroom Zucchini Salad



(Total time: 20 min | Serves 4)

Ingredients

- Olive oil – 1 tablespoon
- Chopped onion – 1
- Zucchini cut in slices – 2
- Fresh sliced mushrooms – 6 ounces
- Minced clove garlic – 1
- Chopped fresh basil – 1 tablespoon
- Crushed tomatoes – 8 ounces
- Freshly ground black pepper and salt

Instructions

1. Place a skillet over medium heat. Add oil and heat. Add onion, garlic and the mushrooms and then cook for about 5 minutes.
2. Stir in zucchini, black pepper and salt. After that, cook for 2 more minutes.
3. Remove from the heat and then allow to cool before serving.

Nutrition Information:

Calories 72; Fat 4g; protein 3g; Net carbs 8g; Fiber 2g; Sugar 1g; Sodium 88mg

Glazed Carrots



(Total Time: 20 min| Serves 4)

Ingredients

- Carrots – 1 pound
- Minced garlic – 3 tablespoons
- Erythritol – 3 tablespoons
- Paprika – 3 tablespoons
- Butter – 3 tablespoons
- Dijon mustard – 3 tablespoons
- Water – 1 cup
- Dash of hot sauce
- Ground cumin – 3 tablespoons
- Freshly ground pepper and salt to taste

Instructions

1. Place a skillet over medium heat. Add the carrots and cook for 10 minutes.
2. Add the remaining ingredients. Cook with the carrots for another 10 minutes.
3. Remove from the skillet. Serve warm.

Nutrition Information:

Calories 90; Fat 6g ; protein 3g; Net carbs 8g; Fiber 2g; Sugar 1g; Sodium 80mg

Broccoli Salad



(Total Time: 25 min| Serves 5)

Ingredients

- Broccoli florets – 1 pound
- Melted butter – 2 tablespoons
- Salt and peppers to taste
- Water – 1 cup

Instructions

1. Place a skillet over medium heat. Add butter and melt. Add the broccoli florets. Cover the pot and cook for 10 minutes.
2. Open the lid. Season it with salt and stir. Cook for 5 more minutes.
3. Serve the broccoli on a dish. Pour the melted butter on top and season with salt and pepper.

Nutrition Information:

Calories 90; Fat 6g; protein 3g; Net carbs 8g; Fiber 2g; Sugar 1g; Sodium 80mg

Coconut Curry Cauliflower Soup



(Total Time: 25 min| Serves 6)

Ingredients

- Olive oil – 2 tablespoons
- Finely chopped onion – 1
- Yellow curry paste – 2 tablespoons
- Cauliflower florets – 2 medium
- Coconut milk – 1 cup
- Vegetable broth – 2 cups

Instructions

1. Set the pot to sauté. After that, add oil and onions. Cook until onions are fragrant. Add curry paste and cook for 3 minutes.
2. Cancel sauté. Add vegetable broth, coconut milk and cauliflower. Cook on high pressure for 20 minutes.
3. Release pressure naturally. Pour into a blender and puree until finely blended.
4. Serve in a bowl. Garnish with minced fresh cilantro or as desired.

Nutrition Information:

Calories 450; Fat 50g; protein 48g; Net carbs 20g; Fiber 4g; Sugar 1g; Sodium 439mg

Black Bean Soup



(Total Time: 15 min| Serves 4)

Ingredients

- Cans of black beans – 2 (15 ounces)
- Salsa - 16 ounces
- Vegetable broth – 1 cup
- Cumin – 1 teaspoon
- Chili powder – 1 teaspoon

Instructions

1. Place all the ingredients into a skillet. Cook for 10 minutes.
2. Blend the soup with an immersion blender until well thickened.
3. Add salt to taste. Serve with your desired toppings and enjoy.

Nutrition Information:

Calories 210; Fat 3g; protein 0g; Net carbs 12g; Fiber 2g; Sugar 4g; Sodium 420mg

Charred Veggie with Fried Goat Cheese Salad



(Total Time: 20 min | Serves 2)

Ingredients

- Sesame seeds – 1 tablespoon
- Onion flakes – 1 teaspoon
- Garlic flakes – 1 teaspoon
- Goat cheese – 4 ounces
- Olive oil – 1 teaspoon
- Red bell pepper – 1
- Baby Portobello mushrooms – ½ cup
- Arugula – 4 cups
- Water – 1 cup

Instructions

1. Mix the onions, sesame seeds and garlic in a small dish.
2. Use the mixture to coat cheese on both sides and then refrigerate for an hour.
3. Set pot to sauté mode. Add olive oil and goat cheese and then cook for a minute on both sides. Remove from the pot and then set aside.
4. Place the peppers, mushrooms and arugula into the pot. Add water and cook for 10 minutes over high pressure.
5. Release pressure naturally for 5 minutes.
6. Serve the salad. Add cheese and garnish as desired.
7. Serve warm and enjoy.

Nutrition Information:

Calories 350; Fat 28g; protein 17g; Net carbs 7g; Fiber 0g; Sugar 0g; Sodium 550mg

Cheese Burger Soup



(Total time: 30 min | Serves 6)

Ingredients

- Lean ground beef – 1 pound
- Shredded carrots – ½ cup
- Diced tomatoes – 16 ounces
- Heavy cream – 2 cups
- Cheddar cheese – 16 ounces
- Diced onion – 1
- Chicken broth – 2 cups

Instructions

1. Set the pot to sauté. Add ground beef and cook until brown and crumbled.
2. Drain the grease. Add chicken broth and the vegetables.
3. Cook on high pressure for 30 minutes and then quickly release pressure once cooked.
4. Stir in heavy cream and cheese.
5. Enjoy.

Nutrition Information:

Calories 270; Fat 18g; protein 15g; Net carbs 4g; Fiber 2g; Sugar 0g; Sodium 1027 omg

Broccoli Cheese Soup



(Total time: 30 min | Serves 6)

Ingredients

- Broccoli – 4 cups
- Minced garlic – 4 cloves
- Minced garlic – 1 teaspoon
- Fresh basil – 1 teaspoon
- Heavy cream - ¼ cup
- Olive oil – 1 teaspoon
- Salt and pepper to taste
- Shredded cheddar
- Water - 1 cup

Instructions

1. Set the pot to sauté. Add garlic and olive oil. Cook for 3 minutes or until fragrant.
2. Cancel sauté. Add water, chicken broth, heavy cream and chopped broccoli. Cook over high pressure for about 20 minutes or until broccoli is tender.
3. Release pressure naturally for 5 minutes.
4. Add the shredded cheddar cheese and then stir occasionally until well melted. Cover the pot and then cook for two extra minutes.
5. Remove once the cheese melts.
6. Serve and enjoy.

Nutrition Information:

Calories 291; Fat 25g; protein 13g; Net carbs 5g; Fiber 1g; Sugar 0g; Sodium 0mg

Cream of Asparagus Soup



(Total Time: 20 min | Serves 4)

Ingredients

- Asparagus – 2 bunches (with the tough ends snapped off)
- Chopped onions – 1
- Low sodium chicken broth – 5 cups
- Low fat sour cream – 4 tablespoons
- Kosher salt and pepper to taste

Instructions

1. Add butter into instant pot. Melt and then sauté for about 3 minutes or until soft.
2. Cut the asparagus into half and then add to the instant pot with chicken broth and black pepper.
3. Set to cook on high pressure for 15 minutes or until the asparagus is tender.
4. Release pressure naturally. After that, open the pot and add sour cream.
5. Pour into a container and then use a hand blender to puree until smooth.
6. Serve and enjoy.

Nutrition Information:

Calories 81; Fat 35g; protein 6g; Net carbs 10g; Fiber 4g; Sugar 0g; Sodium 576mg

Feta Cheese Mediterranean Salad



(Total Time: 30 min | Serves: 4)

Ingredients

- Mixed salad greens – 4 cups
- Chopped plum tomatoes – 1 cup
- Chopped kalamata olives – 1 cup
- Chopped avocado – 1
- Crumbled feta cheese – 1 package
- Red onions – 1/2 cup
- Balsamic vinaigrette dressing – 1/2 cup

Instructions

1. Combine all of the ingredients into a bowl and then mix well.
2. Add balsamic vinaigrette dressing.
3. Serve and enjoy.

Nutrition Information:

Calories per serving: 67; Carbohydrates: 14g; Protein: 8g; Fat: 6g; Sugar: 0g; Sodium: 48mg; Fiber: 2g

Conclusion

Congratulations and thank you for taking your time to download this book. I know you have found valuable information that can help you realize success with the Mediterranean diet. Once you get a grasp of the recipes, you can also apply your creativity and adjust to something that's more appealing to your taste and desire.

If you are on a Mediterranean diet with the sole purpose of losing weight, then emphasis should be given to the selection of foods and the portions that you choose to consume. Ensure that you set the calories you should be taking per day if you are to lose weight and then limit the portions to the set calorie amounts.

Thank you so much again for taking your time to download this book. If you have found this book to be valuable, then I would kindly request for a review.

Thank you and enjoy the Mediterranean lifestyle!