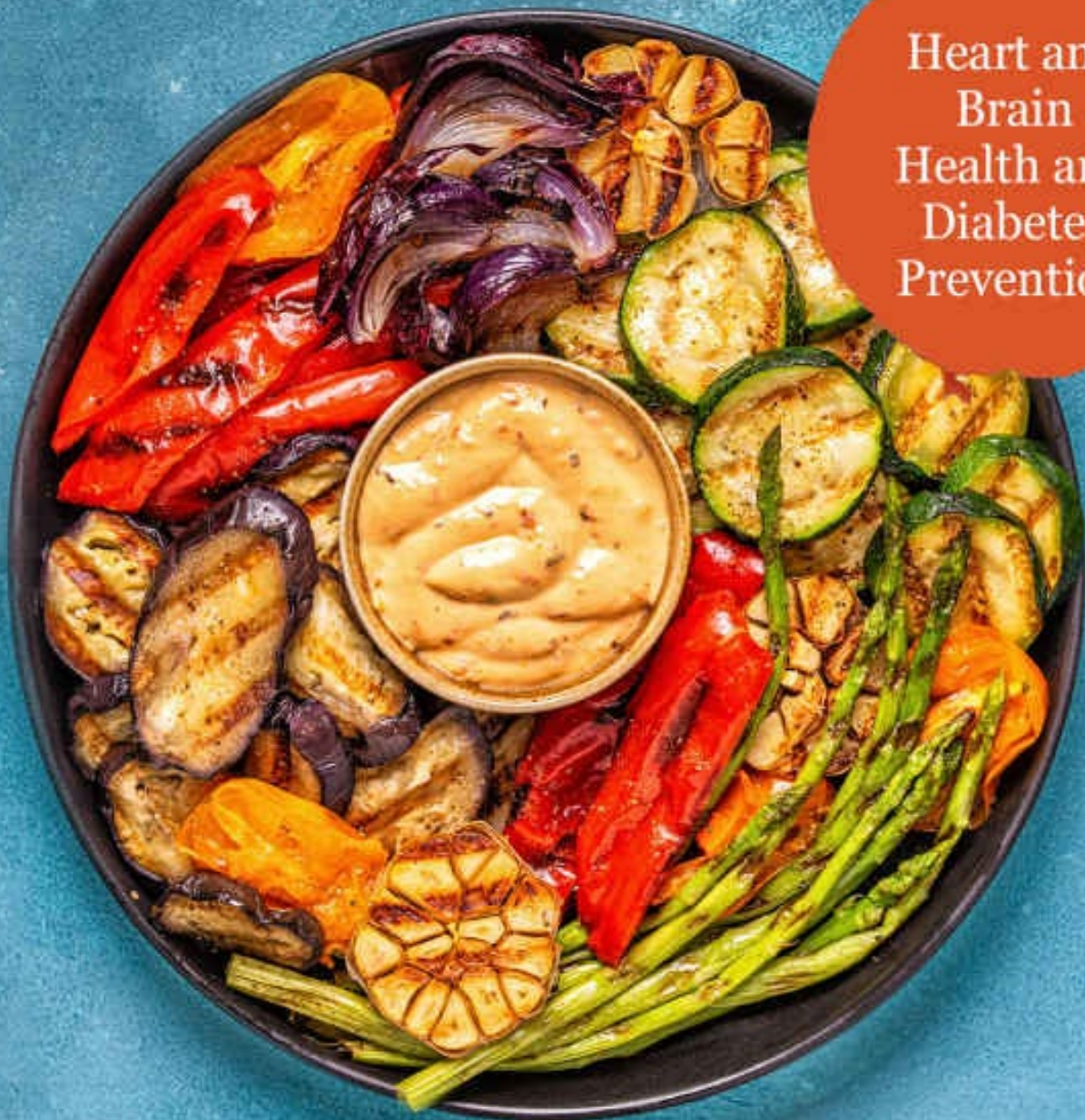


The Complete  
**5-Ingredient**  
**MEDITERRANEAN**  
Diet Cookbook | **ANDY SMITH**

**Easy and Healthy Mediterranean Diet Recipes for Your Weight Loss**

Heart and  
Brain  
Health and  
Diabetes  
Prevention



# **The Complete 5-Ingredient Mediterranean Diet Cookbook**

Easy and Healthy Mediterranean Diet Recipes  
for Your Weight Loss, Heart and Brain Health and Diabetes Prevention

By Andy Smith

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# Part 1 -Introduction

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The Mediterranean diet is one for you, the future, and me.

I have had the opportunity to travel extensively and enjoyed some of the heartiest Mediterranean dishes in host homes. If there is one experience to behold for a lifetime, it is the heartiness, flavors, and natural blend of foods that the Mediterranean diet offers.

Having grown as American and eating unprocessed foods as a regular, my first Mediterranean meal, which happened to be Tunisian, made such a remarkable impact on my eating lifestyle. And this was where I made the change.

Many years after on a consistent Mediterranean diet, I am a healthy, energized individual that has not only cultivated a garden rich with fresh produce but developed healthy relationships based on food.

***This is what the Mediterranean Diet is –a wholesome approach to eating that embraces the consumption of healthy foods, nurturing relationships around food, and engaging in physical activity to boost excellent metabolism.***

***A cuisine loaded with sweet-smelling flavors, freshness, and nutritional richness.***

This cookbook is a unique assemblage of my favorite Med foods; ones that I have enjoyed years on end, and found ways to tweak in friendlier cultural and lifestyle patterns.

This book is for you that seeks a more whole and unprocessed approach to dieting. It is for you that desires to eat more healthily and reap off the unadulterated benefits of nature's produce. And for you that believes that great health starts with whole foods.

It, therefore, comes as no surprise that the Med diet is accepted as one of the world's best diets having proven to reduce the risk of chronic diseases and instead increased life expectancy from its discovery circa 1960.

However, a traditional Mediterranean dish may embrace the use of varying healthy ingredients, spices et al. for a moreish pot of soup. Unfortunately, I



am not one to spend a lot of time in the kitchen. Talk less of working my way through many ingredients for a satisfying, healthy meal.

***I present to you a cookbook that features five-ingredient recipes that keeps your focus, budget, and effort right as you make the transition to the Med diet.***

Think of a cluster of grapes, olives, plump tomatoes, fresh herbs, whole grains, seafood, and a basketful of aromatics. The goal of this book is to transition you into the Med diet in the most effortless way. Hence, the inspiration to work with few ingredients, which are easily accessible and offer a seamless cook.

Also, enjoy cooking these hearty meals in averagely 30 minutes with some options ready in five minutes. How awesome? And to make things more exciting, these play down on the use of pans and utensils, if you understand my objective.

Wouldn't you rather diet with fun, ease, and plenty of flavor and tastes?

I present to you my favorite Mediterranean foods.

# Chapter 1 - The Mediterranean Diet 101

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## Explaining The Mediterranean Diet

I recall my confusion when I first heard about the “Mediterranean Diet.” Wait! Was there now going to be a battle between the Mediterranean cuisine (that I have known) and some new way of eating that stole its name from a culture?

You’re probably in a similar state and not sure where to draw the line between this cultural cuisine and a dietary lifestyle. The truth is that the Mediterranean diet has no stoned definition explaining its difference from the Mediterranean cuisine. However, as you read along, you will observe that I try to break down its meaning in a way to suit your upcoming eating patterns. The Mediterranean diet and Mediterranean cuisine share similarities in the types of foods eaten and lifestyle pattern. A strict dietary practice, therefore, will be driven by personal health goals supported with meal planning to embrace Mediterranean foods in their authenticity.

You see, the Mediterranean cuisine is sourced from several countries surrounding the Mediterranean Sea that offer unique food offerings while embracing ingredients differently, but more similar food outcomes and lifestyles. Hence, this lends to the difficulty for a strict definition, but instead a defined food component guideline to assist the dieter.

I share a comprehensive food list below that are traditional to the Med cuisine, which will yield the same health results as once discovered decades ago.

## From Folklore To a Fit Body –How Does The Mediterranean Diet Work?

Think of the Mediterranean diet as eating right from nature’s garden backed by a little consciousness of what your body needs.

A traditional Mediterranean diet consists of natural vegetables, fruits, grains, legumes, nuts, seeds, seafood, and minimal consumption of red meats. It also

plays in the use of healthy oils like extra virgin olive oil best included in stews, sauces, salads, and baked foods.

In comparison to a regular American diet that is heavily constituted of take-outs and processed foods, the Mediterranean diet seeks to push consumers into reducing calorie build by eating foods that will naturally use up calories or reduce its intake. It is no wonder that results like reduction in heart attacks, high blood pressure, type 2 diabetes, premature death, etc. occur in people that eat this way.

However, the Med diet embraces a more holistic approach to wellness than eating, which places focus on leisurely sharing meals and physical activity. Together, sharing foods with others and physical activity have a profound effect on mental health and mood, which helps foster a deep appreciation of the pleasures of eating healthy, delicious foods as well as bonding.

# Chapter 2 Mediterranean Diet Health Plan

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## The Amazing Health Benefits Of The Mediterranean Diet

Having proclaimed the Mediterranean diet to be a glorious one, I bet you're itching to know what it offers beneficially. Let's count the option:

### **Boosts Agility**

Adults may experience muscle weakness as they age; hence, eating whole foods that the Med diet offers reduce signs of frailty and aids in muscle building and strengthening when backed with physical exercise.

### **Protects Against Type 2 Diabetes:**

Fiber enriched foods digest slowly, which controls the break lose of sugar into the blood, and eventually protecting against type 2 diabetes. The excellent news is that the Med diet is loaded with foods that are rich in fiber.

### **Reduces The Risk Of Parkinson's Disease**

Foods consumed on the Med diet contain high levels of antioxidants that prevent the cells from undergoing oxidative stress, which may lead to Parkinson's diet.

### **Prevents Heart Diseases And Strokes**

A significant cause of heart attacks, strokes, and diseases alike is processed or refined diets that a regular American diet may find itself. Reducing the drinking of excessive alcohol, most likely hard liquor, eating an abundance of red meats, refined pieces of breads, and processed foods are factors that help the prevention of stroke and heart diseases.

### **Increases Life Span**

Although not backed by scientific facts, the obvious, keeping the body in a very healthy state increases chances of longevity. And because the Med diet targets a healthy lifestyle, this goal is closely met.

## The Mediterranean Diet And Weight Loss

The argument about the Med diet leading to weight loss is real, and I have

heard many health practitioners lay varying claims of the accuracy of this fact.

The Mediterranean diet may have a significant correlation to weight loss, but is reliant on your portion intake and daily caloric needs.

For an effective weight loss dieting these five ways are most likely going to get you the results that you seek.

- Inculcate vegetables into most parts of your meal plan, starting at the beginning of each week and working your way up from there. Eat dark greens, red, and orange vegetables to provide a wide their range of micronutrients.
- Work in legumes, some protein like eggs, seafood, nuts, seeds, and poultry, and little carbs into your heavy meal options to enrich the body with fiber.
- Daily intake of fruits is significant for weight loss. A rough range of about 1 cup per day is sure to boost fat burn. Also, eat whole grains, about 2 ½ cups of natural dairy daily backed moderate amounts of protein.
- Drink water many times a day, and if you take alcohol, a glass a day is healthy for weight loss.
- Above all, engage in physical activity daily. Let your weight loss goals back the intensity of your workouts.

Then again, weight loss is relative on the Med diet and should be managed by your daily calorie requirement, your weight loss goals, and dietary goals.

For example, I don't do so well with natural milk, but cheeses and yogurts are excellent for my tummy. I tend to balance my meal preps with this adjustment in mind.

# Chapter 3 How to Start The Mediterranean Diet Journey

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Kicking off the Mediterranean diet is as simple as can get because it embraces most foods that you are probably used to but in a healthier, whole approach. The tip for success will rely on intentionally swapping processed foods with unprocessed foods. For example, below:

<b>Instead of eating this:</b>	<b>Eat this Med option:</b>
Sautéing foods in regular vegetable oil, canola oil, etc.	Use olive oil and grass-fed butter, but butter sparingly.
Instead of sugar-filled desserts	Eat more fruits and compliment them with natural yogurt and dairy when necessary.
Chips, crackers, processed dips	Enjoy celery, carrots, homemade tortilla chips, salsa, guacamole, self-made dips
Rice, pasta, and refined breads	Use whole grains like quinoa, couscous, cauliflower, whole wheat
Sausage, bacon pizza and sandwich toppings	Use mushrooms, bell peppers, onions, etc.
Ice creams, parfaits	Enjoy natural yogurt ice creams, parfaits, and pudding or made with skimmed milk
Daily consumption of seafood and red meats	Eat these twice per week

## Tit-Bits On How To Go About The Diet

### Embrace Sharing

When people meet over shared meals, bonding occurs. This practice improves mental health and enriches relationships. An essential practice to the Mediterranean diet, which is often shoved to the side and should not.

Developing the habit of eating with family and friends is an excellent way to release stress from the busy-ness of life and connect humanly that we will often not occur while on a runny schedule.

You may ask, I live alone and mostly eat by myself, how do I get successful at this? I believe no one is ever alone and that this practice does not necessarily have to be the order of each day.

Look out for opportunities where meeting over meals is possible, effect that process, and enjoy the relational benefits.

Eat with family, share meals to broaden your social network, cook with others, and eat out (healthily) with friends.

### **Have a Plan For Physical Activity**

Exercising cuts across different aspects of life and so, the Mediterranean diet. Take long walks, go spinning, dance, hit the gym, etc. but whatever you do, do not eat only.

### **Eat Plenty of Vegetables**

A bowl of spinach adds so little a caloric count that it is almost insignificant. Enjoy a simple plate of Greek salad, which fills you up, and keeps you nourished. Swap bacon and sausage pizza toppings with mushrooms, bell peppers, and push yourself gradually to eating healthier. An excellent way to kick in veggies is through salads, soups, and meatless foods.

### **Eat breakfast and have it**

Whole grains, fiber-rich foods, and fruits are well-embraced on the Med diet. An excellent way to incorporate these foods into your diet is at breakfast, which will kick start your day right.

### **Eat Seafood Twice a Week**

While seafood is factored into the Mediterranean diet, it is moderately, which should reflect on your weekly meal plan. As I will have it, I am a seafood lover and will fit in a serving or two twice a week for an excellent balance. Enjoy salmon, tuna, halibut, herring, oysters, scallops, and seafood that are rich in Omega-3 fatty acids

### **Consume Dairy Products In Moderation**

Remember that the goal is to reduce calories on the Med diet; hence, keeping

saturated fats to no more than 10% of your calorie intake works well. This discipline still allows you to enjoy unprocessed yogurts and cheeses often.

### **For Sweets, Eat Fruits**

Refined sugars, ice creams, sodas, cakes, and many baked goods are a no-no on the Med diet and should be curbed. Enjoy fruits in all their glory with natural yogurt and dairy serving as an excellent compliment.

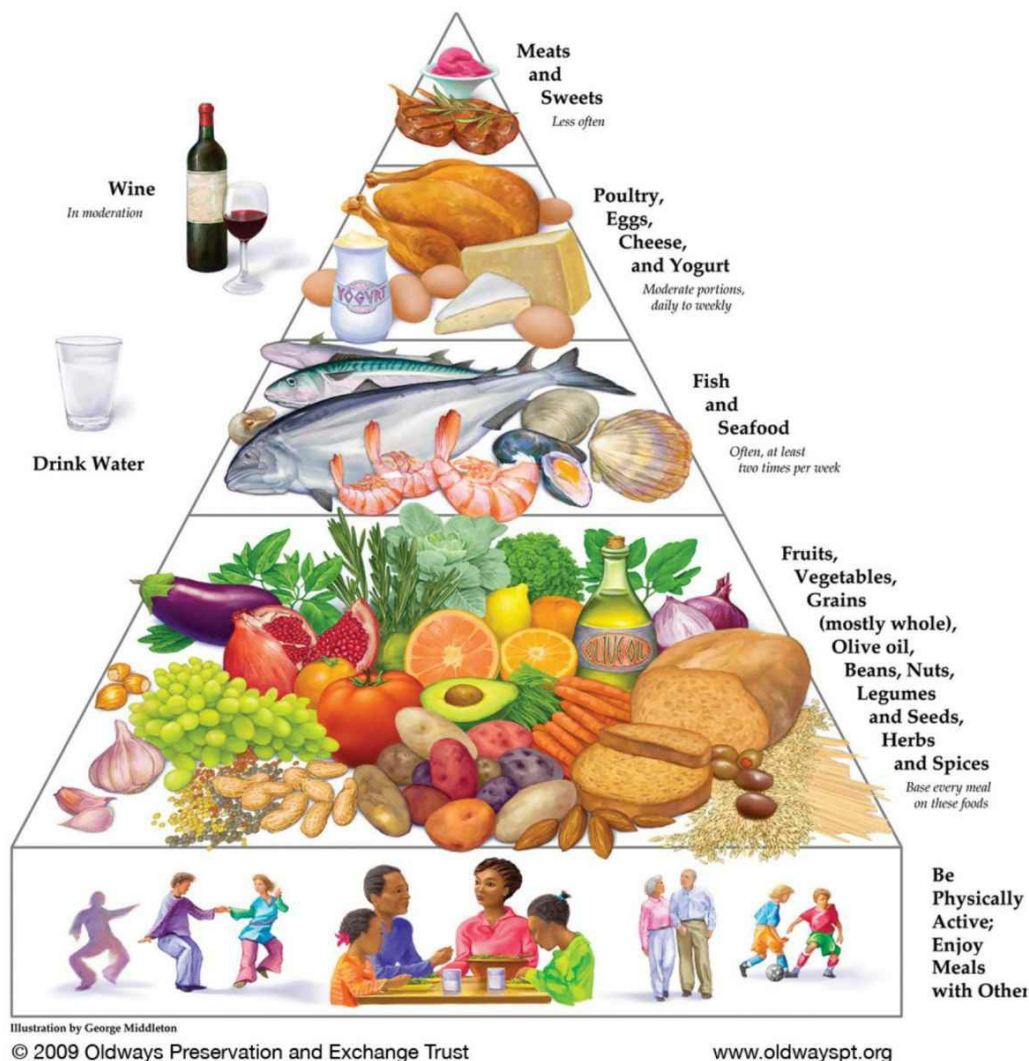
### **Enjoy Good Fats**

Seek fats from olive oil, avocados, nuts, seeds, and fatty fish.



## The Mediterranean Diet Pyramid

### Mediterranean Diet Pyramid



### Foods To Enjoy In Abundance

**Vegetables:** enjoy these in their most natural forms; spinach, carrots, bell peppers, celery, onions, broccoli, collards, tomatoes, eggplant, zucchini, okras, lettuce, kale, arugula, potatoes, etc.

**Fruits:** olives, pomegranate, dates, berries, oranges, lemons, mangoes, coconut, grapes, pineapple, banana, avocado, papaya, etc.

**Nuts & Seeds:** almonds, pistachios, walnuts, peanuts, pumpkin seeds, chia seeds, flax seeds, etc.

**Legumes:** lentils, kidney beans, pinto beans, black beans, etc.

**Whole grains:** quinoa, brown rice, couscous, barley, corn, buckwheat, rye, whole oats, whole grain bread, etc.

**Herbs:** parsley, cilantro, oregano, tarragon, sage, basil, etc.

**Spices and flavorings:** cumin, garlic, ginger, saffron, cinnamon, pumpkin spice, nutmeg, vanilla, etc.

**Fats and oils:** extra virgin olive oil, avocados, grass-fed butter.

**Seafood:** tuna, salmon, halibut, tilapia, oysters, scallops, calamari, shrimp, etc.

**Mediterranean Sweets And Condiments:** date syrup, honey, Dijon mustard, vinegar, etc.

### Foods To Eat In Moderation

**Poultry:** chicken, turkey, eggs, duck, goose

**Dairy:** cheeses, milk, natural yogurt, etc.

### Foods to cut down

**Red meat:** beef, lamb, pork, etc.

### Foods To Avoid

**Sweets And Sweet Drinks:** sodas, sweetened chocolate, candies, etc.

### Foods for your store cupboard

Extra virgin olive oil	Baking soda	Saffron	Vanilla extract
Garlic cloves	Coconut sugar	Red chili flakes	Dried rosemary

Salt	Date syrup	Cardamom powder	Italian seasoning
Black pepper	Cinnamon powder	Bay leaves	Dried mixed herbs
White pepper	Chili powder	Turmeric powder	Dried thyme
Lemon pepper	Za'atar powder	Ras el hanout	Dried parsley
Fish stock	Coriander powder	Nutmeg powder	Dried basil
Vegetable stock and broth	Sweet paprika	Dijon mustard	Dried oregano
Beef stock and broth	Cayenne pepper	White or plain vinegar	Wooden skewers
Chicken stock and broth	Sumac	Balsamic vinegar	
Whole-wheat flour	Cumin powder	Red wine vinegar	
Baking powder	Harissa powder	Apple cider vinegar	

## Your 5-ingredient pantry stock

<b>Vegetables:</b>				
Yellow onion	Bell peppers	Cucumbers	Baby spinach	Sweet potatoes
Leeks	Yukon gold potatoes	Celery stalks	Red onion	Russet potatoes
Mixed mushrooms	Roasted red peppers	Kale	Asparagus	Canned beets
Habanero peppers	Brussels sprouts	Zucchini	Canned peas	Cherry tomatoes
Jalapeno peppers	Sweet onion	Eggplant	Cauliflower heads	Scallions
Brown	Frozen peas	Leeks	Butternut	Cucumber

onions			squash	
Yellow squash	Green beans			
<b>Fruits:</b>				
Kalamata olives	Nectarines	Avocados	Raspberries	Raisins
Oranges	Figs	Blueberries	Lemons	Cherries
Strawberries	Pomegranate seeds	Peaches	Mangoes	Green olives
Black olives	Dates	Desiccated coconut		
<b>Dairy</b>				
Buttermilk	2% skimmed milk	Feta cheese	Goat cheese	Organic evaporated milk
Unsweetened almond milk	Parmesan cheese	Greek yogurt	Heavy cream	Cheddar cheese
<b>Condiments:</b>				
Tomato paste	Salsa	Pico de gallo	Unsweetened chocolate chips	Unsweetened tomato sauce
Shallots	Red wine	White wine		
<b>Herbs:</b>				
Fresh dill	Fresh cilantro	Fresh chives	Fresh tarragon	Fresh parsley
Fresh sage leaves	Fresh rosemary	Fresh mint leaves		

<b>Grains, Beans &amp; Legumes:</b>				
Whole-grain couscous	Brown rice	Canned corn kernels	Canned navy beans	Whole-grain bread
Canned black beans	Canned white beans	Canned mixed beans	Whole-wheat croutons	Brown lentils
Whole oats	Whole-wheat flour	Bulgur	Yellow lentils	Red lentils
Canned black-eyed peas	Buckwheat groats	Whole-wheat tortillas	Farro	Couscous
<b>Nuts &amp; Seeds:</b>				
Almonds	Hummus	Cashews	Pine nuts	Tahini paste
Pecans	Chia seeds	Sesame seeds		
<b>Seafood:</b>				
Salmon fillet	Tilapia fillets	Haddock fillets	Jumbo shrimps	Halibut fillets
Seafood mix	Red snapper	Trout fillets	Anchovy fillets	
<b>Poultry &amp; Red Meat:</b>				
Ground lamb	Eggs	Lamb chops	Lamb shoulder chops	Hot chorizo
Chuck steaks	Ground beef			

# Chapter 4 Eating on the Mediterranean Diet

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## Cooking on The Mediterranean Diet

I love the Mediterranean diet because it is one of the most natural cuisines to prepare while still offering excellent tastes and flavors at every outcome.

You will find the Med diet to have more intensely flavored dishes unlike, the American or European one, but can be easily altered to suit your tastes. Most meals are developed around the same types of condiments while actual ingredients like vegetables, fruits, grains, etc. control the outcome of taste and flavors that is resulted.

For one who loves to cook in the least possible time, the Mediterranean diet will soothe you well. Most foods are ready within a thirty-minute time frame with a few requiring extended time.

If you are a busy individual, cooking the Mediterranean way will be a delight. Leftovers taste better and are excellent for meal planning.

## Eating Out on The Mediterranean Diet

How do you manage eating out on the Mediterranean diet?

Simple!

Because the Med diet encompasses foods that are familiar to our regular eating patterns, making a few swaps, and having an attention to food detailing shouldn't be a pain.

- Make your foods and carry a lunch pack to the workplace as often as possible to keep you in check of the content of your intake.
- When dining out with family and friends, learn about the ingredients used, and make healthy choices that compliment the diet. Ask questions about the content of the food you're ordering to ensure an ignorant intake of processed or unsafe foods.
- Inform family and friends about your new lifestyle for rounded support.

- Invite others over for a Mediterranean treat to avoid the temptation of eating wrong foods outside. The fun part is that they may not identify the difference between your Med meals and the regulars. They taste that good.
- Look out for eateries that offer the best foods of your diet, and order likewise.

## a 28-Day Meal Plan To Guide

<i>Day</i>	<i>Breakfast</i>	<i>Lunch</i>	<i>Dinner</i>
<b>1</b>	Classic Shakshuka	Cucumber Gazpacho with Dill	Zucchini Boats with Celery and Feta
<b>2</b>	Breakfast Couscous	Creamy Olive Soup	Eggplant Parmesan Bake
<b>3</b>	Orange-Strawberry Greek Yogurt	Greek Style Briam	Cilantro Baked Salmon
<b>4</b>	Cinnamon Oatmeal with Figs and Pistachios	Date and Fig Buckwheat Bowl	Tomato, Kale & White Bean Soup
<b>5</b>	Yogurt Berry Bowls with Mixed Nuts	Mixed Tomato and Olive Salad	Grape & Garlic Roasted Chicken Thighs
<b>6</b>	Roasted Tomatoes with Feta and Thyme	Simple Brown Lentil Soup	Spicy Turmeric Potato Skillet
<b>7</b>	Beans and Avocado Breakfast Burritos	Feta and Mushroom Oatmeal	Brown Rice and Eggs Stew
<b>8</b>	Breakfast Egg Muffins	Nectarine Feta Salad	Calamari in Thyme Butter Sauce
<b>9</b>	Hummus Avocado Toasts	Sautéed Squash with Olives	Tangy Mushroom Onion Skillet
<b>10</b>	Herby Mushroom-	Lentil-Pomegranate	Seafood Risotto

	Sweet Potato Hash	Soup	
<b>11</b>	Roasted Tomatoes with Feta and Thyme	Avocado, Peas, and Mushroom Salad	Baked Beef with Capers-Anchovy Salsa
<b>12</b>	Cinnamon Oatmeal with Figs and Pistachios	Roasted Brussel Sprouts Salad with Raisins	Moroccan Seafood Soup
<b>13</b>	Breakfast Couscous	Minimalist Greek Salad with Thyme Dressing	Beef Macaroni Soup
<b>14</b>	Beans and Avocado Breakfast Burritos	Spicy Herby Quinoa Bowl	Salmon in Pomegranate Salsa
<b>15</b>	Classic Shakshuka	Bulgur Salad	Trout Foil Packs
<b>16</b>	Herby Mushroom-Sweet Potato Hash	Roasted Cauliflower Soup with Almonds	Tomato-Black Eyed Pea Bowls
<b>17</b>	Yogurt Berry Bowls with Mixed Nuts	Leftover Bulgur Salad	Spicy Shrimp Chorizo Skillet
<b>18</b>	Roasted Tomatoes with Feta and Thyme	Strawberry Beet Salad	Italian Baked Chicken
<b>19</b>	Cinnamon Oatmeal with Figs and Pistachios	Classic Panzella Salad	Farro and Chickpeas with Sun-Dried Tomatoes and Kale
<b>20</b>	Breakfast Egg Muffins	Veggie Roasted Red Snapper	Simple Brown Lentil Soup
<b>21</b>	Hummus Avocado Toasts	Southern Style Mediterranean Salad	Moroccan Chickpea Curry
<b>22</b>	Breakfast Couscous	Spicy Turmeric Potato Skillet	Braised Lamb Shoulder



<b>23</b>	Roasted Tomatoes with Feta and Thyme	Italian Zucchini and Lentil Sauté	White Fish Tomato Soup
<b>24</b>	Orange-Strawberry Greek Yogurt	Risotto with Peas and Mushrooms	Lamb Chops Roasted with Root Vegetables
<b>25</b>	Herby Mushroom-Sweet Potato Hash	Eggplant Parmesan Bake	Leek Potato Soup
<b>26</b>	Yogurt Berry Bowls with Mixed Nuts	Minimalist Greek Salad with Thyme Dressing	Halibut in Mango Sauce
<b>27</b>	Beans and Avocado Breakfast Burritos	Roasted Sweet Potato and Quinoa Salad	Simple Grilled Vegetables
<b>28</b>	Classic Shakshuka	Green Navy Bean Soup	Seared Halibut in Bell Pepper Medley

## **Part 2 5-Ingredient Mediterranean Recipes**

# Breakfast

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## Classic Shakshuka

Prep time: 5 minutes | Cook time: 12 minutes | Serves: 4

### 5 Ingredients:

- 1 medium yellow onion, chopped
- 2 medium green bell peppers, deseeded and chopped
- 1 tbsp tomato paste
- 1 ½ cups chopped sweet tomatoes
- 4 large eggs, cracked into a bowl

### What you 'll need from the store cupboard:

- 3 tbsp extra virgin olive oil
- 2 garlic cloves, minced
- 1 tsp red chili flakes
- Salt and black pepper
- 1 tsp dried mixed herbs

### Instructions

- 1) Heat the olive oil in a medium skillet and sauté the onion, bell peppers, and garlic until softened, 3 minutes.
- 2) Stir in the tomato paste, tomatoes, red chili flakes, salt, and black pepper. Cook until the tomatoes reduce, 5 to 7 minutes.
- 3) Using the spoon, create 4 wells in the sauce and pour in each egg. Reduce the heat to low and allow the eggs to set, 1 to 2 minutes.
- 4) Season with the mixed herbs, turn the heat off and serve.

### Nutrition Facts per Serving

Calories 202 | Fats 15.13g | Carbs 9.65g | Net Carbs 1.9g | Protein 7.97g

## Breakfast Couscous

Prep time: 5 minutes | Cook time: 5 minutes | Serves: 4

### 5 Ingredients:

- 1 cup whole-grain couscous
- ¼ cup roasted red peppers, sliced
- 2 cups canned white beans, drained
- ½ cup sliced Kalamata olives
- ¼ cup crumbled feta cheese

### What you ' ll need from the store cupboard:

- 1 ½ cups vegetable stock
- ¼ cup extra virgin olive oil
- Salt and black pepper
- ¼ tsp red chili flakes
- 2 garlic cloves, minced

### Instructions

- 1) Boil the vegetable stock in a medium pot over medium heat, 3 minutes. Turn the heat off and stir in the couscous. Cover the pot with a napkin and set aside to absorb the liquid, 3 to 5 minutes.
- 2) Once cooked, fluff the couscous and stir in the red peppers, beans, and olives. Set aside.
- 3) In a small bowl, whisk the olive oil with salt, black pepper, red chili flakes, and garlic. Drizzle the mixture over the couscous, toss, and top with the feta cheese.
- 4) Plate and serve.

### Nutrition Facts per Serving

Calories 624 | Fats 19.33g | Carbs 89.15g | Net Carbs 70.65g | Protein 27.91g

# Orange-Strawberry Greek Yogurt

Prep time: 10 minutes | Cook time: 12 minutes | Serves: 4

## 5 Ingredients:

½ cup Greek yogurt

2 oranges, 1 orange zested and remaining juiced

2 cups fresh strawberries, pureed

1 large egg, cracked into a bowl

½ cup buttermilk

## What you ' ll need from the store cupboard:

1 cup whole-wheat flour

1 tsp baking powder

½ tsp baking soda

2 tbsp coconut sugar

½ tsp salt

1 tbsp extra virgin olive oil

2 tbsp date syrup

¼ tsp cinnamon powder

## Instructions

- 1) In a large bowl, combine the flour, baking powder, baking soda, coconut sugar, and salt.
- 2) In another bowl, whisk the yogurt, orange zest, orange juice, 2 tablespoons of strawberry puree, egg, and buttermilk. Mix the wet ingredients into the dry ingredients.
- 3) Heat a quarter of the olive oil in a medium non-stick skillet over medium heat and pour in 1 soup ladle full of the batter. Cook until set and golden brown on one side, flip, and cook until golden brown on the other side.
- 4) Plate the pancake and make the remaining using the rest of the olive oil and batter in the same proportions.
- 5) Meanwhile, pour the remaining strawberry puree in a medium pot, add the

date syrup, and cinnamon powder, and cook over low heat until resembling a stew, 5 to 8 minutes.

6) Drizzle the strawberry sauce over the pancakes and serve immediately.

**Nutrition Facts per Serving**

Calories 292 | Fats 4.17g | Carbs 58g | Net Carbs 53.1g | Protein 9.59g

# Cinnamon Oatmeal with Figs, Pistachios, and Chia Seeds

Prep time: 5 minutes | Cook time: 5 minutes | Serves: 4

## 5 Ingredients:

1 cup unsweetened almond milk

½ cup whole oats

1 fresh fig, diced

¼ cup chopped pistachios

2 tsp chia seeds

## What you 'll need from the store cupboard:

¼ tsp cinnamon powder

A pinch of salt

1 tbsp date syrup

## Instructions

- 1) Bring the almond milk to a simmer in a medium saucepan over medium heat and stir in the oats, cinnamon, and salt. Cook for 2 minutes.
- 2) Add the fig, date syrup, stir again, and cook until most of the milk absorbs, 2 to 3 minutes.
- 3) Turn the heat off, dish the oats, and top with the pistachios and chia seeds.
- 4) Serve warm.

## Nutrition Facts per Serving

Calories 134 | Fats 6.5g | Carbs 19.1g | Net Carbs 16g | Protein 5.76g

## Yogurt Berry Bowls with Mixed Nuts

Prep time: 5 minutes | Serves: 4

### 5 Ingredients:

1 cup Greek yogurt

2 cups mixed fresh berries

¼ cup mixed nuts

1 tbsp coconut shavings

1 tbsp sesame seeds

### What you ' ll need from the store cupboard:

Date syrup to taste

### Instructions

- 1) Divide the yogurt among four serving bowls, top with the berries, nuts, coconut shavings, and sesame seeds.
- 2) Drizzle with the date syrup and serve immediately.

### Nutrition Facts per Serving

Calories 365 | Fats 15.87g | Carbs 52.4g | Net Carbs 49.3g | Protein 6.28g



## Roasted Tomatoes with Feta and Thyme

Prep time: 5 minutes | Cook time: 15 minutes | Serves: 4

### 5 Ingredients:

1 cup medium tomatoes, halved

2 fresh thyme sprigs, leaves extracted

¼ cup crumbled feta cheese

### What you ' ll need from the store cupboard:

Salt and black pepper to taste

Extra virgin olive oil for drizzling

### Instructions

- 1) Preheat the oven to 350 F.
- 2) In a large bowl, add the tomatoes, thyme leaves, salt, black pepper, and mix well. Pour the mixture onto a baking sheet and roast in the oven for 10 to 15 minutes or until the tomatoes soften and release some juices.
- 3) Remove from the oven and dish into serving plates.
- 4) Top with the feta cheese and serve warm with freshly made toasts.

### Nutrition Facts per Serving

Calories 125 | Fats 12.22g | Carbs 2.9g | Net Carbs 2.03g | Protein 1.88g

# Beans and Avocado Breakfast Burritos

Prep time: 5 minutes | Cook time: 11 minutes | Serves: 4

## 5 Ingredients:

- 4 (7-inch) whole-wheat tortillas
- 1 cup yellow onion, chopped
- 1 cup canned black beans, drained and rinsed
- ½ cup salsa
- 1 large avocado, halved, pitted, and chopped

## What you ' ll need from the store cupboard:

- 2 garlic cloves, minced
- 2 tsp chili powder
- Salt and black pepper to taste

## Instructions

- 1) Preheat the oven to 350 F, place the tortillas on baking sheet, and heat in the oven for 10 minutes.
- 2) Meanwhile, heat the olive oil in a medium skillet over medium heat and sauté the onion and garlic until softened.
- 3) Stir in the beans, salsa, and chili powder; season with salt and black pepper, allow the beans to heat through for 1 minute and turn the heat off.
- 4) Remove the tortillas from the oven and lay on a clean flat surface. Divide the beans mixture and avocado on top.
- 5) Roll the wraps, divide into halves, and serve immediately

## Nutrition Facts per Serving

Calories 313 | Fats g | Carbs 9.65g | Net Carbs 7.75g | Protein 10.03g

# Herby Mushroom-Sweet Potato Hash

Prep time: 10 minutes | Cook time: 27 minutes | Serves: 4

## 5 Ingredients:

3 medium sweet potatoes, peeled and diced

1 lb mixed mushrooms, chopped

1 medium red onion, chopped

2 tbsp freshly chopped chives

2 tbsp freshly chopped tarragon

## What you ' ll need from the store cupboard:

3 tbsp extra virgin olive oil

2 garlic cloves, minced

## Instructions

- 1) Preheat the oven to 375 F.
- 2) On a baking sheet, spread the potatoes in a single layer, drizzle with olive oil, season with salt and black pepper, and roast in the oven until golden, 20 minutes.
- 3) After, in a large skillet, heat 1 tablespoon of olive oil and sauté the mushroom and onion until softened, 5 minutes. Mix in the garlic and cook until fragrant, 30 seconds.
- 4) Stir in the potatoes, chives, and tarragon. Cook for 1 minute and dish into serving plates.
- 5) Serve warm.

## Nutrition Facts per Serving

Calories 528 | Fats 11.52g | Carbs 109.12g | Net Carbs 92.62g | Protein 13.07g

## **Hummus Avocado Toasts**

Prep time: 5 minutes | Cook time: 3 minutes | Serves: 4

### **5 Ingredients:**

4 thick slices whole-grain bread

½ cup hummus

1 large avocado, halved, pitted, and sliced

2 tomatoes, sliced into rounds

½ cup crumbled feta cheese

### **What you ' ll need from the store cupboard:**

1 tsp Za'atar

### **Instructions**

- 1)** Place the bread in a toaster and cook until golden brown, 2 to 3 minutes.
- 2)** Spread the hummus on the bread, sprinkle generously with Za'atar, top with the avocado, tomatoes, and feta cheese.
- 3)** Serve warm.

### **Nutrition Facts per Serving**

Calories 294 | Fats 15.75g | Carbs 29.3g | Net Carbs 21.6g | Protein 10.71g

# Breakfast Egg Muffins

Prep time: 5 minutes | Cook time: 25 minutes | Serves: 4

## 5 Ingredients:

1 small red bell pepper, deseeded and chopped

1 shallot, finely chopped

12 cherry tomatoes, halved

¼ cup crumbled feta cheese

8 large eggs

## What you ' ll need from the store cupboard:

Extra virgin olive oil for brushing

½ tsp smoked paprika

Salt and black pepper

1 tsp dried parsley

## Instructions

- 1) Preheat the oven to 350 F and lightly grease a 12-holed muffin tray with olive oil.
- 2) Divide the bell pepper, shallot, tomatoes, and feta cheese into the muffin holes.
- 3) In a medium bowl, beat the eggs with paprika, salt, black pepper, and parsley. Pour the mixture over the filling in the muffin tray, leaving a little room on top for rising.
- 4) Bake in the oven until the eggs set and rise, 25 minutes.
- 5) Remove from the oven, transfer the muffins to a serving plate, and serve warm.

## Nutrition Facts per Serving

Calories 324 | Fats 22.4g | Carbs 14.53g | Net Carbs 10.73g | Protein 18.22g

# Soups

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## Cucumber Gazpacho with Dill

Prep time: 5 minutes | Chilling time: 2 hours | Serves: 4

### 5 Ingredients:

4 large cucumbers, peeled, deseeded, and chopped

1 ½ cups green grapes, seeds removed

1 tsp freshly chopped dill + more for garnishing

2 tbsp freshly squeezed lemon juice

Chopped almonds, for garnishing

### What you ' ll need from the store cupboard:

3 tbsp extra virgin olive oil

1 garlic clove, minced

Salt to taste

### Instructions

- 1) In a blender, combine the cucumbers, green grapes, dill, lemon juice, olive oil, garlic, and 1 cup of water. Pulse until smooth.
- 2) Season with salt, pour into a bowl and refrigerate for 1 to 2 hours.
- 3) Dish into serving bowls, garnish with more dill and almonds.
- 4) Serve chilled.

### Nutrition Facts per Serving

Calories 168 | Fats 10.91g | Carbs 17.43g | Net Carbs 14.73g | Protein 2.28g

# Leek Potato Soup

Prep time: 10 minutes | Cook time: 25 minutes | Serves: 4

## 5 Ingredients:

- 1 cup fresh cilantro leaves
- 3 leeks, white and green parts chopped
- 2 lb russet potatoes, peeled and chopped

## What you ' ll need from the store cupboard:

- 6 garlic cloves, peeled
- 3 tbsp extra virgin olive oil + more for topping
- 1 tsp cumin powder
- Salt and black pepper to taste
- 2 bay leaves
- 6 cups chicken or vegetable broth

## Instructions

- 1) In a spice blender, process the cilantro and garlic into a smooth paste.
- 2) Heat the olive oil in a large pot and sauté the leeks with garlic mixture until the leeks are tender and fragrant, 5 minutes.
- 3) Stir in the potatoes, cumin, salt, black pepper, bay leaves, and top with the chicken broth.
- 4) Cover and boil for 5 minutes. Reduce the heat to low and simmer for 15 minutes or until the tomatoes are tender and thoroughly cooked.
- 5) Turn the heat off. Uncover the pot, remove the bay leaves, and using an immersion blender, puree the ingredients until smooth.
- 6) Re-heat under low fire and adjust the taste with salt and black pepper. Stir in more olive oil (as desired) and serve.

## Nutrition Facts per Serving

Calories 844 | Fats 30g | Carbs 56.35g | Net Carbs 51.65g | Protein 84.41g

# White Fish Tomato Soup

Prep time: 10 minutes | Cook time: 32 minutes | Serves: 4

## 5 Ingredients:

- 1 medium yellow onion, chopped
- 2 celery stalks, chopped
- 2 cups chopped tomatoes
- 4 haddock fillets, skinless and cut into 2-inch cubes

## What you 'll need from the store cupboard:

- 1 tbsp extra virgin olive oil
- 2 garlic cloves, minced
- 2 tsp dried mixed herbs
- Salt and black pepper to taste
- 2 cups vegetable stock

## Instructions

- 1) Heat the olive oil in a large pot and sauté the onion and celery until softened, 5 minutes. Add the garlic and cook until fragrant, 30 seconds.
- 2) Stir in the tomatoes, mixed herbs, salt, black pepper, and vegetable stock.
- 3) Cover the pot and bring to a boil for 5 minutes. Reduce the heat to low and simmer for 15 minutes or until the tomatoes soften.
- 4) Add the fish and continue cooking over low heat for 4 to 6 minutes.
- 5) Adjust the taste with salt and black pepper, and serve the soup.

## Nutrition Facts per Serving

Calories 233 | Fats 3.61g | Carbs 14.58g | Net Carbs 11.48g | Protein 34.98g



## Moroccan Seafood Soup

Prep time: 5 minutes | Cook time: 9 minutes | Serves: 4

### 5 Ingredients:

- 1 medium white onion, chopped
- 2 cups chopped tomatoes
- 2 cups vegetable stock
- 1 cup seafood mix
- 2 tbsp freshly chopped cilantro

### What you ' ll need from the store cupboard:

- 2 tbsp extra virgin olive oil
- 2 garlic cloves, minced
- Salt and black pepper to taste
- 1 tsp red chili flakes

### Instructions

- 1) Heat the olive oil in a large pot over medium heat and sauté the onion until softened, 3 minutes. Stir in the garlic and cook until fragrant, 30 seconds.
- 2) Add the vegetable stock, allow boiling, and add the seafood mix. Season with salt, black pepper, and red chili flakes. Reduce the heat to low and simmer until the seafood cooks, 5 minutes.
- 3) Stir in the cilantro, turn the heat off, and spoon the soup into serving bowls.
- 4) Serve warm with bread.

### Nutrition Facts per Serving

Calories 109 | Fats 6.97g | Carbs 11.7g | Net Carbs 10.1g | Protein 1.32g

# Tomato, Kale & White Bean Soup

Prep time: 10 minutes | Cook time: 23 minutes | Serves: 4

## 5 Ingredients:

- 1 large white onion, chopped
- 3 celery stalks, chopped
- 4 Roma tomatoes, chopped
- 2 (15 oz) cans mixed beans, drained and rinsed
- 2 cups chopped kale

## What you ' ll need from the store cupboard:

- 3 tbsp olive oil
- 4 garlic cloves, minced
- Salt and black pepper to taste
- 1 tbsp white vinegar
- 1 tbsp coriander powder
- 1 tsp sweet paprika
- 1 tbsp dried mixed herbs

## Instructions

- 1) Heat the olive oil in a large pot and sauté the onion and celery until softened, 3 minutes. Add the garlic and cook until fragrant, 30 seconds.
- 2) Stir in the tomatoes and allow softening for 5 minutes.
- 3) Pour in 2 cups of water; season with salt, black pepper, vinegar, coriander, paprika, and the mixed herbs. Allow boiling for 5 minutes and then simmer until the sauce reduces by one-third, 10 minutes.
- 4) Stir in the beans and kale; allow the kale to wilt, and adjust the taste with salt and black pepper.
- 5) Dish the soup and serve warm.

## Nutrition Facts per Serving

Calories 176 | Fats 11.28g | Carbs 17.98g | Net Carbs 12.18g | Protein 4.03g

# Cream of Cauliflower Soup with Lamb

Prep time: 10 minutes | Cook time: 31 minutes | Serves: 4

## 5 Ingredients:

- 1 lb ground lamb
- 1 large yellow onion, chopped
- 2 medium cauliflower heads, cut into florets
- 1 cup heavy cream
- 1 cup grated Parmesan cheese

## What you ' ll need from the store cupboard:

- 3 tbsp extra virgin olive oil
- Salt and black pepper to taste
- 4 garlic cloves, minced
- ½ tsp turmeric powder
- 1 tsp sweet paprika
- 2 tsp sumac powder
- 1 tbsp white vinegar

## Instructions

- 1) Heat the olive oil in a large pot over medium heat and cook the lamb until brown while frequently stirring to break any lumps that form, 5 minutes.
- 2) Season with salt, black pepper, and stir in the onion and garlic. Cook until the onion softens, 5 minutes.
- 3) Mix in the turmeric, paprika, sumac, and cook for 1 minute.
- 4) Stir in 3 cups of water and cauliflower. Cover the pot, allow boiling, and simmer for 15 to 20 minutes or until the cauliflower softens.
- 5) Open the lid and using an immersion blender, puree the ingredients in the pot until smooth.
- 6) Stir in the vinegar, heavy cream and half of the Parmesan cheese until the cheese melts and well-combined.
- 7) Turn the heat off, adjust the taste with salt, black pepper, and spoon the

soup into serving bowls.

**8)** Garnish with the remaining Parmesan cheese and serve warm.

**Nutrition Facts per Serving**

Calories 595 | Fats 45.11g | Carbs 16.21g | Net Carbs 12.51g | Protein 34.18g

## Creamy Olive Soup

Prep time: 5 minutes | Cook time: 11 minutes | Serves: 4

### 5 Ingredients:

- 1 medium sweet onion, chopped
- 1 medium red bell pepper, deseeded and chopped
- 3 tbsp whole-wheat flour
- 1 cup green and black olives, pitted and sliced
- 1 ½ cups heavy cream

### What you ' ll need from the store cupboard:

- 2 tbsp extra virgin olive oil
- 2 garlic cloves, minced
- Salt and white pepper to taste

### Instructions

- 1) Heat the olive oil in a medium pot and sauté the onion and bell pepper until softened, 5 minutes. Mix in the garlic and cook until fragrant, 30 seconds.
- 2) Sprinkle in the flour and mix until roux forms and light brown.
- 3) Gradually whisk in 2 cups of water and simmer until the soup slightly thickens, 2 to 3 minutes.
- 4) Add the olives (leaving a little for garnishing), heavy cream, and season with salt and black pepper. Cook further for 1 to 2 minutes and turn the heat off.
- 5) Dish the soup and garnish with more olives.

### Nutrition Facts per Serving

Calories 277 | Fats 23.83g | Carbs 14.93g | Net Carbs 12.73g | Protein 2.95g

# Roasted Cauliflower Soup with Almonds

Prep time: 10 minutes | Cook time: 26 minutes | Serves: 4

## 5 Ingredients:

- 1 large head cauliflower, cut into florets
- 2 medium brown onions, sliced into half-moons
- 1 large Yukon gold potato, peeled and chopped
- ¼ cup almonds, toasted and flaked
- 3 tbsp freshly chopped parsley

## What you ' ll need from the store cupboard:

- Extra virgin olive oil
- 4 garlic cloves, minced
- 1 ½ tsp coriander powder
- 1 ½ tsp cumin powder
- Salt and black pepper to taste
- 1 tsp turmeric
- 2 cups vegetable broth

## Instructions

- 1) Preheat the oven to 400 F.
- 2) On a baking sheet, spread the cauliflower and onions, drizzle with 2 tablespoons of olive oil, and sprinkle with the coriander, cumin, salt, and black pepper. Massage the spice into the vegetables using your hands and roast in the oven for 20 minutes or until the cauliflower is slightly brown.
- 3) After, heat 2 tbsp of olive oil in a large pot and sauté the garlic until fragrant, 30 seconds. Stir in the potatoes, turmeric, vegetable stock, cauliflower (leaving a few pieces for garnishing), and onion. Bring the soup to a boil (covered) and simmer for 5 minutes.
- 4) Using an immersion blender, puree the soup until smooth and adjust the taste with salt and black pepper.
- 5) Spoon the soup into serving bowls, garnish with the almonds and

cauliflower, and serve warm.

**Nutrition Facts per Serving**

Calories 201 | Fats 10.7g | Carbs 24.45g | Net Carbs 20.45g | Protein 3.92g

# Beef Macaroni Soup

Prep time: 5 minutes | Cook time: 15 minutes | Serves: 4

## 5 Ingredients:

- 1 lb ground beef
- 3 shallots, finely chopped
- 2 cups diced tomatoes
- 2 cups whole-wheat macaroni
- 1 cup heavy cream

## What you ' ll need from the store cupboard:

- 2 tbsp extra virgin olive oil
- 3 garlic cloves, minced
- Salt and black pepper to taste
- 1 tsp Italian mixed herbs
- ¼ tsp chili powder
- 2 cups beef stock

## Instructions

- 1) Heat the olive oil in a large pot over medium heat and cook the beef until brown, 5 minutes.
- 2) Add the shallots, garlic, salt, and black pepper and cook with frequent stirring until the shallots soften, 3 minutes.
- 3) Stir in the mixed herbs and chili powder; cook for 1 minute, and add the tomatoes, beef stock, and macaroni. Cover and bring to boil, then simmer and cook until the macaroni is al dente, 5 minutes.
- 4) Adjust the taste with salt and black pepper, and stir in the heavy cream.
- 5) Simmer for 1 minute and dish the soup into serving bowls.
- 6) Serve warm.

## Nutrition Facts per Serving

Calories 538 | Fats 31.97g | Carbs 25.47g | Net Carbs 22.47g | Protein 38.4g



# Lentil-Pomegranate Soup

Prep time: 5 minutes | Cook time: 13 minutes | Serves: 4

## 5 Ingredients:

1 medium red onion, chopped

1 cup chopped tomatoes

2 ½ cups red lentils

1 tbsp pomegranate molasses

1 lemon, juiced

## What you ' ll need from the store cupboard:

2 tbsp extra virgin olive oil

2 garlic cloves, minced

1 tsp dried thyme

1 tsp dried oregano

1 tsp red chili flakes + more for garnishing

2 cups vegetable broth

Salt and black pepper to taste

## Instructions

- 1) Heat the olive oil in a large pot and sauté the onion until softened, 3 minutes. Stir in the garlic and cook until fragrant, 30 seconds.
- 2) Stir in the tomatoes, lentils, thyme, oregano, and red chili flakes. Cook until the tomatoes soften, 4 minutes.
- 3) Mix in the vegetable broth, pomegranate molasses, lemon juice, salt, and black pepper. Simmer for 3 to 5 minutes or until the flavors combine well.
- 4) Dish the soup, garnish with red chili flakes and serve warm with bread.

## Nutrition Facts per Serving

Calories 546 | Fats 6.68g | Carbs 96.31g | Net Carbs 79.21g | Protein 30.79g

# Salads

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## Mixed Tomato and Olive Salad

Prep time: 10 minutes | Serves: 4

### 5 Ingredients:

2 cups medley of heirloom tomatoes, quartered

½ cup freshly chopped mint leaves

1 medium cucumber, halved and sliced into half-moons

1 cup pitted Kalamata olives

1 lemon, juiced

### What you 'll need from the store cupboard:

3 tbsp extra virgin olive oil

1 garlic clove, pressed

Salt to taste

### Instructions

- 1) In a salad bowl, combine the tomatoes, mint leaves, cucumber, and olives. Set aside.
- 2) In a small bowl, whisk the olive oil, lemon juice, garlic, and salt. Pour this dressing over the vegetables.
- 3) Toss well and serve.

### Nutrition Facts per Serving

Calories 151 | Fats 13.98g | Carbs 7.07g | Net Carbs 4.27g | Protein 1.41g

## Nectarine Feta Salad

Prep time: 10 minutes | Serves: 4

### 5 Ingredients:

- 2 nectarines, halved, pitted, and sliced
- 1 cup baby spinach
- 1 medium cucumber, chopped
- 1 red bell pepper, deseeded and chopped
- 1 cup cubed feta cheese

### What you ' ll need from the store cupboard:

- 2 tbsp extra virgin olive oil
- 1 tbsp date syrup
- 1 tbsp Dijon mustard

### Instructions

- 1) In a salad bowl, combine the nectarines, spinach, cucumbers, and bell pepper. Set aside.
- 2) In a small bowl, whisk the olive oil, date syrup, and Dijon mustard.
- 3) Drizzle the dressing all over the salad, toss, and top with the feta cheese.
- 4) Serve immediately.

### Nutrition Facts per Serving

Calories 220 | Fats 15.26g | Carbs 15.82g | Net Carbs 13.82g | Protein 6.95g

# Strawberry Beet Salad

Prep time: 15 minutes | Serves: 4

## 5 Ingredients:

2 cups canned beets, roughly chopped

½ cup fresh strawberries, head removed and halved

½ cup cherry tomatoes, halved

¼ cup fresh basil leaves

1 cup crumbled goat cheese

## What you 'll need from the store cupboard:

1 tbsp extra virgin olive oil

1 tbsp apple cider vinegar

Salt and black pepper to taste

## Instructions

- 1) In a salad bowl, combine the beets, strawberries, tomatoes, and basil. Set aside.
- 2) In a small bowl, whisk the olive oil, apple cider vinegar, salt, and black pepper.
- 3) Drizzle the vinegar mixture over the vegetables, toss, and top with the goat cheese.
- 4) Serve immediately.

## Nutrition Facts per Serving

Calories 238 | Fats 13.54g | Carbs 21.35g | Net Carbs 17.85g | Protein 9.34g

# Southern Style Mediterranean Salad

Prep time: 10 minutes | Serves: 4

## 5 Ingredients:

2 avocados, halved, pitted, and chopped

1 cup canned black beans, drained and rinsed

½ cup canned corn kernels, drained

1 cup chopped mixed bell peppers

½ cup pico de gallo

## What you ' ll need from the store cupboard:

1 tbsp apple cider vinegar

Salt to taste

## Instructions

- 1) In a salad bowl, combine the avocados, black beans, corn, bell peppers, and pico de gallo.
- 2) Drizzle with the vinegar, season with a little salt, toss, and serve with whole-wheat tortilla chips.

## Nutrition Facts per Serving

Calories 247 | Fats 15.27g | Carbs 25.96g | Net Carbs 14.86g | Protein 6.52g

# Roasted Sweet Potato and Quinoa Salad

Prep time: 10 minutes | Cook time: 35 minutes | Serves: 4

## 5 Ingredients:

- 2 large sweet potatoes, peeled and chopped
- 1 cup quinoa
- 1 celery stalk, chopped
- 1 large red bell pepper, deseeded and chopped
- 2 tbsp sliced almonds

## What you ' ll need from the store cupboard:

- 3 tbsp olive oil + extra for drizzling
- Salt and black pepper to taste
- 1 tsp balsamic vinegar

## Instructions

- 1) Preheat the oven to 400 F.
- 2) Spread the potatoes on a baking sheet, drizzle with some olive oil, and season with salt, and black pepper. Rub the seasoning into the potatoes and roast in the oven until tender and light brown, 30 to 35 minutes.
- 3) Meanwhile, cook the quinoa with 1 cup of salted water in a medium pot until the liquid absorbs, 10 to 20 minutes.
- 4) Remove the potatoes from the oven and allow slightly cooling. Fluff the quinoa and cool slightly too.
- 5) In a salad bowl, combine the potatoes, quinoa, celery, and bell pepper. Set aside.
- 6) In a small bowl, whisk 3 tablespoons of olive oil, balsamic vinegar, salt, and black pepper.
- 7) Drizzle the dressing over the salad, toss, and top with the almonds.
- 8) Serve immediately.

## Nutrition Facts per Serving

Calories 341 | Fats 13.19g | Carbs 48.52g | Net Carbs 42.42g | Protein 8.42g

# Minimalist Greek Salad with Thyme Dressing

Prep time: 10 minutes | Serves: 4

## 5 Ingredients:

- 1 cup chopped tomatoes
- 1 large cucumber, chopped
- 1 medium red onion, sliced
- ½ cup black olives, pitted
- 1 cup cubed feta cheese

## What you 'll need from the store cupboard:

- 3 tbsp extra virgin olive oil
- 1 tsp dried thyme + more for garnishing
- 2 garlic cloves, minced
- 1 tbsp balsamic vinegar

## Instructions

- 1) In a salad bowl, combine the tomatoes, cucumber, onion, and olives. Set aside.
- 2) In a small bowl, whisk the olive oil, thyme, garlic, and balsamic vinegar.
- 3) Drizzle the dressing over the salad, toss, and top with the feta cheese.
- 4) Garnish with more thyme and serve immediately.

## Nutrition Facts per Serving

Calories 229 | Fats 19.93g | Carbs 7.06g | Net Carbs 5.46g | Protein 6.38g

## Classic Panzella Salad

Prep time: 10 minutes + 30 minutes | Serves: 4

### 5 Ingredients:

2 cups chopped tomatoes

2 cups whole-wheat croutons

½ medium red onion, chopped

1 cucumber, cut into large chunks

1 bunch basil leaves, torn into small pieces

### What you 'll need from the store cupboard:

½ cup extra virgin olive oil

Salt and white pepper to taste

### Instructions

- 1) In a salad bowl, combine the tomatoes, croutons, red onion, cucumber, basil, olive oil, salt, and black pepper.
- 2) Toss the salad; allow marinating at room temperature for 30 minutes, and serve.

### Nutrition Facts per Serving

Calories 470 | Fats 28.78g | Carbs 48.88g | Net Carbs 40.88g | Protein 9.15g



## Roasted Brussel Sprouts Salad with Raisins

Prep time: 10 minutes | Cook time: 25 minutes | Serves: 4

### 5 Ingredients:

2 cups Brussels sprouts, halved

1 medium white onion, chopped

½ cup raisins

1 lemon, juiced

1 tbsp freshly chopped sage leaves

### What you 'll need from the store cupboard:

3 tbsp extra virgin olive oil

Salt and black pepper to taste

### Instructions

- 1) Preheat the oven to 425 F.
- 2) On a baking sheet, spread the Brussels sprouts, drizzle with the olive oil, and season with salt and black pepper. Toss to coat.
- 3) Roast in the oven until tender and light brown, 20 to 25 minutes.
- 4) Remove the Brussels sprout from the oven and pour into a salad bowl.
- 5) Top with the raisins, lemon juice, and sage.
- 6) Toss to coat and serve immediately.

### Nutrition Facts per Serving

Calories 128 | Fats 10.4g | Carbs 8.76g | Net Carbs 5.26g | Protein 2.11g

# Avocado, Peas, and Mushroom Salad

Prep time: 5 minutes | Serves: 4

## 5 Ingredients:

2 medium, firm-ripe avocados, halved, pitted, and chopped

1 (7 oz) can peas, drained and rinsed

1 (15 oz) can sliced mushrooms, drained and rinsed

2 tbsp freshly chopped parsley

1 lemon, juiced

## What you 'll need from the store cupboard:

3 tbsp extra virgin olive oil

1 tbsp red wine vinegar

Salt and black pepper to taste

2 tbsp Dijon mustard

2 garlic cloves, minced

## Instructions

- 1) In a salad bowl, combine the avocados, peas, mushrooms, and parsley. Set aside.
- 2) In a small bowl, whisk the olive oil, vinegar, salt, black pepper, mustard, and garlic.
- 3) Pour the mixture over the salad, toss, and allow sitting for 5 minutes.
- 4) Serve afterward.

## Nutrition Facts per Serving

Calories 269 | Fats 25.2g | Carbs 12.26g | Net Carbs 4.76g | Protein 2.82g

## Bulgur Salad

Prep time: 10 minutes | Cook time: 15 minutes | Serves: 4

### 5 Ingredients:

- 1 cup dry bulgur
- 5 Kalamata olives, pitted and chopped
- 5 green olives, pitted and chopped
- 1/3 cup dates, chopped
- ¼ cup pistachios, shelled and unsalted

### What you ' ll need from the store cupboard:

- 2 cups vegetable broth
- Salt and black pepper to taste
- 2 tbsp olive oil
- 1 tbsp apple cider vinegar
- 2 tsp dried parsley

### Instructions

- 1) In a medium pot, combine the bulgur, vegetable broth, and a little salt. Boil over medium heat, then reduce the heat and simmer until all the water is absorbed, 15 minutes.
- 2) Transfer bulgur to a serving bowl, spread out to cool slightly and add the olives, dates, olive oil, black pepper, vinegar, parsley, and pistachios.
- 3) Toss to coat and serve immediately.

### Nutrition Facts per Serving

Calories 278 | Fats 11.82g | Carbs 40.67g | Net Carbs 34.07g | Protein 6.47g

# Vegetarian And Vegan

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## Eggplant Parmesan Bake

Prep time: 10 minutes | Cook time: 40 minutes | Serves: 4

### 5 Ingredients:

2 large eggplants, thinly sliced into rounds

2 large eggs, beaten

1/3 cup whole-wheat flour

2 cups unsweetened tomato sauce

1 cup grated Parmesan cheese

### What you ' ll need from the store cupboard:

Salt and black pepper to taste

4 tbsp extra virgin olive oil

1 tsp dried basil

### Instructions

- 1) Preheat the oven to 325 F.
- 2) Lay the eggplant slices on a flat surface, sprinkle with salt, and allow releasing of liquid for 30 minutes. Pat dry with a paper towel.
- 3) Pour the eggs into a medium bowl and flour into another bowl.
- 4) Dredge each eggplant slice in the flour and then in the eggs and set aside on a tray.
- 5) Heat the olive oil in a medium skillet and fry the eggplants on both sides until golden brown, 10 minutes. Transfer to a paper towel-lined plate to drain grease.
- 6) Spread a little tomato sauce in a casserole dish and make a layer of eggplants in the dish. Top with some Parmesan cheese, season with salt, black pepper, basil, and repeat the layering process until the ingredients are exhausted, making sure to finish up with some tomato sauce and cheese.
- 7) Bake in the oven until the sauce is bubbling and the cheese has melted, 30 minutes.

8) Take out the dish, plate, and serve warm.

**Nutrition Facts per Serving**

Calories 509 | Fats 24.02g | Carbs 55.05g | Net Carbs 37.45g | Protein 17.92g

## Simple Grilled Vegetables

Prep time: 5 minutes | Cook time: 15 minutes | Serves: 4

### 5 Ingredients:

- 4 mixed bell peppers
- 2 yellow squash, halved lengthwise
- 1 lb asparagus
- ½ cup fresh parsley leaves
- ¼ cup fresh basil leaves

### What you ' ll need from the store cupboard:

- Salt to taste
- 3 tbsp extra virgin olive oil
- 1 tsp harissa spice
- 1 tsp Za'atar spice

### Instructions

- 1) Heat a grill to medium heat.
- 2) Arrange the bell peppers, squash, and asparagus on a tray; season with salt and drizzle with the olive oil.
- 3) Grill the vegetables on both sides until softened and light brown, 15 minutes.
- 4) Transfer the vegetables to a serving platter and season with the harissa and Za'atar spices.
- 5) Drizzle with more olive oil as desired, garnish with the parsley and basil, and serve warm.

### Nutrition Facts per Serving

Calories 152 | Fats 10.74g | Carbs 13.04g | Net Carbs 8.24g | Protein 4.97g

## Zucchini Boats with Celery and Feta

Prep time: 10 minutes | Cook time: 15 minutes | Serves: 4

### 5 Ingredients:

4 zucchinis, trimmed and sliced in halves lengthwise

2 celery stalks, finely chopped

2 Roma tomatoes, chopped

1 lemon, juiced

½ cup crumbled feta cheese

### What you ' ll need from the store cupboard:

Extra virgin olive oil for drizzling

Salt and black pepper to taste

1 tsp dried basil

### Instructions

- 1) Preheat the oven to 400 F.
- 2) Place the zucchinis on a baking tray, drizzle with some olive oil, and season with salt and black pepper. Bake in the oven until tender, 10 to 15 minutes.
- 3) Remove the zucchinis, allow slight cooling, and scoop the pulp into a medium bowl.
- 4) To the bowl, add the celery, tomatoes, lemon juice, feta cheese, and basil. Season with salt and black pepper.
- 5) Mix well and spoon the mixture into the zucchini boats.
- 6) Drizzle with more olive oil and serve immediately.

### Nutrition Facts per Serving

Calories 186 | Fats 17.7g | Carbs 4.63g | Net Carbs 3.53g | Protein 3.47g

## Sautéed Squash with Olives

Prep time: 5 minutes | Cook time: 10 minutes | Serves: 4

### 5 Ingredients:

- 1 yellow onion, chopped
- 4 medium yellow squash, chopped
- 1 green bell pepper, deseeded and thinly sliced
- ½ cup pitted green olives
- ¼ cup crumbled feta cheese

### What you 'll need from the store cupboard:

- 3 tbsp extra virgin olive oil
- 3 garlic cloves, minced
- Salt and black pepper to taste
- 1 tsp Za'atar
- 1 tsp chili powder

### Instructions

- 1) Heat the olive oil in a large skillet over medium heat and sauté the onion until softened, 3 minutes.
- 2) Stir in the squash, bell peppers, garlic, and cook until softened and fragrant, 5 minutes.
- 3) Season with salt, black pepper, Za'atar, chili powder, and stir in the olives. Cook further for 1 to 2 minutes and turn the heat off.
- 4) Scatter the feta cheese on top and head on to serve.

### Nutrition Facts per Serving

Calories 185 | Fats 15.01g | Carbs 10.82g | Net Carbs 7.82g | Protein 4.37g



## Herby Curried Potatoes

Prep time: 5 minutes | Cook time: 10 minutes | Serves: 4

### 5 Ingredients:

10 sweet potatoes, peeled and diced

¼ cup freshly chopped parsley

2 scallions, chopped

2 tbsp freshly chopped mint leaves

½ lemon, juiced

### What you ' ll need from the store cupboard:

Salt and black pepper to taste

1 tsp garlic powder

3 tbsp extra virgin olive oil

### Instructions

- 1) Pour the potatoes in a medium pot, cover with salted water, and boil over medium heat until tender, 10 minutes. Drain and transfer potatoes to a mixing bowl.
- 2) Season with the salt, black pepper, garlic, and mix in the parsley, scallions, mint leaves, lemon juice, and olive oil.
- 3) Toss and spoon food onto a serving platter.
- 4) Serve after 5 minutes of sitting.

### Nutrition Facts per Serving

Calories 382 | Fats 10.39g | Carbs 68.46g | Net Carbs 57.96g | Protein 5.82g

## Greek Style Briam

Prep time: 15 minutes | Cook time: 65 minutes | Serves: 4

### 5 Ingredients:

3 zucchinis, cut into thick rounds

3 medium potatoes, peeled and cut into thick rounds

1 large red onion, halved and thinly sliced

2 cups diced tomatoes with juice

### What you ' ll need from the store cupboard:

Salt and black pepper to taste

2 tsp dried oregano

2 tsp dried parsley

4 garlic cloves, minced

1 tsp dried thyme

Extra virgin olive oil

### Instructions

- 1) Preheat the oven to 400 F.
- 2) In a medium bowl, add the zucchinis, potatoes, onion, and toss with the salt, black pepper, oregano, parsley, garlic, and thyme.
- 3) Grease a round baking dish with olive oil and pour in half of the tomatoes.
- 4) Alternatively, arrange the vegetables in rows in the baking dish, pour on any spice mixture from the bowl, and top with the remaining tomatoes.
- 5) Cover the pan with foil and bake in the oven for 45 minutes or until the vegetables are softened.
- 6) Take off the foil and bake further for 15 to 20 minutes or until slightly charred on top.
- 7) Remove the dish from the oven and serve warm.

### Nutrition Facts per Serving

Calories 402 | Fats 14.62g | Carbs 63.08g | Net Carbs 52.08g | Protein 9.22g

# Tangy Mushroom Onion Skillet

Prep time: 10 minutes | Cook time: 9 minutes | Serves: 4

## 5 Ingredients:

- 1 medium onion, quartered
- 3 cups sliced mixed mushrooms
- 2 tbsp fresh rosemary leaves
- ½ cup freshly chopped cilantro
- 1 lemon, zested and juiced

## What you 'll need from the store cupboard:

- 2 tbsp extra virgin olive oil
- 15 garlic cloves, minced
- Salt and black pepper to taste

## Instructions

- 1) Heat the olive oil in a large skillet and sauté the onion and mushrooms until softened, 5 minutes.
- 2) Stir in the garlic, rosemary, cilantro, lemon zest, and lemon juice. Cook until fragrant and caramelized, 3 to 4 minutes.
- 3) Season with salt and black pepper, and plate.
- 4) Serve as a side dish.

## Nutrition Facts per Serving

Calories 97 | Fats 6.96g | Carbs 8.58g | Net Carbs 7.48g | Protein 1.49g

# Risotto with Peas and Mushrooms

Prep time: 5 minutes | Cook time: 20 minutes | Serves: 4

## 5 Ingredients:

- 1 medium white onion, chopped
- 1 cup sliced cremini mushrooms
- 1 cup short-grain brown rice
- ½ cup grated Parmesan cheese
- ¼ cup frozen peas

## What you ' ll need from the store cupboard:

- 2 tbsp extra virgin olive oil
- 3 garlic cloves, minced
- 1 tsp Italian mixed herbs
- 1 bay leaf
- 2 cups vegetable stock, hot
- 2 tbsp grass-fed butter
- Salt and black pepper to taste

## Instructions

- 1) Heat the olive oil in a large pot and sauté the onion, mushrooms, garlic, mixed herbs, and bay leaf until softened and fragrant, 3 minutes.
- 2) Stir in the rice and allow cooking for 1 minute. Stir in 1 soup spoon of vegetable stock and cook until the liquid is absorbed.
- 3) Stir in another soup spoon of stock, allow absorption, and keep repeating the same liquid adding process until the stock is exhausted and rice cooked through.
- 4) Discard the bay leaf; beat the butter into the rice and stir in the Parmesan cheese, peas, season with salt and black pepper, and serve the dish.
- 5) Enjoy warm.

## Nutrition Facts per Serving

Calories 405 | Fats 17.34g | Carbs 52.63g | Net Carbs 49.03g | Protein 9.74g

## Spicy Turmeric Potato Skillet

Prep time: 10 minutes | Cook time: 14 minutes | Serves: 4

### 5 Ingredients:

6 medium Yukon gold potatoes, peeled and quartered

1 lemon, juiced

1 cup freshly chopped cilantro

1 cup freshly chopped dill

1 cup freshly chopped parsley

### What you ' ll need from the store cupboard:

3 tbsp extra virgin olive oil

2 garlic cloves, minced

1 tsp red chili flakes

2 tsp turmeric powder

2 tsp cayenne pepper

Salt and black pepper to taste

### Instructions

- 1) Bring the potatoes to boil in salted water in a pot over medium heat. Cook until tender, 10 minutes. Drain and set aside.
- 2) Heat the olive oil in a large cast-iron skillet until smoking and sauté the garlic and chili flakes until fragrant, 30 seconds.
- 3) Mix in the turmeric, lemon juice and then toss in the potatoes until well coated.
- 4) Stir in the herbs; cilantro, dill, and parsley, and cook for 3 minutes.
- 5) Plate and serve warm.

### Nutrition Facts per Serving

Calories 536 | Fats 11.03g | Carbs 100.83g | Net Carbs 87.33g | Protein 12.19g

## Herby Lemon Brown Rice

Prep time: 10 minutes | Cook time: 24 minutes | Serves: 4

### 5 Ingredients:

1 medium white onion, chopped

1 cup brown rice

2 lemons, zested and juiced

¼ cup freshly chopped parsley

1 tsp freshly chopped dill

### What you ' ll need from the store cupboard:

2 tbsp extra virgin olive oil

2 garlic cloves, minced

Salt to taste

1 cup vegetable broth

### Instructions

- 1) Heat the olive oil in a medium pot and sauté the onion until softened, 3 minutes. Stir in the garlic and rice and cook until fragrant, 30 seconds.
- 2) Pour in the lemon zest, lemon juice, salt, and vegetable broth.
- 3) Cover the lid and cook until the water absorbs and the rice is tender, 20 minutes.
- 4) Uncover the pot and stir in the parsley and dill.
- 5) Serve warm as a side dish.

### Nutrition Facts per Serving

Calories 723 | Fats 62.72g | Carbs 41.43g | Net Carbs 39.03g | Protein 4.24g

# Grains, Beans, And Legumes

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## Feta and Mushroom Oatmeal

Prep time: 5 minutes | Cook time: 13 minutes | Serves: 4

### 5 Ingredients:

- 1 cup sliced cremini mushrooms
- 1 cup chopped baby spinach
- 1 cup whole oats
- 2 tbsp freshly chopped parsley
- ¼ cup crumbled feta cheese

### What you ' ll need from the store cupboard:

- 2 tbsp extra virgin olive oil
- 1 garlic clove, minced
- Salt and black pepper to taste
- 1 tsp dried thyme leaves
- ¼ tsp red chili flakes
- 2 cups vegetable broth

### Instructions

- 1) Heat the olive oil in a medium pot over medium heat and sauté the mushrooms until softened, 5 minutes. Stir in the garlic, salt, black pepper, and thyme and cook until fragrant, 3 minutes.
- 2) Mix in the spinach to wilt and add the oats, chili flakes, and vegetable broth. Cover and cook until the liquid is absorbed and oats cooked, 5 minutes.
- 3) Open the lid, adjust the taste with salt and black pepper, and stir in the parsley.
- 4) Spoon the oatmeal into serving bowls and top with the feta cheese.
- 5) Serve warm for brunch or lunch.

### Nutrition Facts per Serving

Calories 157 | Fats 10.5g | Carbs 19.34g | Net Carbs 15.24g | Protein 6.02g

## Date and Fig Buckwheat Bowl

Prep time: 10 minutes | Cook time: 15 minutes | Serves: 4

### 5 Ingredients:

1 medium red bell pepper, deseeded and chopped

1 cup whole buckwheat groats

2/3 cup dried figs, chopped

2/3 cup dates, chopped

½ cup toasted pecans

### What you ' ll need from the store cupboard:

2 tbsp extra virgin olive oil

4 garlic cloves, minced

1 ¼ cups chicken broth

Salt and black pepper to taste

1 tsp dried rosemary

### Instructions

- 1) Heat the olive oil in a medium pot over medium heat and sauté the bell peppers and garlic until softened and fragrant, 5 minutes.
- 2) Mix in the buckwheat, chicken broth, salt, black pepper, and rosemary. Cover the lid and cook until the liquid absorbs, 10 minutes.
- 3) Open the lid and stir in the figs, dates, and pecans. Adjust the taste with salt and black pepper.
- 4) Dish the food into serving bowls and serve warm.

### Nutrition Facts per Serving

Calories 400 | Fats 17.21g | Carbs 61.53g | Net Carbs 52.03g | Protein 7.56g



# Farro and Chickpeas with Sun-Dried Tomatoes and Kale

Prep time: 5 minutes | Cook time: 16 minutes | Serves: 4

## 5 Ingredients:

- 1 ½ cups uncooked farro
- 1 (15 oz) can chickpeas, drained and rinsed
- 4 cups chopped kale
- ¼ cup sun-dried tomatoes
- 1 lemon, juiced
- ½ cup crumbled goat cheese

## What you ' ll need from the store cupboard:

- 5 tbsp extra virgin olive oil
- 3 garlic cloves, minced
- Salt and black pepper to taste
- 3 tbsp red wine vinegar

## Instructions

- 1) Bring farro to boil in 3 ¼ cups of salted water in a large pot over medium heat. Cook until the liquid has absorbed and the farro tender, 10 to 15 minutes. Turn the heat off.
- 2) In a large skillet, heat 2 tablespoons of olive oil and sauté the garlic until brown, 1 minute. Stir in the chickpeas, kale, sun-dried tomatoes, and cook until the kale wilts.
- 3) Season with salt and black pepper, and stir in the farro. Mix well and transfer to a serving platter.
- 4) In a small bowl, whisk the remaining olive oil, red wine vinegar, and drizzle the mixture all over the food.
- 5) Serve warm.

## Nutrition Facts per Serving

Calories 440 | Fats 23.49g | Carbs 51.05g | Net Carbs 42.25g | Protein 11.64g

## Simple Brown Lentil Soup

Prep time: 5 minutes | Cook time: 50 minutes | Serves: 4

### 5 Ingredients:

5 tbsp brown lentils, soaked overnight and drained  
1 shallot, quartered  
2 cups chopped tomatoes  
2 tbsp freshly chopped cilantro + more for garnishing  
1 lemon, juiced

### What you ' ll need from the store cupboard:

2 garlic cloves, minced  
Salt and black pepper to taste  
1 bay leaf  
2 cups vegetable stock  
2 tbsp extra virgin olive oil

### Instructions

- 1) In a medium pot, add the lentils, shallot, tomatoes, cilantro, lemon juice, garlic, salt, black pepper, bay leaf, and vegetable stock.
- 2) Cover and boil over medium heat, then simmer and cook for 30 to 45 minutes or until the lentils soften.
- 3) Open the lid; discard the bay leaf and stir in the olive oil. Adjust the taste with salt and black pepper.
- 4) Spoon the soup into serving bowls and garnish with cilantro.
- 5) Serve warm with whole grain bread.

### Nutrition Facts per Serving

Calories 131 | Fats 7.99g | Carbs 13.3g | Net Carbs 10.8g | Protein 3.54g

## Tomato-Black Eyed Pea Bowls

Prep time: 5 minutes | Cook time: 16 minutes | Serves: 4

### 5 Ingredients:

- 1 large yellow onion, chopped
- 4 scallions, chopped
- 2 large carrots, peeled and chopped
- 2 Roma tomatoes, chopped
- 1 ½ cups canned black-eyed peas, drained and rinsed

### What you ' ll need from the store cupboard:

- ½ cup extra virgin olive oil
- 2 garlic cloves, minced
- 2 bay leaves
- 1 tsp dried thyme
- Salt and black pepper to taste
- 1 tsp dried parsley

### Instructions

- 1) Heat the olive oil in a medium pot and sauté the onion, scallions, carrots, and garlic until softened, 5 minutes.
- 2) Stir in the bay leaf, thyme, salt, black pepper, parsley, and cook for 1 minute to allow the flavors incorporate.
- 3) Mix in the tomatoes and peas; cover the lid and simmer until the tomatoes soften, 10 minutes.
- 4) Open the lid, adjust the taste with salt and black pepper, and serve.

### Nutrition Facts per Serving

Calories 121 | Fats 4.52g | Carbs 17.24g | Net Carbs 12.04g | Protein 4.29g

## Couscous Berry Bowls

Prep time: 5 minutes | Cook time: 5 minutes | Serves: 4

### 5 Ingredients:

1 cup couscous

1 cup chopped fresh strawberries and raspberries

½ cup fresh blueberries

1 lemon, juiced

3 tbsp chopped mint leaves

### What you ' ll need from the store cupboard:

¼ tsp salt

2 tbsp date syrup

### Instructions

- 1) Pour the couscous into a medium bowl and top with 2 cups of hot water. Cover with a clean napkin and allow liquid absorption, 5 minutes.
- 2) Uncover, fluff the couscous, and stir in the remaining ingredients; strawberries, raspberries, blueberries, lemon juice, mint leaves, and salt. Mix well.
- 3) Dish into serving bowls and drizzle with the date syrup.
- 4) Serve warm.

### Nutrition Facts per Serving

Calories 165 | Fats 0.31g | Carbs 40.51g | Net Carbs 37.21g | Protein 2.31g

## Brown Rice and Eggs Stew

Prep time: 5 minutes | Cook time: 30 minutes | Serves: 4

### 5 Ingredients:

1 medium white onion, chopped

5 leeks, chopped

3 medium carrots, peeled and chopped

1 cup brown rice, rinsed

1 egg, beaten

### What you ' ll need from the store cupboard:

1/3 cup extra virgin olive oil

3 garlic cloves, minced

1 tsp red chili flakes

1 tsp turmeric powder

Salt and black pepper to taste

6 cups chicken broth

1 tsp plain vinegar

### Instructions

- 1) Heat the olive oil in a large pot and sauté the onion, leeks, and carrots until softened, 5 minutes.
- 2) Stir in the garlic, red chili flakes, turmeric, salt, black pepper, and cook until fragrant, 1 minute.
- 3) Pour in the broth, vinegar, rice, stir, and simmer covered for 15 to 20 minutes or until the rice is tender. Add more broth to the stew if too thick.
- 4) Open the lid and while mixing, add the egg. Cook until the egg sets, 2 to 4 minutes.
- 5) Adjust the taste with salt and black pepper, plate, and serve the food.

### Nutrition Facts per Serving

Calories 193 | Fats 583g | Carbs 63.14g | Net Carbs 57.34g | Protein 21.36g

# Spicy Herby Quinoa Bowl

Prep time: 5 minutes | Cook time: 14 minutes | Serves: 4

## 5 Ingredients:

- 1 small yellow onion, thinly sliced
- 2 jalapeno peppers, chopped
- 1 cup quinoa
- 1 lemon, juiced
- 1 cup freshly chopped cilantro

## What you ' ll need from the store cupboard:

- 3 tbsp extra virgin olive oil
- 2 garlic cloves, minced
- 2 tsp turmeric powder
- 1 tsp red chili flakes
- 1 tsp cumin powder
- Salt and black pepper to taste
- 2 cups vegetable broth

## Instructions

- 1) Heat the olive oil in a medium pot and sauté the onion until softened, 3 minutes. Stir in the garlic, jalapeno peppers, turmeric, red chili flakes, cumin, salt, black pepper, and cook until fragrant 1 minute.
- 2) Stir in the quinoa and vegetable broth. Cover the pot and bring to a boil until all the liquid is absorbed, 10 minutes.
- 3) Open the lid and stir in the lemon juice and cilantro. Adjust the taste with salt and black pepper.
- 4) Dish and serve as a side dish.

## Nutrition Facts per Serving

Calories 277 | Fats 12.97g | Carbs 34.53g | Net Carbs 30.43g | Protein 6.87g

# Moroccan Chickpea Curry

Prep time: 5 minutes | Cook time: 16 minutes | Serves: 4

## 5 Ingredients:

- 2 medium carrots, chopped
- 1 large yellow onion, finely chopped
- 1 green bell pepper, deseeded and chopped
- ½ cup chopped tomatoes
- 2 ½ cups canned chickpeas, drained

## What you ' ll need from the store cupboard:

- 2 tbsp extra virgin olive oil
- 4 garlic cloves, minced
- 2 tbsp ras el hanout
- ½ tsp red curry paste
- Salt and black pepper to taste
- 2 tsp dried thyme
- 2 tsp red chili flakes
- 1 tsp dried parsley
- ¾ cup chicken broth

## Instructions

- 1) Heat the olive oil in a large pot and sauté the carrots, onion, and bell peppers. Cook until softened, 5 minutes.
- 2) Stir in the garlic, ras el hanout, curry paste, salt, black pepper, thyme, chili flakes, and parsley. Cook until fragrant, 1 minute.
- 3) Mix in the tomatoes to soften for 3 minutes and pour in the chicken broth and chickpeas. Cook covered until the sauce reduces by one-third and the chickpeas heated through, 10 minutes.
- 4) Open the pot, adjust the taste with salt and black pepper, and serve warm.

## Nutrition Facts per Serving

Calories 605 | Fats 17.64g | Carbs 88.57g | Net Carbs 71.27g | Protein 27.48g



# Red Lentil Pancakes

Prep time: 5 minutes | Cook time: 12 minutes | Serves: 4

## 5 Ingredients:

- 1 cup red lentils, soaked overnight and drained
- 3 eggs, cracked into a bowl
- 2 cups chopped spinach
- 2 tbsp freshly chopped parsley
- 2 scallions, chopped

## What you ' ll need from the store cupboard:

- 2 garlic cloves, minced
- ¼ tsp cumin powder
- Salt to taste
- ½ tsp smoked paprika
- 1 pinch turmeric
- ¼ tsp coriander powder
- 2 1/3 cups vegetable broth
- 2 tbsp extra virgin olive oil

## Instructions

- 1) In a food processor, blend the lentils, garlic, cumin, salt, eggs, paprika, turmeric, coriander, 1/3 cup of broth until smooth. Pour the mixture into a bowl and stir in the spinach and parsley.
- 2) Heat ¼ tablespoon of olive oil in a medium skillet and fry a soup spoonful of the batter until firm and golden brown on one end. Flip and cook further until golden on the other end, 3 minutes.
- 3) Transfer the pancake to a serving platter and make the remaining pancakes with the remaining batter and oil in the same proportions.
- 4) Garnish with the scallions and serve warm

## Nutrition Facts per Serving

Calories 312 | Fats 11.94g | Carbs 33.02g | Net Carbs 27.12g | Protein 19.25g

## Italian Zucchini and Lentil Sauté

Prep time: 5 minutes | Cook time: 11 minutes | Serves: 4

### 5 Ingredients:

- 2 large zucchinis, chopped
- 1 shallot, chopped
- 2 cups canned yellow lentils, drained
- ½ cup freshly chopped basil
- 1/3 cup freshly chopped parsley

### What you ' ll need from the store cupboard:

- 2 tbsp extra virgin olive oil
- 4 garlic cloves, minced
- 1 tsp Italian mixed herbs
- ½ tbsp red curry powder
- 1 tbsp coconut sugar
- Salt and black pepper to taste
- 2 tbsp plain vinegar

### Instructions

- 1) Heat the olive oil in a large skillet and sauté the zucchinis and shallot until tender, 5 minutes.
- 2) Stir in the garlic, mixed herbs, curry powder, coconut sugar, salt, black pepper, and vinegar. Cook for 1 minute to allow the flavors incorporate.
- 3) Mix in the lentils and cook until softened, 5 minutes.
- 4) Adjust the taste with salt and black pepper, and stir in the basil and parsley.
- 5) Dish the food and serve warm for lunch.

### Nutrition Facts per Serving

Calories 95 | Fats 3.45g | Carbs 14.16g | Net Carbs 12.56g | Protein 4.53g

## Pinto Bean and Beans Hummus

Prep time: 10 minutes | Serves: 4

### 5 Ingredients:

- 1 cup canned beets, drained
- 2 cups canned pinto beans, drained and rinsed
- 2 tbsp tahini
- ½ lemon, juiced
- 2 tbsp freshly chopped cilantro

### What you ' ll need from the store cupboard:

- ¼ cup extra virgin olive oil
- 1 tsp garlic powder
- Salt and black pepper to taste
- ¼ cup vegetable stock

### Instructions

- 1) In a food processor, combine the beets, pinto beans, tahini, lemon juice, half of the cilantro, olive oil, garlic powder, salt, black pepper, and vegetable stock.
- 2) Blend on medium speed until smooth.
- 3) Pour the hummus into a serving bowl, adjust the taste with salt and black pepper, garnish with the remaining cilantro, and serve with julienned vegetables.

### Nutrition Facts per Serving

Calories 337 | Fats 18.31g | Carbs 36.22g | Net Carbs 25.92g | Protein 10.08g

## Green Navy Bean Soup

Prep time: 5 minutes | Cook time: 20 minutes | Serves: 4

### 5 Ingredients:

- 1 medium white onion, chopped
- 1 cup chopped asparagus
- 1 cup green beans, chopped
- 1 cup canned navy beans, drained and rinsed
- 1 cup chopped spinach

### What you ' ll need from the store cupboard:

- 3 tbsp extra virgin olive oil
- 3 garlic cloves, minced
- Salt to taste
- 1 bay leaf
- 1 tsp dried oregano
- 1 cup vegetable broth

### Instructions

- 1) Heat the olive oil in a medium pot and sauté the onion, asparagus, and green beans until softened, 5 minutes. Stir in the garlic, salt, bay leaf, and oregano until fragrant, 1 minute.
- 2) Pour in the navy beans and vegetable broth, cover the pot, bring to a boil, and then simmer for 10 minutes.
- 3) Open the lid and stir in the spinach, allow wilting, and adjust the taste with salt.
- 4) Spoon the soup into serving bowls and serve warm.

### Nutrition Facts per Serving

Calories 188 | Fats 10.7g | Carbs 19.31g | Net Carbs 12.31g | Protein 5.59g

# Fish & Seafood

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## Cilantro Baked Salmon

Prep time: 5 minutes | Cook time: 14 minutes | Serves: 4

### 5 Ingredients:

- 6 garlic cloves, minced
- 1 whole bunch cilantro
- 1 lemon, juiced + 1 lemon, sliced
- 4 salmon fillet, room temperature
- 1 large tomato, sliced into rounds

### What you ' ll need from the store cupboard:

- ½ cup extra virgin olive oil
- Salt and black pepper to taste

### Instructions

- 1) Preheat the oven to 425 F.
- 2) In a spice blender, combine the garlic, cilantro, olive oil, lemon juice, and salt. Blend into a smooth sauce.
- 3) Arrange the salmon on a baking sheet, season with salt and black pepper, and spoon the cilantro blend all over the fish. Reserve the little extra sauce for serving.
- 4) Arrange the tomatoes and lemon slices on the fish and bake in the oven for 5 minutes.
- 5) Remove the fish from the oven, cover with foil, and allow sitting for 8 minutes to enable the fish to cook completely.
- 6) After, serve fish with remaining cilantro sauce.

### Nutrition Facts per Serving

Calories 524 | Fats 25.69g | Carbs 3.67g | Net Carbs 3.17g | Protein 65.97g

# Tilapia Capers Stew

Prep time: 10 minutes | Cook time: 33 minutes | Serves: 4

## 5 Ingredients:

2 shallots, finely chopped

3 cups diced tomatoes

2 tbsp capers

4 tilapia fillets, patted dry

1 lemon, zested and juiced

## What you ' ll need from the store cupboard:

1/3 cup extra virgin olive oil

10 garlic cloves, minced

1 tsp sweet paprika

2 tsp coriander powder

½ tsp cayenne pepper

Salt and black pepper to taste

1 tsp dried parsley

## Instructions

- 1) Heat the olive oil in a medium pot over medium heat and sauté the shallots until softened, 3 minutes. Stir in the garlic, paprika, coriander, cayenne, salt, black pepper, tomatoes, and capers. Allow boiling and then simmer for 15 minutes.
- 2) Preheat the oven to 400 F.
- 3) When the sauce is done cooking, pour half into a baking dish and arrange the fish on top. Top with the lemon zest, lemon juice, and remaining tomato sauce.
- 4) Bake in the oven for 15 to 18 minutes or until the fish cooks through.
- 5) Remove the dish and top with the parsley.
- 6) Serve warm with rice.

## Nutrition Facts per Serving

Calories 167 | Fats 3.57g | Carbs 10.23g | Net Carbs 7.93g | Protein 25.37g



## Spicy Shrimp Chorizo Skillet

Prep time: 10 minutes | Cook time: 15 minutes | Serves: 4

### 5 Ingredients:

- 7 oz hot chorizo, sliced
- 1 large zucchini, chopped
- 1 medium red onion, sliced
- 2 tbsp freshly chopped cilantro
- 1 lb jumbo shrimps, peeled and deveined

### What you ' ll need from the store cupboard:

- Salt and black pepper to taste
- 1 tsp cumin powder
- 1 tsp smoked paprika
- 1/2 tsp garlic powder
- 3 tbsp extra virgin olive oil
- 2 tsp cayenne powder
- 1 tbsp plain vinegar

### Instructions

- 1) Season the shrimp with salt, black pepper, paprika, cumin, paprika, and garlic. Set aside to marinate.
- 2) Heat 2 tablespoons of olive oil in a large skillet and brown the chorizo on both sides until cooked, 4 minutes. Transfer to plate and set aside.
- 3) Add the remaining olive oil to the skillet and cook the zucchini and onion until softened, 3 to 5 minutes. Spoon to the side of the chorizo.
- 4) Cook the shrimp in the pan until slightly pink, 3 minutes and return the chorizo, zucchini, and onion to the skillet. Top with the cayenne pepper, vinegar, and cook until the shrimp is entirely pink.
- 5) Turn the heat off and stir in the cilantro.
- 6) Adjust the taste with salt and black pepper.
- 7) Plate and serve warm with bread.

## **Nutrition Facts per Serving**

Calories 445 | Fats 30.91g | Carbs 4.16g | Net Carbs 3.46g | Protein 35.85g

## Seared Halibut in Bell Pepper Medley

Prep time: 10 minutes | Cook time: 12 minutes | Serves: 4

### 5 Ingredients:

4 halibut fillet, room temperature  
1 medium red onion, chopped  
1 cup chopped mixed bell peppers  
½ cup pitted green olives, chopped  
½ lemon, juiced

### What you ' ll need from the store cupboard:

Salt and black pepper to taste  
½ tsbp coriander powder  
1 tsp sweet paprika  
1 tsp cumin powder  
2 tsbp + 3 tsbp extra virgin olive oil  
4 garlic cloves, minced

### Instructions

- 1) Season the fish with salt and black pepper, and set aside.
- 2) In a small bowl, mix the coriander, paprika, and cumin. Set aside.
- 3) Heat the olive oil in medium non-stick skillet and sauté the onion, bell peppers, and garlic until sweating, 2 to 3 minutes.
- 4) Reduce the heat to low, stir in the olives, and season lightly with salt and black pepper. Cook until the vegetables, 2 to 3 minutes. Turn the heat off.
- 5) Heat the remaining olive oil in a cast-iron skillet over medium heat.
- 6) Meanwhile, season the fish further on both sides with the spice mixture and brown in the oil until brown, 4 to 6 minutes.
- 7) Transfer the fish to a serving platter and spoon the bell pepper medley all over. Drizzle with the lemon juice and serve warm.

### Nutrition Facts per Serving

Calories 336 | Fats 22.4g | Carbs 14.31g | Net Carbs 8.01 | Protein 20.7g

## Calamari in Thyme Butter Sauce

Prep time: 5 minutes | Cook time: 4 minutes | Serves: 4

### 5 Ingredients:

4 tbsp freshly chopped thyme leaves + more for garnishing

1 small habanero pepper, deseeded and chopped

1 ½ lb calamari, sliced into rings

2 limes, juiced

½ cup white wine

### What you 'll need from the store cupboard:

4 tbsp grass-fed butter

¼ cup extra virgin olive oil

5 garlic cloves, minced

Salt and white pepper to taste

### Instructions

- 1) In a large skillet, heat the butter with olive oil and sauté the garlic, thyme, and habanero pepper until fragrant, 30 seconds.
- 2) Season the calamari with salt and white pepper, and cook in the fat for 1 to 2 minutes.
- 3) Stir in the lime juice and white wine, and cook for 1 minute.
- 4) Turn the heat off and adjust the taste with salt and white pepper.
- 5) Plate the calamari with salt and garnish with more thyme leaves.
- 6) Serve warm.

### Nutrition Facts per Serving

Calories 431 | Fats 30.68g | Carbs 8.21g | Net Carbs 7.41g | Protein 33.92g

# Veggie Roasted Red Snapper

Prep time: 5 minutes | Cook time: 25 minutes | Serves: 4

## 5 Ingredients:

4 medium red snapper, cleaned and gutted

1 cup sliced mixed bell peppers

1 large tomato, sliced into rounds

1 medium red onion, sliced into rounds

½ cup freshly chopped dill

## What you ' ll need from the store cupboard:

Extra virgin olive oil for greasing

12 garlic cloves, minced

Salt to taste

Lemon pepper to taste

2 tsp coriander powder

2 tsp cumin powder

1 tsp sumac powder

## Instructions

- 1) Preheat the oven to 425 F and lightly grease a baking sheet with olive oil.
- 2) In a small bowl, mix the garlic with a pinch or two of salt.
- 3) Using a knife cut a slit on each side of the fish and spread the garlic mixture inside.
- 4) In the same small bowl, mix some salt, lemon pepper, coriander, cumin, and sumac. Spread and pat ¾ of the mixture onto the fish and reserve the remaining spice mixture. Also, stuff the fish with as many of the peppers, tomato, onion, and dill as possible.
- 5) Place the fish on the baking sheet, season the remaining vegetables with salt, and scatter around the fish.
- 6) Drizzle everything with a generous amount of olive oil and head to the bake.

- 7) Cook in the oven until the fish flakes, 20 to 25 minutes.
- 8) After, transfer the fish to a serving platter, side with the vegetables, and serve warm with couscous.

**Nutrition Facts per Serving**

Calories 108 | Fats 7.33g | Carbs 10.21g | Net Carbs 8.11g | Protein 2.23g

## Trout Foil Packs

Prep time: 10 minutes | Cook time: 25 minutes | Serves: 4

### 5 Ingredients:

4 trout fillets

1 large tomato, sliced

2 scallions, green and white parts sliced

2 zucchinis, halved and sliced

2 lemons, 1 juiced + 1 cut into wedges

### What you ' ll need from the store cupboard:

Extra virgin olive oil

12 garlic cloves

Salt and black pepper to taste

2 tsp dried thyme

2 tbsp grass-fed butter, melted

2 tsp sweet paprika

### Instructions

- 1) Preheat the oven to 400 F and make 4 sheets of 12 x 17 inches foil papers.
- 2) Place each trout fillets on each foil pack, drizzle with some olive oil, and then season with half of the garlic, salt, black pepper, and thyme.
- 3) In a medium bowl, combine the remaining garlic with 1/3 cup of olive oil, butter, paprika, salt, and black pepper.
- 4) Add the tomato, scallions, and zucchinis; toss well, and divide the mixture onto the fish.
- 5) Wrap the foil into sealed packs, place on a baking sheet, and bake in the oven for 20 to 25 minutes.
- 6) Remove the fish after, carefully open and transfer the fish with vegetables onto serving plates, and enjoy.

### Nutrition Facts per Serving

Calories 336 | Fats 22.23g | Carbs 14.94g | Net Carbs 8.54g | Protein 21g

## Salmon in Pomegranate Salsa

Prep time: 5 minutes | Cook time: 8 minutes | Serves: 4

### 5 Ingredients:

2 cups chopped cherry tomatoes

1 cup pomegranate seeds

1 medium green bell pepper, deseeded and chopped

½ cup freshly chopped mixed herbs

4 salmon fillets

### What you ' ll need from the store cupboard:

1 tsp onion powder

Salt to taste

Lemon pepper to taste

1 tsp coriander powder

1 tsp cumin powder

1 tsp sweet paprika

½ tsp cayenne powder

½ tsp garlic powder

Extra virgin olive oil

### Instructions

- 1) In a medium bowl, combine the tomatoes, pomegranate seeds, bell pepper, onion powder, and mixed herbs. Set aside.
- 2) Preheat a broiler and reposition the oven rack below the broiler's heat.
- 3) In a bowl, mix the salt, lemon pepper, coriander, cumin, paprika, cayenne powder, and garlic powder. Season the fish with the spice mixture.
- 4) Brush the oven rack with some olive oil and brown the salmon on both sides in the broiler until cooked through, 5 to 8 minutes.
- 5) Transfer to serving plates and spoon the pomegranate salsa on top.
- 6) Serve warm.



## **Nutrition Facts per Serving**

Calories 766 | Fats 36.44g | Carbs 26.59g | Net Carbs 21.79g | Protein 81.24g

## Seafood Risotto

Prep time: 5 minutes | Cook time: 20 minutes | Serves: 4

### 5 Ingredients:

1 medium white onion, chopped

1 cup short-grain brown rice

¼ cup white wine

1 cup seafood mix

½ cup grated Parmesan cheese

### What you ' ll need from the store cupboard:

2 tbsp extra virgin olive oil

3 garlic cloves, minced

1 tsp Italian mixed herbs

1 bay leaf

2 cups fish stock, hot

A pinch saffron

2 tbsp grass-fed butter

Salt and black pepper to taste

### Instructions

- 1) Heat the olive oil in a large pot and sauté the onion, garlic, mixed herbs, and bay leaf until softened and fragrant, 3 minutes.
- 2) Stir in the rice and allow cooking for 1 minute. Stir in white wine, 1 soup spoon of fish stock, and saffron. Cook until the liquid is absorbed.
- 3) Stir in another soup spoon of fish stock, allow absorption, and keep repeating the same liquid adding process until the stock is exhausted and rice cooked through.
- 4) Beat the butter into the rice and stir in the seafood mix.
- 5) Once the seafood is cooked, discard the bay leaf, stir in the Parmesan cheese, season with salt and black pepper, and serve the dish.
- 6) Enjoy warm.

## **Nutrition Facts per Serving**

Calories 398 | Fats 17.26g | Carbs 50.47g | Net Carbs 48.37g | Protein 10.26g

## Halibut in Mango Sauce

Prep time: 10 minutes + 20 minutes marinating | Cook time: 6 minutes |

Serves: 4

### 5 Ingredients:

4 halibut fillet

¼ cup freshly chopped mint leaves

2 large, ripe mangoes, peeled and cubed

2 shallots, chopped

1 lemon, juiced

### What you 'll need from the store cupboard:

Salt and lemon pepper to taste

Extra virgin olive oil

5 garlic cloves, minced

½ tsp cumin powder

¼ tsp turmeric powder

### Instructions

- 1) Season the fish with salt, lemon pepper, and place in a baking dish.
- 2) In a small bowl, combine ¼ cup of olive oil, garlic, half of the mint leaves, cumin powder, turmeric, salt, and lemon pepper. Pour the mixture all over the fish. Allow sitting to marinate for 20 minutes.
- 3) Meanwhile, in a medium bowl, combine the mangoes, shallots, remaining mint leaves, and lemon juice. Set aside.
- 4) Heat a grill to medium-high and cook the fish on both sides until cooked through and golden brown, 6 minutes.
- 5) Transfer fish to serving plates and top with the mango salsa.
- 6) Serve warm.

### Nutrition Facts per Serving

Calories 355 | Fats 25.82g | Carbs 11.43g | Net Carbs 5.43g | Protein 20.23g

# Poultry & Meat

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## Tangy Chicken Kabobs

Prep time: 10 minutes + 1 hour marinating | Cook time: 8 minutes | Serves: 4

### 5 Ingredients:

4 chicken breasts, cut into cubes

1 large red onion, quartered

1 yellow bell pepper, deseeded and cut into 1 ½ -inch pieces

1 red bell pepper, deseeded and cut into 1 ½ -inch pieces

2 lemon, juiced

### What you 'll need from the store cupboard:

2 tsp smoked paprika

1 tsp nutmeg powder

¼ tsp cardamom powder

Salt and black pepper to taste

½ cup extra virgin olive oil

4 wooden skewers, soaked in water for 1 hour

### Instructions

- 1) In a small bowl, mix the paprika, nutmeg, cardamom, salt, and black pepper. Set aside.
- 2) On the skewers, thread the chicken, onion, and bell peppers alternatively. Drizzle with the lemon juice and season with the spice mixture. Marinate for 1 hour.
- 3) Preheat a grill to medium-high heat.
- 4) Grill the chicken skewers on both sides while brushing with olive oil until golden brown and the chicken cooked through, 6 to 8 minutes.
- 5) Plate and serve warm with tahini sauce.

### Nutrition Facts per Serving

Calories 786 | Fats 54.45g | Carbs 11.13g | Net Carbs 9.13g | Protein 62.07g

# Italian Baked Chicken

Prep time: 10 minutes | Cook time: 20 minutes | Serves: 4

## 5 Ingredients:

4 chicken breasts, skinless and boneless

1 tsp fresh rosemary leaves

1 lemon, juiced

1 medium red onion, sliced

6 Roma tomatoes, halved

## What you ' ll need from the store cupboard:

Salt and black pepper to taste

2 garlic cloves, minced

1 tsp sweet paprika

1 tsp Italian mixed herbs

2 tbsp extra virgin olive oil

## Instructions

- 1) Preheat the oven to 425 F.
- 2) Pat the chicken dry with a paper towel, wrap in cling film and using a rolling pin, carefully pound the meat until flattened. Transfer to a medium bowl.
- 3) Season with the rosemary, lemon juice, salt, black pepper, garlic, paprika, mixed herbs, and olive oil.
- 4) In a baking dish, spread the onion at the bottom, top with the seasoned chicken, and then the tomatoes.
- 5) Cover the dish with foil and bake in the oven for 10 minutes. Take off the foil and bake further for 8 to 10 minutes.
- 6) Remove the dish and serve the chicken warm with veggies and brown rice.

## Nutrition Facts per Serving

Calories 604 | Fats 34.09g | Carbs 10.12g | Net Carbs 7.42g | Protein 62.56g

# Grape & Garlic Roasted Chicken Thighs

Prep time: 10 minutes | Cook time: 20 minutes | Serves: 4

## 5 Ingredients:

- 1 lb red grapes, seeds removed
- 1 red bell pepper, deseeded and diced
- 1 medium red onion, chopped
- 4 chicken thighs, skinless and thighs
- ¼ cup freshly chopped parsley

## What you ' ll need from the store cupboard:

- Salt and black pepper to taste
- 1 tsp sweet paprika
- 1 tsp nutmeg powder
- ¼ cup extra virgin olive oil
- 1 head garlic, minced

## Instructions

- 1) Preheat the oven to 450 F.
- 2) Put the grapes, bell pepper, and onion in a baking dish.
- 3) Season the chicken on both sides with the salt, black pepper, paprika, and nutmeg. Place on the vegetables in the baking dish.
- 4) Drizzle with the olive oil and spread the garlic on top.
- 5) Bake in the oven until the chicken cooks through and golden brown on top, 15 to 20 minutes.
- 6) Remove the bowl, garnish with the parsley, and serve warm with steamed vegetables.

## Nutrition Facts per Serving

Calories 599 | Fats 38.38g | Carbs 29.92g | Net Carbs 27.42g | Protein 34.38g

# Lamb Chops Roasted with Root Vegetables

Prep time: 15 minutes + 15 minutes marinating | Cook time: 18 minutes |

Serves: 4

## 5 Ingredients:

- 4 lamb chops, cut into ½ -inch cubes
- 1 butternut squash, peeled and chopped
- 1 large red onion, quartered
- 2 carrots, peeled and cut into chunks
- 1 large Russet potato, peeled and chopped

## What you ' ll need from the store cupboard:

- Salt and black pepper to taste
- 1 head garlic, peeled and minced
- 1/3 cup + 2 tbsp extra virgin olive oil
- 1 tsp nutmeg powder
- 2 tsp smoked paprika
- 2 tsp dried thyme
- 2 tsp date syrup
- 2 tbsp plain vinegar

## Instructions

- 1) Preheat the oven to 400 F.
- 2) Season the lamb chops with salt, black pepper, and set aside.
- 3) In a medium bowl, mix the garlic, 1/3 cup of olive oil, half of the nutmeg, half of the paprika, and half of the thyme. Reserve the remaining spices.
- 4) Toss the squash, onion, carrots, and potatoes in the garlic mixture, and transfer to a baking dish. Set aside.
- 5) Add the reserved spices to the marinade bowl and mix with the date syrup and vinegar. Toss the lamb in the marinade and allow sitting for 10 to 15 minutes.
- 6) Heat the remaining olive oil in a medium skillet over medium heat and



sear the lamb on both sides until brown, 6 to 8 minutes. Transfer to the baking sheet.

- 7) Bake in the oven until the lamb cooks through and vegetables soften, 10 minutes.
- 8) Remove the dish from the oven; plate the lamb and vegetables, and serve warm.

### **Nutrition Facts per Serving**

Calories 367 | Fats 21.34g | Carbs 34.47g | Net Carbs 30.27g | Protein 12.41g

## Braised Lamb Shoulder

Prep time: 5 minutes | Cook time: 35 minutes | Serves: 4

### 5 Ingredients:

- 1 medium brown onion, chopped
- 4 large carrots, peeled and cut into chunks
- 4 lamb shoulder chops
- 1 cup red wine
- ½ cup unsweetened tomato sauce

### What you ' ll need from the store cupboard:

- 3 tbsp extra virgin olive oil
- 3 garlic cloves, minced
- Salt and black pepper to taste
- ½ tsp dried rosemary
- 2 tsp dried thyme
- 1 ½ cups chicken broth

### Instructions

- 1) Heat 1 tablespoon of olive oil in a cast iron and sauté the onion, carrots, and garlic until softened and fragrant, 5 minutes. Season with salt and black pepper. Transfer to a plate and set aside.
- 2) Add another tablespoon of olive oil, season the meat with salt and black pepper, and sear in the oil until browned on both sides, 8 minutes. Plate to the side of the vegetables.
- 3) Pour the remaining olive oil into the pan and stir in the rosemary and thyme. Allow releasing of fragrance and mix in the red wine; cook until reduced by one-third.
- 4) Add the chicken broth, tomato sauce, vegetables, and lamb chops. Cover the pan and cook over low heat until the meat is tender and the sauce reduced and browned, 20 minutes.
- 5) Turn the heat off, plate the meat with vegetables, and spoon the sauce all

over the lamb.

6) Serve warm.

**Nutrition Facts per Serving**

Calories 346 | Fats 18.58g | Carbs 19.19g | Net Carbs 14.39g | Protein 26.08g

## Baked Beef with Capers-Anchovy Salsa

Prep time: 5 minutes | Cook time: 6 minutes | Serves: 4

### 5 Ingredients:

4 chuck steaks, cut into 2-inch strips

2 anchovy fillets in oil, chopped

2 tbsp capers

1 lemon, juiced

½ cup freshly chopped parsley

### What you ' ll need from the store cupboard:

¼ cup olive oil

Salt and black pepper to taste

2 garlic cloves, minced

### Instructions

- 1) Heat 2 tablespoons of olive oil in a medium skillet until smoking.
- 2) Season the steaks with salt, black pepper, and cook in the oil until brown on both sides and cooked through, 4 to 6 minutes. Transfer to a plate and cover with foil while you make the salsa.
- 3) In a medium bowl, combine the anchovy, capers, lemon juice, parsley, the remaining olive oil, garlic, salt, and black pepper.
- 4) Uncover the beef, spoon the salsa all over, and serve warm.

### Nutrition Facts per Serving

Calories 689 | Fats 38.82g | Carbs 3.07g | Net Carbs 2.47g | Protein 83.41g

# Spicy Beef Loaf with Bell Peppers

Prep time: 10 minutes | Cook time: 53 minutes | Serves: 4

## 5 Ingredients:

1 lb ground beef

¼ cup chopped roasted red bell pepper

1 large organic egg, beaten

1/3 cup unsweetened tomato sauce

¼ cup freshly chopped parsley + extra for garnishing

## What you ' ll need from the store cupboard:

Extra virgin olive oil for brushing

Salt and black pepper to taste

1 tsp harissa spice

1 tsp sweet paprika

## Instructions

- 1) Preheat the oven to 400 F and grease a loaf pan with olive oil. Set aside.
- 2) In a medium bowl, combine the beef, bell pepper, egg, parsley, salt, black pepper, harissa, and paprika until well mixed.
- 3) Mold the mixture into the loaf pan and spread the tomato sauce on top.
- 4) Bake in the oven for 40 to 50 minutes or until the meat cooks well.
- 5) Remove from the oven and transfer to wire rack. Cool for 3 minutes and slice.
- 6) Plate, garnish with some parsley and serve warm.

## Nutrition Facts per Serving

Calories 384 | Fats 24.17g | Carbs 6.74g | Net Carbs 4.64g | Protein 32.88g

# Snacks

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## Baked Zucchini with Rosemary and Parmesan

Prep time: 5 minutes | Cook time: 20 minutes | Serves: 4

### 5 Ingredients:

- ½ cup grated Parmesan cheese
- 2 tsp fresh rosemary leaves
- 4 zucchinis, trimmed and cut lengthwise into quarters
- 2 tsp freshly chopped basil
- 2 tsp freshly chopped oregano

### What you 'll need from the store cupboard:

- Extra virgin olive oil for drizzling
- ½ tsp sweet paprika
- Salt and black pepper to taste

### Instructions

- 1) Preheat the oven to 350 F; place a wire rack in a baking sheet, brush lightly with some olive oil, and set aside.
- 2) In a large bowl, combine the Parmesan cheese, rosemary, basil, oregano, paprika, salt, and black pepper until well-mixed.
- 3) Arrange the zucchinis on the wire rack, brush with some olive oil, and sprinkle the cheese mixture on top.
- 4) Bake in the oven until the cheese melts and the zucchini tender and golden brown, 15 to 20 minutes.
- 5) Remove from the oven and serve warm with tzatziki.

### Nutrition Facts per Serving

Calories 183 | Fats 14.35g | Carbs 9.64g | Net Carbs 7.04g | Protein 6.33g

## Classic Baba Ganoush

Prep time: 5 minutes | Cook time: 40 minutes | Chilling time: 60 minutes |  
Serves: 4

### 5 Ingredients:

- 1 eggplant, head removed and halved
- 1 tbsp plain Greek yogurt
- 1 ½ tbsp tahini paste
- Toasted pine nuts to garnish
- 2 tbsp freshly chopped parsley to garnish

### What you ' ll need from the store cupboard:

- Extra virgin olive oil for brushing and topping
- Salt and black pepper to taste
- 2 garlic cloves, minced
- 1 tsp cayenne pepper
- ½ tsp sumac + more for garnish

### Instructions

- 1) Preheat the oven to 425 F and grease a baking sheet with olive oil.
- 2) Sprinkle the eggplants with salt, allow sitting to sweat and release its bitterness, dab dry with a paper towel, and place on the baking sheet. Drizzle with the olive oil and bake in the oven for 30 to 40 minutes. Remove from the oven and set aside to cool completely.
- 3) Scoop out the eggplant's flesh into a colander and allow draining.
- 4) Transfer to a food processor and top with the yogurt, tahini, garlic, cayenne pepper, sumac, salt, and black pepper. Blend until smooth paste forms.
- 5) Pour baba ganoush into a serving bowl and refrigerate for 1 hour.
- 6) To serve, remove from the refrigerator and top with sumac, olive oil, pine nuts, and parsley.
- 7) Serve warm with pita chips.

**Nutrition Facts per Serving**

Calories 169 | Fats 13.68g | Carbs 11.37g | Net Carbs 6.37g | Protein 2.87g



# Tangy Roasted Cauliflower with Cumin

Prep time: 10 minutes | Cook time: 45 minutes | Serves: 4

## 5 Ingredients:

1 medium head cauliflower, cut into florets

½ lemon, juiced

4 tbsp freshly chopped parsley to garnish

¼ cup toasted pine nuts to garnish

2 tbsp sesame seeds

## What you ' ll need from the store cupboard:

3 tbsp extra virgin olive oil

Salt and black pepper to taste

2 tsp cumin powder

1 tsp harissa spice

## Instructions

- 1) Preheat the oven to 475 F.
- 2) Arrange the cauliflower on a baking sheet and drizzle with the lemon juice and olive oil.
- 3) In a small bowl, mix the salt, black pepper, cumin, harissa, and sprinkle the spices all over the cauliflower. Toss again and spread out the cauliflower on the baking sheet.
- 4) Cover with foil and bake in the oven for 15 minutes. Remove the foil and cook further for 30 minutes or until the cauliflower is tender, caramelized, and lightly charred.
- 5) Remove cauliflower, transfer to a bowl, and garnish with the parsley, pine nuts, and sesame seeds.

## Nutrition Facts per Serving

Calories 201 | Fats 18.91g | Carbs 7.36g | Net Carbs 4.66g | Protein 3.87g

## Italian Roasted Chickpeas

Prep time: 5 minutes | Cook time: 35 minutes | Serves: 4

### 1 Ingredient (only):

1 (15 oz) can chickpeas, drained and rinsed

### What you ' ll need from the store cupboard:

1 tsp Italian seasoning

Salt and black pepper to taste

1 tsp coconut sugar

Extra virgin olive oil

### Instructions

- 1) Preheat the oven to 400 F.
- 2) In a medium bowl, combine the chickpeas, Italian seasoning, salt, black pepper, coconut sugar, and toss in some olive oil.
- 3) Spread the mixture on a baking sheet, roast in the oven until golden brown and crunchy, 25 to 35 minutes.
- 4) Remove from the oven, allow cooling, and serve.

### Nutrition Facts per Serving

Calories 186 | Fats 11.72g | Carbs 16.63g | Net Carbs 12.33g | Protein 4.73g

## Mini Antipasto Skewers

Prep time: 10 minutes | Serves: 4

### 5 Ingredients:

4 prosciutto slices, cut into halves

4 sun-dried tomatoes, in olive oil

4 basil leaves

4 cheddar cheese cubes

4 black olives, pitted

### What you ' ll need from the store cupboard:

Mini wooden skewers

1 tsp dried oregano

Extra virgin olive oil for drizzling

### Instructions

- 1) Fold up one prosciutto, top with one tomato, basil leaf, and thread on one skewer.
- 2) Stick in one cheddar cube, add another folded prosciutto, and finish up with one olive.
- 3) Place on a plate and make the remaining skewers.
- 4) After, sprinkle the skewers with the oregano and drizzle the olive oil on top.
- 5) Serve immediately.

### Nutrition Facts per Serving

Calories 226 | Fats 16.39g | Carbs 11.73g | Net Carbs 10.03g | Protein 10.27g

# Desserts

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## Cherry-Peach Compote with Greek Yogurt

Prep time: 10 minutes + 1 hour cooling time | Cook time: 5 minutes | Serves: 4

### 5 Ingredients:

4 peaches, halved, pitted, and thinly sliced

1 lb cherries, pitted and halved

2 cups red wine

¾ cup coconut sugar

1 ½ cups Greek yogurt

### What you ' ll need from the store cupboard:

1 tsp cinnamon powder

1 tsp vanilla extract

1 tbsp date syrup

### Instructions

- 1) In a medium bowl, combine peaches, cherries, and cinnamon. Toss and set aside.
- 2) In a medium saucepan, mix the red wine with coconut sugar, and heat over medium heat until the sugar dissolves and mixture syrupy, 5 minutes. Stir frequently.
- 3) Pour the hot syrup over the fruits and set aside to cool for 1 hour.
- 4) In another medium bowl, combine the Greek yogurt, vanilla, and date syrup.
- 5) Plate the fruits and top with generous dollops of the yogurt mixture.
- 6) Serve.

### Nutrition Facts per Serving

Calories 193 | Fats 0.4g | Carbs 41.01g | Net Carbs 39.11g | Protein 8.07g

## Roasted Peach and Orange Crostini

Prep time: 5 minutes + 1-hour chilling time | Cooking time: 25 minutes |  
Serves: 4

### 5 Ingredients:

- 1/3 cup Greek yogurt
- 8 oz cream cheese, room temperature
- 3 peaches, pitted and thinly sliced
- 1 orange, 3 tbsp of juice
- 8 slices whole-grain baguette, toasted

### What you ' ll need from the store cupboard:

- 1/3 cup coconut sugar
- A pinch cinnamon powder
- A pinch nutmeg powder
- 1 tbsp date syrup for drizzling

### Instructions

- 1) In a food processor, add the yogurt, cream cheese, coconut sugar, cinnamon, and nutmeg. Process until well blended. Transfer mixture to a bowl, cover with a plastic wrap and refrigerate for 1 hour.
- 2) Preheat the oven to 425 F and line a baking sheet with parchment paper. Set aside.
- 3) In a bowl, add the peaches and drizzle with the orange juice. Toss and transfer the peaches to the baking sheet. Roast in the oven until the peaches are tender, 20 to 25 minutes.
- 4) After, arrange the toasted bread (crostini) on a clean flat surface, spread with the Greek yogurt, and share the peaches on top. Drizzle with the date syrup.
- 5) Plate and serve.

### Nutrition Facts per Serving

Calories 360 | Fats 27.12g | Carbs 24.1g | Net Carbs 20.9g | Protein 8.44g

# Pumpkin Yogurt Parfait

Prep time: 5 minutes | Chilling time: 30 minutes | Serves: 4

## 5 Ingredients:

1 (15 oz) can pumpkin puree

1 ¼ cup Greek yogurt

A handful of walnuts for garnishing

## What you 'll need from the store cupboard:

1 tsp vanilla extract

2 tbsp date syrup

2 ½ tbsp coconut sugar

A pinch nutmeg powder

2 tsp cinnamon powder

## Instructions

- 1) In a medium bowl, combine the pumpkin puree, yogurt, vanilla, date syrup, coconut sugar, nutmeg, and cinnamon. Puree using an immersion blender until smooth. Adjust the taste with more coconut sugar as desired.
- 2) Divide the mixture into serving glasses and refrigerate for 20 to 30 minutes.
- 3) Remove from the fridge, top with the walnuts, and drizzle with more date syrup as desired.
- 4) Serve immediately.

## Nutrition Facts per Serving

Calories 418 | Fats 25.63g | Carbs 36.77g | Net Carbs 28.57g | Protein 15.6g

## Chocolate-Coated Dates

Prep time: 15 minutes | Cook time: 1 minute | Chilling time: 1 hour | Serves: 4

### 5 Ingredients:

16 dates  
16 pecans, toasted  
1 ½ cups unsweetened chocolate chips  
1 tbsp shelled pistachios, crushed  
1 tbsp desiccated coconut

### What you 'll need from the store cupboard:

2 tsp date syrup  
1 tsp extra virgin olive oil  
1 tsp cinnamon powder

### Instructions

- 1) Line a baking sheet with parchment paper and set aside.
- 2) Cut a slit in the dates, remove the pits, and replace with a pecan each. Close up the dates and set aside.
- 3) In a medium safe microwave bowl, add the chocolate, date syrup, olive oil, and cinnamon. Microwave for 1 minute while stirring at every 10-second interval until the chocolate melts completely.
- 4) Remove the bowl and coat each date in the chocolate mixture.
- 5) Arrange the dates on the baking tray and sprinkle with the pistachios and coconut.
- 6) Freeze for 1 hour, remove and leave at room temperature for 10 minutes.
- 7) Serve and enjoy!

### Nutrition Facts per Serving

Calories 229 | Fats 12.92g | Carbs 30.01g | Net Carbs 25.71g | Protein 2.61g

# Cashew and Peanut Rice Pudding

Prep time: 5 minutes | Cook time: 55 minutes | Serves: 4

## 5 Ingredients:

2 cups 2 % skimmed milk

1 cup heavy cream

1 cup brown rice, rinsed

1/3 cup organic evaporated milk

½ cup toasted cashews and walnuts, crushed

## What you ' ll need from the store cupboard:

2 tsp vanilla extract

2 tsp cinnamon powder

3 tbsp granulated sugar

2 tbsp grass-fed butter, room temperature

Date syrup for topping

## Instructions

- 1) In a large pot, combine the skimmed milk, heavy cream, vanilla, and cinnamon. Heat over medium temperature and just when about boiling, remove from the fire and set aside to cool completely.
- 2) Stir in the rice, sugar, and 1 cup of water. Bring to a boil over medium heat and then simmer for 30 to 40 minutes while stirring regularly.
- 3) Add more water as the liquid on the rice dries out with frequent stirring until the rice is moist and fully cooked, 10 to 15 minutes.
- 4) Turn off the heat and stir in the butter and evaporated milk until well combined.
- 5) Dish the pudding into serving bowls, top with some date syrup, the cashews, and peanuts.
- 6) Serve immediately or chilled.

## Nutrition Facts per Serving

Calories 646 | Fats 39.77g | Carbs 62.14g | Net Carbs 58.74g | Protein 12.69g



