

# **COOKBOOK**

**With Delicious Recipes**

**To Complement Your  
Pelvic Floor Workout**

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# INTRODUCTION

Welcome to the complementary cookbook for Pelvic Floor Workout. We are thrilled to help you nourish your body and soul through the power of healthy eating.

In this cookbook, you will find unique and delicious recipes tailored specifically for women. These recipes have been carefully crafted to align with the principles of healthy eating, supporting your physical health, mental clarity, and emotional well-being.

From energizing breakfasts to satisfying lunches, wholesome dinners, and nourishing snacks, each recipe provides the nutrients your body needs to thrive. We've taken care to incorporate a variety of flavors, textures, and ingredients, ensuring that your meals are not only nutritious but also enjoyable and satisfying.

Whether you're seeking to enhance your Pelvic Floor practice, maintain a healthy weight, or nourish your body with wholesome foods, this cookbook is your guide to making informed and delicious kitchen choices.

As you start this culinary adventure, remember that healthy eating is not about deprivation or restriction but rather about nourishing your body with wholesome, nutrient-rich foods that support your overall well-being.

*Warm regards,*

*Pelvic Floor  
Academy*

# Chapter 1. BREAKFAST

## Spinach and Mushroom Omelette Roll

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

### Ingredients:

- 8 oz (227 g) baby spinach
- 4 large eggs
- 4 oz (113 g) mushrooms, sliced
- 2 oz (57 g) feta cheese, crumbled
- 1 tbsp olive oil
- 1/4 tsp salt
- 1/4 tsp black pepper
- 1/2 tsp dried oregano

### Directions:

1. Preheat the oven to 350°F (175°C).
2. In a skillet, heat olive oil over medium heat. Add mushrooms and cook until tender. Add spinach and cook until wilted.
3. In a bowl, whisk eggs with salt, pepper, and dried oregano. Pour the egg mixture into the skillet over the spinach and mushrooms.
4. Cook for 3-4 minutes until the edges begin to set.
5. Sprinkle crumbled feta cheese evenly over the omelette.
6. Carefully roll the omelette using a spatula and transfer it to a baking dish.
7. Bake for 10 minutes until the omelette is set.
8. Slice and serve hot.

**Useful Tip:** Adding a sprinkle of fresh herbs like parsley or dill before serving adds extra flavor and freshness to the dish.

**Nutritional values:** Calories: 130 kcal | Fat: 9 g | Protein: 9 g | Carbs: 3 g | Net carbs: 2 g | Fiber: 1 g | Cholesterol: 190 mg | Sodium: 290 mg | Potassium: 370 mg

# Mediterranean Egg Breakfast Wrap

Serving: 4 | Prep time: 10 minutes | Cook time: 10 minutes

## Ingredients:

- 4 large eggs
- 4 whole grain tortillas
- 4 oz (113 g) baby spinach
- 4 oz (113 g) cherry tomatoes, diced
- 2 oz (57 g) feta cheese, crumbled
- 2 tbsp olive oil
- 1/4 tsp salt
- 1/4 tsp black pepper

## Directions:

1. In a bowl, whisk eggs with salt and pepper until well combined.
2. Heat olive oil in a non-stick skillet over medium heat. Pour in the eggs and cook until set, stirring occasionally.
3. Warm the tortillas in a separate skillet or in the microwave for 20 seconds.
4. Divide the cooked eggs evenly among the tortillas.
5. Top each tortilla with baby spinach, diced cherry tomatoes, and crumbled feta cheese.
6. Roll up the tortillas tightly to form wraps.
7. Slice each wrap in half diagonally and serve immediately.

**Useful Tip:** For added flavor, drizzle a teaspoon of balsamic glaze or sprinkle with dried oregano before rolling up the wraps.

**Nutritional values:** Calories: 270 kcal | Fat: 16 g | Protein: 14 g | Carbs: 20 g | Net carbs: 16 g | Fiber: 4 g | Cholesterol: 210 mg | Sodium: 550 mg | Potassium: 380 mg

# Salmon and Tomato Bruschetta

Serving: 4 | Prep time: 10 minutes | Cook time: 10 minutes

## Ingredients:

- 4 slices whole grain bread
- 8 oz (227 g) salmon fillet, cooked and flaked
- 2 medium tomatoes, diced
- 2 oz (60 ml) balsamic glaze
- 2 tbsp olive oil
- 2 cloves garlic, minced
- 1/4 tsp salt
- 1/4 tsp black pepper

## Directions:

1. Preheat the oven to 400°F (200°C).
2. Place the bread slices on a baking sheet and toast them in the oven for 5 minutes, or until lightly browned.
3. In a small bowl, combine the diced tomatoes, minced garlic, olive oil, salt, and black pepper. Mix well.
4. Top each toasted bread slice with the flaked salmon and the tomato mixture.
5. Drizzle balsamic glaze over the bruschetta.
6. Return the bruschetta to the oven and bake for an additional 5 minutes.
7. Serve hot.

**Useful Tip:** For added flavor, sprinkle freshly chopped basil or parsley on top before serving.

**Nutritional values:** Calories: 280 kcal | Fat: 12 g | Protein: 18 g | Carbs: 23 g | Net carbs: 20 g | Fiber: 3 g | Cholesterol: 30 mg | Sodium: 350 mg | Potassium: 390 mg

# Zucchini and Feta Muffins

Serving: 4 | Prep time: 15 minutes | Cook time: 20 minutes

## Ingredients:

- 2 medium zucchinis, grated (about 10 oz/283 g)
- 4 eggs
- 4 oz (113 g) feta cheese, crumbled
- 2 oz (57 g) almond flour
- 1 tsp baking powder
- 1/4 tsp salt
- 1/4 tsp black pepper
- Fresh herbs (optional for garnish)

## Directions:

1. Preheat the oven to 375°F (190°C). Grease a muffin tin or line with muffin liners.
2. In a large bowl, combine grated zucchinis, eggs, crumbled feta cheese, almond flour, baking powder, salt, and black pepper. Mix until well combined.
3. Spoon the mixture evenly into the prepared muffin tin, filling each cup about 3/4 full.
4. Bake in the preheated oven for 20 minutes, or until the muffins are golden brown and a toothpick inserted into the center comes out clean.
5. Allow the muffins to cool in the tin for 5 minutes, then transfer them to a wire rack to cool completely.
6. Garnish with fresh herbs if desired.
7. Serve warm or at room temperature.

**Useful Tip:** These muffins can be stored in an airtight container in the refrigerator for up to 3 days. Reheat them in the microwave for a quick and convenient breakfast option.

**Nutritional values:** Calories: 170 kcal | Fat: 12 g | Protein: 10 g | Carbs: 6 g | Net carbs: 4 g | Fiber: 2 g | Cholesterol: 190 mg | Sodium: 320 mg | Potassium: 300 mg

# Spinach and Feta Egg Stuffed Bell Peppers

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

## Ingredients:

- 4 large bell peppers
- 4 eggs
- 4 oz (113 g) baby spinach
- 2 oz (57 g) feta cheese, crumbled
- 2 tbsp olive oil
- 1/4 tsp salt
- 1/4 tsp black pepper

## Directions:

1. Preheat the oven to 375°F (190°C).
2. Cut the tops off the bell peppers and remove the seeds and membranes.
3. In a skillet, heat olive oil over medium heat. Add baby spinach and cook until wilted.
4. Divide the wilted spinach evenly among the bell peppers.
5. Crack one egg into each bell pepper on top of the spinach.
6. Sprinkle crumbled feta cheese over the eggs.
7. Season with salt and black pepper.
8. Place the stuffed bell peppers on a baking sheet and bake in the preheated oven for 20 minutes, or until the eggs are set to your desired consistency.
9. Serve hot.

**Useful Tip:** For added flavor and nutrition, sprinkle chopped fresh herbs such as parsley or dill over the stuffed bell peppers before serving.

**Nutritional values:** Calories: 180 kcal | Fat: 13 g | Protein: 9 g | Carbs: 7 g | Net carbs: 5 g | Fiber: 2 g | Cholesterol: 190 mg | Sodium: 280 mg | Potassium: 370 mg

# Avocado Toast with Tomato Salsa

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

## Ingredients:

- 4 slices whole grain bread
- 2 ripe avocados
- 4 medium tomatoes, diced
- 1 small red onion, finely chopped
- 1 lime, juiced
- 2 tbsp olive oil
- Salt, to taste
- Pepper, to taste

## Directions:

1. Toast the slices of whole grain bread until golden brown.
2. In a bowl, mash the ripe avocados with a fork until smooth.
3. In another bowl, combine the diced tomatoes, finely chopped red onion, lime juice, and olive oil to make the tomato salsa. Season with salt and pepper to taste.
4. Spread the mashed avocado evenly onto each slice of toasted bread.
5. Top the avocado toast with the prepared tomato salsa.
6. Serve immediately.

**Useful Tip:** For added flavor and texture, you can sprinkle some crumbled feta cheese or chopped fresh herbs such as cilantro or parsley on top of the avocado toast before serving.

**Nutritional values:** Calories: 240 kcal | Fat: 15 g | Protein: 5 g | Carbs: 25 g | Net carbs: 18 g | Fiber: 7 g | Cholesterol: 0 mg | Sodium: 160 mg | Potassium: 570 mg

# Oat Bran Pancakes with Applesauce

Serving: 4 | Prep time: 10 minutes | Cook time: 10 minutes

## Ingredients:

- 3 oz (90 g) oat bran
- 2 eggs
- 4 oz (120 ml) unsweetened applesauce
- 1 tsp baking powder
- 1/2 tsp ground cinnamon
- 1/4 tsp vanilla extract
- 2 tbsp olive oil
- Salt, to taste

## Directions:

1. In a mixing bowl, combine the oat bran, eggs, unsweetened applesauce, baking powder, ground cinnamon, and vanilla extract. Mix well until a smooth batter forms.
2. Heat olive oil in a non-stick skillet over medium heat.
3. Spoon the pancake batter onto the skillet, forming small pancakes. Cook for 2-3 minutes on each side, or until golden brown and cooked through.
4. Remove the pancakes from the skillet and repeat with the remaining batter.
5. Serve the oat bran pancakes warm, topped with a dollop of Greek yogurt or a drizzle of honey if desired.

**Useful Tip:** For added sweetness, you can sprinkle some fresh berries or sliced bananas over the pancakes before serving.

**Nutritional values:** Calories: 200 kcal | Fat: 9 g | Protein: 7 g | Carbs: 24 g | Net carbs: 18 g | Fiber: 6 g | Cholesterol: 105 mg | Sodium: 280 mg | Potassium: 220 mg

# Chapter 2. SALADS

## Tuna and White Bean Salad with Herb Vinaigrette

Serving: 4 | Prep time: 10 minutes | Cook time: 0 minutes

### Ingredients:

- 10 oz (285 g) canned tuna, drained
- 1 can (15 oz / 425 g) white beans, drained and rinsed
- 5 oz (150 g) cherry tomatoes, halved
- 2 oz (60 ml) extra virgin olive oil
- 2 tbsp lemon juice
- 2 cloves garlic, minced
- 2 tbsp fresh parsley, chopped
- Salt and pepper, to taste

### Directions:

1. In a large mixing bowl, combine the drained tuna, white beans, and cherry tomatoes.
2. In a small bowl, whisk together the extra virgin olive oil, lemon juice, minced garlic, and chopped parsley to make the herb vinaigrette.
3. Pour the herb vinaigrette over the tuna, white beans, and cherry tomatoes.
4. Gently toss the salad until everything is evenly coated with the vinaigrette.
5. Season with salt and pepper to taste.
6. Serve the tuna and white bean salad immediately or chill it in the refrigerator for 30 minutes for flavors to meld.

**Useful Tip:** For added freshness, garnish the salad with some additional chopped parsley before serving.

**Nutritional values:** Calories: 330 kcal | Fat: 16 g | Protein: 22 g | Carbs: 25 g | Net carbs: 20 g | Fiber: 5 g | Cholesterol: 30 mg | Sodium: 590 mg | Potassium: 760 mg

# Grilled Chicken and Avocado Caesar Salad with Whole Grain Croutons

Serving: 4 | Prep time: 15 minutes | Cook time: 15 minutes

## Ingredients:

- 2 boneless, skinless chicken breasts (about 8 oz / 225 g each)
- 2 avocados, ripe but firm
- 4 oz (120 g) romaine lettuce, chopped
- 1 oz (30 g) whole grain bread, cut into cubes
- 2 tbsp olive oil
- 2 tbsp lemon juice
- 1 garlic clove, minced
- Salt and pepper, to taste

## Directions:

1. Preheat the grill to medium-high heat (about 375°F / 190°C).
2. Season the chicken breasts with salt and pepper. Grill the chicken for 6-8 minutes on each side or until cooked through. Set aside to cool slightly before slicing.
3. While the chicken is cooking, prepare the whole grain croutons. Toss the bread cubes with 1 tablespoon of olive oil and spread them on a baking sheet. Bake in the oven at 375°F (190°C) for 5-7 minutes or until golden and crispy.
4. In a small bowl, whisk together the remaining tablespoon of olive oil, lemon juice, minced garlic, salt, and pepper to make the Caesar dressing.
5. In a large mixing bowl, combine the chopped romaine lettuce, sliced grilled chicken, diced avocado, and whole grain croutons.
6. Drizzle the Caesar dressing over the salad and toss gently to coat everything evenly.
7. Serve the grilled chicken and avocado Caesar salad immediately.

**Useful Tip:** For added flavor and nutrition, sprinkle the salad with grated Parmesan cheese before serving.

**Nutritional values:** Calories: 340 kcal | Fat: 20 g | Protein: 25 g | Carbs: 15 g | Net carbs: 9 g | Fiber: 6 g | Cholesterol: 60 mg | Sodium: 280 mg | Potassium: 880 mg

# Salmon and Lentil Salad with Dijon Mustard Dressing

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

## Ingredients:

- 2 salmon fillets (about 6 oz / 170 g each)
- 7 oz (200 g) lentils, cooked
- 2 oz (60 g) mixed greens (such as spinach, arugula, or kale)
- 2 oz (60 ml) olive oil
- 2 tbsp lemon juice
- 2 tsp Dijon mustard
- 1 garlic clove, minced
- Salt and pepper, to taste

## Directions:

1. Preheat the oven to 400°F (200°C).
2. Season the salmon fillets with salt and pepper and place them on a baking sheet lined with parchment paper. Bake for 12-15 minutes or until the salmon flakes easily with a fork. Set aside to cool slightly.
3. In a small bowl, whisk together the olive oil, lemon juice, Dijon mustard, minced garlic, salt, and pepper to make the dressing.
4. In a large mixing bowl, combine the cooked lentils and mixed greens.
5. Flake the cooked salmon into bite-sized pieces and add it to the bowl with the lentils and greens.
6. Drizzle the Dijon mustard dressing over the salad and toss gently to coat everything evenly.
7. Serve the salmon and lentil salad immediately.

**Useful Tip:** For added crunch, sprinkle the salad with toasted pine nuts or sliced almonds before serving.

**Nutritional values:** Calories: 350 kcal | Fat: 18 g | Protein: 28 g | Carbs: 20 g | Net carbs: 15 g | Fiber: 5 g | Cholesterol: 55 mg | Sodium: 200 mg | Potassium: 780 mg

# Mediterranean Turkey and Couscous Salad with Feta and Mint

Serving: 4 | Prep time: 15 minutes | Cook time: 15 minutes

## Ingredients:

- 8 oz (227 g) turkey breast, cooked and shredded
- 7 oz (200 g) whole wheat couscous, cooked
- 2,6 oz (75 g) cherry tomatoes, halved
- 1 oz (30 g) crumbled feta cheese
- 2 tbsp extra virgin olive oil
- 1 tbsp lemon juice
- 2 tbsp fresh mint leaves, chopped
- Salt and pepper, to taste

## Directions:

1. In a large mixing bowl, combine the shredded turkey breast, cooked couscous, cherry tomatoes, and crumbled feta cheese.
2. In a small bowl, whisk together the extra virgin olive oil, lemon juice, chopped fresh mint leaves, salt, and pepper to make the dressing.
3. Pour the dressing over the turkey and couscous mixture and toss gently until well combined.
4. Taste and adjust seasoning if needed.
5. Divide the salad into serving bowls.
6. Serve the Mediterranean turkey and couscous salad immediately.

**Useful Tip:** For added freshness, garnish the salad with additional mint leaves before serving.

**Nutritional values:** Calories: 320 kcal | Fat: 12 g | Protein: 25 g | Carbs: 28 g | Net carbs: 24 g | Fiber: 4 g | Cholesterol: 45 mg | Sodium: 230 mg | Potassium: 420 mg

# Shrimp and Quinoa Salad with Lemon-Garlic Dressing

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

## Ingredients:

- 8 oz (227 g) shrimp, peeled and deveined
- 6,5 oz (185 g) cooked quinoa
- 5 oz (150 g) cherry tomatoes, halved
- 0,5 oz (15 g) fresh parsley, chopped
- 2 tbsp extra virgin olive oil
- 1 tbsp lemon juice
- 2 cloves garlic, minced
- Salt and pepper, to taste

## Directions:

1. Cook the quinoa according to package instructions and set aside to cool.
2. Heat 1 tablespoon of olive oil in a skillet over medium heat, add the shrimp, and cook until pink and cooked through, about 2-3 minutes per side.
3. In a small bowl, whisk together the remaining olive oil, lemon juice, minced garlic, salt, and pepper to make the dressing.
4. In a large mixing bowl, combine the cooked quinoa, cherry tomatoes, chopped parsley, and cooked shrimp.
5. Pour the lemon-garlic dressing over the salad ingredients and toss gently to coat everything evenly.
6. Taste and adjust seasoning if needed.
7. Serve the shrimp and quinoa salad immediately.

**Useful Tip:** For extra flavor, marinate the shrimp in the lemon-garlic dressing for 15-30 minutes before cooking.

**Nutritional values:** Calories: 220 kcal | Fat: 9 g | Protein: 18 g | Carbs: 17 g | Net carbs: 14 g | Fiber: 3 g | Cholesterol: 145 mg | Sodium: 200 mg | Potassium: 280 mg

# Roasted Vegetable and Chickpea Salad with Balsamic Glaze

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

## Ingredients:

- 8 oz (227 g) mixed vegetables (such as bell peppers, zucchini, and red onion), chopped
- 1 can (15 oz / 425 g) chickpeas, drained and rinsed
- 2 tbsp olive oil
- 2 tbsp balsamic glaze
- 1 tsp dried thyme
- Salt and pepper, to taste
- 2 oz (60 g) mixed greens
- 2 tbsp sliced almonds, toasted

## Directions:

1. Preheat the oven to 400°F (200°C).
2. In a large mixing bowl, toss the mixed vegetables and chickpeas with olive oil, dried thyme, salt, and pepper until evenly coated.
3. Spread the vegetables and chickpeas in a single layer on a baking sheet lined with parchment paper.
4. Roast in the preheated oven for 15-20 minutes or until the vegetables are tender and slightly caramelized, stirring halfway through.
5. While the vegetables are roasting, prepare the salad by arranging the mixed greens on a serving platter.
6. Once the vegetables and chickpeas are roasted, transfer them to the serving platter over the mixed greens.
7. Drizzle the balsamic glaze over the salad and sprinkle with toasted sliced almonds.
8. Serve the roasted vegetable and chickpea salad immediately.

**Useful Tip:** You can customize this salad by adding other roasted vegetables or substituting different nuts for the almonds, such as walnuts or pine nuts.

**Nutritional values:** Calories: 280 kcal | Fat: 12 g | Protein: 9 g | Carbs: 34 g | Net carbs: 28 g | Fiber: 6 g | Cholesterol: 0 mg | Sodium: 320 mg | Potassium: 380 mg

# Mediterranean Egg Salad with Mixed Greens and Hummus Dressing

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

## Ingredients:

- 6 large eggs
- 4 oz (120 g) mixed greens
- 2 oz (60 g) hummus
- 1 tbsp lemon juice
- 1 tbsp olive oil
- 1/2 tsp dried oregano
- Salt and pepper, to taste
- 2 tbsp Kalamata olives, chopped

## Directions:

1. Place the eggs in a saucepan and cover with water. Bring to a boil over medium-high heat, then cover, remove from heat, and let stand for 8-10 minutes.
2. Transfer the boiled eggs to a bowl of ice water to cool for easier peeling. Peel and chop the eggs into bite-sized pieces.
3. In a small bowl, whisk together the hummus, lemon juice, olive oil, dried oregano, salt, and pepper to make the dressing.
4. In a large mixing bowl, toss the mixed greens with the chopped eggs and Kalamata olives.
5. Drizzle the hummus dressing over the salad and toss gently to coat evenly.
6. Serve the Mediterranean egg salad immediately.

**Useful Tip:** To save time, you can use store-bought hummus for the dressing, or prepare it ahead of time and store it in the refrigerator for up to a week.

**Nutritional values:** Calories: 220 kcal | Fat: 15 g | Protein: 12 g | Carbs: 8 g | Net carbs: 6 g | Fiber: 2 g | Cholesterol: 280 mg | Sodium: 380 mg | Potassium: 270 mg

# Chapter 3. SOUPS

## Tomato and Basil Soup with White Beans

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

### Ingredients:

- 2 tbsp olive oil
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 28 oz (794 g) canned whole tomatoes
- 17 oz (480 ml) vegetable broth
- 15 oz (425 g) canned white beans, drained and rinsed
- 0,3 oz (10 g) fresh basil leaves, chopped
- Salt and pepper, to taste

### Directions:

1. Heat olive oil in a large pot over medium heat. Add chopped onion and minced garlic, sautéing until softened, about 5 minutes.
2. Pour in the canned whole tomatoes with their juices, breaking them up with a spoon.
3. Add vegetable broth and bring the mixture to a simmer. Allow it to cook for 10 minutes.
4. Using an immersion blender or regular blender, blend the soup until smooth.
5. Return the soup to the pot if necessary, and stir in the drained and rinsed white beans.
6. Simmer the soup for another 5 minutes to heat the beans through.
7. Stir in chopped fresh basil leaves, and season with salt and pepper to taste.
8. Serve the tomato and basil soup hot, garnished with additional fresh basil leaves if desired.

**Useful Tip:** For a creamier texture, you can add a splash of coconut milk or cream before serving.

**Nutritional values:** Calories: 210 kcal | Fat: 7 g | Protein: 7 g | Carbs: 30 g | Net carbs: 21 g | Fiber: 9 g | Cholesterol: 0 mg | Sodium: 480 mg | Potassium: 880 mg

# Greek Chicken and Vegetable Soup with Lemon Orzo

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

## Ingredients:

- 8 oz (227 g) boneless, skinless chicken breast, diced
- 1 medium carrot, diced
- 1 celery stalk, diced
- 3 oz (85 g) uncooked orzo pasta
- 33 oz (960 ml) chicken broth
- 1 lemon, juiced
- 2 tbsp olive oil
- Fresh dill or parsley, for garnish

## Directions:

1. In a large pot, heat olive oil over medium heat.
2. Add diced chicken breast and cook until browned on all sides, about 5 minutes.
3. Add diced carrot and celery to the pot, and sauté for another 3 minutes.
4. Pour in the chicken broth and bring the mixture to a boil.
5. Stir in the uncooked orzo pasta and reduce heat to low. Simmer for 10-12 minutes or until the orzo is cooked through.
6. Once the orzo is cooked, add the lemon juice to the soup and stir to combine.
7. Taste and adjust seasoning with salt and pepper if needed.
8. Serve the Greek chicken and vegetable soup hot, garnished with fresh dill or parsley.

**Useful Tip:** For a heartier soup, you can add additional vegetables such as diced zucchini or spinach.

**Nutritional values:** Calories: 260 kcal | Fat: 8 g | Protein: 20 g | Carbs: 25 g | Net carbs: 22 g | Fiber: 3 g | Cholesterol: 35 mg | Sodium: 700 mg | Potassium: 450 mg

# Roasted Cauliflower Soup with Turmeric and Coconut Milk

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

## Ingredients:

- 1 medium head cauliflower, chopped into florets (about 24 oz or 680 g)
- 1 medium onion, diced
- 2 cloves garlic, minced
- 33 oz (960 ml) vegetable broth
- 1 can (13.5 oz or 400 ml) coconut milk
- 1 tsp turmeric
- 2 tbsp olive oil
- Salt and pepper, to taste
- Fresh cilantro or parsley, for garnish

## Directions:

1. Preheat the oven to 400°F (200°C).
2. On a baking sheet, toss the cauliflower florets with olive oil, salt, and pepper. Roast in the preheated oven for 20 minutes or until lightly browned and tender.
3. In a large pot, heat a tablespoon of olive oil over medium heat. Add the diced onion and minced garlic, sautéing until fragrant and translucent, about 3 minutes.
4. Add the roasted cauliflower to the pot, along with the vegetable broth and turmeric. Bring the mixture to a simmer and cook for 5 minutes.
5. Using an immersion blender or regular blender, blend the soup until smooth.
6. Stir in the coconut milk, and simmer for an additional 5 minutes to heat through.
7. Taste and adjust seasoning with salt and pepper if needed.
8. Serve the roasted cauliflower soup hot, garnished with fresh cilantro or parsley.

**Useful Tip:** For added creaminess, you can blend half of the cauliflower with the broth and leave the other half whole for texture.

**Nutritional values:** Calories: 280 kcal | Fat: 24 g | Protein: 5 g | Carbs: 13 g | Net carbs: 9 g | Fiber: 4 g | Cholesterol: 0 mg | Sodium: 750 mg | Potassium: 580 mg

# Italian Wedding Soup with Turkey Meatballs and Spinach

Serving: 4 | Prep time: 15 minutes | Cook time: 20 minutes

## Ingredients:

- 8 oz (227 g) ground turkey
- 2 oz (57 g) whole wheat breadcrumbs
- 1 egg
- 33 oz (960 ml) low-sodium chicken broth
- 2 oz (60 g) fresh spinach, chopped
- 2 tbsp olive oil
- 1/4 tsp dried oregano
- Salt and pepper, to taste

## Directions:

1. In a mixing bowl, combine ground turkey, breadcrumbs, egg, dried oregano, salt, and pepper. Form the mixture into small meatballs, about 1-inch in diameter.
2. Heat olive oil in a large pot over medium heat. Add the turkey meatballs and cook until browned on all sides, about 5 minutes.
3. Pour in the chicken broth and bring to a simmer. Cook the meatballs in the broth for about 10 minutes or until they are cooked through.
4. Add the chopped spinach to the pot and cook for an additional 5 minutes until wilted.
5. Taste and adjust seasoning with salt and pepper if needed.
6. Serve the Italian wedding soup hot, garnished with a sprinkle of grated Parmesan cheese if desired.

**Useful Tip:** For extra flavor, add a pinch of grated nutmeg to the meatball mixture before forming them.

**Nutritional values:** Calories: 250 kcal | Fat: 13 g | Protein: 20 g | Carbs: 13 g | Net carbs: 9 g | Fiber: 4 g | Cholesterol: 90 mg | Sodium: 500 mg | Potassium: 570 mg

# Greek Lemon Chicken Soup with Dill

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

## Ingredients:

- 8 oz (227 g) boneless, skinless chicken breast, cubed
- 33 oz (960 ml) low-sodium chicken broth
- 2 oz (60 ml) lemon juice
- 2 large eggs
- 2 tbsp chopped fresh dill
- 2 oz (57 g) orzo pasta
- Salt and pepper, to taste
- Lemon slices, for garnish

## Directions:

1. In a large pot, bring the chicken broth to a simmer over medium heat.
2. Add the orzo pasta to the pot and cook according to package instructions until al dente, about 8-10 minutes.
3. In a mixing bowl, whisk together the lemon juice and eggs until well combined.
4. Slowly pour the egg mixture into the simmering broth while stirring continuously to create ribbons of egg.
5. Add the cubed chicken breast to the pot and cook for an additional 5-7 minutes until the chicken is cooked through.
6. Stir in the chopped fresh dill and season with salt and pepper to taste.
7. Ladle the Greek lemon chicken soup into bowls, garnish with lemon slices, and serve hot.

**Useful Tip:** For extra flavor, add a pinch of lemon zest to the soup just before serving.

**Nutritional values:** Calories: 180 kcal | Fat: 4 g | Protein: 20 g | Carbs: 15 g | Net carbs: 12 g | Fiber: 3 g | Cholesterol: 120 mg | Sodium: 500 mg | Potassium: 380 mg

# Mushroom and Barley Soup with Thyme and Parmesan

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

## Ingredients:

- 8 oz (227 g) mushrooms, sliced
- 3,5 oz (100 g) pearl barley
- 33 oz (960 ml) low-sodium vegetable broth
- 2 tbsp olive oil
- 2 cloves garlic, minced
- 1 tsp fresh thyme leaves
- 2 oz (57 g) grated Parmesan cheese
- Salt and pepper, to taste

## Directions:

1. In a large pot, heat olive oil over medium heat.
2. Add minced garlic and sauté for 1-2 minutes until fragrant.
3. Add sliced mushrooms to the pot and cook for 5-7 minutes until they start to brown.
4. Stir in the pearl barley and fresh thyme leaves, then pour in the vegetable broth.
5. Bring the soup to a boil, then reduce the heat to low, cover, and simmer for 15-20 minutes or until the barley is tender.
6. Season the soup with salt and pepper to taste.
7. Serve the soup hot, garnished with grated Parmesan cheese.

**Useful Tip:** For a richer flavor, you can use a combination of different mushroom varieties such as cremini, shiitake, and oyster.

**Nutritional values:** Calories: 210 kcal | Fat: 8 g | Protein: 8 g | Carbs: 27 g | Net carbs: 22 g | Fiber: 5 g | Cholesterol: 10 mg | Sodium: 400 mg | Potassium: 350 mg

# Spinach and Salmon Soup with Garlic and Rosemary

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

## Ingredients:

- 8 oz (227 g) salmon fillet, skinless and boneless, cut into bite-sized pieces
- 33 oz (960 ml) low-sodium vegetable broth
- 6 oz (170 g) fresh spinach, chopped
- 2 cloves garlic, minced
- 1 tbsp olive oil
- 1 tsp fresh rosemary leaves, chopped
- Salt and pepper, to taste

## Directions:

1. In a large pot, heat olive oil over medium heat.
2. Add minced garlic and chopped rosemary, sautéing for 1-2 minutes until fragrant.
3. Add salmon pieces to the pot and cook for 3-4 minutes until they are lightly browned on all sides.
4. Pour in the vegetable broth and bring the soup to a simmer.
5. Stir in the chopped spinach and cook for an additional 3-4 minutes until the spinach wilts.
6. Season the soup with salt and pepper to taste.
7. Serve the soup hot, garnished with extra rosemary leaves if desired.

**Useful Tip:** For extra flavor, you can add a splash of lemon juice just before serving.

**Nutritional values:** Calories: 180 kcal | Fat: 9 g | Protein: 19 g | Carbs: 5 g | Net carbs: 3 g | Fiber: 2 g | Cholesterol: 35 mg | Sodium: 400 mg | Potassium: 400 mg

# Chapter 4. POULTRY RECIPES

## Mediterranean Grilled Chicken Skewers with Lemon-Herb Marinade

Serving: 4 | Prep time: 15 minutes | Cook time: 15 minutes

### Ingredients:

- 1 lb (454 g) boneless, skinless chicken breasts, cut into cubes
- 1 lemon, juiced and zested
- 2 tbsp olive oil
- 2 cloves garlic, minced
- 1 tsp dried oregano
- 1 tsp dried thyme
- Salt and pepper, to taste
- Wooden skewers, soaked in water

### Directions:

1. In a mixing bowl, combine lemon juice, lemon zest, olive oil, minced garlic, dried oregano, dried thyme, salt, and pepper.
2. Add the chicken cubes to the bowl and toss until they are evenly coated with the marinade. Let marinate for at least 10 minutes, or up to 1 hour in the refrigerator.
3. Preheat the grill to medium-high heat (around 375°F or 190°C).
4. Thread the marinated chicken cubes onto the soaked wooden skewers.
5. Place the skewers on the preheated grill and cook for 6-8 minutes on each side, or until the chicken is cooked through and has grill marks.
6. Remove the skewers from the grill and let them rest for a few minutes before serving.

**Useful Tip:** Serve the grilled chicken skewers with a side of Greek salad and whole grain pita bread for a complete Mediterranean-inspired meal.

**Nutritional values:** Calories: 200 kcal | Fat: 8 g | Protein: 25 g | Carbs: 4 g | Net carbs: 3 g | Fiber: 1 g | Cholesterol: 70 mg | Sodium: 350 mg | Potassium: 300 mg

# Greek Turkey Meatballs with Zucchini Noodles and Marinara Sauce

Serving: 4 | Prep time: 15 minutes | Cook time: 15 minutes

## Ingredients:

- 1 lb (454 g) lean ground turkey
- 1 medium zucchini, spiralized into noodles
- 8 oz (240 ml) marinara sauce
- 1 oz (28 g) grated Parmesan cheese
- 1 tsp dried oregano
- 1 tsp dried basil
- 1/2 tsp garlic powder
- Salt and pepper, to taste

## Directions:

1. Preheat the oven to 400°F (200°C).
2. In a mixing bowl, combine the ground turkey, dried oregano, dried basil, garlic powder, salt, and pepper. Mix until well combined.
3. Form the turkey mixture into small meatballs, about 1 inch in diameter, and place them on a baking sheet lined with parchment paper.
4. Bake the meatballs in the preheated oven for 12-15 minutes, or until cooked through and golden brown.
5. While the meatballs are baking, heat the marinara sauce in a saucepan over medium heat until warmed through.
6. In a separate skillet, heat a small amount of olive oil over medium heat. Add the zucchini noodles and cook for 3-4 minutes, or until tender.
7. To serve, place the zucchini noodles on plates, top with marinara sauce, and place the turkey meatballs on top. Sprinkle with grated Parmesan cheese.

**Useful Tip:** For extra flavor, try adding chopped fresh parsley or a squeeze of lemon juice over the finished dish before serving.

**Nutritional values:** Calories: 250 kcal | Fat: 12 g | Protein: 25 g | Carbs: 10 g | Net carbs: 8 g | Fiber: 2 g | Cholesterol: 80 mg | Sodium: 450 mg | Potassium: 500 mg

# Mediterranean Chicken and Vegetable Stir-Fry with Quinoa

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

## Ingredients:

- 1 lb (454 g) boneless, skinless chicken breast, sliced into strips
- 6 oz (180 g) mixed vegetables (such as bell peppers, zucchini, and cherry tomatoes), sliced
- 6,2 oz (185 g) cooked quinoa
- 2 tbsp olive oil
- 2 cloves garlic, minced
- 1 tsp dried oregano
- 1/2 tsp dried basil
- Salt and pepper, to taste

## Directions:

1. Heat olive oil in a large skillet over medium-high heat.
2. Add minced garlic and cook for 1 minute until fragrant.
3. Add chicken strips to the skillet and cook until browned and cooked through, about 5-7 minutes.
4. Add mixed vegetables to the skillet and stir-fry for an additional 5 minutes, or until vegetables are tender-crisp.
5. Sprinkle dried oregano and basil over the chicken and vegetables, and season with salt and pepper to taste. Stir well to combine.
6. Serve the chicken and vegetable stir-fry over cooked quinoa.
7. Garnish with fresh herbs like parsley or basil if desired.

**Useful Tip:** For added flavor, squeeze fresh lemon juice over the stir-fry before serving.

**Nutritional values:** Calories: 320 kcal | Fat: 12 g | Protein: 25 g | Carbs: 28 g | Net carbs: 24 g | Fiber: 4 g | Cholesterol: 65 mg | Sodium: 350 mg | Potassium: 600 mg

# Lemon Herb Roasted Chicken Thighs with Mediterranean Salad

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

## Ingredients:

- 4 bone-in, skin-on chicken thighs (about 1.5 lbs or 680 g)
- 2 tbsp olive oil
- 2 cloves garlic, minced
- 1 lemon, zest and juice
- 1 tsp dried oregano
- 1/2 tsp dried thyme
- 1/4 tsp salt
- 1/4 tsp black pepper
- 4 oz (120 g) mixed salad greens (such as baby spinach, arugula, and lettuce)

## Directions:

1. Preheat the oven to 400°F (200°C).
2. In a small bowl, whisk together olive oil, minced garlic, lemon zest, lemon juice, dried oregano, dried thyme, salt, and black pepper.
3. Place chicken thighs on a baking sheet lined with parchment paper.
4. Brush the chicken thighs with the lemon herb mixture, coating them evenly.
5. Roast the chicken in the preheated oven for 20-25 minutes, or until the internal temperature reaches 165°F (74°C) and the skin is crispy.
6. While the chicken is roasting, prepare the salad by tossing mixed salad greens with any remaining lemon herb mixture.
7. Serve the roasted chicken thighs alongside the Mediterranean salad.

**Useful Tip:** For extra flavor, sprinkle some crumbled feta cheese over the salad before serving.

**Nutritional values:** Calories: 320 kcal | Fat: 22 g | Protein: 25 g | Carbs: 4 g | Net carbs: 3 g | Fiber: 1 g | Cholesterol: 110 mg | Sodium: 290 mg | Potassium: 360 mg

# Mediterranean Turkey and Chickpea Lettuce Wraps with Tahini Dressing

Serving: 4 | Prep time: 15 minutes | Cook time: 15 minutes

## Ingredients:

- 1 lb (450 g) ground turkey
- 1 can (15 oz or 425 g) chickpeas, drained and rinsed
- 4 large lettuce leaves (such as romaine or iceberg)
- 2 oz (60 ml) tahini
- 2 tbsp lemon juice
- 1 clove garlic, minced
- 1/2 tsp dried oregano
- Salt and pepper, to taste

## Directions:

1. In a large skillet over medium heat, cook the ground turkey until browned and cooked through, breaking it apart with a spoon as it cooks, about 8-10 minutes.
2. While the turkey is cooking, in a small bowl, whisk together the tahini, lemon juice, minced garlic, dried oregano, salt, and pepper to make the dressing. Set aside.
3. Once the turkey is cooked, add the chickpeas to the skillet and cook for an additional 2-3 minutes, until heated through.
4. To assemble the lettuce wraps, place a spoonful of the turkey and chickpea mixture onto each lettuce leaf.
5. Drizzle the tahini dressing over the top of each lettuce wrap.
6. Serve immediately and enjoy!

**Useful Tip:** For extra flavor and crunch, sprinkle some chopped fresh parsley and diced tomatoes over the turkey and chickpea mixture before wrapping.

**Nutritional values:** Calories: 320 kcal | Fat: 18 g | Protein: 24 g | Carbs: 20 g | Net carbs: 16 g | Fiber: 4 g | Cholesterol: 55 mg | Sodium: 420 mg | Potassium: 620 mg

# Baked Herb Crusted Chicken Tenders with Cauliflower Mash

Serving: 4 | Prep time: 15 minutes | Cook time: 20 minutes

## Ingredients:

- 1 lb (450 g) chicken tenders
- 2 oz (60 g) almond flour
- 2 tbsp olive oil
- 1 tbsp lemon juice
- 1 tsp dried thyme
- 1/2 tsp garlic powder
- 1 medium head cauliflower, cut into florets
- 2 cloves garlic, minced
- Salt and pepper, to taste

## Directions:

1. Preheat the oven to 400°F (200°C).
2. In a bowl, mix together almond flour, olive oil, lemon juice, dried thyme, garlic powder, salt, and pepper.
3. Coat each chicken tender with the herb mixture and place them on a baking sheet lined with parchment paper.
4. Bake in the preheated oven for 15-20 minutes, or until the chicken is cooked through and golden brown.
5. While the chicken is baking, steam the cauliflower florets until tender, about 10 minutes.
6. Drain the cauliflower and transfer it to a food processor. Add minced garlic, salt, and pepper, then blend until smooth and creamy to make cauliflower mash.
7. Serve the baked herb-crusted chicken tenders with the cauliflower mash.

**Useful Tip:** For added flavor, sprinkle some fresh chopped parsley over the chicken tenders before serving.

**Nutritional values:** Calories: 290 kcal | Fat: 16 g | Protein: 26 g | Carbs: 10 g | Net carbs: 6 g | Fiber: 4 g | Cholesterol: 70 mg | Sodium: 220 mg | Potassium: 650 mg

# Turkey and Vegetable Skillet with Herbed Couscous

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

## Ingredients:

- 1 lb (450 g) ground turkey
- 1 zucchini, diced
- 1 yellow bell pepper, diced
- 6 oz (185 g) pearl couscous
- 16 oz (480 ml) low-sodium chicken broth
- 2 tbsp olive oil
- 2 cloves garlic, minced
- 1 tsp dried oregano
- Salt and pepper, to taste

## Directions:

1. In a large skillet, heat olive oil over medium heat.
2. Add minced garlic and sauté for 1 minute until fragrant.
3. Add ground turkey to the skillet, breaking it up with a spoon, and cook until browned.
4. Stir in diced zucchini and yellow bell pepper, then sprinkle with dried oregano, salt, and pepper. Cook for another 5-7 minutes until vegetables are tender.
5. In a separate pot, bring low-sodium chicken broth to a boil. Add pearl couscous, reduce heat to low, cover, and simmer for about 10 minutes until the couscous is tender and has absorbed the broth.
6. Serve the turkey and vegetable skillet over the herbed couscous.

**Useful Tip:** For a boost of flavor, squeeze fresh lemon juice over the finished dish before serving.

**Nutritional values:** Calories: 380 kcal | Fat: 15 g | Protein: 30 g | Carbs: 30 g | Net carbs: 26 g | Fiber: 4 g | Cholesterol: 75 mg | Sodium: 430 mg | Potassium: 670 mg

# Chapter 5. MEAT RECIPES

## Mediterranean Herb-Roasted Lamb Chops with Greek Salad

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

### Ingredients:

- 8 lamb loin chops, about 2 lbs (900 g)
- 2 tbsp olive oil
- 2 tsp dried oregano
- 1 tsp dried thyme
- 1 tsp dried rosemary
- 2 large tomatoes, diced
- 1 cucumber, diced
- 1/2 red onion, thinly sliced
- 2 oz (60 ml) Kalamata olives, pitted and halved

### Directions:

1. Preheat the oven to 400°F (200°C).
2. In a small bowl, mix together olive oil, dried oregano, thyme, and rosemary.
3. Rub the herb mixture evenly over both sides of the lamb chops.
4. Heat an oven-safe skillet over medium-high heat and sear the lamb chops for 2-3 minutes on each side until browned.
5. Transfer the skillet to the preheated oven and roast for about 10-12 minutes for medium-rare doneness.
6. While the lamb chops are roasting, prepare the Greek salad by combining diced tomatoes, cucumber, red onion, and Kalamata olives in a bowl.
7. Once the lamb chops are done, serve them with the Greek salad on the side.

**Useful Tip:** For added freshness, squeeze some lemon juice over the lamb chops before serving.

**Nutritional values:** Calories: 470 kcal | Fat: 26 g | Protein: 46 g | Carbs: 11 g | Net carbs: 9 g | Fiber: 2 g | Cholesterol: 130 mg | Sodium: 250 mg | Potassium: 850 mg

# Rabbit and Vegetable Meatloaf with Roasted Garlic Cauliflower Mash

Serving: 4 | Prep time: 15 minutes | Cook time: 25 minutes

## Ingredients:

- 1 lb (450 g) ground rabbit meat
- 5 oz (150 g) finely chopped mixed vegetables (carrots, bell peppers, zucchini)
- 1 oz (25 g) almond flour
- 1 egg
- 2 cloves garlic, minced
- 1 tsp dried Italian herbs
- 1 head cauliflower, cut into florets
- 2 tbsp olive oil
- Salt and pepper to taste

## Directions:

1. Preheat the oven to 375°F (190°C).
2. In a large bowl, combine ground rabbit meat, mixed vegetables, almond flour, egg, minced garlic, salt, pepper and dried Italian herbs. Mix until well combined.
3. Shape the mixture into a loaf and place it on a baking sheet lined with parchment paper.
4. Bake the meatloaf in the preheated oven for 20-25 minutes or until cooked through.
5. While the meatloaf is baking, steam the cauliflower florets until tender.
6. Transfer the steamed cauliflower to a blender or food processor. Add olive oil, salt, and pepper, and blend until smooth and creamy to make the roasted garlic cauliflower mash.
7. Serve slices of the rabbit and vegetable meatloaf with a generous dollop of roasted garlic cauliflower mash.

**Useful Tip:** For added flavor, drizzle the meatloaf with a touch of balsamic glaze before serving.

**Nutritional values:** Calories: 280 kcal | Fat: 16 g | Protein: 23 g | Carbs: 13 g | Net carbs: 8 g | Fiber: 5 g | Cholesterol: 100 mg | Sodium: 150 mg | Potassium: 920 mg

# Grilled Lemon Rosemary Pork Tenderloin with Ratatouille

Serving: 4 | Prep time: 15 minutes | Cook time: 20 minutes

## Ingredients:

- 1 lb (450 g) pork tenderloin
- 2 tbsp olive oil
- 2 cloves garlic, minced
- 1 tbsp lemon juice
- 1 tsp lemon zest
- 1 tbsp chopped fresh rosemary
- 1 small eggplant, diced
- 1 zucchini, diced
- 1 red bell pepper, diced
- 1 yellow bell pepper, diced

## Directions:

1. Preheat the grill to medium-high heat.
2. In a small bowl, mix together olive oil, minced garlic, lemon juice, lemon zest, salt, pepper and chopped fresh rosemary.
3. Rub the pork tenderloin with the olive oil mixture, ensuring it's evenly coated.
4. Place the pork tenderloin on the grill and cook for about 10 minutes on each side or until the internal temperature reaches 145°F (63°C).
5. While the pork is grilling, prepare the ratatouille by sautéing diced eggplant, zucchini, red bell pepper, and yellow bell pepper in a skillet over medium heat until tender.
6. Season the ratatouille with salt and pepper to taste.
7. Serve the grilled lemon rosemary pork tenderloin with a side of ratatouille.

**Useful Tip:** For added flavor, you can marinate the pork tenderloin in the olive oil mixture for 30 minutes to 1 hour before grilling.

**Nutritional values:** Calories: 320 kcal | Fat: 16 g | Protein: 30 g | Carbs: 12 g | Net carbs: 8 g | Fiber: 4 g | Cholesterol: 75 mg | Sodium: 80 mg | Potassium: 900 mg

# Italian Herb Crusted Beef Tenderloin with Balsamic Glazed Brussels Sprouts

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

## Ingredients:

- 1 lb (450 g) beef tenderloin
- 2 tbsp olive oil
- 2 cloves garlic, minced
- 1 tbsp Italian seasoning
- 1 tbsp chopped fresh parsley
- 1 lb (450 g) Brussels sprouts, trimmed and halved
- 2 tbsp balsamic vinegar
- 1 tsp honey
- Salt and pepper to taste

## Directions:

1. Preheat the oven to 400°F (200°C).
2. In a small bowl, mix together olive oil, minced garlic, Italian seasoning, salt, pepper and chopped fresh parsley.
3. Rub the beef tenderloin with the olive oil mixture, ensuring it's evenly coated.
4. Place the beef tenderloin on a baking sheet and roast in the preheated oven for about 15-20 minutes or until the internal temperature reaches your desired level of doneness.
5. While the beef is roasting, prepare the balsamic glazed Brussels sprouts by tossing them with balsamic vinegar, honey, salt, and pepper in a bowl until evenly coated.
6. Arrange the Brussels sprouts on a separate baking sheet and roast in the oven for about 15-20 minutes or until tender and caramelized, stirring halfway through.
7. Serve the Italian herb crusted beef tenderloin with the balsamic glazed Brussels sprouts.

**Useful Tip:** For extra flavor, let the beef tenderloin rest for a few minutes before slicing and serving.

**Nutritional values:** Calories: 320 kcal | Fat: 15 g | Protein: 30 g | Carbs: 20 g | Net carbs: 16 g | Fiber: 4 g | Cholesterol: 75 mg | Sodium: 100 mg | Potassium: 900 mg

# Mediterranean Rabbit with Mint Yogurt Sauce and Couscous

Serving: 4 | Prep time: 15 minutes | Cook time: 20 minutes

## Ingredients:

- 1 lb (450 g) rabbit meat, cut into pieces
- 2 tbsp olive oil
- 2 cloves garlic, minced
- 1 tsp dried oregano
- 6,7 oz (200 g) couscous
- 8 oz (240 ml) water
- 4 oz (120 ml) plain Greek yogurt
- 1 tbsp fresh mint leaves, chopped
- Salt and pepper to taste

## Directions:

1. In a large skillet, heat olive oil over medium heat.
2. Add minced garlic and cook until fragrant, about 1 minute.
3. Add the rabbit meat to the skillet and sprinkle with dried oregano, salt, and pepper.
4. Cook the rabbit until browned on all sides and cooked through, about 15-20 minutes.
5. While the rabbit is cooking, prepare the couscous by bringing water to a boil in a saucepan.
6. Stir in the couscous, cover, and remove from heat. Let it sit for 5 minutes, then fluff with a fork.
7. In a small bowl, mix together Greek yogurt, chopped fresh mint leaves, salt, and pepper to make the mint yogurt sauce.
8. Serve the cooked rabbit with couscous and drizzle with mint yogurt sauce.

**Useful Tip:** For extra tenderness, marinate the rabbit meat in olive oil, garlic, and oregano for 1 hour before cooking.

**Nutritional values:** Calories: 320 kcal | Fat: 10 g | Protein: 25 g | Carbs: 30 g | Net carbs: 26 g | Fiber: 4 g | Cholesterol: 60 mg | Sodium: 50 mg | Potassium: 500 mg

# Quails and Spinach Stuffed Portobello Mushrooms

Serving: 4 | Prep time: 15 minutes | Cook time: 15 minutes

## Ingredients:

- 4 large Portobello mushrooms
- 4 quails, deboned and minced
- 8 oz (240 ml) chopped spinach
- 2 cloves garlic, minced
- 1 tbsp olive oil
- 1/4 tsp salt
- 1/4 tsp black pepper
- Fresh parsley, for garnish

## Directions:

1. Preheat the oven to 375°F (190°C).
2. Clean the Portobello mushrooms and remove the stems.
3. In a skillet, heat olive oil over medium heat, then add minced garlic and cook until fragrant.
4. Add the minced quails to the skillet and cook until browned, then add chopped spinach and cook until wilted.
5. Season the quail and spinach mixture with salt and pepper.
6. Stuff each Portobello mushroom with the quail and spinach mixture.
7. Place the stuffed mushrooms on a baking sheet lined with parchment paper and bake for 12-15 minutes, or until mushrooms are tender.
8. Garnish with fresh parsley before serving.

**Useful Tip:** You can sprinkle some grated Parmesan cheese on top of the stuffed mushrooms for extra flavor.

**Nutritional values:** Calories: 180 kcal | Fat: 6 g | Protein: 24 g | Carbs: 7 g | Net carbs: 4 g | Fiber: 3 g | Cholesterol: 70 mg | Sodium: 200 mg | Potassium: 700 mg

# Mediterranean Style Beef Stew with Root Vegetables

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

## Ingredients:

- 1 lb (450 g) lean beef stew meat, cubed
- 2 large carrots, peeled and sliced
- 2 parsnips, peeled and sliced
- 1 large onion, diced
- 2 cloves garlic, minced
- 16 oz (480 ml) low-sodium beef broth
- 1 tbsp olive oil
- 1 tsp dried oregano
- Salt and pepper, to taste

## Directions:

1. In a large pot, heat olive oil over medium heat.
2. Add the diced onion and minced garlic, sautéing until fragrant and translucent.
3. Add the cubed beef stew meat to the pot and brown on all sides.
4. Once the meat is browned, add the sliced carrots and parsnips to the pot.
5. Pour in the low-sodium beef broth, and sprinkle dried oregano over the mixture.
6. Season with salt and pepper to taste.
7. Cover the pot and let the stew simmer for 15-20 minutes, or until the vegetables are tender and the meat is cooked through.
8. Serve hot, garnished with fresh parsley if desired.

**Useful Tip:** For added richness, you can stir in a tablespoon of tomato paste during the last few minutes of cooking.

**Nutritional values:** Calories: 300 kcal | Fat: 10 g | Protein: 25 g | Carbs: 25 g | Net carbs: 20 g | Fiber: 5 g | Cholesterol: 70 mg | Sodium: 400 mg | Potassium: 900 mg

# Chapter 6. FISH AND SEAFOOD RECIPES

## Mediterranean Baked Salmon with Lemon and Dill

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

### Ingredients:

- 4 salmon fillets, 4 oz (113 g) each
- 1 lemon, thinly sliced
- 2 tbsp olive oil
- 2 cloves garlic, minced
- 1 tbsp fresh dill, chopped
- Salt and pepper, to taste

### Directions:

1. Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
2. Place the salmon fillets on the prepared baking sheet.
3. In a small bowl, mix together the olive oil, minced garlic, and chopped dill.
4. Brush the olive oil mixture over the salmon fillets, coating them evenly.
5. Arrange lemon slices on top of each salmon fillet.
6. Season with salt and pepper to taste.
7. Bake in the preheated oven for 12-15 minutes, or until the salmon is cooked through and flakes easily with a fork.
8. Serve hot, garnished with additional fresh dill if desired.

**Useful Tip:** For a complete Mediterranean experience, serve the baked salmon with a side of roasted vegetables or a simple green salad dressed with olive oil and lemon juice.

**Nutritional values:** Calories: 280 kcal | Fat: 18 g | Protein: 25 g | Carbs: 2 g | Net carbs: 1 g | Fiber: 1 g | Cholesterol: 70 mg | Sodium: 70 mg | Potassium: 600 mg

# Greek Shrimp and Vegetable Skewers with Tzatziki Sauce

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

## Ingredients:

- 16 large shrimp, peeled and deveined
- 1 zucchini, sliced into rounds
- 1 yellow bell pepper, cut into chunks
- 1 red onion, cut into chunks
- 1 lemon, sliced
- 2 tbsp olive oil
- Salt and pepper, to taste

For Tzatziki Sauce:

- 4 oz (120 ml) Greek yogurt
- 1/2 cucumber, grated and squeezed to remove excess moisture
- 1 clove garlic, minced
- 1 tbsp fresh lemon juice
- 1 tbsp fresh dill, chopped
- Salt and pepper, to taste

## Directions:

1. Preheat the grill to medium-high heat.
2. Thread the shrimp, zucchini, bell pepper, red onion, and lemon slices alternately onto skewers.
3. Brush the skewers with olive oil and season with salt and pepper.
4. Place the skewers on the grill and cook for 4-5 minutes on each side, or until the shrimp are pink and cooked through.
5. Meanwhile, prepare the tzatziki sauce by combining Greek yogurt, grated cucumber, minced garlic, lemon juice, chopped dill, salt, and pepper in a bowl.
6. Serve the shrimp and vegetable skewers hot off the grill with a side of tzatziki sauce for dipping.

**Useful Tip:** Soak wooden skewers in water for 30 minutes before threading to prevent them from burning on the grill.

**Nutritional values:** Calories: 210 kcal | Fat: 10 g | Protein: 18 g | Carbs: 12 g | Net carbs: 8 g | Fiber: 4 g | Cholesterol: 125 mg | Sodium: 350 mg | Potassium: 600 mg

# Lemon Herb Grilled Halibut with Mediterranean Chickpea Salad

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

## Ingredients:

- 4 halibut fillets, about 6 oz each
- 2 tbsp olive oil
- 1 lemon, juiced and zested
- 2 cloves garlic, minced
- 1 tbsp fresh parsley, chopped
- Salt and pepper, to taste

For Mediterranean Chickpea Salad:

- 1 can (15 oz) chickpeas, drained and rinsed
- 5 oz (150 g) cherry tomatoes, halved
- 1/2 cucumber, diced
- 1/4 red onion, finely chopped
- 2 tbsp lemon juice
- 2 tbsp olive oil
- 0,5 oz (15 g) fresh parsley, chopped
- Salt and pepper, to taste

## Directions:

1. Preheat the grill to medium-high heat.
2. In a small bowl, whisk together olive oil, lemon juice and zest, minced garlic, chopped parsley, salt, and pepper.
3. Place halibut fillets in a shallow dish and pour the marinade over them. Allow to marinate for 10 minutes.
4. While the halibut is marinating, prepare the chickpea salad by combining chickpeas, cherry tomatoes, diced cucumber, finely chopped red onion, lemon juice, olive oil, chopped parsley, salt, and pepper in a large bowl. Toss until well combined.
5. Remove the halibut from the marinade and place on the grill. Cook for 4-5 minutes on each side, or until the fish is cooked through and flakes easily with a fork.
6. Serve the grilled halibut alongside the Mediterranean chickpea salad.

**Useful Tip:** For a burst of flavor, grill lemon halves alongside the halibut and squeeze the grilled lemon juice over the fish before serving.

**Nutritional values:** Calories: 380 kcal | Fat: 19 g | Protein: 35 g | Carbs: 20 g | Net carbs: 15 g | Fiber: 5 g | Cholesterol: 50 mg | Sodium: 550 mg | Potassium: 800 mg

# Garlic Herb Roasted Sea Bass with Ratatouille

Serving: 4 | Prep time: 15 minutes | Cook time: 15 minutes

## Ingredients:

- 4 sea bass fillets, about 6 oz each
- 2 tbsp olive oil
- 4 cloves garlic, minced
- 1 tsp dried thyme
- 1 tsp dried oregano
- 1 tsp dried rosemary
- 1 large eggplant, diced
- 2 zucchinis, diced
- 2 bell peppers, diced
- Salt and pepper, to taste

## Directions:

1. Preheat the oven to 400°F (200°C).
2. In a small bowl, mix together olive oil, minced garlic, dried thyme, dried oregano, and dried rosemary.
3. Place the sea bass fillets on a baking sheet lined with parchment paper.
4. Brush the sea bass fillets with the prepared herb mixture.
5. In a separate bowl, toss the diced eggplant, zucchinis, and bell peppers with the remaining herb mixture until evenly coated.
6. Arrange the seasoned vegetables around the sea bass fillets on the baking sheet.
7. Season the sea bass and vegetables with salt and pepper to taste.
8. Roast in the preheated oven for 12-15 minutes, or until the sea bass is cooked through and the vegetables are tender.

**Useful Tip:** For a crispy finish on the sea bass, broil for 1-2 minutes after roasting.

**Nutritional values:** Calories: 300 kcal | Fat: 14 g | Protein: 28 g | Carbs: 18 g | Net carbs: 12 g | Fiber: 6 g | Cholesterol: 60 mg | Sodium: 200 mg | Potassium: 900 mg

# Herb Crusted Baked Trout with Roasted Vegetables

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

## Ingredients:

- 4 trout fillets, about 6 oz each
- 2 tbsp olive oil
- 2 cloves garlic, minced
- 2 tsp dried thyme
- 2 tsp dried rosemary
- 2 tsp dried parsley
- 2 large carrots, sliced
- 1 large zucchini, sliced

## Directions:

1. Preheat the oven to 400°F (200°C).
2. In a small bowl, mix together olive oil, minced garlic, dried thyme, dried rosemary, and dried parsley.
3. Place the trout fillets on a baking sheet lined with parchment paper.
4. Brush the trout fillets with the prepared herb mixture.
5. Arrange the sliced carrots and zucchini around the trout fillets on the baking sheet.
6. Season the trout and vegetables with salt and pepper to taste.
7. Bake in the preheated oven for 15-20 minutes, or until the trout is cooked through and the vegetables are tender.

**Useful Tip:** For extra flavor, squeeze fresh lemon juice over the trout and vegetables before serving.

**Nutritional values:** Calories: 280 kcal | Fat: 14 g | Protein: 30 g | Carbs: 8 g | Net carbs: 6 g | Fiber: 2 g | Cholesterol: 70 mg | Sodium: 80 mg | Potassium: 650 mg

# Mediterranean Style Seared Scallops with Quinoa Pilaf

Serving: 4 | Prep time: 15 minutes | Cook time: 15 minutes

## Ingredients:

- 16 large sea scallops (about 1 lb / 454 g)
- 6 oz (185 g) quinoa, rinsed
- 16 oz (480 ml) vegetable broth
- 1 tbsp olive oil
- 2 cloves garlic, minced
- 1 tsp dried oregano
- 1 tsp dried basil
- 1 medium zucchini, diced
- 2,5 oz (75 g) cherry tomatoes, halved

## Directions:

1. In a medium saucepan, bring the vegetable broth to a boil.
2. Stir in the quinoa, reduce heat to low, cover, and simmer for 12-15 minutes, or until the quinoa is tender and the liquid is absorbed.
3. While the quinoa cooks, heat olive oil in a large skillet over medium-high heat.
4. Pat the scallops dry with paper towels and season with salt and pepper.
5. Sear the scallops in the skillet for about 2-3 minutes per side, or until golden brown and cooked through.
6. In the same skillet, add minced garlic, dried oregano, and dried basil, cooking for 1 minute.
7. Add diced zucchini and cherry tomatoes to the skillet, cooking for an additional 3-4 minutes, or until the vegetables are tender.
8. Serve the seared scallops over the quinoa pilaf, accompanied by the Mediterranean-style vegetables.

**Useful Tip:** For a refreshing twist, squeeze fresh lemon juice over the scallops before serving.

**Nutritional values:** Calories: 320 kcal | Fat: 8 g | Protein: 28 g | Carbs: 35 g | Net carbs: 30 g | Fiber: 5 g | Cholesterol: 40 mg | Sodium: 680 mg | Potassium: 880 mg

# Greek Style Baked Tilapia with Spinach and Feta

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

## Ingredients:

- 4 tilapia fillets (about 4 oz / 113 g each)
- 2 oz (60 g) fresh spinach, chopped
- 2,5 oz (75 g) crumbled feta cheese
- 2 tbsp olive oil
- 2 cloves garlic, minced
- 1 lemon, sliced
- 1 tsp dried oregano
- Salt and pepper to taste

## Directions:

1. Preheat the oven to 375°F (190°C).
2. In a baking dish, drizzle 1 tablespoon of olive oil and spread it evenly.
3. Place the tilapia fillets in the baking dish and season with minced garlic, dried oregano, salt, and pepper.
4. Top each fillet with chopped spinach and crumbled feta cheese.
5. Drizzle the remaining olive oil over the fillets and place lemon slices on top.
6. Bake in the preheated oven for 15-18 minutes, or until the fish is cooked through and flakes easily with a fork.
7. Serve the Greek style baked tilapia hot, garnished with additional lemon slices if desired.

**Useful Tip:** For a crispier texture, broil the fish for the last 2-3 minutes of cooking.

**Nutritional values:** Calories: 240 kcal | Fat: 14 g | Protein: 24 g | Carbs: 3 g | Net carbs: 2 g | Fiber: 1 g | Cholesterol: 60 mg | Sodium: 320 mg | Potassium: 460 mg

# Chapter 7. VEGETARIAN RECIPES

## Mediterranean Stuffed Bell Peppers with Quinoa and Chickpeas

Serving: 4 | Prep time: 15 minutes | Cook time: 25 minutes

### Ingredients:

- 4 bell peppers, halved and seeds removed
- 6 oz (185 g) cooked quinoa
- 1 can (15 oz / 425 g) chickpeas, drained and rinsed
- 5 oz (150 g) cherry tomatoes, halved
- 2,6 oz (75 g) crumbled feta cheese
- 2 tbsp olive oil
- 2 cloves garlic, minced
- 1 tsp dried oregano
- Salt and pepper to taste

### Directions:

1. Preheat the oven to 375°F (190°C).
2. In a large bowl, mix together cooked quinoa, chickpeas, cherry tomatoes, crumbled feta cheese, minced garlic, dried oregano, salt, and pepper.
3. Brush the outer surface of the bell pepper halves with olive oil and place them in a baking dish.
4. Spoon the quinoa and chickpea mixture into each bell pepper half, pressing gently to pack it in.
5. Cover the baking dish with aluminum foil and bake in the preheated oven for 20 minutes.
6. Remove the foil and bake for an additional 5 minutes, or until the bell peppers are tender.
7. Serve the Mediterranean stuffed bell peppers hot, garnished with fresh herbs if desired.

**Useful Tip:** You can customize the filling by adding diced vegetables like zucchini or spinach for extra nutrition and flavor.

**Nutritional values:** Calories: 320 kcal | Fat: 13 g | Protein: 12 g | Carbs: 40 g | Net carbs: 30 g | Fiber: 10 g | Cholesterol: 15 mg | Sodium: 480 mg | Potassium: 750 mg

# Eggplant Parmesan with Whole Wheat Pasta and Marinara Sauce

Serving: 4 | Prep time: 20 minutes | Cook time: 25 minutes

## Ingredients:

- 1 large eggplant, sliced into rounds
- 8 oz (227 g) whole wheat pasta
- 1 can (15 oz / 425 g) marinara sauce
- 2 oz (50 g) grated Parmesan cheese
- 2 oz (60 ml) olive oil
- 2 cloves garlic, minced
- 1/2 tsp dried basil
- Salt and pepper to taste

## Directions:

1. Preheat the oven to 400°F (200°C).
2. Place the sliced eggplant rounds on a baking sheet, drizzle with olive oil, and season with minced garlic, dried basil, salt, and pepper.
3. Bake the eggplant slices for 20 minutes, flipping halfway through, until golden brown and tender.
4. While the eggplant is baking, cook the whole wheat pasta according to the package instructions until al dente.
5. In a saucepan, heat the marinara sauce over medium heat until warmed through.
6. Once the eggplant slices are done, remove them from the oven.
7. To assemble, layer the cooked pasta on a serving dish, top with marinara sauce, and place the baked eggplant slices on top.
8. Sprinkle grated Parmesan cheese over the eggplant slices and serve hot.

**Useful Tip:** For extra flavor, sprinkle chopped fresh basil or parsley over the finished dish before serving.

**Nutritional values:** Calories: 380 kcal | Fat: 15 g | Protein: 12 g | Carbs: 50 g | Net carbs: 40 g | Fiber: 10 g | Cholesterol: 10 mg | Sodium: 420 mg | Potassium: 550 mg

# Mediterranean Veggie Wrap with Hummus and Tzatziki Sauce

Serving: 4 | Prep time: 15 minutes | Cook time: 0 minutes

## Ingredients:

- 4 whole wheat tortillas (4 oz / 113 g each)
- 8 oz (240 g) hummus
- 8 oz (240 g) Tzatziki sauce
- 6 oz (170 g) mixed Mediterranean vegetables (bell peppers, cucumbers, tomatoes, red onions, etc.), sliced
- 2 oz (57 g) mixed greens (spinach, arugula, lettuce, etc.)
- 2 oz (50 g) crumbled feta cheese
- 1 oz (30 g) Kalamata olives, sliced
- Salt and pepper to taste

## Directions:

1. Lay out the whole wheat tortillas on a clean surface.
2. Spread a generous amount of hummus evenly over each tortilla.
3. Layer the mixed greens and Mediterranean vegetables on top of the hummus.
4. Drizzle Tzatziki sauce over the vegetables.
5. Sprinkle crumbled feta cheese and sliced Kalamata olives over the wraps.
6. Season with salt and pepper to taste.
7. Roll up the tortillas tightly, folding in the sides as you go, to form wraps.
8. Slice each wrap in half diagonally and serve immediately.

**Useful Tip:** For added protein, you can add grilled tofu or chickpeas to the wraps before rolling them up.

**Nutritional values:** Calories: 350 kcal | Fat: 15 g | Protein: 10 g | Carbs: 45 g | Net carbs: 35 g | Fiber: 10 g | Cholesterol: 15 mg | Sodium: 600 mg | Potassium: 400 mg

# Spinach and Feta Quiche with Whole Wheat Crust

Serving: 4 | Prep time: 15 minutes | Cook time: 25 minutes

## Ingredients:

- 1 whole wheat pie crust (8 oz / 227 g)
- 6 oz (170 g) fresh spinach, chopped
- 4 oz (113 g) feta cheese, crumbled
- 4 large eggs
- 4 oz (120 ml) unsweetened almond milk
- 1/4 tsp salt
- 1/4 tsp black pepper
- Pinch of nutmeg

## Directions:

1. Preheat the oven to 375°F (190°C).
2. Press the whole wheat pie crust into a greased 9-inch pie dish.
3. In a mixing bowl, whisk together the eggs, almond milk, salt, pepper, and nutmeg until well combined.
4. Layer the chopped spinach and crumbled feta cheese evenly over the pie crust.
5. Pour the egg mixture over the spinach and feta cheese.
6. Bake in the preheated oven for 25 minutes or until the quiche is set and the crust is golden brown.
7. Remove from the oven and let it cool slightly before slicing.

**Useful Tip:** You can add diced tomatoes or sautéed mushrooms for extra flavor and texture.

**Nutritional values:** Calories: 280 kcal | Fat: 17 g | Protein: 14 g | Carbs: 19 g | Net carbs: 15 g | Fiber: 4 g | Cholesterol: 215 mg | Sodium: 480 mg | Potassium: 340 mg

# Zucchini Noodles with Tomato Basil Sauce and Grilled Portobello Mushrooms

Serving: 4 | Prep time: 15 minutes | Cook time: 15 minutes

## Ingredients:

- 4 medium zucchinis, spiralized (20 oz / 567 g)
- 4 large portobello mushrooms, stems removed and sliced (16 oz / 454 g)
- 16 oz (480 ml) tomato basil sauce
- 2 tbsp olive oil
- 2 cloves garlic, minced
- 1/4 tsp salt
- 1/4 tsp black pepper
- Fresh basil leaves, for garnish

## Directions:

1. Preheat a grill or grill pan over medium-high heat.
2. In a small bowl, combine olive oil, minced garlic, salt, and black pepper.
3. Brush the portobello mushroom slices with the olive oil mixture and grill for 4-5 minutes on each side until tender.
4. In a separate large skillet, heat the tomato basil sauce over medium heat until warmed through.
5. Add the spiralized zucchini noodles to the skillet with the tomato basil sauce and toss until evenly coated and heated through, about 2-3 minutes.
6. Divide the zucchini noodles with tomato basil sauce among serving plates and top with grilled portobello mushrooms.
7. Garnish with fresh basil leaves and serve immediately.

**Useful Tip:** For extra protein, sprinkle some nutritional yeast or hemp seeds over the dish before serving.

**Nutritional values:** Calories: 180 kcal | Fat: 9 g | Protein: 5 g | Carbs: 20 g | Net carbs: 15 g | Fiber: 5 g | Cholesterol: 0 mg | Sodium: 500 mg | Potassium: 850 mg

# Stuffed Acorn Squash with Wild Rice, Cranberries, and Pecans

Serving: 4 | Prep time: 15 minutes | Cook time: 30 minutes

## Ingredients:

- 2 small acorn squashes, halved and seeds removed (32 oz / 907 g)
- 6 oz (185 g) cooked wild rice
- 1 oz (40 g) dried cranberries
- 1 oz (30 g) chopped pecans
- 2 tbsp olive oil
- 2 tbsp maple syrup
- 1/4 tsp cinnamon
- Salt and pepper, to taste

## Directions:

1. Preheat the oven to 400°F (200°C).
2. Place the halved acorn squashes on a baking sheet, cut side up.
3. In a mixing bowl, combine the cooked wild rice, dried cranberries, chopped pecans, olive oil, maple syrup, cinnamon, salt, and pepper.
4. Divide the rice mixture evenly among the acorn squash halves, pressing gently to pack it in.
5. Cover the baking sheet with aluminum foil and bake in the preheated oven for 20-25 minutes or until the squash is tender.
6. Remove the foil and bake for an additional 5 minutes to lightly brown the tops.
7. Serve the stuffed acorn squash hot, garnished with additional chopped pecans if desired.

**Useful Tip:** For a savory twist, sprinkle some crumbled feta cheese over the stuffed squash before serving.

**Nutritional values:** Calories: 290 kcal | Fat: 14 g | Protein: 5 g | Carbs: 40 g | Net carbs: 30 g | Fiber: 5 g | Cholesterol: 0 mg | Sodium: 20 mg | Potassium: 610 mg

# Greek Style Stuffed Tomatoes with Herbed Couscous and Feta

Serving: 4 | Prep time: 15 minutes | Cook time: 25 minutes

## Ingredients:

- 4 large tomatoes (32 oz / 907 g)
- 6 oz (185 g) couscous
- 1 oz (30 g) crumbled feta cheese
- 2 tbsp olive oil
- 1 tbsp lemon juice
- 2 tbsp chopped fresh parsley
- 1/2 tsp dried oregano
- Salt and pepper, to taste

## Directions:

1. Preheat the oven to 375°F (190°C).
2. Cut the tops off the tomatoes and scoop out the pulp and seeds.
3. In a bowl, prepare the couscous according to package instructions.
4. Once cooked, fluff the couscous with a fork and mix in the crumbled feta cheese, olive oil, lemon juice, chopped parsley, dried oregano, salt, and pepper.
5. Stuff the hollowed-out tomatoes with the couscous mixture, pressing gently to pack it in.
6. Place the stuffed tomatoes on a baking dish and bake in the preheated oven for 20-25 minutes or until the tomatoes are tender.
7. Serve the Greek style stuffed tomatoes hot, garnished with additional chopped parsley if desired.

**Useful Tip:** For added flavor, sprinkle a pinch of smoked paprika over the stuffed tomatoes before baking.

**Nutritional values:** Calories: 220 kcal | Fat: 7 g | Protein: 6 g | Carbs: 33 g | Net carbs: 28 g | Fiber: 5 g | Cholesterol: 5 mg | Sodium: 190 mg | Potassium: 630 mg

# Chapter 8. APPETIZERS

## Greek Yogurt and Cucumber Dip with Whole Wheat Pita Chips

Serving: 4 | Prep time: 10 minutes | Cook time: 10 minutes

### Ingredients:

- 8 oz (225 g) Greek yogurt
- 1/2 cucumber, grated (about 4 oz / 113 g)
- 1 clove garlic, minced
- 1 tbsp lemon juice
- 1 tbsp chopped fresh dill
- Salt and pepper, to taste
- 2 whole wheat pita bread
- 1 tbsp olive oil

### Directions:

1. Preheat the oven to 375°F (190°C).
2. In a bowl, combine the Greek yogurt, grated cucumber, minced garlic, lemon juice, chopped dill, salt, and pepper.
3. Mix well until all ingredients are thoroughly combined.
4. Cut the pita bread into small triangles and place them on a baking sheet.
5. Brush the pita triangles with olive oil and sprinkle with a pinch of salt.
6. Bake the pita chips in the preheated oven for 8-10 minutes or until they are golden and crispy.
7. Serve the Greek yogurt and cucumber dip alongside the whole wheat pita chips.

**Useful Tip:** For extra flavor, sprinkle some paprika or cumin over the pita chips before baking.

**Nutritional values:** Calories: 180 kcal | Fat: 6 g | Protein: 8 g | Carbs: 24 g | Net carbs: 19 g | Fiber: 5 g | Cholesterol: 0 mg | Sodium: 220 mg | Potassium: 280 mg

# Mushroom and Spinach Stuffed Cherry Tomatoes

Serving: 4 | Prep time: 15 minutes | Cook time: 15 minutes

## Ingredients:

- 16 cherry tomatoes (about 8 oz / 227 g)
- 4 oz (113 g) mushrooms, finely chopped
- 2 oz (60 g) fresh spinach, chopped
- 1 clove garlic, minced
- 2 tbsp olive oil
- Salt and pepper, to taste
- 2 tbsp grated Parmesan cheese
- Fresh basil leaves, for garnish

## Directions:

1. Preheat the oven to 375°F (190°C).
2. Slice off the tops of the cherry tomatoes and scoop out the seeds and pulp with a small spoon to create hollow shells.
3. In a skillet, heat olive oil over medium heat, add minced garlic, chopped mushrooms, and chopped spinach, and cook until softened. Season with salt and pepper to taste.
4. Stuff each hollowed-out cherry tomato with the mushroom and spinach mixture.
5. Sprinkle grated Parmesan cheese over the stuffed tomatoes.
6. Place the stuffed tomatoes on a baking sheet and bake in the preheated oven for 10-12 minutes or until the tomatoes are tender.
7. Garnish with fresh basil leaves before serving.

**Useful Tip:** You can sprinkle some breadcrumbs on top of the stuffed tomatoes before baking for added texture.

**Nutritional values:** Calories: 90 kcal | Fat: 6 g | Protein: 3 g | Carbs: 6 g | Net carbs: 3 g | Fiber: 3 g | Cholesterol: 2 mg | Sodium: 45 mg | Potassium: 300 mg

# Zucchini Fritters with Tzatziki Sauce

Serving: 4 | Prep time: 15 minutes | Cook time: 15 minutes

## Ingredients:

- 2 medium zucchinis (about 16 oz / 454 g), grated and squeezed to remove excess moisture
- 2 oz (60 g) almond flour
- 2 cloves garlic, minced
- 1 oz (15 g) grated Parmesan cheese
- 1 large egg
- Salt and pepper, to taste
- 2 tbsp olive oil
- 4 oz (120 g) Greek yogurt
- 1 oz (15 g) cucumber, finely diced
- 1 tbsp lemon juice

## Directions:

1. In a mixing bowl, combine the grated zucchini, almond flour, minced garlic, grated Parmesan cheese, and beaten egg. Season with salt and pepper.
2. Heat olive oil in a skillet over medium heat.
3. Scoop the zucchini mixture onto the skillet, forming small fritters, and flatten them with a spatula. Cook until golden brown on both sides, about 3-4 minutes per side.
4. Meanwhile, prepare the tzatziki sauce by mixing Greek yogurt, diced cucumber, lemon juice, and a pinch of salt in a small bowl.
5. Serve the zucchini fritters hot with tzatziki sauce on the side for dipping.

**Useful Tip:** For extra flavor, you can add chopped fresh herbs like dill or parsley to the zucchini fritter mixture.

**Nutritional values:** Calories: 180 kcal | Fat: 12 g | Protein: 9 g | Carbs: 10 g | Net carbs: 6 g | Fiber: 4 g | Cholesterol: 45 mg | Sodium: 280 mg | Potassium: 380 mg

# Greek Salad Skewers with Lemon-Oregano Dressing

Serving: 4 | Prep time: 15 minutes | Cook time: 0 minutes

## Ingredients:

- 1 large cucumber (about 12 oz / 340 g), cut into chunks
- 12 cherry tomatoes (about 8 oz / 227 g), halved
- 1 small red onion (about 4 oz / 113 g), cut into chunks
- 4 oz (113 g) feta cheese, cut into cubes
- 2 oz (60 ml) extra virgin olive oil
- 2 tbsp lemon juice
- 1 tsp dried oregano
- Salt and pepper, to taste

## Directions:

1. Thread cucumber chunks, cherry tomatoes, red onion chunks, and feta cheese cubes onto skewers, alternating the ingredients.
2. In a small bowl, whisk together the olive oil, lemon juice, dried oregano, salt, and pepper to make the dressing.
3. Drizzle the lemon-oregano dressing over the assembled skewers.
4. Serve the Greek salad skewers immediately, or refrigerate until ready to serve.

**Useful Tip:** Soak wooden skewers in water for about 30 minutes before threading the ingredients to prevent them from burning during grilling.

**Nutritional values:** Calories: 220 kcal | Fat: 18 g | Protein: 6 g | Carbs: 8 g | Net carbs: 6 g | Fiber: 2 g | Cholesterol: 15 mg | Sodium: 310 mg | Potassium: 310 mg

# Eggplant Roll-Ups with Spinach and Ricotta

Serving: 4 | Prep time: 15 minutes | Cook time: 15 minutes

## Ingredients:

- 1 large eggplant (about 16 oz / 454 g), sliced lengthwise into thin strips
- 8 oz (227 g) fresh spinach, chopped
- 8 oz (240 g) ricotta cheese
- 2 cloves garlic, minced
- 2 tbsp olive oil
- 1 tsp dried oregano
- Salt and pepper, to taste

## Directions:

1. Preheat the oven to 375°F (190°C).
2. Heat olive oil in a skillet over medium heat, add minced garlic, and sauté until fragrant.
3. Add chopped spinach to the skillet and cook until wilted. Remove from heat and let it cool slightly.
4. In a bowl, mix together the cooked spinach, ricotta cheese, dried oregano, salt, and pepper.
5. Place a spoonful of the spinach and ricotta mixture onto each eggplant strip, then roll them up tightly.
6. Place the eggplant roll-ups seam side down on a baking sheet lined with parchment paper.
7. Bake in the preheated oven for 15 minutes or until the eggplant is tender.
8. Serve the eggplant roll-ups hot, sprinkled with additional dried oregano if desired.

**Useful Tip:** To make slicing the eggplant easier, you can salt the slices and let them sit for about 10 minutes to draw out excess moisture before cooking.

**Nutritional values:** Calories: 220 kcal | Fat: 15 g | Protein: 10 g | Carbs: 12 g | Net carbs: 8 g | Fiber: 4 g | Cholesterol: 25 mg | Sodium: 160 mg | Potassium: 680 mg

# Mediterranean Bruschetta with Tomato, Olive, and Basil

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

## Ingredients:

- 4 slices whole grain bread, about 2 oz (57 g) each
- 2 medium tomatoes, diced (about 8 oz / 227 g)
- 1 oz (30 g) black olives, sliced
- 0,5 oz (10 g) fresh basil leaves, chopped
- 2 cloves garlic, minced
- 2 tbsp extra virgin olive oil
- Salt and pepper, to taste

## Directions:

1. Preheat the oven to 400°F (200°C).
2. Place the bread slices on a baking sheet and toast them in the oven for about 5 minutes until they are lightly golden and crisp.
3. In a bowl, combine the diced tomatoes, sliced black olives, chopped basil leaves, minced garlic, and extra virgin olive oil. Season with salt and pepper to taste.
4. Remove the toasted bread slices from the oven and top each slice with the tomato mixture.
5. Serve the Mediterranean bruschetta immediately.

**Useful Tip:** For added flavor, rub the toasted bread slices with a clove of garlic before topping them with the tomato mixture.

**Nutritional values:** Calories: 180 kcal | Fat: 10 g | Protein: 4 g | Carbs: 20 g | Net carbs: 16 g | Fiber: 4 g | Cholesterol: 0 mg | Sodium: 250 mg | Potassium: 220 mg

# Spinach and Feta Phyllo Triangles

Serving: 4 | Prep time: 15 minutes | Cook time: 15 minutes

## Ingredients:

- 4 oz (113 g) fresh spinach, chopped
- 2 oz (57 g) feta cheese, crumbled
- 4 sheets phyllo dough, thawed
- 1 tbsp olive oil
- 1 clove garlic, minced
- 1/4 tsp black pepper
- 1/4 tsp dried oregano
- Salt, to taste

## Directions:

1. Preheat the oven to 375°F (190°C).
2. In a skillet, heat olive oil over medium heat and sauté minced garlic until fragrant.
3. Add chopped spinach to the skillet and cook until wilted. Remove from heat and let it cool slightly.
4. Once the spinach has cooled, mix in crumbled feta cheese, black pepper, dried oregano, and salt to taste.
5. Lay out one sheet of phyllo dough on a clean surface and brush it lightly with olive oil.
6. Cut the phyllo sheet into 3 equal strips lengthwise.
7. Place a spoonful of the spinach and feta mixture at the bottom of each strip.
8. Fold the phyllo dough over the filling to form triangles, continuing to fold until the entire strip is folded.
9. Repeat with the remaining phyllo sheets and filling.
10. Place the filled triangles on a baking sheet lined with parchment paper and bake for 12-15 minutes until golden brown and crispy.

**Useful Tip:** Ensure to keep the unused phyllo sheets covered with a damp cloth to prevent them from drying out while assembling the triangles.

**Nutritional values:** Calories: 120 kcal | Fat: 7 g | Protein: 4 g | Carbs: 10 g | Net carbs: 8 g | Fiber: 2 g | Cholesterol: 10 mg | Sodium: 180 mg | Potassium: 200 mg

# Chapter 9. DESSERTS

## Mediterranean Orange and Almond Cake

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

### Ingredients:

- 3 medium oranges
- 4 oz (113 g) almond flour
- 2 eggs
- 3 tbsp honey
- 1 tsp baking powder
- 1/2 tsp vanilla extract
- Pinch of salt

### Directions:

1. Preheat the oven to 350°F (175°C) and grease a round cake pan.
2. Wash the oranges thoroughly, then cut them into quarters (leave the peel on). Remove any seeds.
3. In a food processor, blend the oranges until smooth.
4. In a mixing bowl, beat the eggs and honey together until well combined.
5. Add the blended oranges, almond flour, baking powder, vanilla extract, and a pinch of salt to the egg mixture. Mix until smooth.
6. Pour the batter into the prepared cake pan and bake for 25 minutes or until a toothpick inserted into the center comes out clean.

**Useful Tip:** Serve the cake slices with a dollop of Greek yogurt and a sprinkle of sliced almonds for extra flavor and texture.

**Nutritional values:** Calories: 200 kcal | Fat: 10 g | Protein: 6 g | Carbs: 24 g | Net carbs: 21 g | Fiber: 3 g | Cholesterol: 90 mg | Sodium: 120 mg | Potassium: 250 mg

# Greek Yogurt Berry Tart with Oat Crust

Serving: 4 | Prep time: 15 minutes | Cook time: 15 minutes

## Ingredients:

- 4 oz (113 g) rolled oats
- 2 tbsp honey
- 1/4 tsp cinnamon
- 8 oz (240 g) Greek yogurt
- 5 oz (150 g) mixed berries (strawberries, blueberries, raspberries)
- 1 tbsp lemon juice
- 1 tsp lemon zest

## Directions:

1. Preheat the oven to 350°F (175°C) and grease a tart pan.
2. In a food processor, blend the rolled oats until they form a fine flour-like consistency.
3. Transfer the oat flour to a mixing bowl and add honey and cinnamon. Mix until well combined.
4. Press the oat mixture evenly into the bottom of the tart pan to form the crust.
5. Bake the crust for 10-12 minutes until lightly golden brown. Allow it to cool completely.
6. In a separate bowl, mix the Greek yogurt with lemon juice and lemon zest until smooth.
7. Spread the Greek yogurt mixture evenly over the cooled oat crust.
8. Top the tart with mixed berries.

**Useful Tip:** For added sweetness, drizzle a little extra honey over the tart just before serving.

**Nutritional values:** Calories: 150 kcal | Fat: 3 g | Protein: 6 g | Carbs: 25 g | Net carbs: 20 g | Fiber: 5 g | Cholesterol: 0 mg | Sodium: 30 mg | Potassium: 200 mg

# Almond Flour Banana Muffins

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

## Ingredients:

- 2 ripe bananas
- 4 oz (113 g) almond flour
- 2 eggs
- 2 tbsp honey
- 1 tsp baking powder
- 1/2 tsp vanilla extract
- Pinch of cinnamon
- Pinch of salt

## Directions:

1. Preheat the oven to 350°F (175°C) and line a muffin tin with liners.
2. In a mixing bowl, mash the ripe bananas until smooth.
3. Add almond flour, eggs, honey, baking powder, vanilla extract, cinnamon, and a pinch of salt to the mashed bananas.
4. Mix until well combined and no lumps remain.
5. Divide the batter evenly into the muffin tin.
6. Bake for 20 minutes or until a toothpick inserted into the center comes out clean.

**Useful Tip:** For extra sweetness and texture, you can sprinkle a few sliced almonds on top of each muffin before baking.

**Nutritional values:** Calories: 150 kcal | Fat: 8 g | Protein: 6 g | Carbs: 16 g | Net carbs: 13 g | Fiber: 3 g | Cholesterol: 90 mg | Sodium: 150 mg | Potassium: 250 mg

# Quinoa Chocolate Chip Cookies

Serving: 4 | Prep time: 15 minutes | Cook time: 12 minutes

## Ingredients:

- 4 oz (113 g) cooked quinoa, cooled
- 3 oz (85 g) almond flour
- 2 tbsp honey
- 1 egg
- 1/2 tsp baking soda
- 2 oz (60 ml) dark chocolate chips
- 1/2 tsp vanilla extract
- Pinch of salt

## Directions:

1. Preheat the oven to 350°F (175°C) and line a baking sheet with parchment paper.
2. In a mixing bowl, combine cooked quinoa, almond flour, honey, egg, baking soda, vanilla extract, and a pinch of salt.
3. Mix until well combined.
4. Fold in dark chocolate chips until evenly distributed throughout the dough.
5. Use a spoon or cookie scoop to drop rounded tablespoons of dough onto the prepared baking sheet, spacing them apart.
6. Bake for 12 minutes or until the edges are golden brown.

**Useful Tip:** Allow the cookies to cool completely on the baking sheet before transferring them to a wire rack.

**Nutritional values:** Calories: 180 kcal | Fat: 8 g | Protein: 5 g | Carbs: 23 g | Net carbs: 18 g | Fiber: 5 g | Cholesterol: 40 mg | Sodium: 160 mg | Potassium: 200 mg

# Coconut Flour Lemon Drizzle Cake

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

## Ingredients:

- 4 oz (113 g) coconut flour
- 4 eggs
- 2 oz (57 g) honey
- 1 lemon (juice and zest)
- 2 oz (57 g) coconut oil, melted
- 1/2 tsp baking powder
- Pinch of salt
- 2 oz (60 ml) unsweetened almond milk

## Directions:

1. Preheat the oven to 350°F (175°C) and grease a loaf pan with coconut oil.
2. In a mixing bowl, whisk together the coconut flour, baking powder, and a pinch of salt.
3. In another bowl, beat the eggs, honey, lemon juice, lemon zest, and melted coconut oil until well combined.
4. Gradually add the dry ingredients to the wet ingredients, alternating with the almond milk, and mix until smooth.
5. Pour the batter into the prepared loaf pan and smooth the top with a spatula.
6. Bake for 20 minutes or until golden brown and a toothpick inserted into the center comes out clean.

**Useful Tip:** For an extra lemony flavor, drizzle the cake with a mixture of lemon juice and honey after baking.

**Nutritional values:** Calories: 220 kcal | Fat: 12 g | Protein: 6 g | Carbs: 22 g | Net carbs: 18 g | Fiber: 4 g | Cholesterol: 160 mg | Sodium: 150 mg | Potassium: 200 mg

# Oatmeal Raisin Cookies with Cinnamon

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

## Ingredients:

- 4 oz (113 g) rolled oats
- 2 oz (57 g) almond flour
- 2 oz (57 g) honey
- 2 eggs
- 1 tsp ground cinnamon
- 2 oz (60 ml) coconut oil, melted
- 2 oz (57 g) raisins
- Pinch of salt

## Directions:

1. Preheat the oven to 350°F (175°C) and line a baking sheet with parchment paper.
2. In a mixing bowl, combine the rolled oats, almond flour, ground cinnamon, and a pinch of salt.
3. In another bowl, whisk together the eggs, honey, and melted coconut oil until smooth.
4. Gradually add the dry ingredients to the wet ingredients and mix until well combined.
5. Fold in the raisins until evenly distributed throughout the dough.
6. Use a spoon or cookie scoop to drop rounded tablespoons of dough onto the prepared baking sheet, spacing them apart.
7. Flatten each cookie slightly with the back of a spoon.
8. Bake for 12 minutes or until golden brown around the edges.

**Useful Tip:** Allow the cookies to cool on the baking sheet for a few minutes before transferring them to a wire rack to cool completely.

**Nutritional values:** Calories: 200 kcal | Fat: 10 g | Protein: 6 g | Carbs: 22 g | Net carbs: 18 g | Fiber: 4 g | Cholesterol: 80 mg | Sodium: 100 mg | Potassium: 150 mg

# Greek Yogurt Cheesecake Bites

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

## Ingredients:

- 8 oz (227 g) Greek yogurt
- 2 oz (57 g) almond flour
- 2 oz (57 g) honey
- 2 eggs
- 1 lemon (zest and juice)
- 1/2 tsp vanilla extract
- Pinch of salt
- 2 tbsp coconut oil, melted

## Directions:

1. Preheat the oven to 350°F (175°C) and line a mini muffin tin with paper liners.
2. In a mixing bowl, combine the Greek yogurt, almond flour, honey, eggs, lemon zest and juice, vanilla extract, and a pinch of salt.
3. Mix until smooth and well combined.
4. Divide the mixture evenly among the mini muffin cups.
5. Bake for 20 minutes or until set and lightly golden around the edges.
6. Allow the cheesecake bites to cool in the muffin tin for 10 minutes before transferring them to a wire rack to cool completely.

**Useful Tip:** For added flavor, top each cheesecake bite with a dollop of Greek yogurt and a sprinkle of lemon zest before serving.

**Nutritional values:** Calories: 180 kcal | Fat: 10 g | Protein: 8 g | Carbs: 16 g | Net carbs: 14 g | Fiber: 2 g | Cholesterol: 80 mg | Sodium: 100 mg | Potassium: 150 mg

# Chia Seed and Coconut Pudding

Serving: 4 | Prep time: 5 minutes | Cook time: 0 minutes

## Ingredients:

- 4 oz (113 g) chia seeds
- 8 oz (227 g) coconut milk
- 2 oz (57 g) honey
- 1 tsp vanilla extract
- Pinch of salt
- Fresh berries, for garnish
- Unsweetened shredded coconut, for garnish
- Fresh mint leaves, for garnish

## Directions:

1. In a mixing bowl, whisk together the chia seeds, coconut milk, honey, vanilla extract, and a pinch of salt.
2. Let the mixture sit for 10 minutes, then whisk again to ensure the chia seeds are evenly distributed.
3. Cover the bowl and refrigerate for at least 2 hours or until the pudding is thickened.
4. Divide the pudding into serving cups and top with fresh berries, shredded coconut, and mint leaves.

**Useful Tip:** For a creamier texture, blend the coconut milk and chia seeds together before adding the other ingredients.

**Nutritional values:** Calories: 220 kcal | Fat: 12 g | Protein: 6 g | Carbs: 22 g | Net carbs: 18 g | Fiber: 4 g | Cholesterol: 0 mg | Sodium: 50 mg | Potassium: 150 mg

# Mediterranean Fig and Walnut Biscotti

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

## Ingredients:

- 4 oz (113 g) almond flour
- 2 oz (57 g) honey
- 2 eggs
- 2 oz (57 g) dried figs, chopped
- 2 oz (57 g) walnuts, chopped
- 1 tsp vanilla extract
- 1/2 tsp baking powder
- Pinch of salt

## Directions:

1. Preheat the oven to 325°F (160°C) and line a baking sheet with parchment paper.
2. In a mixing bowl, whisk together the almond flour, honey, eggs, vanilla extract, baking powder, and a pinch of salt until well combined.
3. Fold in the chopped figs and walnuts until evenly distributed throughout the dough.
4. Form the dough into a log shape on the prepared baking sheet and flatten slightly.
5. Bake for 20 minutes or until lightly golden and firm to the touch.
6. Remove from the oven and let cool for 10 minutes.
7. Slice the log into biscotti-sized pieces and arrange them cut-side down on the baking sheet.
8. Bake for an additional 10 minutes or until crisp and golden.

**Useful Tip:** Enjoy these biscotti with a cup of herbal tea or coffee for a delightful Mediterranean treat.

**Nutritional values:** Calories: 180 kcal | Fat: 10 g | Protein: 6 g | Carbs: 18 g | Net carbs: 14 g | Fiber: 4 g | Cholesterol: 80 mg | Sodium: 50 mg | Potassium: 150 mg

# MEAL PLAN

## Week 1

Day	Breakfast	Lunch	Snack	Dinner
<b>Monday</b>	Spinach and Mushroom Omelette Roll <i>page 6</i>	Mediterranean Grilled Chicken Skewers <i>page 27</i>	Greek Salad Skewers with Lemon-Oregano Dressing <i>page 58</i>	Lemon Herb Roasted Chicken Thighs with Mediterranean Salad <i>page 30</i>
<b>Tuesday</b>	Mediterranean Egg Breakfast Wrap <i>page 7</i>	Greek Turkey Meatballs with Zucchini Noodles <i>page 28</i>	Mushroom and Spinach Stuffed Cherry Tomatoes <i>page 56</i>	Mediterranean Baked Salmon with Lemon and Dill <i>page 41</i>
<b>Wednesday</b>	Salmon and Tomato Bruschetta <i>page 8</i>	Mediterranean Chicken and Vegetable Stir-Fry <i>page 29</i>	Zucchini Fritters with Tzatziki Sauce <i>page 57</i>	Mediterranean Style Beef Stew with Root Vegetables <i>page 40</i>
<b>Thursday</b>	Zucchini and Feta Muffins <i>page 9</i>	Lemon Herb Roasted Chicken Thighs <i>page 30</i>	Eggplant Roll-Ups with Spinach and Ricotta <i>page 59</i>	Grilled Lemon Rosemary Pork Tenderloin with Ratatouille <i>page 36</i>
<b>Friday</b>	Spinach and Feta, Egg Stuffed Bell Peppers <i>page 10</i>	Mediterranean Turkey and Chickpea Lettuce Wraps <i>page 31</i>	Greek Yogurt and Cucumber Dip with Whole Wheat Pita Chips <i>page 55</i>	Garlic Herb Roasted Sea Bass with Ratatouille <i>page 44</i>
<b>Saturday</b>	Avocado Toast with Tomato Salsa <i>page 11</i>	Baked Herb Crusted Chicken Tenders with Cauliflower Mash <i>page 32</i>	Mediterranean Bruschetta with Tomato, Olive, and Basil <i>page 60</i>	Herb Crusted Baked Trout with Roasted Vegetables <i>page 45</i>

<b>Sunday</b>	Oat Bran Pancakes with Applesauce <i>page 12</i>	Turkey and Vegetable Skillet with Herbed Couscous <i>page 33</i>	Spinach and Feta Phyllo Triangles <i>page 61</i>	Greek Shrimp and Vegetable Skewers with Tzatziki Sauce <i>page 42</i>
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## Week 2

Day	Breakfast	Lunch	Snack	Dinner
<b>Monday</b>	Spinach and Mushroom Omelette Roll <i>page 6</i>	Rabbit and Vegetable Meatloaf with Roasted Garlic Cauliflower Mash <i>page 35</i>	Mushroom and Spinach Stuffed Cherry Tomatoes <i>page 56</i>	Mediterranean Style Seared Scallops with Quinoa Pilaf <i>page 46</i>
<b>Tuesday</b>	Mediterranean Egg Breakfast Wrap <i>page 7</i>	Grilled Lemon Rosemary Pork Tenderloin <i>page 36</i>	Greek Salad Skewers with Lemon-Oregano Dressing <i>page 58</i>	Lemon Herb Grilled Halibut with Mediterranean Chickpea Salad <i>page 43</i>
<b>Wednesday</b>	Salmon and Tomato Bruschetta <i>page 8</i>	Mediterranean Herb-Roasted Lamb Chops <i>page 34</i>	Eggplant Roll-Ups with Spinach and Ricotta <i>page 59</i>	Italian Herb Crusted Beef Tenderloin with Balsamic Glazed Brussels Sprouts <i>page 37</i>
<b>Thursday</b>	Zucchini and Feta Muffins <i>page 9</i>	Quails and Spinach Stuffed Portobello Mushrooms <i>page 39</i>	Greek Yogurt and Cucumber Dip with Whole Wheat Pita Chips <i>page 55</i>	Greek Style Baked Tilapia with Spinach and Feta <i>page 47</i>
<b>Friday</b>	Spinach and Feta, Egg Stuffed Bell Peppers <i>page 10</i>	Mediterranean Baked Salmon with Lemon and Dill <i>page 41</i>	Zucchini Fritters with Tzatziki Sauce <i>page 57</i>	Mediterranean Style Beef Stew with Root Vegetables <i>page 40</i>
<b>Saturday</b>	Avocado Toast with Tomato Salsa <i>page 11</i>	Greek Shrimp and Vegetable Skewers with Tzatziki Sauce <i>page 42</i>	Spinach and Feta Phyllo Triangles <i>page 61</i>	Herb Crusted Baked Trout with Roasted Vegetables <i>page 45</i>
<b>Sunday</b>	Oat Bran Pancakes with Applesauce <i>page 12</i>	Lemon Herb Roasted Chicken Thighs <i>page 30</i>	Mediterranean Bruschetta with Tomato, Olive, and Basil <i>page 60</i>	Garlic Herb Roasted Sea Bass with Ratatouille <i>page 44</i>

# CONCLUSION

As we conclude our journey through this complementary cookbook, we hope you have discovered the transformative power of nourishing your body with healthy, wholesome foods. Throughout these pages, we've explored a variety of delicious recipes designed to support your Pelvic Floor practice and enhance your overall well-being.

You have taken a proactive step towards optimizing your health and vitality by incorporating nutrient-rich ingredients, balanced meals, and mindful eating habits into your daily routine. Whether enjoying a vibrant breakfast to kickstart your day, savoring a nourishing lunch to fuel your afternoon, or indulging in a satisfying dinner to unwind, each meal offers an opportunity to nourish your body and soul.

Remember, healthy eating is not about perfection but rather about progress. Embrace the journey of exploring new flavors, experimenting with wholesome ingredients, and discovering what truly nourishes you from the inside out. As you continue your Pelvic Floor practice, let the nourishment you provide your body fuel your movements, strength for your core, and vitality for your life.

Thank you for allowing us to be a part of your culinary adventure.

*With warmest wishes,  
Pelvic Floor Academy*

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Nutritional Information: The nutritional information provided in this work is based on specific brands, measurements, and ingredients used in the recipes. It is intended for informational purposes only and should not be considered a guarantee of the nutritional value of the reader's prepared recipe. The publisher and the author are not responsible for any damages or losses resulting from reliance on the provided nutritional information.