

# 35 MEDITERRANEAN RECIPES



# Introduction

Intermittent fasting is an excellent lifestyle choice for transforming your body and life through weight loss and improved health. Intermittent fasting is not, strictly speaking, a diet. It's more of an eating routine. However, maintaining a healthy diet while intermittent fasting is just as important as fasting itself. Fasting cannot bring about miracles on its own. To achieve your weight loss goals and reap the health benefits associated with regular fasting, you must combine intermittent fasting with a healthy diet, which includes proper nutrition and calorie control.

Making poor food choices and eating too much during your eating window will greatly reduce, if not completely negate, the effects. Too many calories, regardless of when they are consumed, represent a higher energy intake than energy expenditure, which will not result in weight loss. Choosing healthy, nutritious foods in between fasting periods will also help you feel more satisfied, less hungry, and less prone to cravings.

# QUINOA SALAD BOWL

## Ingredients

- 1 cup quinoa, rinsed
- 2 cups vegetable stock
- Cherry tomatoes
- Salt
- Pepper
- Lemon juice
- Red onions
- Red bell pepper
- Yellow bell pepper
- Cucumber, sliced
- Balsamic vinegar
- Baby spinach



## Instructions

1. In a medium saucepan, combine washed quinoa and vegetable stock and cover with a lid.
2. Bring the water to a boil. Reduce to a low heat, cover, and cook for 15 to 20 minutes once the quinoa has started to boil.
3. Remove the pan from the heat and set it aside.
4. In a mixing basin, combine all of the ingredients and stir in the quinoa.
5. Season to taste with salt and pepper.

## Nutrition

Calories 341kcal, Carbs 7g, Protein 28g, Fat 21g



**Prepare Time**  
15 Minutes



**Cook Time**  
20 Minutes

# SHRIMP SALAD

## Ingredients

- 1/4 cup chopped red onion
- 2 limes, juice of
- 1 tsp olive oil
- 1/4 tsp kosher salt, black pepper to taste
- 1 lb jumbo cooked, peeled shrimp, chopped\*
- 1 medium tomato, diced
- 1 avocado, diced
- 1 shallot, minced
- 4 ounces sliced almonds, toasted



## Instructions

1. In a large mixing basin, combine the shrimp and salad greens.
2. Drizzle a little olive oil on top.
3. Season with kosher salt and ground black pepper, then serve with the avocado, shallots, and sliced almonds.

## Nutrition

Calories 197kcal, Carbs 7g, Protein 25g, Fat 8g



**Prepare Time**  
15 Minutes



**Cook Time**  
10 Minutes

# GRILLED CHICKEN

## Ingredients

- 1 pound boneless skinless chicken breasts (about 2 large breasts)
- ⅓ cup plain Greek yogurt
- ¼ cup olive oil
- 4 lemons
- 4-5 cloves garlic pressed or minced
- 2 tablespoons dried oregano
- 1 teaspoon kosher salt
- ½ teaspoon freshly ground black pepper
- Parsley



## Instruction

1. Whisk together the balsamic vinegar, lemon juice, olive oil, and the remaining ingredients in a medium mixing bowl. 1/4 cup should be set aside.
2. Combine the balsamic vinegar mixture and the chicken in a gallon Ziploc bag or a large mixing bowl; marinate for at least 1 hour to overnight, rotating the bag occasionally. Drain the marinade from the chicken.
3. Heat the grill to medium-high. Cook until chicken is cooked through, about 5-6 minutes on each side, flipping once and drizzling with reserved 1/4 cup marinade.
4. Serve immediately with parsley on top, if desired.

## Nutrition

Calories 307, Fat 19g,  
Carbs 14g, Protein 25g



**Prepare Time**  
1 Hour



**Cook Time**  
15 Minutes

# MEDITERRANEAN PASTA SALAD

## Ingredients

- 1/2 pound whole wheat penne pasta
- 2 medium tomatoes chopped
- 1/3 cup roasted red and/or yellow bell pepper roughly chopped
- 2 tablespoons capers drained
- 1/4 cup sliced kalamata olives sliced in half
- 1/4 cup extra virgin olive oil
- 1 tablespoon balsamic vinegar
- 2 cloves of garlic minced or pressed
- 1/2 teaspoon oregano
- pinch of sugar
- kosher salt and freshly ground black pepper
- 1/2 cup basil slivered
- 1/4 cup feta cheese



## Instruction

1. Cook pasta till al dente in a large pot of boiling salted water, then rinse in cold water and drain.
2. Combine the salad spice mix and Italian dressing in a mixing bowl.
3. Combine the spaghetti, cherry tomatoes, bell peppers, and olives in a salad dish. Toss the salad with the dressing and chill overnight.

## Nutrition

Calories 400, Fat 24g, carbs 48g, protein 7.9g



**Prepare Time**  
20 Minutes



**Cook Time**  
20 Minutes

# SPINACH AND TOMATO SALAD

## Ingredients

- 5 plum tomatoes, chopped
- 1 medium sweet onion chopped
- handful of kalamata olives, chopped
- 2-3 cups of fresh baby spinach leaves
- 2 - 3 tablespoons balsamic vinegar
- ¼ cup basil, coarsely chopped
- 2 - 3 tablespoons olive oil
- salt and pepper to taste



## Instruction

1. In a mixing dish, mix the olive oil and balsamic vinegar. Season to taste after stirring until everything is completely blended.
2. In a large mixing bowl, combine the tomatoes, basil, spinach, and pine nuts.
3. Drizzle the dressing over the top and gently mix to incorporate.

## Nutrition

Calories 100, Fat 9g,  
carbs 5g, protein 2g



**Prepare Time**  
5 Minutes



**Total Time**  
10 Minutes

# MEDITERRANEAN VEGETABLE SALAD

## Ingredients

- 3 cups vegetable broth
- 1 portobello mushroom
- 1 red bell pepper seeded and quartered
- 8 ounces asparagus
- 1/2 red onion sliced
- Olive oil
- Kosher salt and freshly ground black pepper
- 1 pint plain Greek yogurt
- 1 clove garlic pressed
- 2 tablespoons minced cucumber
- 1 tablespoon lemon juice
- 1 teaspoon chopped fresh mint
- 1 teaspoon chopped fresh dill
- Kosher salt
- Red bell pepper hummus
- 1/8 cup feta cheese crumbled



## Instruction

1. Combine the cucumber, yoghurt, garlic, lemon juice, fresh mint, and dill in a small bowl. To taste, season with salt.
2. Prepare the grilled vegetables by chopping them into bite-size pieces. In a mixing dish, combine all of the ingredients and serve.

## Nutrition

Calories 248, Fat 22g,  
Carbs 15g, Protein 7g



**Prepare Time**  
5 Minutes



**Cook Time**  
5 Minutes

# RED LENTIL SOUP

## Ingredients

- 2l vegetable stock
- Red lentils
- 2 carrots, chopped
- 2 stalks celery, chopped
- 2 cloves garlic, minced
- 1 teaspoon dried oregano
- 1 bay leaf
- Tomatoes
- ground black pepper to taste



## Instruction

1. In a large saucepan, bring the stock to a boil and then add the lentils. Bring the water to a boil.
2. Cook and whisk in the onions, carrots, and celery until the onion is soft.
3. Cook for 2 minutes after adding the garlic, bay leaf, oregano, and basil.
4. Bring to a boil, then decrease heat to low, cover, and cook for 45-60 minutes.

## Nutrition

Calories 349, protein  
18.3g, carbs 48.2g ,fat 10g



**Prepare Time**  
10 Minutes



**Cook Time**  
60 Minutes

# CHICKEN SALAD WITH BABY SPINACH

## Ingredients

- 4 fillets Grilled chicken
- 7 oz bag baby spinach
- ½ sweet red bell pepper
- 1 cup grape tomatoes, halved
- 1 carrot, sliced
- Red onion, thinly sliced
- 1 tbsp. lemon juice



## Instruction

1. In a medium mixing bowl, combine all of the ingredients.
2. Slice the chicken and place it in the bowl.
3. Finish with a squeeze of lemon juice.

## Nutrition

Calories 178kcal, Fat 8g,  
Carbs 11g, Protein 16g



**Prepare Time**  
10 Minutes



**Cook Time**  
60 Minutes

# BASIL & STRAWBERRY SALAD

## Ingredients

- 2  $\frac{3}{4}$  cups sliced strawberries
- $\frac{1}{4}$  basil leaves, chopped
- 1 cup thinly sliced cucumber
- 1 tsp. lemon juice
- Maple syrup/ chocolate syrup or honey
- Salt and pepper to taste



## Instruction

1. In a bowl or plate, combine all of the ingredients and drizzle with maple syrup, chocolate syrup, or honey.
2. Add salt and pepper to taste.

## Nutrition

Calories 178kcal, Fat 8g,  
Carbs 11g, Protein 16g



**Prepare Time**  
5 Minutes



**Total Time**  
10 Minutes

# HEARTS OF PALM SALAD

## Ingredients

- 3 cups cherry tomatoes sliced in half
- 1 15- ounce can hearts of palm drained and sliced into 1/4 inch rings
- 1/4 cup thinly sliced or shaved red onion
- 1/4 cup chopped Italian parsley
- 1/4 cup vegetable oil
- 1 1/2 tablespoon red vinegar
- 1 teaspoon sugar
- 1 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper



## Instruction

In a small mixing bowl, combine the tomatoes, hearts of palm, red onion, and the remaining ingredients. Season to taste with salt and pepper.

## Nutrition

Calories 90.6kcal, Carbs 9g, Protein 2.3g, Fat 6.3g



**Prepare Time**  
5 Minutes



**Total Time**  
10 Minutes

# BULGUR SALAD

## Ingredients

- 3 nectarines
- 1 cup cooked bulgur
- 1/2 cup torn fresh basil
- 1/2 cup fresh parsley
- 1/2 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 3 tablespoons olive oil
- 2 tablespoons lemon juice
- 1/2 teaspoon poppy seeds
- 1/2 teaspoon honey



## Instruction

1. Nectarines should be cut into 8 pieces each. In a medium bowl, combine cooked bulgur, torn fresh basil, fresh parsley, kosher salt, and black pepper.
2. In a small bowl, combine the olive oil, , poppy seeds, lemon juice, and honey.
3. Dress the nectarine mixture with the dressing.
4. Serve right away.

## Nutrition

Calories 183, Fat 11g,  
Carbs 22g, Protein 3g



**Prepare Time**  
5 Minutes



**Total Time**  
10 Minutes

# CHICKEN & CUCUMBER SALAD

## Ingredients

- 2 cups packed fresh flat-leaf parsley leaves (from 1 bunch)
- 1 cup fresh baby spinach
- 2 tablespoons fresh lemon juice
- 1 tablespoon toasted pine nuts
- 1 tablespoon grated Parmesan cheese
- 1 medium garlic clove, smashed
- 1 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 1/2 cup extra-virgin olive oil
- 4 cups shredded rotisserie chicken (from 1 chicken)
- 2 cups cooked shelled edamame
- 1 (15-oz.) can unsalted chickpeas, drained and rinsed
- 1 cup chopped English cucumber
- 4 cups loosely packed arugula



## Instruction

1. In the bowl of a food processor, combine parsley, spinach, lemon juice, pine nuts, cheese, garlic, salt, and pepper; process until smooth, about 1 minute.
2. Add the oil while the machine is running and process until smooth, about 1 minute.
3. In a large mixing basin, combine the chicken, edamame, chickpeas, and cucumber.
4. Toss in the pesto until everything is well combined.
5. In each bowl, place 2/3 cup arugula and 1 cup chicken salad mixture.
6. Serve right away.

## Nutrition

Calories 482, Fat 26g,  
Carbs 22g, Protein 40g



**Prepare Time**  
10 Minutes



**Cook Time**  
5 Minutes

# WHEAT BERRY BOWL

## Ingredients

- 1 pound red seedless grapes
- 1 tablespoon olive oil
- 1/4 teaspoon kosher salt
- 1 teaspoon balsamic vinegar
- 2 cups Perfect Wheat Berries
- 1 ounce goat cheese, crumbled (about 1/4 cup)
- 1/4 cup toasted walnuts, chopped



## Instruction

1. Preheat the oven to 400 degrees Fahrenheit. In a 12- x 15-inch baking pan, combine grapes, oil, and salt.
2. 15 to 17 minutes in a preheated oven, shaking pan occasionally, until grapes begin to blister.
3. Toss the grapes in a bowl with the vinegar and toss to combine.
4. Top each serving with 1/2 cup roasted grapes, 1 tablespoon goat cheese, and 1 tablespoon chopped walnuts; divide wheat berries evenly among 4 bowls.

## Nutrition

Calories 326, Fat 10g,  
Carbs 54g, Protein 9g



**Prepare Time**

5 Minutes



**Cook Time**

15 Minutes

# SWEET POTATO SOUP

## Ingredients

- 2 tablespoons avocado oil, or olive oil
- 3 carrots, sliced
- 1 yellow onion
- 1 1/2 pound sweet potatoes, peeled and diced
- 2 garlic cloves, minced
- 1 tablespoon fresh ginger, finely chopped
- 1/4 teaspoon red pepper flakes
- 1/4 teaspoon paprika
- 4 cups vegetable broth, or more for thinner consistency
- GARNISH
- watercress
- pistachios
- coconut cream or yogurt
- red pepper flakes
- cracked black pepper



## Instruction

1. Preheat the oven to 400 degrees Fahrenheit. In a 12- x 15-inch baking pan, combine grapes, oil, and salt.
2. 15 to 17 minutes in a preheated oven, shaking pan occasionally, until grapes begin to blister.
3. Toss the grapes in a bowl with the vinegar and toss to combine.
4. Top each serving with 1/2 cup roasted grapes, 1 tablespoon goat cheese, and 1 tablespoon chopped walnuts; divide wheat berries evenly among 4 bowls.

## Nutrition

Calories 326, Fat 10g,  
Carbs 54g, Protein 9g



**Prepare Time**

5 Minutes



**Cook Time**

15 Minutes

# MEDITERRANEAN BROWN RICE

## Ingredients

- 1 cup brown rice, rinsed
- 2 cups water
- 2 tablespoons olive oil
- 1 clove garlic, minced
- 1 teaspoon oregano, dried
- 1 medium tomato, diced
- ¼ cup feta cheese, crumbled
- 2 cups baby spinach, chopped
- 3 leaves fresh basil, julienne cut
- 1 tablespoon fresh lemon juice
- Salt (optional) and pepper to taste



## Instruction

1. Bring the water to a boil in a medium saucepan. Return to a boil, stirring constantly. Cover, decrease heat to low, and cook for about 40 minutes, or until all the water has been absorbed.
2. In a separate bowl, add the oil, garlic, and oregano while the rice is cooking. Toss in the tomatoes and feta cheese gently.
3. Remove the rice from the heat and set it aside to cool for a minute.
4. Toss the rice with the tomato sauce, spinach, and basil. Mix in the lemon juice with the rice once more.
5. Serve with a pinch of salt (if desired) and pepper to taste.

## Nutrition

Calories 270, Carbs 40g,  
Fiber 3g, Protein 6g



**Prepare Time**

5 Minutes



**Cook Time**

40 Minutes

# WHOLE WHEAT PASTA

## Ingredients

- About 1½ cups pistachios, unsalted, roasted, shelled (8 ounces)
- 1 cup fresh mint leaves
- ¼ cup pecorino cheese, grated fresh (1 ounce)
- 1 large garlic clove, minced
- ½ cup silken tofu, reduced-fat (about 3 ounces)
- 2 tablespoons olive oil
- 2 tablespoons lemon juice, fresh
- ½ teaspoon black pepper
- ¼ teaspoon salt
- 4 cups whole wheat penne pasta, hot, cooked (about 8 ounces)
- 2 cups cherry tomatoes, halved
- ½ cup pasta cooking water, reserved



## Instruction

1. Pistachios, mint leaves, pecorino cheese, and garlic should all be coarsely minced in a food processor.
2. Toss in the tofu and the lemon juice. Blend until completely smooth.
3. Slowly pour oil into the food chute while the processor is running, and process until well combined. Reserve.
4. In a large mixing bowl, combine the penne, cherry tomatoes, and pesto; gently toss to combine. Thin with pasta water if necessary.

## Nutrition

Calories 630, Fat 33g, Carbs 62g, Protein 26g



**Prepare Time**

5 Minutes



**Cook Time**

25 Minutes

# GARLIC BUTTER FISH

## Ingredients

- 12 oz. (340 g) firm white fish fillet (halibut, cod or pollock fillet)
- salt
- ground black pepper
- 3 dashes cayenne pepper
- 2 tablespoons corn starch
- 2 tablespoons cooking oil
- lemon wedges

## GARLIC BUTTER SAUCE

- 1/2 stick (4 tablespoons) salted butter, melted
- 3 cloves garlic, minced
- 1/2 tablespoon lemon juice
- 1 tablespoon chopped parsley



## Instruction

1. For easy pan-frying, cut the fish into pieces that are not too thin. Salt, black pepper, and cayenne pepper are used to season the fish. Corn starch should be used to coat the fish. Remove from the equation.
2. To make the Garlic Butter Sauce, combine all of the ingredients in a mixing bowl. Remove from the equation.
3. Preheat a skillet over medium heat (ideally non-stick). Add the cooking oil and, after it's hot, pan-fry the fish in a single layer until crispy and golden brown on both sides. Flip the fish over gently with a wooden spatula or tongs. Make sure you don't break the fish.
4. Drain the fish on paper towels after removing it from the skillet. Toss the fish in the Garlic Butter Sauce and serve with lemon wedges right away.



**Prepare Time**

5 Minutes



**Cook Time**

25 Minutes

## Nutrition

Calories 346, Fat 26g, Carbs 6g, Protein 21g

# WHOLE GRAIN SALAD

## Ingredients

- 4 cups whole wheat baguette cubes (1/2-inch cubes)
- ½ cup olive oil
- 1 pound round red potatoes, scrubbed and chopped (about 3 cups)
- ⅓ cup chopped onion (1 small)
- ½ teaspoon salt
- ½ teaspoon ground black pepper
- ¼ cup red wine vinegar
- 1 tablespoon Dijon-style mustard
- 2 cups chopped romaine lettuce
- 1 cup chopped tomatoes (2 medium)
- 4 slices bacon, crisp-cooked and crumbled\*
- 1 tablespoon snipped fresh parsley (optional)



## Instruction

1. Preheat the oven to 350 degrees Fahrenheit. Toss bread pieces with 2 tablespoons oil in a large mixing basin to coat completely. In a 15x10x1-inch baking pan, spread the batter.
2. Combine potatoes, onion, 2 tablespoons oil, salt, and pepper in a large mixing basin and toss well to coat. Using foil or parchment paper, line a second 15x10x1-inch baking sheet. In the baking pan that has been prepared, spread the potato mixture. Preheat the oven to 350°F. Place both pans in the oven. Preheat oven to 350°F and bake bread cubes for 12 minutes, or until golden brown. Preheat oven to 350°F and bake the potato mixture for 30 minutes, or until golden brown and soft. Halfway through the baking time, stir the contents in each pan.
3. To make the dressing, put the remaining 1/4 cup oil, vinegar, and mustard in a small screw-top jar.
4. To combine, cover and shake vigorously.
5. Combine bread cubes, potato mixture, romaine, tomatoes, bacon, and, if preferred, parsley in a large mixing dish. Drizzle dressing over the salad and toss to coat.

## Nutrition

Calories 346, Fat 26g, Carbs 6g, Protein 21g



**Prepare Time**   **Cook Time**

5 Minutes   50 Minutes

# ZUCCHINI PIE

## Ingredients

- 3 eggs
- 1 cup grated Parmesan cheese
- 1/2 cup canola oil
- 1 tablespoon minced fresh parsley
- 1 garlic clove, minced
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 3 cups sliced zucchini
- 1 cup biscuit/baking mix
- 1 small onion, chopped



## Instruction

1. Whisk together the first seven ingredients in a large mixing bowl.
2. Combine the zucchini, baking mix, and onion in a mixing bowl.
3. Fill a greased 9-inch deep-dish pie plate halfway with the mixture.
4. Preheat oven to 350°F and bake for 25-35 minutes, or until gently browned.

## Nutrition

Calories 353, Fat 27g,  
Carbs 18g, Protein 9g



**Prepare Time**

5 Minutes



**Cook Time**

30 Minutes

# CHICKEN LEMON MILANESE

## Ingredients

- 4 boneless skinless chicken breasts, pounded thin
- salt and pepper
- 2/3 cup breadcrumbs
- 1/3 cup parmesan cheese
- 1/4 cup flat leaf parsley, chopped
- 1 egg, beaten
- 1/4 cup all-purpose flour
- 8 lemon wedges
- 1/4 cup vegetable oil



## Instruction

1. Set aside the chicken after seasoning it with salt and pepper. Toss together breadcrumbs, parmesan cheese, parsley, and season to taste with salt and pepper.
2. Fill a plate with flour and set it aside. Repeat with the eggs, then the breadcrumb mixture.
3. Toss the chicken with flour and shake off the excess. Chicken should be dipped in egg. Breadcrumbs should be used to cover the chicken and pressed in inches.
4. In a frying pan, heat the oil. Cook for 2 minutes on the first side, then flip and cook for another 2 minutes. Continue until the chicken is golden brown and cooked thoroughly. Cooking time is substantially decreased if the chicken is thinly pounded.
5. Place the cooked chicken on a paper towel-lined dish to absorb any excess oil.
6. Serve with a squeeze of lemon juice and lemon wedges.

## Nutrition

Calories 353, Fat 27g, Carbs 18g, Protein 9g



**Prepare Time**

15 Minutes



**Cook Time**

10 Minutes

# TUNA SALAD WITH TAHINI

## Ingredients

- 1 ½ tablespoons tahini
- 1 ½ tablespoons lemon juice
- 1 ½ tablespoons water
- 1 5-ounce can chunk light tuna in water, drained
- 4 Kalamata olives, pitted and chopped
- 2 tablespoons feta cheese
- 2 tablespoons parsley
- 2 cups baby spinach
- 1 medium orange, peeled or sliced



## Instruction

1. In a mixing dish, combine the tahini, lemon juice, and water.
2. Stir in the tuna, olives, feta, and parsley until everything is well combined.
3. With the orange on the side, serve the tuna salad over 2 cups spinach.

## Nutrition

Calories 375, Fat 5, Carbs 26g, Protein 25g



**Prepare Time**

5 Minutes



**Cook Time**

30 Minutes

# BAKED GARLIC SALMON

## Ingredients

- 1 ½ tablespoons tahini
- 1 ½ tablespoons lemon juice
- 1 ½ tablespoons water
- 1 5-ounce can chunk light tuna in water, drained
- 4 Kalamata olives, pitted and chopped
- 2 tablespoons feta cheese
- 2 tablespoons parsley
- 2 cups baby spinach
- 1 medium orange, peeled or sliced



## Instruction

1. Preheat the oven to 325 degrees Fahrenheit (180 degrees Celsius).
2. Season both sides of the salmon with salt and pepper (for 1 1/2 pounds of salmon, we use around 1/2 teaspoon fine sea salt).
3. In a large oven-safe skillet, melt the butter over medium heat. Stir in the garlic and capers when the butter is sizzling. Cook, stirring constantly, for 1 minute, or until heated. Turn off the heat in the skillet. Place the salmon fillets in the skillet skin-side down. Tilt the pan so that the butter pools on one side and spread the garlic caper butter over each fillet.
4. Cover the salmon in the skillet with a sheet of aluminium foil or parchment paper that has been loosely tucked around it. Cover the fish and bake for 15 minutes. Remove the lid and spoon extra butter over the salmon. Continue to roast, uncovered, for an additional 5 to 10 minutes, depending on the thickness of the salmon.
5. We cook salmon until an instant-read thermometer inserted into the thickest section reaches 125 degrees Fahrenheit. You may also finish the salmon in the broiler for a little more colour on top. Keep an eye on the fish to make sure it doesn't overcook.
6. Squeeze fresh lemon juice over the cooked salmon, top with fresh herbs, and serve with a tablespoon of garlic caper butter on the side.

## Nutrition

Calories 375, Fat 5,  
Carbs 26g, Protein  
25g



## Prepare Time

5 Minutes



## Cook Time

30 Minutes

# LENTIL CUCUMBER SALAD

## Ingredients

- 1 cup lentils
- 4 cups water
- 1 bay leaf
- 1 piece kombu, (approx 3-4 inches)
- 1 large cucumber, finely diced
- 1/2 red onion, finely diced
- 1 cup Medjool dates, finely diced
- 1 small bunch flat leaf parsley
- Lemon Vinaigrette



## Instruction

1. Remove any bad lentils or debris by rinsing and inspecting the lentils.
2. Combine the lentils, water, bay leaf, and kombu in a medium saucepan.
3. Bring the water to a boil, then reduce to a low heat setting, cover, and cook for 16-20 minutes. It's important that the lentils are tender but not mushy.
4. Drain the lentils and set them aside to cool for a few minutes. Cucumber, red onion, dates, and parsley, diced
5. Toss the salad with the lemon vinaigrette to blend

## Nutrition

Calories 261kcal, Fat 6.5g,  
Carbs 45g, Protein 9g



**Prepare Time**

10 Minutes



**Cook Time**

20 Minutes

# SHRIMP SKILLET

## Ingredients

- 2 tablespoons olive oil
- 1 pint cherry tomatoes (about 2 cups), halved
- 3 cloves garlic, minced
- 1/2 teaspoon Aleppo pepper (or 1/4 teaspoon red pepper flakes)
- 1/4 cup dry white wine
- 2 (15-ounce) cans white beans, drained and rinsed
- Kosher salt
- 1 pound uncooked peeled and deveined medium shrimp
- 1/4 cup coarsely chopped fresh parsley leaves



## Instruction

1. In a large skillet, heat the oil over medium-high heat until it shimmers. Add the tomatoes and cook for about 2 minutes, or until they begin to blister and soften.
2. Sauté for another minute, or until the garlic and Aleppo pepper are aromatic.
3. Pour in the wine and cook for 1 minute, or until it has reduced by half.
4. Reduce the heat to medium-low and season with salt as needed after adding the beans.
5. Toss in the shrimp and toss gently to mix. Cover and boil for 3 to 4 minutes, or until the shrimp are opaque and just cooked through.
6. Serve immediately with a parsley garnish.

## Nutrition

Calories 404, Fat 8.8g, Carbs 50g, Protein 31g



**Prepare Time**

10 Minutes



**Cook Time**

15 Minutes

# MACKEREL SALAD

## Ingredients

- 2 hot-smoked, peppered mackerel fillets
- 1 tbsp teriyaki marinade
- bunch spring onions, finely sliced
- 100g basmati rice
- ½ cucumber, halved, deseeded and sliced
- 50g baby spinach leaves
- 85g (or a big handful) beansprouts
- 1 tsp sugar
- 1 tbsp rice or white wine vinegar



## Instruction

1. Place the mackerel in a shallow dish, pour the marinade over it, then arrange half of the spring onions on top. Remove from the equation. Place the rice in a pan with just enough water to cover it, season with salt, and bring to a boil.
2. Reduce heat to low, stir, then cover and cook for 10 minutes, or until all of the water has evaporated. Remove from the heat, cover, and steam for 5 minutes.
3. Combine the cucumber, remaining onions, spinach leaves, and beansprouts in a mixing bowl. Combine the sugar, vinegar, and seasonings in a mixing bowl.
4. Remove the fish from the marinade and place it on two plates. If desired, drizzle with additional marinade from the dish. Place the rice next to the salad, then combine with the dressing and serve.

## Nutrition

Calories 489kcal, Fat 23g,  
Carbs 48g, Protein 24g



**Prepare Time**

10 Minutes



**Cook Time**

20 Minutes

# PARMESAN CHICKEN

## Ingredients

- 2 tablespoons olive oil
- 1 1/2 pounds boneless, skinless chicken breasts, cut into 1/2-inch-thick strips
- Kosher salt
- Freshly ground black pepper
- 1 medium yellow onion, diced
- 3 cloves garlic, minced
- Pinch red pepper flakes
- 1 large bunch flat-leaf kale (about 12 ounces), stems removed and leaves coarsely chopped
- 1/2 cup dry white wine
- 1/2 cup grated Parmesan cheese
- 1 tablespoon freshly squeezed lemon juice



## Instruction

1. In a large skillet, heat the oil over medium heat until it shimmers. Add the chicken, season with salt and pepper, and simmer for 5 to 7 minutes, or until cooked through. Cover the chicken with a platter to keep it warm.
2. In a skillet, combine the onion, garlic, and pepper flakes. Sauté for about 2 minutes, or until the onions begin to soften.
3. Combine the kale, wine, and a pinch of salt in a mixing bowl. Cover and cook for 5 minutes, or until the kale is barely cooked, stirring occasionally.
4. Return the chicken to the skillet, along with any accumulated juices. Stir in the Parmesan and lemon juice until everything is well combined.
5. Season to taste with extra salt and pepper if necessary.

## Nutrition

Calories 402, Fat 15.7g,  
Carbs 13g, Protein 47.6g



**Prepare Time**

5 Minutes



**Cook Time**

20 Minutes

# RICE NOODLES

## Ingredients

- 250g medium rice noodles
- 85g sundried tomatoes plus 2 tbsp of their oil
- 3 garlic cloves
- 25g parmesan (or vegetarian alternative), shaved or grated
- large handful basil leaves, torn



## Instruction

1. Drain the noodles after cooking them according to the package directions. 3 minutes after heating the oil, sauté the tomatoes and garlic.
2. Season with salt and pepper, then toss the noodles with the majority of the cheese and basil into the pan.

## Nutrition

Calories 329, Fat 10g, Carbs 55g, Protein 7g



**Prepare Time**

5 Minutes



**Cook Time**

20 Minutes

# MEDITERRANEAN BREAKFAST WRAPS

## Ingredients

- 10 large eggs
- 1/2 pound (about 5 cups) baby spinach
- 4 whole-wheat tortillas (about 9 inches in diameter, burrito-sized)
- 1/2 pint cherry or grape tomatoes, halved
- 4 ounces feta cheese, crumbled
- Butter or olive oil
- Salt
- Pepper



## Instruction

1. Whisk the eggs in a large mixing bowl until the whites and yolks are completely mixed. Over medium heat, melt enough butter or olive oil to coat the bottom of a big skillet.
2. Pour in the eggs once the butter has melted or the oil has heated up, and stir occasionally until the eggs are cooked. Add a bit of salt and a big amount of black pepper, then set aside to cool to room temperature on a large dish.
3. Replace the skillet over medium heat after rinsing or wiping it clean, and add another pat of butter or oil. Cook, stirring frequently, until the spinach has wilted little. Cooked spinach should be spread out on a big plate to cool to room temperature.
4. On a work surface, place a tortilla. Place a quarter of the eggs, spinach, tomatoes, and feta cheese down the centre of the tortilla and wrap securely.
5. Carry on with the remaining three tortillas in the same manner. Freeze the wraps in a gallon zip-top bag until you're ready to eat them. Wrap the burritos in aluminium foil if freezing for more than a week to avoid freezer burn. Microwave on high for 2 minutes to reheat.

## Nutrition

Calories 402, Fat 15.7g,  
Carbs 13g, Protein 47.6g



**Prepare Time**

5 Minutes



**Cook Time**

20 Minutes

# BREAKFAST MUFFINS

## Ingredients

- 9 Slices of thin cut deli ham
- 1/2 Cup Canned roasted red pepper, sliced + additional for garnish
- 1/3 Cup Fresh spinach, minced
- 1/4 Cup Feta cheese, crumbled
- 5 Large eggs
- Pinch of salt
- Pinch of pepper
- 1 1/2 Tbsps Pesto sauce
- Fresh basil for garnish



## Instruction

1. Preheat the oven to 400 degrees Fahrenheit. Apply cooking spray generously to a muffin tray.
2. Line each muffin tray with 1.5 ham slices, making sure there are no gaps for the egg mixture to escape through.
3. In the bottom of each muffin tray, sprinkle a pinch of roasted red pepper.
4. Top each red pepper with 1 tablespoon of minced spinach.
5. Add a heaping 1/2 tablespoon of crumbled feta cheese to the pepper and spinach.
6. Whisk together the eggs, salt, and pepper in a medium mixing basin. Evenly distribute the egg mixture among the 6 muffin pans.
7. Preheat the oven to 350°F and bake for 15-17 minutes, or until the eggs are fluffy and set.
8. Remove each muffin cup from the pan and top with 1/4 teaspoon pesto sauce, more roasted red pepper slices, and fresh basil.

## Nutrition

Calories 109kcal, Fat 6.7g,  
Carbs 1.8g, Protein 9.3g



## Prepare Time

10 Minutes



## Cook Time

25 Minutes

# LENTIL WAFFLES

## Ingredients

- 1 14.5-oz. can lentils, rinsed
- 1/4 small red onion, thinly sliced
- 1/4 c. golden raisins, chopped
- 3 tbsp. olive oil
- 3 tbsp. sherry vinegar
- 1 c. store-bought waffle mix
- 1 tsp. curry powder
- 1/4 tsp. ground coriander
- 1/8 tsp. salt
- 1/8 tsp. pepper
- 4 c. baby arugula
- 1/4 c. roasted almonds, chopped
- plain Greek yogurt, for serving



## Instruction

1. Combine lentils, raisins, olive oil, red onion and sherry vinegar in a medium mixing bowl.
2. Whisk together waffle mix, ground coriander, curry powder salt, and pepper in a large mixing bowl. In a waffle machine, prepare and cook 2 waffles according to the manufacturer's instructions.
3. Toss arugula and almonds with lentil mixture once waffles are done.
4. If preferred, cut waffles into pieces and spread with plain Greek yoghurt. Top with lentil salad.

## Nutrition

Calories 329, Fat 10g, Carbs 55g, Protein 7g



**Prepare Time**

5 Minutes



**Cook Time**

20 Minutes

# MEXICAN BURGERS

## Ingredients

- 1 chicken breast
- 1 tsp chipotle paste
- 1 lime, juiced
- 1-2 slices cheese
- 1 brioche bun, split
- ½ avocado
- 2 cherry tomatoes, chopped
- 3-4 pickled jalapeño slices, chopped
- ½ small garlic clove, finely grated



## Instruction

1. Place the chicken breast between two sheets of cling film and pound it to a thickness of about 1 cm with a rolling pin or a pan. Spread the chipotle paste over the chicken with half of the lime juice.
2. Over high heat, heat a griddle pan. Cook the chicken for 3 minutes on each side till cooked through once the pan is hot, then add the cheese for the last 2 minutes of frying. To toast the bun, place it cut-side down on the griddle pan. Season the chicken with salt and pepper.
3. Meanwhile, combine the avocado and the remaining lime juice in a mixing bowl. Season with salt and pepper after adding the cherry tomatoes, jalapeño, and garlic. Spread the sauce on the bottom of the bread, then top with the chicken and the top of the bun.

## Nutrition

Calories 709kcal, Fat 34g,  
Carbs 52g, Protein 46g



**Prepare Time**

5 Minutes



**Cook Time**

10 Minutes

# PEACH SMOOTHIE

## Ingredients

- 3/4 cup unsweetened almond milk or milk of choice
- 1/4 cup nonfat Greek plain or vanilla yogurt
- 3/4 cup frozen peaches be sure they are unsweetened
- 1/4 cup frozen banana slices
- 1/2 tablespoon honey plus additional to taste
- 1/2 teaspoon vanilla extract
- 1/4 teaspoon ground cinnamon
- Pinch ground ginger
- A few ice cubes optional



## Instruction

1. In a high-powered blender, combine the almond milk, yoghurt, peaches, banana, honey, vanilla, cinnamon, and ginger in the following order: almond milk, yoghurt, peaches, banana, honey, vanilla, cinnamon, and ginger.
2. Blend until completely smooth.
3. If you want the smoothie to be sweeter, taste it and add more honey if necessary.
4. Blend in a few ice cubes if you want it thicker. Enjoy!

## Nutrition

Calories 709kcal, Fat 34g,  
Carbs 52g, Protein 46g



**Prepare Time**

5 Minutes



**Cook Time**

10 Minutes

# CARROT SOUP

## Ingredients

- ½ tbsp olive oil
- 2 onions, finely chopped
- 2 celery sticks, finely chopped
- 2 garlic cloves, crushed
- ½ small bunch thyme, leaves picked
- 3 large carrots, peeled and roughly chopped
- 2 large parsnips, peeled and roughly chopped
- 1 litre vegetable stock
- 100ml double cream
- ¼ bunch parsley, finely chopped (optional)



## Instruction

1. In a large saucepan, heat the oil and cook the onion and celery for 10 minutes, or until softened, stirring periodically. Add a spray of water if they start to catch.
2. Cook for 2 minutes with the garlic, thyme, and 12 tsp black pepper. Bring the carrots, parsnips, and stock to a boil together.
3. Reduce to a low heat and cook, stirring occasionally, for 20 minutes, or until the veggies are tender.
4. Using a stick blender, mix until smooth. Blitz the cream in a blender until smooth, then season to taste.
5. To serve, ladle into bowls and top with a sprinkling of chopped parsley, if desired.

## Nutrition

Calories 190kcal, Fat 11g,  
Carbs 16g, Protein 3g



**Prepare Time**

5 Minutes



**Cook Time**

30 Minutes

# CHICKPEA SALAD

## Ingredients

- ½ cup uncooked freekeh
- 1 15-16 ounce can chickpeas (garbanzo beans), rinsed and drained
- 1 avocado, halved, seeded, peeled, and cubed
- 3 ounces feta cheese, cubed
- 2 ounces salami, chopped
- ½ cup chopped fresh mint
- ½ cup chopped fresh Italian parsley
- 1 clove garlic, minced
- 1 tablespoon olive oil
- Salt and black pepper



## Instruction

1. Bring 1 1/4 cups water to boiling, In a medium saucepan; Return to a boil, then lower the heat.
2. Cook, covered, for 20 minutes or until freekeh is soft and most of the liquid has been absorbed. Any surplus liquid should be drained.
3. Meanwhile, put the following seven ingredients in a large mixing basin (through garlic). Drizzle with oil and toss to coat lightly.
4. To fast cool freekeh, place it in a sieve and run it under cold water. Drain thoroughly. Add to the chickpea mixture and mix well.
5. Season with salt and pepper to taste. Serve right away, or chill for up to 4 hours.

## Nutrition

Calories 362, Fat 19g, Carbs 35g, Protein 15g



**Prepare Time**

5 Minutes



**Cook Time**

10 Minutes

# BAKED MEATBALLS

## Ingredients

- onions 3, diced
- olive oil
- garlic 5 cloves, crushed
- bay leaves 3
- chopped tomatoes 400g tin
- passata 600ml
- tomato purée 2 tbsp
- brown sugar 1 tbsp
- red wine vinegar 1 tbsp
- beef mince 500g pack
- fresh breadcrumbs 125g
- fennel seeds 1 tbsp
- dried oregano 1 tbsp
- egg 1
- mozzarella 250g grated, buy a large block
- mascarpone 100g

## TO SERVE

- olive oil a drizzle
- fresh oregano a few leaves (optional)
- crusty bread or pasta or rice



## Instruction

1. In a large frying pan, gently cook the onions with 2 tbsp oil until softened. Increase the heat and fry for a few minutes after adding the garlic. Half of the softened onions should be transferred to a large mixing basin.
2. Bring to a simmer the bay leaves, tomatoes, passata, purée, brown sugar, and red wine vinegar in the frying pan. Cook for 20 minutes, or until the sauce has thickened and decreased, and the surface is gleaming. Season.
3. After the onions have cooled, combine the beef mince, breadcrumbs, fennel seeds, oregano, and egg in a large mixing bowl with lots of seasoning. Mix everything up thoroughly with your hands, then roll into 20 meatballs.
4. In a nonstick frying pan, heat 1 tablespoon oil and brown the meatballs in batches, adding more oil as needed until the meatballs are almost cooked through. Cool. Combine 200g grated mozzarella, mascarpone, and a pinch of salt in a mixing bowl.

# BAKED MEATBALLS

## Instruction

5. Combine the meatballs and tomato sauce in a large baking dish once everything has cooled to room temperature. Spread the cheesy mascarpone on top, then scatter the remaining mozzarella on top. Now is the time to freeze.

6. Preheat the oven to 180°C/160°C fan forced/gas 4 Bake for 30 minutes with the dish securely covered in foil, then remove the foil and bake for another 30-45 minutes, or until the meatballs are steaming hot and cooked through, and the cheesy top is golden and bubbling.

7. Allow 5 minutes for the dish to cool before adding a drizzle of olive oil and a sprinkling of fresh oregano, if desired, before spooning straight from the dish. Serve with crusty bread, pasta, or rice to complete the meal.

## Nutrition

Calories 617kcal, Fat 39g,  
Carbs 32g, Protein 31g



### Prepare Time

15 Minutes



### Cook Time

30 Minutes

# Healthfit Publishing



*Healthfit Publishing's mission is to bring sound, actionable knowledge and advice straight from the health and fitness industry to readers from all walks of life. Our focus is on simple lifestyle changes that are easy to make for improving your overall quality of life.*

*HealthFit Publishing is made up of a diverse group of dynamic individuals who are passionate about inspiring and motivating others to achieve their health, fitness, and weight loss goals. Our team members are well-respected in their fields and bring expertise and experience in wellness, health, fitness, nutrition, and meticulous research to the table. We are dedicated to making healthy living accessible to anyone who is interested in transforming their life and boosting their happiness by improving their wellbeing.*

*Our team's diversity is our strong point and the common thread that brings us together is a zest for living life to its fullest and a passion for healthy living. Exercise and good nutrition are just two of our top interests and it's not hard to find inspiration in either.*



**FOR MORE CONTENT**  
[www.healthfitpublishing.com](http://www.healthfitpublishing.com)

*Contact us on*

[info@healthfitpublishing.com](mailto:info@healthfitpublishing.com)