



FOR ALL THE
MAMAS

Mediterranean Recipe Book

TRY THE MEDITERRANEAN
WAY OF EATING WITH THESE
GREAT RECIPES. YOU'LL FIND
OPTIONS FOR ANY MEAL OF
THE DAY!



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A top-down view of a Mediterranean breakfast plate. The plate is white with a subtle radial pattern. On the right side, a sunny-side-up egg is cooked, with a bright orange yolk and a white, slightly crisped edge. To the left of the egg, there is a pile of fresh, vibrant green spinach leaves. Scattered throughout the spinach and around the egg are several whole, light-colored chickpeas and sliced almonds. The entire dish is presented on a white plate with a faint, repeating pattern of small dots or dashes. The background is a dark, textured surface, possibly a table or countertop, which is partially visible at the bottom and left edges.

Mediterranean Breakfast

GET OFF TO A GOOD START.

Apple Cinnamon Oatmeal



SERVINGS: 1

PREP TIME: 2

COOKING TIME: 1 - 3
MINUTES

INGREDIENTS

- 1/4 cup (20 g) rolled oats
- 1/2 cup (120 g) almond milk
- 1/2 tbsp (5 g) flaxseeds
- 1/2 tbsp (6 g) chia seeds
- 1 medium red apple, chopped
- Dash of cinnamon
- 1 tbsp (16 g) almond butter
- 1 tbsp (8 g) walnuts, chopped

DIRECTIONS

1. Mix together oats, almond milk, flaxseeds, chia seeds, red apple, and cinnamon in a medium bowl. Microwave for 1-3 minutes (until oats are cooked to desired consistency).
2. Mix in almond butter and walnuts, enjoy warm!

NUTRITION INFO

Calories: 394, Carbohydrate: 52 grams, Protein: 10 grams, Fat: 20 grams

Eggs, Beans, & Greens



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 6 MINUTES

INGREDIENTS

- 1 tsp (4.5 g) avocado oil
- 1/2 cup (65 g) canellini beans
- 1 tbsp (7 g) sliced almonds
- 1/2 tsp (1 g) oregano
- Salt and pepper to taste
- 2 eggs
- 1 apple

DIRECTIONS

1. Heat avocado oil in a medium skillet over medium heat.
2. Add beans, oregano, salt, and pepper and mix to coat beans.
3. Push beans to the side and crack two eggs into the pan.
4. Allow eggs and beans to cook for approximately 3 minutes, until egg whites are mostly cooked through.
5. Mix almonds into the beans on the skillet.
6. Add spinach and cook for 1-2 minutes longer, until spinach is wilted.
7. Serve warm with an apple on the side.

NUTRITION INFO

Calories: 362, Carbohydrate: 38 grams, Protein: 17 grams, Fat: 17 grams

Fig & Walnut Chia Seed Pudding



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 2 tbsp chia seeds
- 1/2 cup almond milk
- 1 tsp honey
- 1 tbsp chopped walnuts
- 1 tbsp hemp hearts
- 2 figs, sliced

DIRECTIONS

1. Mix together chia seeds, almond milk, and honey in a mason jar. Store in the refrigerator overnight.
2. Before eating, stir chia seed mixture. Add more almond milk if needed to reach desired consistency. Stir in chopped walnuts and hemp hearts.
3. Top with sliced figs and enjoy!

NUTRITION INFO

Calories: 351, Carbohydrate: 41 grams, Protein: 10 grams, Fat: 18 grams

Greek Omelette



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 5 MINUTES

INGREDIENTS

- 3 large eggs
- Salt and pepper to taste
- 1 tsp (4.5 g) olive oil
- 2 tbsp (8 g) red onions, chopped
- 5 cherry tomatoes, halved
- 5 kalamata olives, halved
- 2 tbsp (28 g) goat cheese
- 1 tbsp (2.5 g) fresh basil, chopped
- 1 small apple

DIRECTIONS

1. In a bowl, crack eggs and whisk eggs until fluffy.
2. In a medium skillet heat olive oil over medium heat.
3. Add to skillet red onions, tomatoes, and kalamata olives. Cook for 2-3 minutes then move vegetable mixture to a plate.
4. Add eggs to skillet and cook for 1-2 minutes, or until sides begin to lift from the bottom. Flip eggs. Top with vegetable mixture, goat cheese, and basil. Cook for an additional 30 seconds - 1 minute, until eggs are cooked through.
5. Fold in half, remove from heat, and serve with an apple

NUTRITION INFO

Calories: 452, Carbohydrate: 25 grams, Protein: 25 grams, Fat: 28 grams

Greek Yogurt Blueberry Pancakes



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 15 MINUTES

INGREDIENTS

- 1 ripe banana, mashed
- 1/2 cup plain Greek yogurt
- 1 large eggs
- 1 tsp vanilla
- 1/2 cup almond flour
- 1/2 tsp baking powder
- 1/4 tsp baking soda
- 1/4 cup milk of choice
- 1 cup fresh blueberries
- 1 tsp butter or avocado oil for skillet

DIRECTIONS

1. In a large bowl mash the banana using a fork, then mix with Greek yogurt.
2. Add egg and vanilla and mix until well blended.
3. Mix in almond flour, baking powder, baking soda, and milk.
4. In a medium skillet warm butter or oil and spread to coat skillet.
5. Spoon batter onto the pan (into four pancakes) and cook until golden brown on one side. Flip and cook until golden brown on the opposite side.
6. Top with fresh berries and enjoy!

NUTRITION INFO

Calories: 451, Carbohydrate: 34 grams, Protein: 19 grams, Fat: 27 grams

Pomegranate & Pistachio Cottage Cheese



SERVINGS: 1

PREP TIME: 2 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 1.25 cups (283 g) 2% milk fat cottage cheese
- 2 tbsp (56 g) pomegranate arils
- 2 tbsp (15 g) pistachios
- 1/2 medium peach, sliced

DIRECTIONS

1. Top cottage cheese with all other ingredients and enjoy!

NUTRITION INFO

Calories: 383, Carbohydrate: 35 grams, Protein: 33 grams, Fat: 14 grams

Shakshuka



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 25 MINUTES

INGREDIENTS

- 1 tbsp (14 g) olive oil
- 1 medium onion, sliced
- 1 medium bell pepper, sliced
- 2 garlic cloves, minced
- 1.5, 14 oz cans (595 g total) fire roasted tomatoes
- 1 tsp (3 g) ground cumin
- 1 tsp (2 g) paprika
- 1/2 tsp (2 g) ground coriander
- 1/2 tsp (3 g) salt
- 1/2 tsp (1 g) black pepper
- 6 eggs
- 2 slices sprouted grain bread

DIRECTIONS

1. Heat olive oil in a large skillet over medium heat. Add onions and bell pepper. Cook over medium heat for 5 - 10 minutes until soft.
2. Add garlic and cook for 1 minute.
3. Mix in tomatoes, cumin, paprika, coriander, salt, and pepper. Reduce heat and simmer for 10 - 15 minutes.
4. Push tomato mixture to the side to create a divot for an egg. Crack each egg into a divot. Cover skillet and cook for 5 minutes (or until egg whites are cooked through).
5. Serve with sliced bread.

NUTRITION INFO

Calories: 471, Carbohydrate: 39 grams, Protein: 27 grams, Fat: 22 grams

Smoked Salmon & Avocado Toast



SERVINGS: 1

PREP TIME: 2 MINUTES

COOKING TIME: 5 MINUTES

INGREDIENTS

- 2 eggs (recipe suggests poaching eggs, could also use hard boiled eggs)
- 1 tbsp white wine vinegar
- 3 oz smoked salmon
- Handful of micro greens
- 1/2 small avocado, mashed
- 1 radish, sliced thin
- 2 small slices of sprouted grain bread
- Salt and pepper to taste.

DIRECTIONS

1. In a small pot, bring 2 inches of water to a boil. Add vinegar.
2. Crack each egg into a small bowl and gently pour into water.
3. Turn off heat and cover for four minutes.
4. While eggs are cooking, toast bread then top with avocado, radish slices, and smoked salmon.
5. Gently remove eggs from the water, pat dry, and place on top of salmon. Top with micro greens, salt, and pepper.

NUTRITION INFO

Calories: 372, Carbohydrate: 22 grams, Protein: 28 grams, Fat: 19 grams

Strawberry and Pomegranate Yogurt



SERVINGS: 1

PREP TIME: 2 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 1 cup (240 g) Greek Yogurt (non-fat)
- 2 tbsp (28 g) paleo granola
- 2 strawberries, sliced
- 1/2 kiwi, chopped
- 1 tbsp (22 g) pomegranate arils
- 1/4 cup (240 g) blueberries

DIRECTIONS

1. Top yogurt with all other ingredients and enjoy!

NUTRITION INFO

Calories: 401, Carbohydrate: 37 grams, Protein: 29 grams, Fat: 17 grams

Sweet and Salty Steel Cut Oats



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 15 MINUTES

INGREDIENTS

- 1/2 cup steel cut oats, dry
- 1/4 cup raspberries
- 2 small figs, cut into quarters
- 1 tbsp sliced almonds
- Dash of cinnamon
- Dash of sea salt

DIRECTIONS

1. Cook steel cut oats according to package.
2. Mash raspberries and mix into cooked steel cut oats.
3. Top with figs, sliced almonds, cinnamon, and sea salt.

NUTRITION INFO

Calories: 427, Carbohydrate: 79 grams, Protein: 12 grams, Fat: 8 grams



Mediterranean Lunch

REFUEL TO CONTINUE WITH
A GOOD DAY.

Avocado Chicken Salad



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 1, 5 oz (125 g) can of organic chicken breast, drained
- 1/2 medium avocado, chopped
- 1/2 tsp (0.5 g) dried dill
- 1/4 small red onion, chopped small
- 1/2 medium cucumber, sliced
- 1/2 medium red bell pepper, sliced
- 1 red apple

DIRECTIONS

1. In a medium bowl mix together drained chicken breast, chopped avocado, dill, red onion, salt, and pepper.
2. Serve with sliced cucumber and bell pepper, for dipping. Serve with an apple on the side.

NUTRITION INFO

Calories: 525, Carbohydrate: 43 grams, Protein: 36 grams, Fat: 26 grams

Bean Salad



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 1 cup (100 g) baby spinach
- 1/8 small red onion, sliced
- 1/2 cup (130 g) canned cannellini beans, drained and rinsed
- 5 cherry tomatoes, halved
- 2 tbsp (4 g) fresh parsley, chopped
- 5 green olives, halved
- 1 tbsp (9 g) sunflower seeds
- 1 tbsp (14 g) olive oil
- Juice of 1/2 a small lemon
- Salt and pepper to taste
- 2 tbsp (17 g) dry roasted mixed nuts

DIRECTIONS

1. Mix olive oil, lemon juice, salt and pepper together.
2. Toss olive oil mixture with baby spinach, onion, beans, cherry tomatoes, parsley, green olives, and sunflower seeds.
3. Serve with a side of mixed nuts.

NUTRITION INFO

Calories: 439, Carbohydrate: 33 grams, Protein: 15 grams, Fat: 29 grams

Beet & Goat Cheese Salad



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 10 MINUTES
(FOR HARD BOILED EGG)

INGREDIENTS

- 2 cups (58 g) mixed salad greens
- 1 hard boiled egg, halved
- 1 small cucumber, sliced thin
- 2 small cooked beets from a jar, chopped
- 1 tbsp (28 g) goat cheese, crumbled
- 1/4 cup (46 g) quinoa, cooked
- 1 tbsp (10 g) hemp hearts
- 1/2 tbsp (8 g) sunflower seeds
- 1 tbsp (14 g) olive oil
- Juice of half a small lemon
- Salt and pepper to taste

DIRECTIONS

1. Mix together olive oil, lemon juice, salt and pepper in a small container.
2. Add mixed greens to a bowl and top with all other ingredient.
3. Drizzle with olive oil mixture.

NUTRITION INFO

Calories: 526, Carbohydrate: 33 grams, Protein: 24 grams, Fat: 34 grams

Chicken Cauliflower Rice Bowl



SERVINGS: 2

PREP TIME: 10

COOKING TIME: 26 MINUTES

INGREDIENTS

- 3 tbsp (40 g) olive oil
- 2 cups (200 g) riced cauliflower
- 1/2 small red onion, chopped
- Salt and pepper to taste
- 1 tbsp (3 g) dried dill
- 2 medium chicken breasts, skinless
- 1/2 tbsp (1.5 g) dried oregano
- 10 cherry tomatoes, halved
- 1 medium cucumber, chopped
- 10 kalamata olives, chopped
- 1 tbsp (28 g) feta cheese, crumbled
- Juice of 1/2 a lemon

DIRECTIONS

1. Preheat oven to 400 degrees F (205 C)
2. Coat chicken breasts with 1 tbsp olive oil, salt, pepper, and oregano.
3. Bake chicken for 22 - 26 minutes. Internal temperature of chicken should reach 165 degrees F. After chicken is cooked and has rested for at least 5 minutes, slice chicken breast.
4. Heat remaining 2 tbsp of olive oil in a skillet over medium heat. Add riced cauliflower, red onion, salt, pepper, and dill. Cook for 3 - 5 minutes, until cauliflower is softened, stirring occasionally.
5. Top cooked cauliflower rice with sliced chicken, cherry tomatoes, cucumber, olives, feta cheese, and lemon juice.

NUTRITION INFO

Calories: 549, Carbohydrate: 16 grams, Protein: 44 grams, Fat: 34 grams

Grab n' Go Lunch Mix



SERVINGS: 1

PREP TIME: 5

COOKING TIME: 10 MINUTES
(FOR HARD BOILED EGG)

INGREDIENTS

- 1 hard boiled egg, halved and seasoned with salt and pepper.
- 1/2 medium cucumber, sliced
- 3 tbsp (25 g) raw almonds
- 1/4 cup (48 g) mixed berries
- 1 cup (162 g) 2% cottage cheese (or Greek yogurt)

DIRECTIONS

1. Serve all together and enjoy!

NUTRITION INFO

Calories: 420, Carbohydrate: 22 grams, Protein: 37 grams, Fat: 20 grams

Lemony Shrimp & Avocado Salad



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 5 MINUTES

INGREDIENTS

- 10 medium shrimp, peeled and deveined
- 1/2 medium avocado, sliced
- 5 cherry tomatoes, halved
- 1/2 small onion, sliced thin
- 2 cups (40 g) arugula or rocket
- 1 tbsp (8 g) chopped walnuts
- 2 tbsp (27 g) olive oil, divided
- 1 tbsp (15 g) lemon juice
- Salt and pepper to taste

DIRECTIONS

1. In a medium skillet heat olive oil over medium heat.
2. Pat shrimp dry with a paper towel then add to the skillet. Season with salt and pepper. Cook for 2-3 minutes on each side (flipping once).
3. Mix together remaining olive oil and lemon juice.
4. Top arugula or rocket with cooked shrimp, avocado, cherry tomatoes, onion, walnuts, and olive oil lemon mixture.
5. Season with salt and pepper and enjoy!

NUTRITION INFO

Calories: 556, Carbohydrate: 15 grams, Protein: 27 grams, Fat: 45 grams

Mediterranean Quinoa Bowl



SERVINGS: 1

PREP TIME: 5

COOKING TIME: 15 MINUTES
(FOR THE QUINOA)

INGREDIENTS

- 1 cup (185 g) quinoa, cooked
- 8 kalamata olives
- 1/2 medium cucumber, sliced
- 1 tbsp (8 g) red onion, chopped
- 1/4 small green onion, chopped
- 5 cherry tomatoes, halved
- 1 tbsp (7 g) sliced almonds
- 2 tbsp (30 g) hummus
- 1 tbsp (14 g) olive oil
- 1 tbsp (14 g) lemon juice
- Salt and pepper to taste

DIRECTIONS

1. In a bowl add quinoa and top with all other ingredients. Enjoy!

NUTRITION INFO

Calories: 540, Carbohydrate: 51 grams, Protein: 14 grams, Fat: 32 grams

Mujadara



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 55 MINUTES

INGREDIENTS

- 3/4 cup (200 g) brown lentils, rinsed
- 2 1/4 cups water
- 1/3 cup (62 g) long grain rice, rinsed
- 1/2 tsp (1.5 g) salt
- 1.5 tbsp (20 g) olive oil
- 2 small onions, chopped
- 1/2 tsp (1.5 g) cumin
- 1 tbsp (3 g) chopped mint
- 1/2 cup (120 g) non-fat Greek Yogurt

DIRECTIONS

1. In a medium pot add water and lentils and bring to a boil. Reduce heat to a simmer, cover, and cook for 10-15 minutes or until lentils are tender.
2. Add rice and salt and return to a boil. Reduce heat to a simmer, cover, and cook 15 - 20 minutes until rice is tender. Remove from heat and let rest while covered for 5 minutes.
3. In a large skillet heat oil over medium heat. Add onions and cook 10 -15 minutes until golden brown.
4. Add onions and cumin to rice and lentils, toss to combine.
5. Serve topped with chopped mint and Greek yogurt.

NUTRITION INFO

Calories: 539, Carbohydrate: 83 grams, Protein: 26 grams, Fat: 12 grams

Smoked Salmon Salad



SERVINGS:

PREP TIME:

COOKING TIME:

INGREDIENTS

- 2 cups (200 g) mixed salad greens
- 3 oz (85 g) smoked salmon, sliced
- 1/8 small red onion, sliced
- 1 green onion, sliced
- 5 cherry tomatoes, halved
- 5 green olives, halved
- Handful of sprouts
- 1 tsp (3 g) sesame seeds
- 1 tbsp (14 g) olive olive
- 1/4 tsp (0.5 g) dried oregano
- Salt and pepper to taste

DIRECTIONS

1. Top mixed salad greens with salmon, onions, tomatoes, olives, sprouts, and sesame seeds.
2. Mix olive oil, oregano, salt, and pepper together and drizzle over salad.

NUTRITION INFO

Calories: 489, Carbohydrate: 37 grams, Protein: 26 grams, Fat: 28 grams

Tuna Wrap



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 1 sprouted grain wrap
- 1, 3oz (85 g) can tuna
- 1 tbsp (15 g) avocado oil mayonnaise
- 1/2 tsp (0.5 g) dried dill
- Salt and pepper to taste
- 1/2 small red bell pepper, thinly sliced
- 1/2 small cucumber, thinly sliced
- 1/2 small avocado, thinly sliced.
- Handful arugula or rocket

DIRECTIONS

1. Drain tuna, then in a small bowl mix tuna with mayonnaise, dill, salt, and pepper.
2. Layer tuna mixture and all other ingredients onto a sprouted grain wrap.
3. Fold and enjoy!

NUTRITION INFO

Calories: 415, Carbohydrate: 34 grams, Protein: 25 grams, Fat: 21 grams



Mediterranean
Dinner

END THE DAY FEELING
GOOD.

Baked Chicken & Peppers



SERVINGS: 2

PREP TIME: 10

COOKING TIME: 20 - 30
MINUTES

INGREDIENTS

- 2, 4 oz (113 g) chicken breast, skinless and boneless
- 2 tbsp (27 g) olive oil
- Juice of 1/2 lemon
- 3 cloves garlic, minced or pressed
- 1 tbsp balsamic vinegar
- 1 tbsp (3 g) dried oregano
- 1/2 tbsp (1.5 g) dried thyme
- 1/2 tbsp (1.5 g) dried basil
- Salt and pepper to taste
- 1 red bell pepper, sliced
- 1 orange bell pepper, sliced
- 3 medium carrots, sliced
- 1 small onion, sliced
- 1/2 cup (92 g) brown rice, uncooked

DIRECTIONS

1. Preheat oven to 375 degrees F (190 C).
2. Mix together olive oil, garlic, balsamic vinegar, lemon juice, oregano, thyme, basil, salt, and pepper.
3. Layer bell peppers, carrots, and onions in a glass baking dish. Use half of the olive oil mixture to coat the vegetables.
4. Lightly pound the chicken breast, then place on top of the vegetables. Coat the chicken with the remaining olive oil mixture.
5. Bake for 20-30 minutes until internal temperature of chicken reaches 165 degrees F.
6. While chicken is baking, cook brown rice as directed on the package.
7. Serve warm and enjoy!

NUTRITION INFO

Calories: 518, Carbohydrate: 57 grams, Protein: 32 grams, Fat: 19 grams

Caprese Shrimp Zucchini Noodles



SERVINGS: 2

PREP TIME: 5

COOKING TIME: 8 MINUTES

INGREDIENTS

- 2 tbsp (27 g) olive oil
- 3 cloves garlic, minced
- 6 oz (227 g) medium shrimp, peeled and deveined
- 3 cups (340 g) spiralized zucchini noodles
- 1/2 cup (120 g) cherry tomatoes, halved
- 4 oz (113 g) mozzarella cheese, chopped
- 1/4 cup (6 g) lightly packed fresh basil, chopped

DIRECTIONS

1. Heat olive oil over medium heat in a medium skillet.
2. Add garlic and cook for one minute.
3. Add shrimp and cook for 2-3 minutes per side.
4. Add zucchini noodles, and cherry tomatoes. Cook for 1-2 minutes. Just before removing from heat, mix in basil and cheese.
5. Serve Warm

NUTRITION INFO

Calories: 411, Carbohydrate: 11 grams, Protein: 31 grams, Fat: 27 grams

Garlic Butter Salmon & Broccoli



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 15 MINUTES

INGREDIENTS

- 2, 4oz salmon filets, skin removed.
- 2 tbsp (28 g) ghee
- 3 cloves garlic, minced or pressed
- Juice of half a medium lemon
- Salt and pepper to taste
- 2 cups (227 g) steamed broccoli florets
- 1.5 cup (293 g) cooked brown rice

DIRECTIONS

1. Pat salmon filets dry with a paper towel and season both sides with salt and pepper.
2. In a medium skillet, over medium heat, warm ghee until melted.
3. Add garlic and salmon to the pan.
4. Cook salmon for approximately 4-5 minutes per side, flipping once.
5. Serve with steamed broccoli and brown rice.

NUTRITION INFO

Calories: 485, Carbohydrate: 42 grams, Protein: 29 grams, Fat: 23 grams

Grilled Chicken Kabobs



SERVINGS: 2

PREP TIME: 15 (PLUS 1
HOUR TO MARINATE)

COOKING TIME: 15 MINUTES

INGREDIENTS

- 3 tbsp (40 g) olive oil
- 1 tbsp (15 g) red (or white) wine vinegar
- 1 tsp (5 g) Dijon mustard
- 2 clove garlic, minced
- 1/2 tsp (2 g) oregano
- Juice of 1/2 a lemon
- Salt and pepper to taste
- 8 oz (227 g) chicken breasts, cut into 1 1/2 inch pieces
- 1 red bell pepper, cut into 1 1/2 inch pieces
- 1 green bell pepper, cut into 1 1/2 inch pieces
- 1 medium red onion, cut into 1 1/2 inch pieces
- 2 tbsp (30 g) tzatziki sauce
- 8 grilling skewers

DIRECTIONS

1. In a medium bowl, mix together olive oil, vinegar, mustard, garlic, oregano, lemon juice, salt, and pepper.
2. Add chicken and mix to dress chicken. Cover and marinate in the refrigerator for at least one hour (or overnight).
3. When ready to cook, heat grill to medium heat.
4. Thread the skewers, alternating between chicken, bell peppers, and onion.
5. Cook over medium heat on the grill for 5-7 minutes per side or until chicken has reached an internal temperature of 165 degrees.

NUTRITION INFO

Calories: 396, Carbohydrate: 15 grams, Protein: 28 grams, Fat: 25 grams

Greek Inspired Turkey Patties



SERVINGS: 2

PREP TIME: 10

COOKING TIME: 10

INGREDIENTS

- 1lb (454 g) ground turkey
- 1 cup (24 g) fresh parsley, chopped
- 3 garlic cloves, minced
- 1/2 medium onion, minced
- 1 tbsp (15 g) lemon juice
- Salt and pepper to taste
- 1 tbsp (14 g) avocado oil
- 2 tbsp (30 g) tzatziki sauce
- 1 sweet potato, baked

DIRECTIONS

1. In a large bowl mix together ground turkey, parsley, garlic, onion, lemon juice, salt, and pepper until well blended.
2. Heat avocado oil in a large skillet over medium heat.
3. Form circular patties with the turkey mixture (makes 6-8 patties) and place on the skillet.
4. Cook for approximately 5 minutes on each side or until fully cooked through.
5. Serve with tzatziki sauce and a baked sweet potato (or salad).

NUTRITION INFO (PER SERVING)

Calories: 502, Carbohydrate: 21 grams, Protein: 48 grams, Fat: 26 grams

Hearty Quinoa and Veggie Bowl



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 30 - 40
MINUTES

INGREDIENTS

- 1/2 cup (85 g) quinoa, uncooked
- 1 medium avocado
- 2 cups (176 g) brussel sprouts, trimmed and halved
- 2 small sweet potatoes, chopped
- 2 tbsp (15 g) pistachios
- Handful of arugula or rocket
- 1 tbsp (14 g) avocado oil
- 1 tbsp (3 g) oregano
- Salt and pepper to taste

Dressing

- 2 tbsp (27 g) olive oil
- 2 tbsp (30 g) lemon juice
- 1 tsp (5 g) dijon mustard
- Salt and pepper to taste

DIRECTIONS

1. Preheat oven to 400 degrees F (205 C).
2. Spread sweet potato and brussel sprouts in a single layer in a glass baking dish. Coat with avocado oil, 2 tbsp water, oregano, salt and pepper to taste.
3. Bake sweet potatoes and brussel sprouts for 30-40 minutes, until soft and slightly crispy on the outside.
4. While baking vegetables, cook quinoa as instructed on package.
5. For dressing, mix together olive oil, lemon juice, dijon mustard, salt and pepper to taste.
6. In two medium bowls add quinoa, avocado, brussels sprouts, sweet potatoes, pistachios, and arugula/rocket. Pour dressing over everything.

NUTRITION INFO

Calories: 606, Carbohydrate: 60 grams, Protein: 14 grams, Fat: 37 grams

Lamb Chops & Salad



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 7 MINUTES

(BAKE SWEET POTATOES AHEAD OF TIME)

INGREDIENTS

- 10 oz (283 g) lamb chops (shoulder, bone in, fatty tips removed)
- 1 tbsp (54 g) dried thyme
- Salt and pepper to taste
- 4 tbsp (54 g) olive oil (divided)
- 5 cloves of garlic, roughly chopped
- Juice of 1/2 small lemon
- 2 tbsp (8 g) fresh parsley, chopped
- 1 tsp (1 g) crushed red pepper
- 2 cups (456 g) mixed greens
- 1/4 small red onion, sliced
- 1 sweet potato, baked

DIRECTIONS

1. Bake sweet potato ahead of time.
2. In a large skillet, heat 2 tbsp olive oil over medium-high heat.
3. Season lamb chops with salt, pepper, and thyme.
4. Add lamb chops and garlic to the skillet. Cook lamb chops approximately 3 minutes per side, flipping once.
5. Add one tbsp water, lemon juice, parsley, and red pepper flakes. Cook for one minute longer.
6. Remove from heat and serve with a side salad of mixed greens, red onion, and remaining olive oil. Also serve with a baked sweet potato.

NUTRITION INFO

Calories: 550, Carbohydrate: 22 grams, Protein: 32 grams, Fat: 38 grams

Sheet Pan Chicken & Cabbage Dinner



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 20 MINUTES

INGREDIENTS

- 2 thinly sliced chicken breasts
- 3 carrots, chopped 1/2 inch
- 1/2 medium head red cabbage, sliced
- 1 medium onion, sliced
- 1 tbsp (14 g) avocado oil
- 1/4 cup (28 g) bone broth
- 2 tbsp (4 g) thyme, chopped
- 1 tbsp (2 g) rosemary, chopped
- 2 cloves garlic, minced
- Salt and pepper to taste

DIRECTIONS

1. Preheat oven to 400 degrees (205 C).
2. In a medium bowl mix together avocado oil, bone broth, thyme, rosemary, garlic, salt, and pepper.
3. In a large bowl, mix together carrots, onion, and cabbage. Pour 1/2 bone broth mixture over the vegetables and toss to coat.
4. Use remaining bone broth mixture to coat chicken breasts.
5. Spread vegetables and chicken on an oven safe sheet pan. Pour any remaining bone broth mixture over vegetables and chicken.
6. Bake for 15 minutes. Turn chicken, mix vegetables, and change oven heat to broil.
7. Broil for 2-3 minutes for crispier chicken.

NUTRITION INFO

Calories: 356, Carbohydrate: 36 grams, Protein: 24 grams, Fat: 15 grams

Spaghetti Squash & Scallops



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 45 MINUTES

INGREDIENTS

- 1 medium spaghetti squash
- 1 cup (21 g) baby spinach
- 1/8 cup (14 g) sun-dried tomato, chopped
- 2 tbsp (56 g) feta cheese, crumbled
- 2 tbsp (27 g) olive oil
- 1 tbsp (15 g) lemon juice
- 1 tbsp (15 g) pesto
- Salt and pepper to taste
- 10 medium scallops

DIRECTIONS

1. Preheat oven to 400 degrees F (205 C).
2. Cut spaghetti squash lengthwise in half. Remove seeds with a spoon, scraping away the softer insides.
3. Add 1/4 cup water and 1 tbsp olive oil to a large glass baking dish.
4. Place spaghetti squash in the baking dish with the open side down (skin facing up). Bake for 40 minutes then allow 5-10 minutes to cool.
5. While spaghetti squash is cooling, heat 1 tbsp olive oil in a medium skillet. After drying scallops with a paper towel, add scallops, 1 tbsp lemon juice, salt, and pepper to skillet.
6. Cook scallops for 2 minutes on one side, then flip and cook for 1-2 minutes longer. Remove from heat.
7. When spaghetti squash has cooled some but is still warm, use a fork to scrape the strands and fluff the inside.
8. Mix spinach, sun-dried tomatoes, pesto, and feta into the spaghetti squash. Top with Scallops and serve.

NUTRITION INFO

Calories: 351, Carbohydrate: 21 grams, Protein: 16 grams, Fat: 24 grams

Zucchini Boats



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 30 MINUTES

INGREDIENTS

- 2 medium zucchini
- 0.75lbs (340 g) ground beef (95% lean)
- 1/2 tbsp (3 g) dried oregano
- 1/4 tbsp (1.5 g) dried thyme
- 1/2 tsp (4 g) sea salt
- 1/4 tsp (0.5 g) ground black pepper
- 1/2 medium onion, chopped
- 2 cloves garlic, minced
- 10 kalamata olives, chopped
- 1/4 cup (28 g) sun-dried tomatoes, chopped
- 2 tbsp (56 g) goat cheese, crumbled
- 1 cup (195 g) brown rice, cooked

DIRECTIONS

1. Preheat oven to 375 degrees F (190 C).
2. Slice zucchini lengthwise in half. Scrap out seeds and flesh to create a hollow boat for the beef mixture.
3. In a skillet over medium heat, cook ground beef until cooked though, crumbling beef while cooking.
4. Remove from heat and drain excess liquid.
5. Mix in oregano, thyme, salt, pepper, onion, garlic, kalamata olives, and sun-dried tomatoes.
6. Fill zucchini boats with beef mixture and bake for 20- 30 minutes.
7. Once cooked, top with goat cheese and serve warm with brown rice.

NUTRITION INFO

Calories: 555 Carbohydrate: 40 grams, Protein: 48 grams, Fat: 24 grams