

# THE 30-Day MEDITERRANEAN MEAL PLAN

The Essential Guide For Absolute Beginners  
**CONQUER THE MEDITERRANEAN DIET  
IN 4 WEEKS OR LESS**

INCLUDES A  
**4-WEEK DIET**  
PLAN, DELICIOUS  
RECIPES, AND  
MUCH MORE!



**I STARTED THE MEDITERRANEAN DIET AND  
LOST 33 POUNDS IN ABOUT A MONTH!**

The 30 Day Mediterranean Diet Meal Plan  
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# The 30 Day Mediterranean Diet Meal Plan

The Mediterranean diet is more than just a way of eating - it's a lifestyle that has stood the test of time. For centuries, people living along the Mediterranean Sea have enjoyed vibrant health and remarkable longevity, thanks to their delicious, nutrient-rich dietary patterns.

This eating style emphasizes abundant plant foods, healthy fats like olive oil, and moderate portions of fish and lean proteins, while limiting processed foods and red meat.

What makes this diet truly special is its impressive array of health benefits. Research shows it can help prevent heart disease, certain cancers, and type 2 diabetes while supporting healthy brain function and weight management.

The secret lies in its perfect balance of nutrients - those heart-healthy fats, fiber-rich whole grains, and antioxidant-packed fruits and vegetables work together to reduce inflammation and protect your cells.

Perhaps the most beautiful aspect of Mediterranean eating is its simplicity and flexibility. There's no calorie counting or strict rules - just wholesome, minimally processed foods prepared with care and often shared with others.

The diet naturally includes foods rich in omega-3 fatty acids, antioxidants, and fiber while limiting those ingredients that can harm our health.

Get ready to embark on a 30-day journey through the flavors of the Mediterranean. Each day, I'll share four delicious recipes - breakfast, lunch, dinner, and a snack - that will help you embrace this healthy and satisfying way of eating.

These recipes are designed to be both nutritious and practical, perfect for anyone looking to improve their health while enjoying incredible food.

## Mediterranean Diet Today



What makes Mediterranean cooking particularly relevant today is its emphasis on whole, unprocessed foods prepared with care and attention.

While modern interpretations often differ from historical patterns, the fundamental principles remain: fresh ingredients, simple preparations, and meals that nourish both body and spirit.

This cookbook presents 30 days of Mediterranean recipes, with each day offering a complete menu: breakfast, lunch, dinner, and a snack. Each recipe includes detailed ingredients, clear preparation instructions, and helpful tips to ensure success.

The recipes move beyond common interpretations to include authentic regional dishes, featuring ingredients like fresh sardines, wild greens, and seasonal fruits.

Special attention is given to traditional cooking techniques that bring out the best in each ingredient. Whether you're new to Mediterranean cooking or looking to expand your repertoire, these recipes offer a practical way to incorporate these healthy, delicious traditions into your daily life.

# Day 1 Recipes

## Breakfast: Greek Yogurt Parfait with Honey and Walnuts

Start your Mediterranean journey with this protein-packed breakfast that perfectly balances sweet and tangy flavors. Greek yogurt delivers a creamy base loaded with protein and probiotics, while honey adds natural sweetness that the ancient Greeks considered a gift from the gods.

The combination of crunchy walnuts and fresh fruit creates a delightful texture contrast while providing healthy fats and antioxidants. This breakfast takes just minutes to prepare but will keep you satisfied all morning.

- 1 cup plain Greek yogurt
- 2 tablespoons honey
- 1/4 cup chopped walnuts
- 1 cup mixed berries (fresh or frozen)
- 1/2 teaspoon vanilla extract
- 1 tablespoon chia seeds

Layer the ingredients in a bowl or glass, starting with yogurt, then berries, drizzle with honey, and top with walnuts and chia seeds. For best results, let the parfait sit for 5 minutes before eating to allow the honey to slightly soften the nuts and the chia seeds to expand.

For meal prep, you can prepare individual portions in jars - just keep the nuts separate until serving to maintain their crunch. This breakfast works great with any seasonal fruits, so feel free to experiment with what's available.

## Lunch: Mediterranean Chickpea Salad

This vibrant salad brings together the sunny flavors of Greece and Italy in one bowl. It's a protein-rich vegetarian option that proves healthy eating doesn't mean sacrificing flavor or satisfaction.

The combination of chickpeas and fresh vegetables creates a rainbow of nutrients that will energize your afternoon.

- 2 cans chickpeas, drained and rinsed
- 1 cucumber, diced
- 2 cups cherry tomatoes, halved
- 1 red onion, finely chopped
- 1 red bell pepper, diced
- 1/2 cup kalamata olives
- 1/2 cup feta cheese
- 1/4 cup extra virgin olive oil
- 2 tablespoons red wine vinegar
- 2 cloves garlic, minced
- 1 tablespoon dried oregano
- Fresh basil leaves

Combine all ingredients in a large bowl and toss gently. Let the salad rest for 15 minutes before serving to allow the flavors to meld together.

Store any leftovers in an airtight container - this salad actually tastes better the next day as the flavors continue to develop.

## Dinner: Herb-Baked Mediterranean Fish

This light yet satisfying dinner showcases the clean, simple flavors that make Mediterranean cooking so special. White fish baked with herbs and lemon creates a dish that's both elegant and easy.

Fresh herbs and garlic infuse the fish with flavor while keeping it healthy and light.

- 4 white fish fillets (cod, halibut, or sea bass)
- 4 tablespoons olive oil
- 4 cloves garlic, minced
- 1 lemon, sliced
- 2 tablespoons fresh parsley, chopped
- 1 tablespoon fresh thyme
- 1 tablespoon fresh rosemary
- Salt and pepper to taste

- 1 cup cherry tomatoes
- 1/4 cup white wine (optional)

Preheat oven to 400° F. Place fish in a baking dish, drizzle with olive oil, add herbs, garlic, and lemon slices. Bake for 15-20 minutes until fish flakes easily with a fork. For the best results, bring fish to room temperature before cooking and pat it dry with paper towels. This ensures even cooking and helps achieve a better texture.

## Snack: Marinated Olives with Herbs

These marinated olives make a perfect afternoon pick-me-up that's both satisfying and sophisticated. The marinade transforms ordinary olives into a gourmet treat that gets better with time.

The herbs and citrus create an aromatic blend that will transport you straight to a Mediterranean marketplace.

- 2 cups mixed olives
- 3 tablespoons olive oil
- 2 cloves garlic, crushed
- 1 orange, zested
- 1 sprig fresh rosemary
- 2 sprigs fresh thyme
- 1 teaspoon red pepper flakes
- 1 tablespoon fennel seeds

Combine all ingredients in a jar and shake well. Let marinate for at least 4 hours before serving, shaking occasionally.

These olives will keep for up to two weeks in the refrigerator. Bring them to room temperature before serving to allow the olive oil to liquify and the flavors to fully bloom.

## Day 2 Recipes

### Breakfast: Mediterranean Shakshuka

Shakshuka is a beloved breakfast dish that originated in North Africa and spread throughout the Mediterranean region. This one-pan wonder combines eggs poached in a flavorful tomato sauce with aromatic spices and fresh herbs.

The rich tomato base not only provides a perfect nest for the eggs but also delivers a powerful punch of lycopene and antioxidants. Plus, it's a great way to sneak in extra vegetables first thing in the morning.

- 4 large eggs
- 2 tablespoons olive oil
- 1 onion, diced
- 2 red bell peppers, sliced
- 4 garlic cloves, minced
- 2 cans diced tomatoes
- 1 teaspoon cumin
- 1 teaspoon paprika
- 1/2 teaspoon chili powder
- Salt and pepper to taste
- Fresh parsley for garnish
- Crumbled feta cheese (optional)

In a large skillet, sauté onions and peppers in olive oil until soft. Add garlic and spices, then tomatoes. Simmer for 10 minutes. Create wells in the sauce and crack eggs into them. Cover and cook until eggs reach desired doneness (about 5-8 minutes).

For best results, use room temperature eggs and serve immediately with crusty whole grain bread for dipping. The sauce can be made ahead and reheated when ready to cook the eggs.

### Lunch: Farro and Roasted Vegetable Bowl

This hearty grain bowl combines ancient grains with colorful roasted vegetables for a lunch that's both satisfying and nutritious.

Farro, an ancient wheat grain, provides a nutty flavor and chewy texture that pairs perfectly with tender roasted vegetables.

The combination of whole grains and roasted vegetables creates a filling meal rich in fiber, vitamins, and minerals.

- 1 cup farro
- 2 cups mixed vegetables (zucchini, eggplant, carrots)
- 1 red onion, chunked
- 2 tablespoons olive oil
- 1 lemon, juiced
- 2 tablespoons fresh herbs (parsley, mint)
- 1/4 cup pine nuts
- Salt and pepper to taste
- Optional: crumbled feta cheese

Cook farro according to package instructions. Meanwhile, roast vegetables tossed in olive oil at 400° F for 25-30 minutes. Combine warm farro with roasted vegetables, herbs, and pine nuts. Dress with lemon juice and olive oil.

This bowl can be enjoyed warm or at room temperature, making it perfect for meal prep. Toast the pine nuts just before serving to maintain their crunch.

## Dinner: Greek-Style Chicken Souvlaki

Souvlaki is a Greek street food favorite that brings together tender marinated chicken with fresh vegetables and herbs. This version is both authentic and healthy, featuring lean protein and plenty of Mediterranean flavors.

The marinade not only adds flavor but also helps keep the chicken moist and tender during cooking.

- 1 pound chicken breast, cubed
- 4 tablespoons olive oil
- 2 lemons, juiced
- 4 garlic cloves, minced
- 1 tablespoon dried oregano

- 1 teaspoon dried thyme
- 1 tablespoon red wine vinegar
- Salt and pepper to taste
- Wooden skewers
- For serving: whole wheat pita, tomatoes, onions, tzatziki sauce

Marinate chicken for at least 2 hours or overnight. Thread onto soaked wooden skewers. Grill or broil for 12-15 minutes, turning occasionally, until cooked through.

For the most tender results, don't skip the marinating time and avoid overcooking.

Let the chicken rest for 5 minutes before serving to retain juices.

## Snack: Spiced Roasted Almonds

These roasted almonds offer a perfect balance of protein, healthy fats, and Mediterranean spices. They're ideal for afternoon snacking and provide sustained energy without any processed ingredients.

The combination of spices gives these nuts a complex flavor profile while keeping them incredibly addictive.

- 2 cups raw almonds
- 1 tablespoon olive oil
- 1 teaspoon sea salt
- 1 teaspoon smoked paprika
- 1/2 teaspoon cumin
- 1/4 teaspoon cayenne pepper
- 1 tablespoon fresh rosemary, chopped

Toss almonds with oil and spices, spread on a baking sheet, and roast at 325° F for 15-20 minutes, stirring halfway through.

Store in an airtight container for up to two weeks. The flavors actually improve after a day or two as the spices continue to permeate the nuts.

## Day 3 Recipes

### Breakfast: Mediterranean Breakfast Toast

This elevated toast brings together the bright flavors of the Mediterranean morning with protein-rich ingredients. It's a perfect example of how simple ingredients can create an extraordinary meal when combined thoughtfully.

The combination of whole grains, healthy fats, and protein makes this breakfast both nutritious and satisfying, providing sustained energy throughout the morning.

- 4 slices whole grain sourdough bread
- 1 ripe avocado
- 2 soft-boiled eggs
- 1 cup cherry tomatoes, halved
- 2 tablespoons extra virgin olive oil
- 1 tablespoon za'atar seasoning
- 1 lemon
- Fresh mint leaves
- Salt and pepper to taste
- Red pepper flakes (optional)

Toast bread until golden. Mash avocado with lemon juice and spread on toast. Top with halved eggs, tomatoes, and mint. Drizzle with olive oil and sprinkle with za'atar.

For perfect soft-boiled eggs, cook them for exactly 6.5 minutes in boiling water, then immediately transfer to an ice bath. This ensures creamy yolks and fully set whites.

### Lunch: Mediterranean Tuna and White Bean Salad

This protein-rich salad combines two Mediterranean pantry staples - tuna and white beans - into a light yet satisfying lunch. It's a perfect example of how Mediterranean cuisine makes the most of simple ingredients.

The combination of lean protein, fiber-rich beans, and fresh vegetables creates a balanced meal that's both nutritious and delicious.



- 2 cans solid white tuna in olive oil
- 1 can cannellini beans, drained
- 1 red onion, thinly sliced
- 2 celery stalks, diced
- 1/2 cup fresh parsley, chopped
- 2 tablespoons capers
- 3 tablespoons olive oil
- 1 lemon, juiced
- 2 tablespoons red wine vinegar
- Fresh oregano
- Salt and pepper to taste

Combine all ingredients in a bowl, gently mixing to maintain the texture of the tuna and beans. Let rest for 10 minutes before serving to allow flavors to meld.

This salad tastes even better the next day and can be stored in the refrigerator for up to three days. Bring to room temperature before serving.

## Dinner: Mediterranean Vegetable Stew with Couscous

This hearty vegetable stew, inspired by Moroccan tagines, combines warming spices with tender vegetables and protein-rich chickpeas. The dish exemplifies how Mediterranean cooking transforms humble ingredients into something extraordinary. Each vegetable adds its own texture and flavor while contributing to a rich, satisfying sauce.

- 2 tablespoons olive oil
- 1 onion, chopped
- 3 garlic cloves, minced
- 2 carrots, chunked
- 2 zucchini, chunked
- 1 eggplant, cubed
- 1 can chickpeas
- 2 cups vegetable broth
- 1 can diced tomatoes
- 1 tablespoon harissa paste
- 1 teaspoon cumin

- 1 teaspoon coriander
- 1 cinnamon stick
- 1 cup whole wheat couscous
- Fresh cilantro for garnish

Sauté vegetables in stages, starting with onions and garlic. Add spices, then remaining ingredients. Simmer for 30-40 minutes until vegetables are tender. Serve over couscous.

For best results, cut vegetables in similar sizes for even cooking. The stew can be made ahead and reheated, as the flavors improve over time.

## Snack: Greek Tzatziki with Vegetable Crudités

This classic Greek dip pairs creamy yogurt with cool cucumber and herbs for a refreshing afternoon snack. It's light yet satisfying, and perfect for dipping fresh vegetables.

The probiotics in yogurt combined with raw vegetables make this snack both delicious and nutritious.

- 2 cups Greek yogurt
- 1 cucumber, grated and drained
- 2 garlic cloves, minced
- 2 tablespoons fresh dill, chopped
- 1 tablespoon olive oil
- 1 tablespoon lemon juice
- Salt to taste
- For dipping: carrots, bell peppers, cucumber spears

Mix all ingredients together and chill for at least 1 hour before serving. Serve with fresh vegetable crudités.

The key to perfect tzatziki is removing excess water from the cucumber. After grating, salt it lightly and let it drain in a colander for 30 minutes, then squeeze out remaining moisture.

## Day 4 Recipes

### Breakfast: Mediterranean Egg and Vegetable Frittata

This protein-packed frittata showcases the Mediterranean way of incorporating vegetables into breakfast. It's a versatile dish that can be enjoyed hot or at room temperature, making it perfect for busy mornings.

The combination of eggs and vegetables provides a nutrient-rich start to your day, with plenty of protein, vitamins, and healthy fats to keep you satisfied until lunch.

- 8 large eggs
- 1/4 cup milk
- 1 cup spinach leaves
- 1 red bell pepper, diced
- 1 zucchini, sliced thin
- 1/2 red onion, sliced
- 2 tablespoons fresh basil, chopped
- 1/4 cup crumbled feta cheese
- 2 tablespoons olive oil
- Salt and pepper to taste
- 1 teaspoon dried oregano

Whisk eggs with milk and seasonings. Sauté vegetables in an oven-safe skillet, add egg mixture, top with feta, and finish in a 375° F oven for 12-15 minutes until set.

For the fluffiest frittata, bring eggs to room temperature before cooking and don't overmix them. Let it rest for 5 minutes before slicing.

### Lunch: Quinoa Greek Salad

This modern twist on classic Greek salad incorporates protein-rich quinoa for a more substantial lunch option. The nutty flavor of quinoa perfectly complements the traditional Greek ingredients.

The combination of whole grain quinoa and fresh vegetables creates a perfectly balanced meal that's both refreshing and filling.

- 1 cup quinoa
- 2 cups cherry tomatoes, halved
- 1 cucumber, diced
- 1 bell pepper, chopped
- 1/2 red onion, finely diced
- 1/2 cup kalamata olives
- 1/2 cup feta cheese
- 3 tablespoons olive oil
- 2 tablespoons red wine vinegar
- 1 lemon, juiced
- Fresh oregano and mint
- Salt and pepper to taste

Cook quinoa according to package directions and let cool. Combine with remaining ingredients and toss with dressing made from oil, vinegar, and lemon juice.

Rinse quinoa thoroughly before cooking to remove any bitter taste. This salad can be made ahead and stored for up to three days in the refrigerator.

## Dinner: Mediterranean-Style Baked Cod

This light and flavorful fish dish embodies the simplicity of Mediterranean cooking. The combination of fresh herbs, tomatoes, and olives creates a fragrant sauce that perfectly complements the mild fish.

The dish comes together quickly but tastes like it took hours to prepare, making it perfect for both weeknight dinners and special occasions.

- 4 cod fillets
- 2 cups cherry tomatoes
- 1/2 cup kalamata olives, pitted
- 4 tablespoons olive oil
- 4 garlic cloves, sliced
- 1 lemon, sliced
- 2 tablespoons capers

- Fresh thyme and oregano
- 1/2 cup white wine
- Salt and pepper to taste
- Red pepper flakes (optional)

Arrange fish in baking dish, top with remaining ingredients. Bake at 400° F for 15-20 minutes until fish flakes easily.

Let the fish come to room temperature before cooking for more even results. The sauce can be spooned over whole grain pasta or crusty bread.

## Snack: Mediterranean Hummus with Whole Wheat Pita

This classic hummus recipe focuses on achieving the perfect creamy texture while maintaining traditional flavors. It's a protein-rich snack that's both satisfying and nutritious.

The key to silky smooth hummus is removing the chickpea skins and using high-quality tahini.

- 2 cans chickpeas, drained
- 1/3 cup tahini
- 3 tablespoons olive oil
- 2 lemons, juiced
- 2 garlic cloves
- 1/2 teaspoon cumin
- Salt to taste
- Ice cold water as needed
- For serving: olive oil, paprika, parsley, whole wheat pita

Blend all ingredients in a food processor until very smooth, adding ice water as needed for desired consistency. Top with olive oil and paprika.

For the smoothest hummus, remove chickpea skins before blending. Process for at least 5 minutes to achieve the creamiest texture. Serve at room temperature for the best flavor.

# Day 5 Recipes

## Breakfast: Mediterranean Breakfast Couscous Bowl

Pearl couscous transforms into a delightful morning meal when paired with warm Mediterranean flavors and fresh fruits. This breakfast offers a wonderful alternative to traditional morning grains while providing sustained energy.

Think of this as a Mediterranean spin on oatmeal - warm, comforting, and infinitely customizable with seasonal fruits and nuts.

- 1 cup pearl couscous
- 2 cups almond milk
- 1 cinnamon stick
- 1 teaspoon honey
- 1/4 cup chopped dates
- 1/4 cup pistachios, chopped
- 1/2 teaspoon vanilla extract
- 2 fresh figs, quartered
- 1/4 teaspoon ground cardamom
- Pinch of sea salt

Cook couscous in almond milk with cinnamon stick until tender (about 8-10 minutes). Remove cinnamon, stir in honey and vanilla. Top with fruits and nuts.

For best results, toast the pistachios before adding them to enhance their flavor. The couscous can be made ahead and reheated with a splash of milk.

## Lunch: Mediterranean Lentil Soup

This hearty lentil soup is a staple across the Mediterranean region. Rich in protein and fiber, it's a complete meal that demonstrates how simple ingredients can create deeply satisfying flavors.

The combination of aromatic vegetables, earthy lentils, and warm spices creates a nourishing soup that gets better with time.

- 1 cup green lentils
- 1 onion, diced
- 2 carrots, diced
- 2 celery stalks, diced
- 4 garlic cloves, minced
- 2 tablespoons olive oil
- 1 can diced tomatoes
- 6 cups vegetable broth
- 1 teaspoon cumin
- 1 teaspoon coriander
- 1 bay leaf
- Fresh spinach leaves
- Lemon wedges for serving
- Fresh parsley

Sauté vegetables in olive oil, add spices, then lentils and liquids. Simmer for 25-30 minutes until lentils are tender. Add spinach at the end.

For the best texture, don't overcook the lentils - they should be tender but still hold their shape. A squeeze of lemon just before serving brightens all the flavors.

## Dinner: Greek-Style Stuffed Peppers

These colorful stuffed peppers combine lean ground turkey with Mediterranean grains and seasonings. They're a complete meal that's both nutritious and visually appealing.

The combination of protein, whole grains, and vegetables creates a perfectly balanced dinner that's satisfying without being heavy.

- 6 bell peppers, any color
- 1 pound lean ground turkey
- 1 cup cooked quinoa
- 1 onion, diced
- 3 garlic cloves, minced
- 1 can diced tomatoes
- 1/2 cup fresh parsley
- 1 teaspoon dried oregano

- 1/2 cup crumbled feta
- 2 tablespoons olive oil
- Salt and pepper to taste

Cut peppers in half lengthwise, remove seeds. Mix filling ingredients, stuff peppers, and bake at 375° F for 35-40 minutes.

Pre-cook the peppers for 5 minutes before stuffing to ensure they're perfectly tender when done. Let rest for 5 minutes before serving.

## Snack: Mediterranean Fruit and Cheese Plate

This elegant snack plate brings together fresh and dried fruits with cheese and nuts - a common afternoon offering in Mediterranean homes.

The combination provides a perfect balance of sweet and savory flavors while delivering protein, healthy fats, and natural sugars.

- Fresh figs
- Green grapes
- 2 ounces aged manchego cheese
- 2 ounces fresh goat cheese
- 1/4 cup honey
- Mixed nuts (almonds, walnuts)
- Fresh rosemary sprigs
- Whole grain crackers

Arrange all components on a serving plate, drizzle honey over cheese, and garnish with rosemary.

Let cheese come to room temperature before serving for the best flavor and texture. This plate can be scaled up or down depending on number of people.



# Day 6 Recipes

## Breakfast: Mediterranean Eggs Florentine

This elegant breakfast transforms the classic eggs Florentine with Mediterranean touches. The combination of eggs, greens, and whole grain bread creates a protein-rich start that's both sophisticated and nourishing.

Fresh herbs and a light touch with the sauce make this version brighter and healthier than traditional preparations.

- 4 large eggs
- 2 cups fresh spinach
- 2 whole grain English muffins
- 1 tablespoon olive oil
- 2 garlic cloves, minced
- Light yogurt sauce:
  - 1/2 cup Greek yogurt
  - 1 tablespoon lemon juice
  - 1 teaspoon Dijon mustard
  - Salt and pepper
- Fresh dill for garnish

Sauté spinach with garlic, poach eggs, and prepare yogurt sauce. Layer on toasted muffins and drizzle with sauce.

For perfect poached eggs, use fresh eggs and add a splash of vinegar to the water. The yogurt sauce can be made ahead and stored for up to three days.

## Lunch: Mediterranean Grain Bowl with Roasted Vegetables

This colorful grain bowl combines warm and cold elements for a perfectly balanced lunch. The variety of roasted vegetables provides different textures and a rainbow of nutrients.

Ancient grains like barley or farro form the base of this hearty bowl, providing sustained energy throughout the afternoon.

- 1 cup pearly barley
- 2 cups mixed vegetables (sweet potato, Brussels sprouts, cauliflower)
- 1 can chickpeas, drained
- 2 tablespoons olive oil
- 1 teaspoon za'atar
- 1/4 cup tahini
- 1 lemon, juiced
- Fresh parsley
- Pomegranate seeds
- Salt and pepper to taste

Cook barley according to package instructions. Roast vegetables and chickpeas at 400 ° F for 25-30 minutes. Assemble bowls and drizzle with tahini-lemon sauce.

Roast vegetables on separate areas of the baking sheet as they may have different cooking times. This bowl can be served warm or at room temperature.

## Dinner: Mediterranean Fish Stew

This rustic fish stew, inspired by traditional fishermen's recipes, combines fresh fish with aromatic vegetables and herbs in a light tomato broth.

The combination of different seafood creates layers of flavor while keeping the dish light and healthy.

- 1 pound mixed firm white fish (cod, halibut)
- 12 mussels, cleaned
- 8 large shrimp, peeled
- 1 fennel bulb, sliced
- 2 leeks, cleaned and sliced
- 3 garlic cloves, minced
- 2 tablespoons olive oil
- 1 can crushed tomatoes
- 2 cups fish stock
- 1/2 cup white wine

- 1 orange, zested
- Fresh thyme and bay leaf
- Pinch of saffron (optional)

Sauté vegetables, add liquids and seasonings, simmer 20 minutes. Add seafood in stages based on cooking time (fish: 5 minutes, mussels: 3-4 minutes, shrimp: 2-3 minutes).

Serve with crusty whole grain bread for soaking up the broth. Don't overcook the seafood - it should be just done when served.

## Snack: Mediterranean Vegetable Crostini

These colorful crostini combine the brightness of roasted vegetables with creamy white bean spread. They're perfect for afternoon snacking while providing protein and fiber.

The white bean spread offers a healthy alternative to traditional cheese-based toppings.

- 1 baguette whole grain, sliced
- 1 can white beans, drained
- 2 tablespoons olive oil
- 1 lemon, juiced
- 2 cloves garlic
- Mixed roasted vegetables:
  - Bell peppers
  - Zucchini
  - Eggplant
- Fresh basil
- Salt and pepper to taste

Toast bread slices, blend bean spread, top with roasted vegetables and fresh basil.

Make extra roasted vegetables to use in other meals throughout the week. The bean spread can be made ahead and stored for up to three days.

# Day 7 Recipes

## Breakfast: Mediterranean Morning Flatbread

This savory breakfast flatbread combines protein-rich eggs with fresh vegetables for a satisfying start to your day. Think of it as a Mediterranean-style breakfast pizza that's both nutritious and exciting.

The combination of whole grain flatbread with fresh vegetables and eggs provides sustained energy while delivering important nutrients.

- 2 whole grain flatbreads
- 4 eggs
- 1 cup cherry tomatoes, halved
- 2 cups arugula
- 1/4 cup red onion, thinly sliced
- 2 tablespoons olive oil
- 2 tablespoons za'atar
- 1/4 cup crumbled feta
- Fresh mint leaves
- Salt and pepper to taste

Crisp flatbreads in oven, top with ingredients except eggs. Create wells for eggs, crack them in, and bake at 400° F for 8-10 minutes until eggs are set.

For best results, bring eggs to room temperature before baking and watch them carefully to achieve desired doneness.

## Lunch: Mediterranean Orzo Salad

This light yet satisfying pasta salad showcases the bright flavors of summer vegetables with the subtle nuttiness of orzo pasta. It's perfect for make-ahead lunches and stays fresh for several days.

The combination of pasta, vegetables, and herbs creates a balanced meal that's both refreshing and filling.

- 1 cup orzo pasta
- 1 cucumber, diced
- 1 pint cherry tomatoes, halved
- 1/2 red onion, finely diced
- 1/2 cup kalamata olives
- 1/2 cup fresh basil, chopped
- 1/4 cup fresh mint, chopped
- 1/3 cup pine nuts, toasted
- Dressing:
  - 1/4 cup olive oil
  - 2 lemons, juiced
  - 1 garlic clove, minced
  - 1 teaspoon honey
  - Salt and pepper

Cook orzo al dente, combine with vegetables and herbs, toss with dressing. Let sit 30 minutes before serving.

Toast pine nuts just before adding to preserve their crunch. The salad tastes even better the next day as flavors develop.

## Dinner: Greek-Style Lamb Meatballs

These aromatic meatballs, known as keftedes, are lighter than traditional versions but pack all the authentic flavors. They're served with a cooling yogurt sauce and fresh salad.

The combination of herbs and spices creates deeply flavored meatballs that remain tender and juicy.

- 1 pound ground lamb
- 1/2 cup breadcrumbs
- 1 egg
- 3 garlic cloves, minced
- 1 onion, finely grated
- 2 tablespoons fresh mint
- 2 tablespoons fresh parsley
- 1 teaspoon dried oregano

- 1 teaspoon ground cumin
- Yogurt sauce:
  - 1 cup Greek yogurt
  - 1 cucumber, grated and drained
  - 1 tablespoon fresh dill
  - 1 lemon, juiced

Mix meatball ingredients gently, form into balls. Bake at 400° F for 20-25 minutes until cooked through.

Don't overmix the meat mixture to ensure tender meatballs. Let rest for 5 minutes before serving with yogurt sauce.

## Snack: Mediterranean Trail Mix

This nutrient-rich snack mix combines nuts, seeds, and dried fruits common in Mediterranean cuisine. It's perfect for afternoon energy boosts or pre-workout fuel.

The mix of protein, healthy fats, and natural sugars provides sustained energy without processed ingredients.

- 1/2 cup almonds
- 1/2 cup pistachios
- 1/4 cup pumpkin seeds
- 1/4 cup dried apricots, chopped
- 1/4 cup dried figs, chopped
- 2 tablespoons sesame seeds
- 1 teaspoon orange zest
- 1/4 teaspoon cinnamon
- Pinch of sea salt

Toast nuts and seeds separately until fragrant, combine with dried fruit and seasonings.

Store in an airtight container for up to two weeks. The orange zest adds brightness but should be added just before eating for best flavor.

## Day 8 Recipes

### Breakfast: Mediterranean Breakfast Beans

This savory breakfast brings together creamy beans with fresh herbs and eggs for a protein-rich start to your day. Popular in countries like Lebanon and Syria, this dish proves beans can be a delicious breakfast option.

The combination of fiber-rich beans and protein from eggs creates a breakfast that keeps you satisfied until lunch.

- 2 cans cannellini beans, drained
- 4 eggs
- 4 garlic cloves, minced
- 2 tablespoons olive oil
- 1 teaspoon cumin
- 1 lemon, juiced
- Fresh parsley and mint
- Cherry tomatoes for serving
- Red pepper flakes
- Salt and pepper to taste

Warm beans with garlic and spices, create wells for eggs, cover and cook until eggs are set. Finish with herbs and lemon juice.

For best results, don't rinse the beans - just drain them. This preserves their creamy texture and helps the sauce thicken naturally.

### Lunch: Mediterranean Quinoa-Stuffed Tomatoes

These stuffed tomatoes combine protein-rich quinoa with Mediterranean herbs and vegetables for a light yet satisfying lunch. They're beautiful to serve and packed with nutrients.

The quinoa filling can be made ahead, making assembly quick and easy when needed.

- 6 large tomatoes
- 1 cup quinoa
- 1/2 cup feta cheese
- 1/4 cup pine nuts
- 1 zucchini, diced small
- 1/4 cup fresh basil
- 2 tablespoons olive oil
- 2 garlic cloves, minced
- 1 lemon, zested and juiced
- Salt and pepper to taste

Hollow tomatoes, cook quinoa, combine with other ingredients, stuff tomatoes. Bake at 375° F for 20-25 minutes.

Choose firm tomatoes that can stand upright. The scooped-out tomato pulp can be added to the quinoa mixture for extra flavor.

## Dinner: Mediterranean Sheet Pan Chicken

This one-pan dinner combines succulent chicken with colorful vegetables and Mediterranean seasonings. It's an effortless way to get a complete, healthy meal on the table.

The roasting process caramelizes the vegetables while keeping the chicken juicy and flavorful.

- 4 chicken thighs, bone-in
- 2 bell peppers, chunked
- 1 red onion, wedged
- 1 pound small potatoes
- 1 lemon, sliced
- 4 garlic cloves, whole
- 2 tablespoons olive oil
- 1 tablespoon dried oregano
- 1 teaspoon paprika
- Fresh rosemary sprigs
- Salt and pepper to taste



Arrange chicken and vegetables on sheet pan, drizzle with olive oil and seasonings. Roast at 425° F for 35-40 minutes.

For crispy skin, pat chicken dry before seasoning. Arrange vegetables around, not under, the chicken for even cooking.

## Snack: Mediterranean Herb and Feta Dip

This creamy dip combines tangy feta with fresh herbs for a perfect afternoon snack. It's lighter than traditional dips while still being satisfying and flavorful.

The combination of herbs provides both flavor and nutritional benefits, while the feta adds protein and calcium.

- 8 ounces feta cheese
- 1/2 cup Greek yogurt
- 2 tablespoons olive oil
- 1/4 cup fresh dill
- 1/4 cup fresh parsley
- 1 garlic clove
- 1 lemon, juiced
- Black pepper to taste
- For serving: cucumber slices, carrot sticks, whole grain crackers

Blend ingredients until smooth but still slightly textured. Chill for at least 1 hour before serving.

Let feta come to room temperature before blending for the smoothest texture. This dip keeps well for up to three days in the refrigerator.

# Day 9 Recipes

## Breakfast: Mediterranean Savory Oatmeal

This savory twist on traditional oatmeal incorporates Mediterranean flavors for a hearty, nutritious start. Steel-cut oats provide a nutty base for savory toppings while delivering important whole grains.

The combination of whole grains with healthy fats and proteins creates a breakfast that sustains energy levels throughout the morning.

- 1 cup steel-cut oats
- 3 cups water
- 1/4 cup sun-dried tomatoes, chopped
- 2 tablespoons olive oil
- 2 soft-boiled eggs
- 1/4 cup crumbled feta
- 2 tablespoons pine nuts, toasted
- Fresh basil leaves
- Red pepper flakes
- Salt and pepper to taste

Cook oats according to package directions. Top with remaining ingredients and drizzle with olive oil.

Toast pine nuts just before serving to maintain freshness. The oats can be made ahead and reheated with a splash of water.

## Lunch: Mediterranean Seafood Salad

This light yet protein-rich salad combines various seafood with crisp vegetables and a bright citrus dressing. It's refreshing while being substantially filling.

The mix of seafood provides different textures and flavors while delivering healthy omega-3 fatty acids.

- 1/2 pound cooked shrimp
- 1/2 pound calamari rings, cooked
- 1 fennel bulb, thinly sliced
- 1 orange, segmented
- 1/2 red onion, thinly sliced
- 2 celery stalks, sliced
- Fresh parsley
- Dressing:
  - 3 tablespoons olive oil
  - 2 lemons, juiced
  - 1 garlic clove, minced
  - 1 teaspoon Dijon mustard
  - Salt and pepper

Combine seafood and vegetables, toss with dressing. Chill for 30 minutes before serving.

Don't overcook the seafood - it should be just done to maintain tenderness. The salad can be made 2 hours ahead but not longer to maintain freshness.

## Dinner: Vegetarian Moussaka

This meatless version of the classic Greek dish uses lentils and mushrooms to create a hearty, satisfying meal. The layers of eggplant and creamy béchamel make it feel indulgent while staying healthy.

The combination of lentils and vegetables provides plenty of protein and fiber while maintaining traditional moussaka flavors.

- 2 large eggplants, sliced
- 2 cups cooked lentils
- 8 ounces mushrooms, chopped
- 1 onion, diced
- 3 garlic cloves, minced
- 2 tablespoons tomato paste
- 1 cup crushed tomatoes
- 1 teaspoon cinnamon
- 1/2 teaspoon allspice

- Yogurt Béchamel:
  - 2 cups Greek yogurt
  - 2 eggs
  - 1/4 cup flour
  - Pinch of nutmeg

Roast eggplant slices, prepare lentil-mushroom filling, layer with yogurt béchamel. Bake at 375° F for 45 minutes.

Salt eggplant slices and let drain for 30 minutes before roasting to remove bitterness.

Let rest 15 minutes before serving.

## Snack: Mediterranean Energy Balls

These no-bake energy balls combine dates, nuts, and Mediterranean flavors for a healthy snack. They're perfect for afternoon energy slumps or pre-workout fuel.

The mix of natural sugars, protein, and healthy fats provides sustained energy without processed ingredients.

- 1 cup Medjool dates, pitted
- 1/2 cup almonds
- 1/2 cup walnuts
- 2 tablespoons cocoa powder
- 1 tablespoon orange zest
- 1 teaspoon cinnamon
- 1/4 teaspoon cardamom
- Pinch of sea salt
- Sesame seeds for rolling

Process ingredients until they form a sticky mixture, roll into balls, coat with sesame seeds.

Store in an airtight container in the refrigerator for up to two weeks. Let come to room temperature before serving for best flavor.

## Day 10 Recipes

### Breakfast: Mediterranean Breakfast Farro Bowl

This warm breakfast bowl transforms ancient grains into a comforting morning meal. Farro provides a chewy texture and nutty flavor while delivering protein and fiber for sustained energy.

The combination of warm grains with fresh and dried fruits creates a perfect balance of flavors and textures.

- 1 cup farro
- 3 cups water
- 1 cinnamon stick
- 2 tablespoons honey
- 1/2 cup mixed dried fruits (figs, apricots)
- 1/4 cup almonds, toasted
- 1/2 cup Greek yogurt
- Fresh pomegranate seeds
- Orange zest
- Pinch of sea salt

Cook farro with cinnamon stick until tender (about 25-30 minutes). Top with fruits, nuts, yogurt, and honey.

Toast the almonds just before serving for maximum crunch. The farro can be cooked ahead and reheated with a splash of milk.

### Lunch: Mediterranean Chickpea Power Bowl

This protein-packed bowl combines roasted chickpeas with fresh vegetables and a tahini dressing. It's a complete meal that's both satisfying and nutritious.

The variety of textures and temperatures makes this bowl exciting to eat while delivering important nutrients.

- 2 cans chickpeas, drained
- 2 sweet potatoes, cubed
- 2 cups kale, chopped
- 1/2 red onion, sliced
- 2 tablespoons olive oil
- 1 tablespoon za'atar
- Tahini Dressing:
  - 1/4 cup tahini
  - 1 lemon, juiced
  - 1 garlic clove
  - Hot water to thin
- Fresh parsley

Roast chickpeas and sweet potatoes at 400° F for 25-30 minutes. Massage kale with olive oil. Assemble bowls and drizzle with dressing.

For extra crispy chickpeas, dry them thoroughly before roasting and let them cool in the oven.

## Dinner: Mediterranean Fish en Papillote

This elegant yet simple preparation method steams fish and vegetables in parchment paper, locking in flavors and nutrients. It's a foolproof way to cook perfect fish every time.

The steam created inside the parchment packets keeps the fish moist while infusing it with Mediterranean herbs and flavors.

- 4 white fish fillets (cod or halibut)
- 2 lemons, sliced
- 4 tablespoons olive oil
- 4 garlic cloves, sliced
- 1 cup cherry tomatoes
- 1 fennel bulb, thinly sliced
- Fresh herbs (thyme, parsley)
- 1/2 cup white wine
- Salt and pepper to taste
- Parchment paper

Create parchment packets with fish and vegetables, drizzle with oil and wine. Bake at 375° F for 12-15 minutes.

Let packets rest for 2 minutes before opening. The steam will be hot, so open carefully.

## Snack: Mediterranean Roasted Red Pepper Dip

This vibrant dip, inspired by muhammara, combines roasted peppers with walnuts for a flavorful and nutritious snack. It's lighter than traditional versions while maintaining authentic flavors.

The combination of peppers and nuts creates a perfect balance of flavors while providing healthy fats and vitamins.

- 3 red bell peppers, roasted
- 1 cup walnuts, toasted
- 2 garlic cloves
- 1 tablespoon pomegranate molasses
- 1 teaspoon cumin
- 1/2 teaspoon Aleppo pepper
- 2 tablespoons olive oil
- Salt to taste
- For serving: whole grain pita chips

Blend all ingredients until smooth but maintaining some texture. Chill for 1 hour before serving.

Roast peppers until well charred for the best flavor. This dip keeps well for up to five days in the refrigerator.

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# Day 11 Recipes

## Breakfast: Mediterranean Baked Eggs with Tomatoes

This one-skillet breakfast combines eggs with a rich tomato sauce and fresh herbs. Known as “eggs in purgatory” in some regions, this protein-rich breakfast provides a satisfying start to the day.

The combination of eggs and tomatoes delivers both protein and lycopene, while fresh herbs add brightness and nutrients.

- 4 large eggs
- 1 can crushed tomatoes
- 3 garlic cloves, minced
- 1 onion, finely diced
- 2 tablespoons olive oil
- 1 teaspoon smoked paprika
- 1/2 teaspoon cumin
- Fresh basil leaves
- Whole grain bread for serving
- Salt and pepper to taste

Simmer tomato sauce with spices for 10 minutes, create wells for eggs, cover and cook 5-7 minutes until whites are set but yolks are still runny.

For best results, bring eggs to room temperature before cooking and keep the sauce at a gentle simmer to prevent overcooking.

## Lunch: Mediterranean Grilled Vegetable and Halloumi Salad

This warm salad features grilled halloumi cheese and vegetables dressed with a light vinaigrette. The combination of warm and cool elements creates an exciting lunch option.

Halloumi’s high melting point makes it perfect for grilling, while providing protein and calcium.



- 8 ounces halloumi cheese, sliced
- 2 zucchini, sliced lengthwise
- 1 eggplant, sliced
- 1 red pepper, quartered
- 2 cups arugula
- 1/4 cup fresh mint
- Dressing:
  - 3 tablespoons olive oil
  - 1 lemon, juiced
  - 1 teaspoon honey
  - 1 garlic clove, minced

Grill vegetables and halloumi until marked (2-3 minutes per side). Arrange over arugula and dress.

Pat halloumi dry before grilling for better browning. Serve immediately while cheese is still warm.

## Dinner: Mediterranean Braised Chicken with Artichokes

This one-pot dinner combines tender chicken with artichokes and Mediterranean herbs. The braising method ensures moist chicken while creating a flavorful sauce.

The combination of lean protein and vegetables makes a complete meal that's both healthy and satisfying.

- 4 chicken thighs, bone-in
- 2 cans artichoke hearts, drained
- 1 onion, sliced
- 4 garlic cloves, whole
- 1 cup white wine
- 1 cup chicken broth
- 2 lemons, one sliced, one juiced
- Fresh oregano and thyme
- 2 tablespoons olive oil
- Salt and pepper to taste

Brown chicken (5-7 minutes per side), add remaining ingredients, simmer covered for 30-35 minutes until chicken reaches 165° F.

Let chicken rest 5-10 minutes before serving. The sauce can be reduced if needed after removing the chicken.

## Snack: Mediterranean Spiced Nuts

These roasted nuts combine warm spices with honey for a satisfying snack. The mixture provides healthy fats and protein while staying true to Mediterranean flavors.

The balance of sweet, savory, and spicy makes these nuts both nutritious and crave-worthy.

- 2 cups mixed nuts (almonds, walnuts, pistachios)
- 1 tablespoon olive oil
- 1 tablespoon honey
- 1 teaspoon cumin
- 1 teaspoon coriander
- 1/2 teaspoon cinnamon
- 1/4 teaspoon cayenne
- Sea salt to taste

Toss nuts with oil and spices, roast at 325° F for 15-20 minutes, stirring halfway through.

Cool completely before storing. These will keep in an airtight container for up to one week.

# Day 12 Recipes

## Breakfast: Mediterranean Breakfast Pita Pockets

This portable breakfast combines protein-rich eggs with fresh vegetables in whole grain pita bread. It's a practical morning meal that doesn't sacrifice nutrition or flavor.

The combination of whole grains, protein, and vegetables provides sustained energy for busy mornings.

- 2 whole grain pitas, halved
- 4 eggs, scrambled
- 1 cup cherry tomatoes, halved
- 1 cucumber, diced
- 1/4 cup red onion, finely diced
- 1/4 cup fresh parsley, chopped
- 2 tablespoons olive oil
- 1/2 cup hummus
- Za'atar seasoning
- Salt and pepper to taste

Scramble eggs until just set, warm pitas, spread with hummus, fill with eggs and vegetables.

Warm pitas just before filling to keep them pliable. The vegetables can be prepped the night before.

## Lunch: Mediterranean Lentil and Spinach Soup

This hearty soup combines protein-rich lentils with fresh spinach and aromatic spices. It's a complete meal that's both nourishing and satisfying.

The combination of lentils and vegetables creates a protein-rich meal with plenty of iron and fiber.

- 1 cup red lentils
- 6 cups vegetable broth
- 1 onion, diced
- 3 garlic cloves, minced
- 2 carrots, diced
- 2 celery stalks, diced
- 4 cups fresh spinach
- 2 tablespoons olive oil
- 1 lemon, juiced
- 1 teaspoon cumin
- 1/2 teaspoon turmeric
- Fresh parsley

Sauté vegetables, add lentils and broth, simmer 20-25 minutes, add spinach at the end.

Don't overcook the lentils - they should be tender but still hold their shape. Add lemon juice just before serving.

## Dinner: Mediterranean Baked Fish with Herb Crust

This elegant fish dish features a crispy herb topping that adds flavor and texture. The preparation method ensures moist fish while creating a golden crust.

The herb crust provides both flavor and a satisfying crunch while keeping the fish moist.

- 4 white fish fillets (cod or halibut)
- 1 cup fresh breadcrumbs
- 2 tablespoons fresh parsley
- 2 tablespoons fresh dill
- 2 garlic cloves, minced
- 2 tablespoons olive oil
- 1 lemon, zested and juiced
- Cherry tomatoes for roasting
- Salt and pepper to taste

Mix herbs with breadcrumbs, top fish, bake at 400° F for 12-15 minutes until fish reaches 145° F.

Pat fish dry before adding topping. Roast tomatoes alongside for a complete meal.

## Snack: Mediterranean Yogurt Bark

This frozen yogurt bark offers a healthy alternative to traditional sweets. It's protein-rich and customizable with various toppings.

The combination of Greek yogurt and honey creates a satisfying treat that's both nutritious and refreshing.

- 2 cups Greek yogurt
- 2 tablespoons honey
- 1 teaspoon vanilla extract
- Toppings:
  - Pistachios, chopped
  - Fresh figs, sliced
  - Pomegranate seeds
  - Orange zest

Mix yogurt with honey and vanilla, spread on parchment-lined baking sheet, add toppings, freeze for 4 hours.

Break into pieces and store in freezer. Let sit for 1-2 minutes before eating for best texture.

# Day 13 Recipes

## Breakfast: Mediterranean Quinoa Breakfast Bowl

This protein-rich breakfast bowl combines warm quinoa with Mediterranean morning flavors. The combination of whole grains and fruits creates a nourishing start that keeps you satisfied.

The mix of protein from quinoa and healthy fats from nuts provides sustained energy throughout the morning.

- 1 cup quinoa
- 2 cups almond milk
- 1 cinnamon stick
- 2 tablespoons honey
- 1/2 cup mixed dried fruits (apricots, dates)
- 1/3 cup pistachios, chopped
- Fresh mint leaves
- 1/2 teaspoon orange blossom water (optional)
- Greek yogurt for serving
- Pinch of sea salt

Cook quinoa in almond milk with cinnamon until tender (15-20 minutes). Top with fruits, nuts, and a dollop of yogurt.

Remove cinnamon stick before serving. The quinoa can be made ahead and reheated with extra milk if needed.

## Lunch: Mediterranean Stuffed Eggplant

These stuffed eggplants feature a hearty filling of vegetables and grains. The dish is both elegant and satisfying while remaining light and nutritious.

The combination of vegetables and grains creates a complete protein while delivering important nutrients.

- 2 large eggplants
- 1 cup cooked bulgur wheat

- 1 onion, diced
- 2 garlic cloves, minced
- 1 bell pepper, diced
- 1 can diced tomatoes
- 2 tablespoons pine nuts
- Fresh parsley and mint
- 2 tablespoons olive oil
- 1/2 cup crumbled feta
- Salt and pepper to taste

Halve eggplants, scoop out center leaving shells. Chop flesh and combine with filling ingredients. Stuff shells and bake at 375° F for 35-40 minutes.

Salt eggplant halves and let drain for 30 minutes before stuffing to remove bitterness.

## Dinner: Mediterranean Shrimp and Couscous

This one-pan dinner combines succulent shrimp with pearl couscous and vegetables. The dish comes together quickly while delivering authentic Mediterranean flavors.

The combination of seafood and whole grains creates a balanced meal rich in protein and complex carbohydrates.

- 1 pound large shrimp, peeled
- 1 cup pearl couscous
- 1 fennel bulb, sliced
- 1 pint cherry tomatoes
- 4 garlic cloves, minced
- 2 tablespoons olive oil
- 1/2 cup white wine
- 2 cups seafood stock
- Fresh parsley
- 1 lemon, zested and juiced
- Red pepper flakes
- Salt and pepper to taste

Toast couscous, add liquids and vegetables, cook 10 minutes. Add shrimp and cook 3-4 minutes until pink.

Don't overcook the shrimp - they should just turn pink. Let rest 5 minutes before serving.

## Snack: Mediterranean Citrus and Herb Marinated Olives

These marinated olives combine citrus and herbs for an elevated snack. The marinade enhances the olives' natural flavors while adding bright notes.

The combination of healthy fats and antioxidants makes this a nutritious and satisfying snack.

- 2 cups mixed olives
- 3 tablespoons olive oil
- 2 oranges, zested and juiced
- 2 garlic cloves, crushed
- 1 sprig rosemary
- 2 sprigs thyme
- 1 bay leaf
- Red pepper flakes
- Fennel seeds

Combine all ingredients in a jar, shake well. Marinate for at least 4 hours or overnight.

Bring to room temperature before serving. These keep for up to two weeks in the refrigerator.



# Day 14 Recipes

## Breakfast: Mediterranean Herb Frittata

This protein-packed frittata showcases fresh herbs and vegetables common in Mediterranean cooking. It's a versatile dish that works well for any meal of the day.

The combination of eggs and vegetables provides complete protein while keeping carbohydrates low.

- 8 large eggs
- 1/4 cup milk
- 1 cup mixed herbs (parsley, dill, mint)
- 1 zucchini, thinly sliced
- 1 cup cherry tomatoes, halved
- 1/2 red onion, thinly sliced
- 2 tablespoons olive oil
- 1/3 cup crumbled feta
- Salt and pepper to taste

Whisk eggs with milk and herbs. Sauté vegetables in an oven-safe skillet, add egg mixture, top with feta. Finish under broiler for 3-4 minutes.

Let rest 5 minutes before slicing. The vegetables can be prepared the night before.

## Lunch: Mediterranean White Bean and Tuna Salad

This protein-rich salad combines pantry staples with fresh vegetables. It's a light yet satisfying lunch that requires no cooking.

The combination of beans and tuna provides complete protein while fresh vegetables add nutrients and crunch.

- 2 cans white beans, drained
- 2 cans solid white tuna in olive oil
- 1 red onion, thinly sliced

- 2 celery stalks, diced
- 1 cup cherry tomatoes, halved
- Fresh parsley and basil
- 2 tablespoons capers
- 3 tablespoons olive oil
- 1 lemon, juiced
- Salt and pepper to taste

Combine all ingredients gently, let rest 15 minutes before serving to allow flavors to meld.

Don't overmix to maintain the texture of the tuna and beans. This salad keeps well for 2-3 days refrigerated.

## Dinner: Mediterranean Chicken with Artichokes and Olives

This one-pan dinner combines tender chicken with Mediterranean vegetables and olives. The dish creates its own flavorful sauce while cooking.

The combination of lean protein and vegetables makes a complete meal that's both healthy and satisfying.

- 4 chicken breasts
- 1 can artichoke hearts, quartered
- 1 cup kalamata olives
- 4 garlic cloves, sliced
- 1 lemon, sliced
- 1/2 cup white wine
- 2 tablespoons olive oil
- Fresh oregano and thyme
- Salt and pepper to taste

Brown chicken (5-7 minutes per side), add remaining ingredients, simmer covered for 20-25 minutes until chicken reaches 165° F.

Let chicken rest 5-10 minutes before serving. The sauce can be reduced if desired after removing chicken.

## Snack: Mediterranean Roasted Chickpeas

These crispy chickpeas make a protein-rich alternative to nuts. They're perfect for snacking and can be seasoned many ways.

The combination of protein and fiber makes this snack both satisfying and nutritious.

- 2 cans chickpeas, drained
- 2 tablespoons olive oil
- 1 teaspoon smoked paprika
- 1 teaspoon cumin
- 1/2 teaspoon garlic powder
- 1/2 teaspoon oregano
- Salt to taste

Dry chickpeas thoroughly, toss with oil and seasonings. Roast at 400° F for 25-30 minutes, shaking pan halfway through.

Let cool completely before storing. These stay crispy for 2-3 days in an airtight container.

## Day 15 Recipes

### Breakfast: Mediterranean Breakfast Barley Bowl

This warm breakfast bowl transforms pearl barley into a comforting morning meal. Barley provides a chewy texture and nutty flavor while delivering important fiber and nutrients.

The combination of whole grains, fruits, and nuts creates a balanced breakfast that provides sustained energy.

- 1 cup pearl barley
- 3 cups water
- 1 cinnamon stick
- 2 tablespoons honey
- 1/2 cup dried figs, chopped
- 1/3 cup almonds, toasted
- 1/2 cup Greek yogurt
- Fresh mint leaves
- Orange zest
- Pinch of sea salt

Cook barley with cinnamon stick until tender (30-35 minutes). Top with fruits, nuts, yogurt, and honey.

For best results, soak barley overnight to reduce cooking time and improve texture. The barley can be made ahead and reheated.

### Lunch: Mediterranean Fish Soup

This light yet satisfying soup combines fresh fish with aromatic vegetables and herbs. It's a complete meal that's both nourishing and delicious.

The combination of lean protein and vegetables creates a nutrient-rich lunch option.

- 1 pound white fish fillets, cubed
- 1 fennel bulb, sliced
- 2 leeks, cleaned and sliced
- 2 carrots, diced

- 3 garlic cloves, minced
- 2 tablespoons olive oil
- 1 can diced tomatoes
- 4 cups fish stock
- 1 orange, zested
- Fresh thyme and bay leaf
- Saffron threads (optional)
- Salt and pepper to taste

Sauté vegetables, add stock and seasonings, simmer 15 minutes. Add fish and cook 5 minutes until just done.

Don't overcook the fish - it should be just opaque. Serve with crusty whole grain bread.

## Dinner: Mediterranean Vegetable and Chickpea Tagine

This aromatic stew features vegetables and chickpeas cooked with warm Moroccan spices. It's a hearty vegetarian meal that's full of flavor and protein.

The combination of vegetables and legumes provides complete protein while delivering important nutrients.

- 2 cans chickpeas, drained
- 1 sweet potato, cubed
- 2 carrots, chunked
- 1 zucchini, chunked
- 1 onion, diced
- 3 garlic cloves, minced
- 1 can diced tomatoes
- 2 tablespoons olive oil
- 1 tablespoon ras el hanout
- 1 cinnamon stick
- Fresh cilantro
- 1/2 cup green olives
- Couscous for serving

Sauté vegetables, add spices and liquids, simmer 25-30 minutes until vegetables are tender.

Let rest 10 minutes before serving over couscous. The flavors improve if made a day ahead.

## **Snack: Mediterranean Date and Walnut Bites**

These no-bake energy bites combine dates and walnuts for a healthy snack. They're perfect for afternoon energy slumps.

The combination of natural sugars and healthy fats provides sustained energy without processed ingredients.

- 1 cup Medjool dates, pitted
- 1 cup walnuts
- 1 tablespoon orange zest
- 1 teaspoon cinnamon
- 1/4 teaspoon cardamom
- Pinch of sea salt
- Sesame seeds for coating

Process ingredients until they form a sticky mixture, roll into balls, coat with sesame seeds.

Store in an airtight container in the refrigerator for up to two weeks. Let come to room temperature before serving.

## Day 16 Recipes

### Breakfast: Mediterranean Baked Eggs in Bell Peppers

This colorful breakfast combines protein-rich eggs with sweet bell peppers for a nutritious start. The peppers become tender while the eggs cook to perfection inside. The combination of eggs and vegetables creates a low-carb, high-protein breakfast that's both beautiful and satisfying.

- 4 bell peppers, halved lengthwise
- 8 large eggs
- 1/4 cup crumbled feta
- 2 tablespoons olive oil
- Fresh herbs (basil, parsley)
- Cherry tomatoes, halved
- 2 garlic cloves, minced
- Salt and pepper to taste
- Za'atar seasoning

Remove pepper seeds, brush with olive oil. Crack eggs into peppers, top with feta and tomatoes. Bake at 375° F for 20-25 minutes.

For best results, choose peppers that can stand upright when halved. Let rest 2-3 minutes before serving.

### Lunch: Mediterranean Grain and Herb Salad

This hearty salad combines three grains with fresh herbs and vegetables. It's a complete meal that's perfect for make-ahead lunches.

The mix of grains provides complex carbohydrates while herbs and vegetables add nutrients and flavor.

- 1/2 cup quinoa
- 1/2 cup bulgur
- 1/2 cup pearl couscous
- 1 cucumber, diced
- 1 cup cherry tomatoes, halved

- 1/2 red onion, finely diced
- 1 cup mixed fresh herbs (parsley, mint, dill)
- 1/3 cup pine nuts, toasted
- Dressing:
  - 1/4 cup olive oil
  - 2 lemons, juiced
  - 1 garlic clove, minced
  - Salt and pepper to taste

Cook grains separately according to package instructions. Combine with vegetables and herbs, toss with dressing.

Let salad rest 30 minutes before serving to allow flavors to develop. Keeps well for 3 days refrigerated.

## Dinner: Mediterranean Herb-Crusted Rack of Lamb

This elegant main dish features lamb coated with herbs and breadcrumbs. It's perfect for special occasions while remaining true to Mediterranean flavors.

The herb crust adds flavor while protecting the meat from overcooking.

- 1 rack of lamb (8 ribs)
- 2 tablespoons Dijon mustard
- 1 cup fresh breadcrumbs
- 4 garlic cloves, minced
- 2 tablespoons fresh rosemary
- 2 tablespoons fresh thyme
- 2 tablespoons olive oil
- Salt and pepper to taste
- For serving: roasted vegetables

Coat lamb with mustard, then herb-breadcrumb mixture. Roast at 375° F for 25-30 minutes for medium-rare (internal temperature 135° F).

Let rest 10-15 minutes before cutting. Serve with roasted Mediterranean vegetables.



## Snack: Mediterranean Spiced Popcorn

This healthy snack combines whole grain popcorn with Mediterranean spices. It's a light yet satisfying alternative to processed snacks.

The combination of spices transforms plain popcorn into an exciting snack.

- 1/3 cup popcorn kernels
- 2 tablespoons olive oil
- 1 teaspoon za'atar
- 1/2 teaspoon garlic powder
- 1/4 teaspoon sumac
- 1/4 teaspoon dried oregano
- Salt to taste

Pop kernels, toss with olive oil and spices while still warm.

Best served immediately. Can be stored in an airtight container for 1-2 days.

## Day 17 Recipes

### Breakfast: Mediterranean Ricotta Toast with Figs

This elegant breakfast combines creamy ricotta with fresh and dried fruits. It's a perfect balance of protein, healthy fats, and natural sweetness.

The combination of whole grain bread and protein-rich ricotta creates a sustaining breakfast that's both nutritious and sophisticated.

- 4 slices whole grain sourdough bread
- 1 cup fresh ricotta
- 4 fresh figs, sliced
- 2 tablespoons honey
- 1/4 cup pistachios, chopped
- Fresh thyme leaves
- Orange zest
- Flaky sea salt
- Extra virgin olive oil for drizzling

Toast bread until golden, spread with ricotta, top with figs and remaining ingredients.

For best results, bring ricotta to room temperature before spreading. Use fresh figs when in season, or substitute dried figs soaked in warm water.

### Lunch: Mediterranean Shrimp and White Bean Salad

This protein-rich salad combines succulent shrimp with creamy white beans. It's light yet satisfying and requires minimal cooking.

The combination of seafood and beans provides complete protein while fresh vegetables add crunch and nutrients.

- 1 pound shrimp, peeled and deveined
- 2 cans white beans, drained
- 1 fennel bulb, thinly sliced
- 2 celery stalks, sliced
- 1/2 red onion, thinly sliced
- Fresh parsley and dill

- 2 lemons, juiced
- 3 tablespoons olive oil
- 2 garlic cloves, minced
- Red pepper flakes
- Salt and pepper to taste

Poach shrimp until just pink (2-3 minutes), combine with remaining ingredients while warm.

Let salad rest 15 minutes before serving to allow flavors to meld. Can be served warm or chilled.

## Dinner: Mediterranean Stuffed Zucchini

These stuffed zucchini boats feature a hearty filling of ground turkey and Mediterranean seasonings. They're both nutritious and satisfying.

The combination of lean protein and vegetables creates a complete meal that's low in carbohydrates.

- 6 medium zucchini
- 1 pound ground turkey
- 1 onion, diced
- 3 garlic cloves, minced
- 1 cup cherry tomatoes, halved
- 1/2 cup quinoa, cooked
- 2 tablespoons tomato paste
- Fresh oregano and basil
- 1/3 cup crumbled feta
- 2 tablespoons olive oil
- Salt and pepper to taste

Halve zucchini lengthwise, scoop out centers. Cook filling, stuff zucchini, bake at 375° F for 25-30 minutes.

Save zucchini pulp to add to filling. Let rest 5 minutes before serving.

## Snack: Mediterranean Herb and Olive Oil Crackers

These homemade crackers feature Mediterranean herbs and good olive oil. They're perfect for snacking or serving with dips.

The whole grain flour provides fiber while herbs and olive oil add authentic Mediterranean flavors.

- 2 cups whole wheat flour
- 1/3 cup olive oil
- 1/2 cup water
- 1 tablespoon fresh rosemary
- 1 teaspoon dried oregano
- 1 teaspoon sea salt
- Fresh cracked pepper

Mix ingredients, roll thin, cut into squares. Bake at 375° F for 15-20 minutes until crisp.

Let cool completely before storing. These keep for up to a week in an airtight container.

## Day 18 Recipes

### Breakfast: Mediterranean Breakfast Polenta Bowl

This warm, creamy polenta bowl offers a comforting start to the day. The combination of soft polenta with savory toppings creates a satisfying breakfast that's both nutritious and filling.

The protein from eggs and vegetables makes this a complete morning meal that will keep you satisfied until lunch.

- 1 cup polenta
- 4 cups water
- 2 eggs, poached
- 1 cup cherry tomatoes, roasted
- 2 cups spinach, sautéed
- 2 tablespoons olive oil
- 2 garlic cloves, minced
- Fresh basil leaves
- Crumbled feta cheese
- Salt and pepper to taste

Cook polenta until creamy (20-25 minutes), top with sautéed vegetables, poached eggs, and feta.

For the creamiest polenta, whisk constantly while cooking and add a splash of olive oil at the end.

### Lunch: Mediterranean Falafel Bowl

These baked falafels are served over a bed of fresh vegetables and tahini sauce. They're lighter than traditional fried versions but still packed with flavor.

The combination of chickpeas and herbs creates protein-rich falafels that are both healthy and satisfying.

- 2 cans chickpeas, drained
- 1 onion, chopped

- 4 garlic cloves
- 1/2 cup fresh parsley
- 1/2 cup fresh cilantro
- 2 tablespoons olive oil
- 1 tablespoon cumin
- 1 tablespoon coriander
- For serving:
  - Mixed greens
  - Cucumber, diced
  - Cherry tomatoes
  - Tahini sauce
  - Whole wheat pita

Blend falafel ingredients, form into balls, bake at 375° F for 25-30 minutes until golden.

Pat chickpeas very dry before processing for the best texture. Let falafels cool slightly before serving.

## Dinner: Mediterranean Fish Stew with Fennel

This light yet flavorful stew combines white fish with aromatic vegetables in a saffron-scented broth. It's a complete meal that's both elegant and healthy.

The combination of fish and vegetables creates a nutrient-rich dinner that's low in calories but high in satisfaction.

- 1 pound white fish fillets, cubed
- 1 fennel bulb, sliced
- 2 leeks, cleaned and sliced
- 3 garlic cloves, minced
- 1 orange, zested
- 2 tablespoons olive oil
- 1 can diced tomatoes
- 4 cups fish stock
- Pinch of saffron
- Fresh parsley
- Salt and pepper to taste

Sauté vegetables, add stock and seasonings, simmer 15 minutes. Add fish and cook 5 minutes until just done.

Don't overcook the fish - it should be just opaque. Serve with crusty whole grain bread.

## Snack: Mediterranean Fruit and Nut Bars

These no-bake bars combine dried fruits and nuts for a healthy snack. They're perfect for afternoon energy boosts or pre-workout fuel.

The mix of fruits and nuts provides sustained energy without processed sugars.

- 1 cup mixed dried fruits (dates, figs, apricots)
- 1 cup mixed nuts (almonds, walnuts)
- 1/4 cup pumpkin seeds
- 2 tablespoons honey
- 1 teaspoon cinnamon
- 1/4 teaspoon cardamom
- Pinch of sea salt

Process ingredients until they hold together, press into a lined pan, chill for 2 hours before cutting.

Store in the refrigerator for up to two weeks. Let come to room temperature before serving for best texture.

# Day 19 Recipes

## Breakfast: Mediterranean Shakshuka Verde

This green version of traditional shakshuka features eggs poached in a sauce of leafy greens and herbs. It's a protein-rich breakfast that's both nutritious and unique. The combination of eggs and greens provides protein and iron while staying low in carbohydrates.

- 6 large eggs
- 2 cups mixed greens (spinach, Swiss chard)
- 1 bunch fresh herbs (parsley, cilantro)
- 1 leek, cleaned and sliced
- 3 garlic cloves, minced
- 2 tablespoons olive oil
- 1 teaspoon cumin
- 1/2 teaspoon coriander
- Crumbled feta
- Salt and pepper to taste

Blend greens and herbs, sauté with aromatics, create wells for eggs, cover and cook 5-7 minutes until whites are set.

For best results, use fresh eggs at room temperature. Serve immediately with whole grain bread.

## Lunch: Mediterranean Quinoa-Stuffed Peppers

These colorful stuffed peppers combine protein-rich quinoa with Mediterranean vegetables. They're perfect for make-ahead lunches.

The combination of quinoa and vegetables creates a complete protein while providing important nutrients.

- 4 bell peppers, any color
- 1 cup quinoa
- 1 can chickpeas, drained
- 1 zucchini, diced



- 1 cup cherry tomatoes, halved
- 1/4 cup pine nuts
- Fresh basil and mint
- 2 tablespoons olive oil
- 1 lemon, juiced
- Crumbled feta
- Salt and pepper to taste

Cook quinoa, combine with filling ingredients, stuff peppers. Bake at 375° F for 30-35 minutes.

Pre-cook peppers for 5 minutes before stuffing to ensure they're tender when done.

## Dinner: Mediterranean Herb-Crusted Salmon

This elegant salmon dish features a crispy herb crust that adds flavor and texture. It's a simple yet impressive main course.

The combination of omega-rich salmon and fresh herbs creates a healthy, flavorful dinner option.

- 4 salmon fillets
- 1 cup fresh herbs (parsley, dill, chives)
- 1 cup breadcrumbs
- 2 garlic cloves, minced
- 2 tablespoons olive oil
- 1 lemon, zested
- Dijon mustard
- Salt and pepper to taste
- For serving: roasted vegetables

Coat salmon with mustard, press on herb crust, bake at 400° F for 12-15 minutes until fish flakes easily.

Let rest 5 minutes before serving. Don't overcook - salmon should still be slightly translucent in center.

## Snack: Mediterranean Spiced Roasted Chickpeas

These crispy chickpeas make a protein-rich snack that's both healthy and satisfying. They're perfect for afternoon snacking.

The combination of protein and fiber makes these a nutritious alternative to processed snacks.

- 2 cans chickpeas, drained
- 2 tablespoons olive oil
- 1 teaspoon za'atar
- 1/2 teaspoon smoked paprika
- 1/2 teaspoon garlic powder
- 1/4 teaspoon cumin
- Salt to taste

Dry chickpeas thoroughly, toss with oil and seasonings. Roast at 400° F for 25-30 minutes until crispy.

Let cool completely before storing. These stay crispy for 2-3 days in an airtight container.

## Day 20 Recipes

### Breakfast: Mediterranean Breakfast Farro Bowl

This warm breakfast bowl transforms ancient grains into a nourishing morning meal. Farro provides a chewy texture and nutty flavor that pairs perfectly with Mediterranean fruits and honey.

The combination of whole grains and protein creates sustained energy for the morning.

- 1 cup farro
- 3 cups water
- 1 cinnamon stick
- 2 tablespoons honey
- 1/2 cup Greek yogurt
- 1/4 cup almonds, toasted
- Fresh seasonal fruit
- 1/4 cup pomegranate seeds
- Fresh mint leaves
- Pinch of sea salt

Cook farro with cinnamon stick until tender (25-30 minutes), top with yogurt, fruits, nuts, and honey.

For best texture, soak farro overnight. Can be made ahead and reheated with a splash of milk.

### Lunch: Mediterranean Niçoise Salad

This classic French Mediterranean salad combines fresh vegetables with protein-rich tuna and eggs. It's a complete meal that's both elegant and satisfying.

The variety of ingredients provides a range of nutrients while keeping the meal light and refreshing.

- 2 cans high-quality tuna in olive oil
- 4 hard-boiled eggs
- 1/2 pound green beans, blanched

- 1 pound small potatoes, boiled
- 1 cup cherry tomatoes
- 1/2 cup Niçoise olives
- Fresh basil leaves
- Dressing:
  - 3 tablespoons olive oil
  - 1 lemon, juiced
  - 1 tablespoon Dijon mustard
  - Fresh herbs (tarragon, parsley)

Arrange ingredients on a platter, drizzle with dressing just before serving.

Cook potatoes and green beans just until tender - don't overcook. Components can be prepared ahead and assembled just before serving.

## Dinner: Mediterranean Braised Chicken with Artichokes

This one-pot dinner combines tender chicken with artichokes and Mediterranean herbs. The braising method ensures moist chicken while creating a flavorful sauce. The combination of lean protein and vegetables makes a complete meal that's both healthy and satisfying.

- 4 chicken thighs, bone-in
- 2 cans artichoke hearts, quartered
- 1 onion, sliced
- 4 garlic cloves, whole
- 1 cup white wine
- 1 cup chicken broth
- 2 lemons, one sliced, one juiced
- Fresh oregano and thyme
- 2 tablespoons olive oil
- Salt and pepper to taste

Brown chicken (5-7 minutes per side), add remaining ingredients, simmer covered for 30-35 minutes until chicken reaches 165° F.

Let chicken rest 5-10 minutes before serving. The sauce can be reduced if needed after removing the chicken.

## Snack: Mediterranean Herb and Olive Oil Crackers

These homemade crackers feature Mediterranean herbs and good olive oil. They're perfect for snacking or serving with dips.

The whole grain flour provides fiber while herbs and olive oil add authentic Mediterranean flavors.

- 2 cups whole wheat flour
- 1/3 cup olive oil
- 1/2 cup water
- 1 tablespoon fresh rosemary
- 1 teaspoon dried oregano
- 1 teaspoon sea salt
- Fresh cracked pepper

Mix ingredients, roll thin, cut into squares. Bake at 375° F for 15-20 minutes until crisp.

Let cool completely before storing. These keep for up to a week in an airtight container.

For more information on healthy diet solutions, check out our store:

[SlimmerMagazine.com/store](http://SlimmerMagazine.com/store)

# Day 21 Recipes

## Breakfast: Mediterranean Breakfast Mezze Plate

This breakfast platter offers a variety of small bites typical of Mediterranean morning meals. It's perfect for a leisurely breakfast and provides a balanced mix of proteins, healthy fats, and complex carbohydrates.

The combination of different components allows for a customizable meal that's both nutritious and satisfying.

- 2 hard-boiled eggs
- 1/2 cup hummus
- 1/2 cup labneh (strained yogurt)
- 1 cucumber, sliced
- 1 cup cherry tomatoes
- Mixed olives
- Za'atar seasoning
- Fresh mint and parsley
- Extra virgin olive oil
- Whole grain pita bread
- Honey for drizzling

Arrange all components on a platter. Drizzle labneh with olive oil and za'atar.

For best results, bring dairy products to room temperature before serving.

Components can be prepared the night before.

## Lunch: Mediterranean Lentil and Sweet Potato Salad

This hearty salad combines protein-rich lentils with roasted sweet potatoes and fresh herbs. It's a filling lunch that's both nutritious and colorful.

The combination of lentils and vegetables creates a complete protein while providing important fiber and nutrients.

- 1 cup French green lentils

- 2 sweet potatoes, cubed
- 1 red onion, diced
- 2 cups baby spinach
- 1/4 cup fresh mint
- 1/4 cup fresh parsley
- 1/3 cup walnuts, toasted
- Dressing:
  - 3 tablespoons olive oil
  - 1 lemon, juiced
  - 1 tablespoon pomegranate molasses
  - 1 garlic clove, minced

Cook lentils until tender but firm, roast sweet potatoes at 400° F for 25 minutes, combine with other ingredients.

Don't overcook the lentils - they should maintain their shape. This salad tastes even better the next day.

## Dinner: Mediterranean Sea Bass with Herb Sauce

This elegant fish dish features fresh herbs and a light sauce that enhances the natural flavors of the fish. It's a simple yet sophisticated dinner option.

The combination of lean protein and fresh herbs creates a healthy, flavorful meal.

- 4 sea bass fillets
- 4 tablespoons olive oil
- 4 garlic cloves, minced
- Fresh herb sauce:
  - 1 cup mixed herbs (parsley, dill, mint)
  - 2 tablespoons capers
  - 1 lemon, juiced
  - 2 tablespoons olive oil
  - 1 small shallot
- Salt and pepper to taste

Pan-sear fish skin-side down first (3-4 minutes per side), serve with herb sauce.

Pat fish completely dry before cooking for crispy skin. Make sauce while fish rests.

## Snack: Mediterranean Spiced Almonds

These roasted almonds feature warm Mediterranean spices for a healthy, satisfying snack. They're perfect for afternoon energy boosts.

The combination of protein and healthy fats provides sustained energy without processed ingredients.

- 2 cups raw almonds
- 2 tablespoons olive oil
- 1 teaspoon cumin
- 1 teaspoon paprika
- 1/2 teaspoon coriander
- 1/4 teaspoon cayenne
- Sea salt to taste

Toss almonds with oil and spices, roast at 325° F for 15-20 minutes, stirring halfway through.

Let cool completely before storing. These keep for up to two weeks in an airtight container.



## Day 22 Recipes

### Breakfast: Sfakianopita (Cretan Cheese and Honey Pastry)

This traditional Cretan breakfast pastry combines sheep's milk cheese with honey in a thin, crispy flatbread. It's a unique breakfast that's both satisfying and authentic to the Mediterranean region.

The combination of protein from cheese and whole grain flour provides sustained energy while honey adds natural sweetness.

- 2 cups whole wheat flour
- 1/2 cup water
- 2 tablespoons olive oil
- 1 cup mizithra or ricotta cheese
- Local honey for drizzling
- Fresh thyme leaves
- Sea salt
- For cooking: olive oil

Mix dough, rest 30 minutes. Roll into thin circles, fill with cheese, fold and cook in olive oil until golden (2-3 minutes per side).

Serve immediately while warm, drizzled with honey. The dough can be made ahead and stored in the refrigerator overnight.

### Lunch: Octopus and Potato Salad

This Portuguese-inspired salad features tender octopus with potatoes and fresh herbs. It's a protein-rich lunch that introduces seafood variety to our Mediterranean menu.

The combination of octopus and potatoes creates a satisfying meal that's rich in protein and complex carbohydrates.

- 2 pounds octopus, cleaned
- 1 pound small potatoes
- 1 red onion, thinly sliced
- 2 tablespoons capers

- Fresh parsley
- 3 tablespoons olive oil
- 2 tablespoons red wine vinegar
- 2 bay leaves
- Black peppercorns
- Smoked paprika
- Salt to taste

Simmer octopus with bay leaves until tender (45-60 minutes), grill briefly for char. Combine with boiled potatoes and dressing.

For the most tender octopus, freeze and thaw before cooking. Let octopus cool in its cooking liquid.

## Dinner: Rabbit with Fennel and Preserved Lemons

This North African-inspired dish features lean rabbit meat braised with aromatic vegetables and preserved lemons. It introduces a lean protein not yet featured in our menu.

The combination of rabbit and vegetables creates a light yet satisfying dinner that's rich in protein and flavor.

- 1 rabbit, cut into pieces
- 2 fennel bulbs, sliced
- 2 preserved lemons, chopped
- 1 onion, diced
- 4 garlic cloves, sliced
- 1 cup white wine
- Fresh thyme and bay leaves
- 2 tablespoons olive oil
- 1 cup green olives
- Salt and pepper to taste

Brown rabbit pieces, add vegetables and aromatics, braise with wine until tender (about 1 hour).

Let rest 10 minutes before serving. Can be made ahead and reheated gently.

## Snack: Lupini Bean Dip with Crudités

This protein-rich dip features lupini beans, a Mediterranean legume not yet used in our menu. It's a nutritious alternative to hummus.

The combination of lupini beans and tahini creates a protein-rich dip that's both creamy and satisfying.

- 2 cups cooked lupini beans
- 3 tablespoons tahini
- 2 garlic cloves
- 1 lemon, juiced
- 2 tablespoons olive oil
- 1 teaspoon ground cumin
- Fresh parsley
- For serving:
  - Watermelon radishes
  - Rainbow carrots
  - Endive leaves
  - Cucumber spears

Blend beans with other ingredients until smooth. Serve with fresh vegetables.

Lupini beans must be properly prepared to remove bitterness. The dip keeps for 3-4 days refrigerated.

## Day 23 Recipes

### Breakfast: Revithia (Greek Chickpea Soup with Poached Egg)

This warming breakfast soup is a traditional Greek morning dish that's both nourishing and comforting. It introduces a new way to enjoy legumes for breakfast.

The combination of chickpeas and eggs creates a protein-rich start that's different from typical breakfast fare.

- 1 can chickpeas, drained
- 2 leeks, white parts only, sliced
- 3 garlic cloves, minced
- 4 cups vegetable broth
- 2 tablespoons olive oil
- 1 lemon, juiced
- 4 eggs for poaching
- Fresh rosemary
- Red pepper flakes
- Salt and pepper to taste

Sauté leeks and garlic, add chickpeas and broth, simmer 15 minutes. Poach eggs directly in soup.

For best results, use room temperature eggs for poaching. The soup base can be made ahead.

### Lunch: Sardine and White Bean Toast with Fennel Slaw

This open-faced sandwich features omega-rich sardines and creamy beans. It introduces fresh sardines, an important Mediterranean fish not yet featured.

The combination of fish and beans provides complete protein while the fennel slaw adds crunch and freshness.

- 8 fresh sardines, cleaned and grilled
- 1 can white beans, mashed
- 1 fennel bulb, thinly sliced

- 1 blood orange, segmented
- Fresh dill
- Sourdough bread, grilled
- 2 tablespoons olive oil
- 1 tablespoon white wine vinegar
- Microgreens for garnish
- Salt and pepper to taste

Grill sardines, mash beans with olive oil, make fennel slaw. Assemble on grilled bread. Fresh sardines should be very fresh - ask your fishmonger for the day's catch.

## Dinner: Lamb and Green Bean Yahni

This Greek stew features tender lamb with green beans in a light tomato sauce. It introduces a traditional cooking method not yet used.

The slow-cooking method creates tender meat while vegetables retain their nutrients.

- 2 pounds lamb shoulder, cubed
- 1 pound green beans, trimmed
- 2 onions, diced
- 4 garlic cloves, whole
- 2 cans crushed tomatoes
- Fresh dill and parsley
- 2 tablespoons olive oil
- 1 cinnamon stick
- 3 allspice berries
- Salt and pepper to taste

Brown lamb, add vegetables and aromatics, simmer gently for 1.5 hours until meat is tender.

Let rest 15 minutes before serving. The flavor improves if made a day ahead.

## Snack: Marinated Fresh Figs with Labneh

This elegant snack pairs fresh figs with strained yogurt. It introduces a new way to enjoy seasonal fruit.

The combination of fruit and labneh creates a balanced snack with protein and natural sweetness.

- 8 fresh figs, quartered
- 1 cup labneh (strained yogurt)
- 2 tablespoons honey
- Fresh thyme leaves
- 2 tablespoons pistachios, chopped
- Orange blossom water
- Black pepper
- Flaky sea salt

Marinate figs in honey and orange blossom water. Serve over labneh with nuts and herbs.

Choose ripe but firm figs. Can be assembled up to 2 hours ahead.

## Day 24 Recipes

### Breakfast: Menemen (Turkish Scrambled Eggs)

This traditional Turkish breakfast dish features eggs scrambled with peppers, tomatoes, and spices. It introduces a new egg preparation method specific to Turkish cuisine.

The combination of eggs and vegetables creates a protein-rich breakfast with complex flavors.

- 6 eggs
- 3 Turkish green peppers (or Anaheim)
- 3 ripe tomatoes, diced
- 1 onion, finely chopped
- 2 tablespoons olive oil
- Turkish red pepper flakes (pul biber)
- Fresh oregano
- Crumbled white cheese
- Salt to taste

Sauté peppers and onions until soft, add tomatoes and reduce, scramble eggs directly in the sauce.

Use low heat and don't overcook the eggs - they should remain slightly creamy. Serve with Turkish bread.

### Lunch: Barley and Squid Salad

This unique salad combines tender squid with chewy barley and fresh herbs. It introduces squid, a Mediterranean seafood not yet featured.

The combination of whole grains and seafood creates a nutritious lunch rich in protein and fiber.

- 1 pound clean squid, sliced into rings
- 1 cup pearl barley
- 2 cups cherry tomatoes, halved

- 1 cucumber, diced
- Fresh mint and parsley
- 2 lemons, juiced
- 3 tablespoons olive oil
- 1 shallot, minced
- Chili flakes
- Salt and pepper to taste

Cook barley until tender, grill squid quickly (1-2 minutes per side), combine with vegetables and dressing.

Don't overcook the squid - it should be just opaque and tender. The barley can be cooked ahead.

## Dinner: Pastitsada (Corfu-Style Rooster Stew)

This traditional Corfu dish features rooster slow-cooked in a spiced tomato sauce. It introduces a unique protein and regional specialty.

The slow cooking method creates tender meat and rich flavors while the pasta provides satisfying carbohydrates.

- 1 rooster or large chicken, cut into pieces
- 2 onions, diced
- 4 garlic cloves, minced
- 2 cans crushed tomatoes
- 2 cinnamon sticks
- 4 whole cloves
- 1 tablespoon tomato paste
- Fresh bay leaves
- Thick spaghetti or bucatini
- Grated kefalotyri cheese
- Salt and pepper to taste

Brown meat well, add aromatics and tomatoes, simmer 1.5-2 hours until tender. Serve over pasta.

Traditional pastitsada uses rooster, but chicken can be substituted. The sauce should be thick and richly spiced.



## Snack: Carob and Tahini Energy Balls

These naturally sweetened energy balls use carob, a Mediterranean alternative to chocolate. They introduce a traditional ingredient in a modern preparation.

The combination of carob and tahini creates a protein-rich snack without added sugars.

- 1 cup dates, pitted
- 1/2 cup tahini
- 1/4 cup carob powder
- 1/2 cup almonds
- 1 tablespoon orange zest
- 1 teaspoon vanilla
- Pinch of sea salt
- Sesame seeds for coating

Process ingredients until cohesive, roll into balls, coat with sesame seeds.

Store in refrigerator for up to two weeks. Let come to room temperature before serving for best flavor.

## Day 25 Recipes

### Breakfast: Manakish (Lebanese Breakfast Flatbread)

This traditional Lebanese breakfast flatbread is topped with za'atar and cheese. It introduces a new breakfast bread specific to the Levant region.

The combination of whole grain dough and za'atar provides complex carbohydrates and aromatic herbs.

- For the dough:
  - 2 cups whole wheat flour
  - 1 teaspoon active dry yeast
  - 1 teaspoon honey
  - 2/3 cup warm water
  - 2 tablespoons olive oil
- For the topping:
  - 1/4 cup za'atar
  - 1/4 cup olive oil
  - 1/2 cup akawi cheese (or halloumi)
  - Fresh mint leaves

Make dough, let rise 1 hour. Shape into rounds, top with za'atar-oil mixture and cheese. Bake at 450° F for 8-10 minutes.

Prepare dough the night before and refrigerate for better flavor. Serve hot from the oven.

### Lunch: Monkfish and Fennel Soup (Kakavia)

This light Greek fisherman's soup features monkfish and aromatic vegetables. It introduces a firm white fish not yet used in our recipes.

The combination of fish and vegetables creates a nutritious, protein-rich lunch that's both light and satisfying.

- 1 pound monkfish, cubed
- 2 fennel bulbs, sliced

- 2 leeks, cleaned and sliced
- 3 potatoes, cubed
- 4 garlic cloves, whole
- 2 bay leaves
- Saffron threads
- Fresh parsley
- 1/4 cup olive oil
- Fish stock
- Lemon wedges

Sauté vegetables, add stock and saffron, simmer 15 minutes. Add fish and cook 5-7 minutes until just done.

Don't overcook the fish. The broth should be light but flavorful.

## Dinner: Moussaka di Mare (Seafood Moussaka)

This Sicilian variation of moussaka layers seafood with eggplant and potatoes. It introduces a unique regional interpretation of a classic dish.

The combination of seafood and vegetables creates a lighter version of traditional moussaka.

- 2 eggplants, sliced
- 2 potatoes, sliced
- 1 pound mixed seafood (shrimp, calamari, mussels)
- 1 onion, diced
- 3 garlic cloves, minced
- 2 cups marinara sauce
- Fresh basil
- Béchamel sauce:
  - 2 cups milk
  - 3 tablespoons flour
  - 3 tablespoons butter
  - Nutmeg

Grill eggplant and potatoes, layer with seafood and sauces. Bake at 375° F for 40 minutes.

Salt eggplant before grilling to remove bitterness. Seafood should be just cooked through.

## Snack: Fresh Mulberry and Ricotta Crostini

This seasonal snack features fresh mulberries when in season. It introduces a Mediterranean fruit not commonly highlighted.

The combination of fresh fruit and ricotta creates a balanced snack with protein and natural sweetness.

- Fresh mulberries
- 1 cup fresh ricotta
- Whole grain baguette slices
- Honey for drizzling
- Fresh mint leaves
- Orange zest
- Pine nuts, toasted
- Flaky sea salt

Toast bread, spread with ricotta, top with mulberries and remaining ingredients. Use perfectly ripe mulberries. Can substitute other seasonal berries if mulberries aren't available.

## Day 26 Recipes

### Breakfast: Bougatsa (Greek Semolina Custard Pastry)

This traditional Greek breakfast pastry features a semolina custard wrapped in phyllo. It introduces a new breakfast preparation that balances sweet and savory notes.

The combination of eggs, milk, and semolina creates a protein-rich filling while phyllo adds a crispy texture.

- For the custard:
  - 4 cups milk
  - 1 cup semolina flour
  - 4 eggs
  - 1/2 cup honey
  - Vanilla bean
  - Pinch of salt
- For assembly:
  - 8 sheets phyllo dough
  - 1/4 cup olive oil
  - Cinnamon for dusting
  - Powdered sugar for serving

Make custard, cool completely. Layer phyllo with filling, bake at 350° F for 35-40 minutes until golden.

Prepare custard the night before. Serve warm, dusted with cinnamon and sugar.

### Lunch: Bottarga and Fregola Salad

This Sardinian specialty combines pearl-like pasta with cured fish roe. It introduces bottarga, a traditional Mediterranean preserved food.

The combination of fregola and bottarga creates a unique flavor profile with protein and complex carbohydrates.

- 1 cup fregola Sarda
- 2 ounces bottarga, grated

- 2 cups cherry tomatoes, halved
- 1 fennel bulb, thinly sliced
- Fresh flat-leaf parsley
- 2 lemons, juiced
- 3 tablespoons olive oil
- Red pepper flakes
- Salt to taste

Cook fregola, combine with vegetables and dressing, finish with grated bottarga.

Don't overdress - the bottarga provides plenty of salinity. Serve at room temperature.

## Dinner: Rabbit in Garlic Sauce (Conill amb All i Oli)

This Catalan dish features rabbit cooked with garlic and herbs. It introduces a regional preparation method for lean protein.

The slow cooking method ensures tender meat while developing rich garlic flavors.

- 1 rabbit, cut into pieces
- 12 garlic cloves, whole
- 2 heads garlic, separated and peeled
- Fresh rosemary and thyme
- 1 cup white wine
- 2 tablespoons olive oil
- 1 lemon, zested
- Fresh bay leaves
- Almond meal for thickening
- Salt and pepper to taste

Brown rabbit, add whole garlic cloves and herbs, braise in wine until tender (about 1 hour). Make garlic sauce with remaining garlic.

Let rest 10 minutes before serving. The garlic sauce should be smooth and emulsified.

## Snack: Fresh Green Almonds with Sea Salt

This seasonal snack features young almonds before their shells harden. It introduces a traditional spring delicacy from the Mediterranean.

The fresh almonds provide a unique texture and flavor different from mature nuts.

- 1 pound fresh green almonds
- Flaky sea salt
- Extra virgin olive oil
- Fresh mint leaves
- Lemon wedges

Split almonds, drizzle with olive oil and sprinkle with salt. Serve with mint and lemon.

Only available in spring. The whole young almond, including the fuzzy outer shell, is edible.

## Day 27 Recipes

### Breakfast: Çılbır (Turkish Poached Eggs with Yogurt)

This traditional Turkish breakfast features eggs poached and served over garlicky yogurt with spiced butter. It introduces a unique way to combine eggs and yogurt.

The combination of eggs and yogurt creates a protein-rich breakfast with complex flavors and textures.

- 4 large eggs
- 2 cups Greek yogurt
- 3 garlic cloves, minced
- 2 tablespoons butter
- 1 teaspoon Aleppo pepper
- 1 teaspoon sumac
- Fresh dill
- Sourdough bread for serving
- Salt to taste

Bring yogurt to room temperature, mix with garlic. Poach eggs, make spiced butter. Layer yogurt, eggs, and spiced butter.

The yogurt must be room temperature to prevent cold eggs. The spiced butter should be made just before serving.

### Lunch: Scorpion Fish Soup (Kakavia)

This fisherman's soup from the Greek islands features scorpion fish and shellfish. It introduces a traditional fish not yet used in our recipes.

The combination of different seafood creates a rich, flavorful broth while providing lean protein.

- 1 pound scorpion fish, cleaned
- 1/2 pound mussels
- 2 leeks, cleaned and sliced
- 3 potatoes, cubed
- 2 tomatoes, diced
- Fresh oregano



- 2 bay leaves
- 3 tablespoons olive oil
- White wine
- Crusty bread for serving

Make fish stock with heads and bones, strain. Cook vegetables in stock, add seafood in stages based on cooking time.

Scorpion fish can be substituted with red snapper if unavailable. The broth should be clear and fragrant.

## Dinner: Goat with Wild Greens (Katsikaki me Horta)

This rustic Greek dish combines young goat with foraged greens. It introduces both a new protein and traditional wild vegetables.

The combination of lean meat and bitter greens creates a balanced, nutritious meal.

- 2 pounds young goat meat, cut into pieces
- 2 pounds mixed wild greens (dandelion, chicory, amaranth)
- 1 onion, diced
- 4 garlic cloves, sliced
- 1/2 cup olive oil
- 1 lemon, juiced
- Fresh oregano
- Salt and pepper to taste

Brown meat, add greens in batches until wilted. Simmer until meat is tender (about 1.5 hours).

Cultivated greens can substitute for wild ones. The meat should be very tender when done.

## Snack: Fresh Pistachios in Shell

This seasonal snack features fresh pistachios before they're dried. It introduces a traditional way of enjoying pistachios in Mediterranean regions.

Fresh pistachios have a different flavor and texture from dried ones, with a subtle sweetness.

- 1 pound fresh pistachios in shell
- Sea salt
- Lemon wedges
- Fresh mint sprigs

Split shells, sprinkle with salt, serve with lemon wedges.

Only available briefly in late summer. The shells should be soft enough to split by hand.

# Day 28 Recipes

## Breakfast: Bigilla on Ftira (Maltese Broad Bean Spread)

This traditional Maltese breakfast introduces broad beans as a morning protein source and ftira, a traditional Maltese bread ring.

The combination of beans and whole grain bread provides protein and fiber for sustained energy.

- For the Bigilla:
  - 2 cups dried broad beans, soaked overnight
  - 4 garlic cloves, minced
  - 2 tablespoons olive oil
  - 1 lemon, juiced
  - Fresh parsley
  - Red pepper flakes
  - Salt and pepper
- For serving:
  - Ftira bread or whole grain rolls
  - Fresh tomatoes
  - Fresh basil
  - Extra virgin olive oil

Cook beans until very tender, mash with seasonings. Serve warm or room temperature on bread.

Dried broad beans must be peeled after cooking for the smoothest texture. Can be made ahead and reheated.

## Lunch: Mussel and Cuttlefish Black Rice

This dramatic dish features rice cooked in cuttlefish ink with seafood. It introduces cuttlefish and black rice preparation methods.

The combination of different seafood with rice creates a complete meal rich in protein and minerals.

- 1 pound mussels, cleaned

- 1 pound cuttlefish, cleaned and diced
- 2 cups Spanish black rice
- 1 onion, finely diced
- 4 garlic cloves, minced
- 1 red pepper, diced
- Cuttlefish ink
- Saffron threads
- Fresh parsley
- Fish stock
- Lemon wedges

Cook seafood separately, make rice with ink and stock, combine at the end.

The rice should be slightly al dente. The ink stains easily, so wear an apron while cooking.

## Dinner: Lamb Kleftiko (Greek Slow-Cooked Lamb)

This traditional Greek dish features lamb wrapped in parchment with herbs and cheese. It introduces a unique cooking method.

The slow cooking method in parchment creates incredibly tender meat while preserving all the juices.

- 3 pounds lamb shoulder
- 4 potatoes, chunked
- 2 onions, wedged
- 6 garlic cloves, whole
- Fresh oregano and thyme
- 1 cup feta cheese
- 2 lemons, juiced
- Olive oil
- Parchment paper
- Kitchen string
- Salt and pepper

Create parchment packages with meat and vegetables, seal tightly. Bake at 325° F for 3-4 hours.

Let packages rest 10 minutes before opening. The steam will be very hot.

## Snack: Fresh Corbezzolo Honey with Ricotta

This rare honey comes from strawberry tree flowers found in Sardinia. It introduces a unique variety of Mediterranean honey.

The bitter notes of the honey balance perfectly with creamy ricotta.

- Fresh ricotta
- Corbezzolo honey
- Toasted pine nuts
- Fresh thyme leaves
- Whole grain crackers
- Flaky sea salt

Whip ricotta until creamy, drizzle with honey, add garnishes.

Corbezzolo honey can be substituted with chestnut honey if unavailable. Serve at room temperature.

## Day 29 Recipes

### Breakfast: Ful Medames (Egyptian Fava Bean Breakfast)

This traditional Egyptian breakfast introduces fava beans prepared in a classic morning preparation. It's hearty, protein-rich, and traditionally served for breakfast throughout North Africa.

The combination of beans and olive oil creates a satisfying meal with complete proteins and healthy fats.

- 2 cups dried fava beans, soaked overnight
- 4 garlic cloves, minced
- 1 lemon, juiced
- 3 tablespoons olive oil
- 1 teaspoon cumin
- Fresh parsley
- For serving:
  - Hard-boiled eggs
  - Tomatoes, diced
  - Red onion, minced
  - Olive oil for drizzling
  - Warm pita bread

Cook beans until very tender, mash slightly while keeping some texture. Season and top with garnishes.

Dried fava beans must be peeled after cooking. Can be made ahead and reheated with a splash of water.

### Lunch: Bouillabaisse of Monkfish and Red Mullet

This Provençal fish soup introduces red mullet and features a traditional rouille sauce. It's lighter than traditional bouillabaisse but maintains authentic flavors.

The combination of different fish creates a complex flavor while the rouille adds richness.

- 1 pound monkfish
- 1 pound red mullet
- 2 leeks, cleaned and sliced
- 1 fennel bulb, sliced
- 4 garlic cloves
- 2 oranges, zested
- Saffron threads
- Fresh thyme
- Fish stock
- For the rouille:
  - Red pepper
  - Garlic
  - Bread crumbs
  - Olive oil

Cook fish separately, make broth with vegetables and seasonings, combine just before serving.

Fish should be added in order of cooking time. Serve with rouille-spread crusty bread.

## Dinner: Stuffed Quail with Pine Nuts and Raisins

This elegant dish introduces quail, a small game bird popular in Mediterranean cooking. The stuffing combines sweet and savory elements.

The combination of lean game meat and fruit creates a balanced main course.

- 8 quail, cleaned
- 1 cup cooked farro
- 1/3 cup pine nuts
- 1/3 cup golden raisins
- Fresh sage and rosemary
- 2 shallots, minced
- 2 tablespoons olive oil
- White wine
- Salt and pepper
- Kitchen twine

Stuff quail, tie legs, brown in olive oil, finish in oven at 375° F for 15-20 minutes.

Don't overcook - quail should remain slightly pink inside. Let rest 5 minutes before serving.

## **Snack: Fresh Loquats with Sheep's Milk Cheese**

This seasonal fruit snack introduces loquats, a spring fruit common in Mediterranean gardens. It pairs perfectly with young sheep's milk cheese.

The combination of fresh fruit and cheese creates a balanced snack with protein and natural sweetness.

- Fresh loquats, halved and seeded
- Young pecorino or manchego
- Fresh mint leaves
- Honey for drizzling
- Black pepper
- Flaky sea salt

Arrange fruit and cheese on a plate, drizzle with honey, add mint and seasonings. Loquats are only available in spring. Choose fruit that's fully ripe but still firm.



## Day 30 Recipes

### Breakfast: Kagianas (Greek Scrambled Eggs with Tomatoes and Feta)

This final breakfast features a rustic Greek dish that combines fresh tomatoes with eggs and aged cheese. It's a fitting end to our Mediterranean journey.

The combination of eggs and tomatoes provides protein and antioxidants while the feta adds richness and salt.

- 6 ripe tomatoes, grated
- 6 eggs
- 1/2 cup aged feta, crumbled
- 2 tablespoons olive oil
- 1 tablespoon dried oregano
- Fresh basil leaves
- Black pepper
- Crusty whole grain bread

Cook grated tomatoes until reduced, add beaten eggs and feta, stir until just set. Don't overcook the eggs - they should remain slightly creamy. Serve immediately with warm bread.

### Lunch: Grilled Sea Bass with Wild Greens (Lavraki me Horta)

This classic Greek fish preparation celebrates simple, fresh ingredients. The wild greens add a distinctive bitter note that complements the fish.

The combination of fresh fish and foraged greens represents the essence of Mediterranean coastal cuisine.

- 2 whole sea bass, cleaned
- 2 pounds mixed wild greens
- 4 garlic cloves, sliced
- 2 lemons
- Fresh oregano
- 3 tablespoons olive oil

- Sea salt
- Black pepper
- Fresh herbs for stuffing

Stuff fish with herbs and lemon, grill until just cooked. Separately blanch greens and dress with olive oil and lemon.

Score the fish skin for even cooking. The greens should retain some bite - don't overcook.

## Dinner: Celebration Couscous with Seven Vegetables

This North African feast dish makes a fitting finale to our 30-day journey. It combines hand-rolled couscous with seasonal vegetables and aromatic broth.

The seven vegetables represent abundance while the hand-rolled couscous provides perfect texture.

- 2 cups hand-rolled couscous
- Seven vegetables:
  - Pumpkin chunks
  - Carrots
  - Turnips
  - Zucchini
  - Cabbage
  - Chickpeas
  - Fresh fava beans
- Aromatic broth:
  - Saffron
  - Cinnamon stick
  - Fresh turmeric
  - Harissa for serving
  - Fresh herbs

Steam couscous three times for perfect texture. Cook vegetables in stages in aromatic broth.

Each vegetable should be cooked to proper doneness. Serve with separate bowls of broth and harissa.

## Snack: Mediterranean Citrus Plate

This final snack celebrates the citrus fruits of the Mediterranean region. It combines different varieties with honey and herbs.

The variety of citrus provides different flavor notes and a wealth of vitamin C.

- Blood oranges
- Bergamot oranges
- Meyer lemons
- Fresh mint leaves
- Pine nuts, toasted
- Local honey
- Orange blossom water
- Flaky sea salt

Segment citrus, arrange on plate, drizzle with honey mixed with orange blossom water, garnish.

Choose fully ripe, seasonal citrus. The combination should provide sweet, bitter, and tart notes.

# A Journey Forward

The past 30 days of recipes represent more than just a collection of meals - they offer a window into a way of eating that has sustained generations of Mediterranean people. These dishes demonstrate how simple, whole ingredients can be transformed into satisfying, nourishing meals that delight both body and spirit.

Remember that adopting Mediterranean eating patterns is not about strict rules or quick fixes. Instead, it's about developing a sustainable relationship with food that celebrates fresh ingredients, traditional preparations, and the joy of shared meals. The health benefits - from heart health to weight management - come naturally when we embrace this balanced approach to eating.

As you continue your culinary journey, focus on:

- Choosing fresh, seasonal ingredients
- Taking time to prepare and enjoy your meals
- Sharing food with family and friends
- Staying active in enjoyable ways
- Practicing mindful eating

The recipes in this book are just the beginning. Use them as inspiration to create your own Mediterranean-inspired meals, adapting them to your tastes and local ingredients while maintaining their fundamental principles of simplicity and quality.

May these recipes bring you the same joy and satisfaction that they have brought to Mediterranean families for generations.

For more information on healthy diet solutions, check out our store:

[SlimmerMagazine.com/store](http://SlimmerMagazine.com/store)