



# 1 Week Mediterranean Diet Meal Plan

EA STEWART

**E.A. Stewart**  
SPICY RD NUTRITION

## MON



### BREAKFAST

Rosemary Mushroom Lentil Avocado Toast

### LUNCH

Lemony Kale Pasta Salad with Pistachio Nuts, Orange

### DINNER

Easy Air Fryer Falafel, Quinoa Greek Salad

### SNACK 3

Baklava Butter

## TUE



### BREAKFAST

Spiced Pomegranate Lemon Lassi, Veggie Baked Eggs with Pesto

### LUNCH

Easy Lentil Salad with Kale, Cherry Tomatoes, Almonds and Lemon...

### DINNER

Miso Maple Broiled Salmon & Salmon Salad, Greek Lemon Potatoes

### SNACK 3

No Bake Cocoa Lemon Energy Bites

## WED



### BREAKFAST

Chickpea Omelette with Asparagus, Blueberries

### LUNCH

Chicken Salad with Lemon Garlic Tahini Dressing

### DINNER

Easy Shakshuka with Chickpeas

### SNACK 3

Baklava Butter

## THU



### BREAKFAST

Pomegranate Kiwi Pecan Oatmeal

### LUNCH

Strawberry Arugula Salad with Chicken, Goat Cheese, Almonds, and Strawberry...

### DINNER

Grilled Mediterranean Chicken Kabobs, Easy Greek Panzanella Salad

### SNACK 3

No Bake Cocoa Lemon Energy Bites

## FRI



### BREAKFAST

Mediterranean Feta Quinoa Egg Muffins, Raspberries

### LUNCH

Carrot, Hummus & Arugula Wrap (Gluten Free), Grapes & Walnuts

### DINNER

Walnut Crusted Salmon, Fresh and Easy Quinoa Tabbouleh

### SNACK 3

Baklava Butter

## SAT



### BREAKFAST

French Toast with Berry Chia Sauce

### LUNCH

Healthy Grain Bowls, Cinnamon Green Smoothie

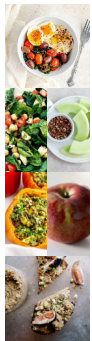
### DINNER

Easy Healthy Pasta with Crispy Rosemary Chickpeas

### SNACK 3

No Bake Cocoa Lemon Energy Bites

## SUN



### BREAKFAST

Mediterranean Breakfast Bowl

### LUNCH

Spinach, Mozzarella, Tomato & Chickpea Salad, Melon & Pecans

### DINNER

Pesto Chicken Stuffed Peppers, Apple

### SNACK 3

Baklava Butter

**MON****FAT 47%**   **CARBS 40%**   **PROTEIN 13%**

**Calories** 1881      **Protein** 66g  
**Fat** 102g      **Cholesterol** 33mg  
**Saturated** 17g      **Sodium** 1672mg  
**Carbs** 195g      **Calcium** 643mg  
**Fiber** 44g      **Iron** 18mg  
**Sugar** 45g      **Vitamin D** 11IU

**TUE****FAT 42%**   **CARBS 39%**   **PROTEIN 19%**

**Calories** 1684      **Protein** 84g  
**Fat** 81g      **Cholesterol** 452mg  
**Saturated** 15g      **Sodium** 2402mg  
**Carbs** 167g      **Calcium** 1060mg  
**Fiber** 38g      **Iron** 17mg  
**Sugar** 57g      **Vitamin D** 182IU

**WED****FAT 45%**   **CARBS 33%**   **PROTEIN 22%**

**Calories** 1418      **Protein** 80g  
**Fat** 73g      **Cholesterol** 547mg  
**Saturated** 11g      **Sodium** 1282mg  
**Carbs** 118g      **Calcium** 392mg  
**Fiber** 36g      **Iron** 16mg  
**Sugar** 39g      **Vitamin D** 104IU

**THU****FAT 47%**   **CARBS 31%**   **PROTEIN 22%**

**Calories** 1684      **Protein** 94g  
**Fat** 92g      **Cholesterol** 242mg  
**Saturated** 18g      **Sodium** 1255mg  
**Carbs** 134g      **Calcium** 526mg  
**Fiber** 28g      **Iron** 15mg  
**Sugar** 40g      **Vitamin D** 5IU

**FRI****FAT 52%**   **CARBS 33%**   **PROTEIN 15%**

**Calories** 1688      **Protein** 65g  
**Fat** 101g      **Cholesterol** 197mg  
**Saturated** 14g      **Sodium** 2957mg  
**Carbs** 145g      **Calcium** 564mg  
**Fiber** 32g      **Iron** 15mg  
**Sugar** 40g      **Vitamin D** 29IU

**SAT****FAT 39%**   **CARBS 46%**   **PROTEIN 15%**

**Calories** 1605      **Protein** 64g  
**Fat** 71g      **Cholesterol** 221mg  
**Saturated** 12g      **Sodium** 1630mg  
**Carbs** 188g      **Calcium** 1235mg  
**Fiber** 35g      **Iron** 13mg  
**Sugar** 59g      **Vitamin D** 82IU

**SUN****FAT 52%**   **CARBS 33%**   **PROTEIN 15%**

**Calories** 1675      **Protein** 69g  
**Fat** 102g      **Cholesterol** 246mg  
**Saturated** 11g      **Sodium** 1721mg  
**Carbs** 146g      **Calcium** 867mg  
**Fiber** 33g      **Iron** 18mg  
**Sugar** 62g      **Vitamin D** 49IU

## FRUITS

- 1 Apple
- 1 1/2 Avocado
- 2 Banana
- 1 cup Blueberries
- 4 cups Grapes
- 1/4 Honeydew Melon
- 1 Kiwi
- 2 1/2 Lemon
- 1 1/4 cups Lemon Juice
- 1 1/2 Lemon Juice
- 1 tbsp Lemon Zest
- 2 Navel Orange
- 1 cup Pomegranate Seeds
- 1 cup Raspberries
- 2 cups Strawberries
- 5 Strawberries

## BREAKFAST

- 1/2 cup Maple Syrup

## SEEDS, NUTS & SPICES

- 2 cups Almond Meal
- 2 1/8 cups Almonds
- 1/8 tsp Black Pepper
- 3 Black Pepper
- 1/8 tsp Cardamom
- 2 tbsps Chia Seeds
- 1/4 tsp Chili Flakes
- 2 2/3 tbsps Cinnamon
- 1/2 tsp Crushed Red Pepper
- 0 Crushed Red Pepper
- 1 tsp Fennel Seed
- 2 tps Ground Cumin
- 1/8 tsp Ground Ginger
- 1/4 tsp Ground Sumac
- 1 tbsp Hemp Seeds
- 1/2 tsp Italian Seasoning

## VEGETABLES

- 11 cups Arugula
- 1/2 cup Asparagus
- 23 cups Baby Spinach
- 1/4 cup Basil Leaves
- 1 Carrot
- 10 1/2 cups Cherry Tomatoes
- 1/3 cup Chopped Cilantro
- 1/3 cup Chopped Parsely
- 1/2 cup Cucumber
- 5 Cucumber
- 1/4 cup Fresh Dill
- 1/2 cup Fresh Oregano
- 1 tbsp Fresh Rosemary
- 2 cloves Garlic
- 9 Garlic
- 4 Garlic Clove
- 1 lb Green Beans
- 1/16 head Green Lettuce
- 1 cup Green Onion
- 4 stalks Green Onion
- 1 cup Italian Parsley
- 4 cups Kale
- 2 cups Kale Leaves
- 1 cup Microgreens
- 1 cup Mint Leaves
- 2 cups Mushrooms
- 2 cups Parsley
- 1/2 cup Radicchio
- 1/2 cup Red Bell Pepper
- 1 Red Bell Pepper
- 2 cups Red Onion
- 1 head Romaine Hearts
- 1 tbsp Rosemary
- 1 Small Yellow Onion
- 2 Tomato
- 1/2 cup White Onion
- 7 Yellow Bell Pepper

## BREAD, FISH, MEAT & CHEESE

- 2 lbs Chicken Breast
- 8 ozs Cooked Chicken Breast
- 3 cups Feta Cheese
- 6 slices Gluten Free Bread
- 1 Gluten Free Tortilla
- 6 slices Gluten-Free Bread
- 2 ozs Goat Cheese
- 1 cup Hummus
- 2 1/2 ozs Mozzarella Cheese
- 1 1/2 lbs Salmon Fillet

## CONDIMENTS & OILS

- 1/2 cup Artichoke Hearts
- 2 1/4 cups Extra Virgin Olive Oil
- 2 tbsps Gluten Free Tamari
- 2 tbsps Miso Paste
- 1/2 cup Olive Oil
- 3/4 cup Pesto
- 1 3/4 cups Pitted Kalamata Olives
- 1/3 cup Red Wine Vinegar
- 2 tsps Sunflower Oil
- 1 tbsp Sunflower Seed Oil
- 2 tbsps Tahini
- 2 tsps White Balsamic Vinegar

## COLD

- 17 Egg
- 6 Eggs
- 2 1/2 cups Oat Milk
- 3/4 cup Parmesan Cheese
- 1 1/2 cups Plain Greek Yogurt
- 1/2 cup Soy Milk
- 3/4 cup Unsweetened Almond Milk

## OTHER

- 8 Barbecue Skewers
- 1/2 cup Ice Cubes
- 1/2 cup Vanilla Protein Powder



- 2 1/3 tbsps Oregano
- 1 tsp Paprika
- 3 1/2 cups Pecans
- 1 Pinch Sea Salt
- 1 tsp Pine Nuts
- 1 1/3 cups Pistachios
- 1/2 cup Pistachios, Shelled
- 0 Salt & Black Pepper
- 1 1/2 tbsps Sea Salt
- 1/8 teaspoon Sea Salt
- 1 Sea Salt
- 1 Sea Salt & Black Pepper
- 3 tbsps Slivered Almonds
- 2 tps Smoked Paprika
- 1/4 tsp Turmeric
- 6 1/4 cups Walnuts

#### FROZEN

- 2 cups Frozen Berries

- 1 Yellow Onion
- 5 Yellow Potato
- 2 Zucchini

- 4 cups Water

#### BOXED & CANNED

- 3/4 cup Chicken Broth
- 8 ozs Chickpea Pasta
- 2 lbs Chickpeas
- 1 cup Cooked Quinoa
- 1 3/4 lbs Crushed Tomatoes
- 1 cup Dry Quinoa
- 4 1/2 cups Garbanzo Beans
- 8 ozs Gluten Free Pasta
- 1 cup Lentils
- 1 1/2 cups Quinoa
- 2 cups Sorghum

#### BAKING

- 1/2 cup Chickpea Flour
- 1/3 cup Cocoa Powder
- 1/4 cup Coconut Sugar
- 3 tbsps Gluten Free Flour )
- 2 cups Gluten Free Oats
- 1 1/2 tbsps Nutritional Yeast
- 1 1/16 cups Raw Honey
- 1 tsp Salt
- 1 1/2 tbsps Vanilla Extract

# Rosemary Mushroom Lentil Avocado Toast

1 SERVING 10 MINUTES



## INGREDIENTS

2 tps Extra Virgin Olive Oil  
1 cup Mushrooms (chopped)  
1 tbsp Rosemary (finely chopped)  
1/2 cup Lentils (cooked)  
2 slices Gluten-Free Bread  
Sea Salt & Black Pepper (to taste)  
1/2 Lemon (juiced)

## DIRECTIONS

- 01 Heat 1 teaspoon of the olive oil in a skillet over medium high heat. Add mushrooms and saute until they soften.
- 02 Add fresh rosemary to mushrooms, along with cooked lentils. Saute for ~ 2 minutes, then season to taste with salt and pepper.

## NUTRITION

### AMOUNT PER SERVING

Calories	372	Protein	15g
Fat	14g	Cholesterol	0mg
Saturated	2g	Sodium	262mg
Carbs	49g	Calcium	58mg
Fiber	11g	Iron	4mg
Sugar	9g	Vitamin D	5IU

# Spiced Pomegranate Lemon Lassi

1 SERVING 10 MINUTES



## INGREDIENTS

3/4 cup Pomegranate Seeds (plus extra for garnish)  
1/2 cup Unsweetened Almond Milk  
1/2 cup Plain Greek Yogurt  
1/2 Lemon Juice  
2 tsps Raw Honey  
1/4 tsp Cinnamon  
1/8 tsp Cardamom  
1/8 tsp Ground Ginger  
1 Pinch Sea Salt  
1 tsp Pine Nuts (for garnish)  
1/2 cup Ice Cubes (for serving)

## NUTRITION

### AMOUNT PER SERVING

Calories	251	Protein	13g
Fat	7g	Cholesterol	17mg
Saturated	2g	Sodium	151mg
Carbs	39g	Calcium	498mg
Fiber	6g	Iron	1mg
Sugar	28g	Vitamin D	100IU

## DIRECTIONS

- 01 Combine all pomegranate arils, almond, or other, milk, lemon juice, spices, and sea salt in a blender, and blend until smooth.
- 02 Pour over ice, garnish with extra pomegranate arils and pine nuts, and serve.

## NOTES

### VEGAN OPTION

Swap honey with maple syrup and a non-dairy yogurt in place of the Greek Yogurt. Use a non-dairy milk of your choice.

### LOW FODMAP OPTION

Swap honey with maple syrup. Make with lactose free milk or low FODMAP dairy free milk, and with lactose free yogurt (i.e. Green Valley Organic).



# Veggie Baked Eggs with Pesto

2 SERVINGS 30 MINUTES



## INGREDIENTS

1 1/2 tsps Extra Virgin Olive Oil  
1 Zucchini (medium, seeds scooped out and chopped)  
1 Red Bell Pepper (chopped)  
1/2 cup Red Onion (chopped)  
1 Garlic (clove, minced)  
Sea Salt & Black Pepper (to taste)  
4 Egg  
1/4 cup Pesto (or more to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	355	Protein	18g
Fat	25g	Cholesterol	372mg
Saturated	6g	Sodium	344mg
Carbs	15g	Calcium	184mg
Fiber	4g	Iron	3mg
Sugar	9g	Vitamin D	82IU

## DIRECTIONS

- 01 Preheat the oven to 375°F (190°C).
- 02 Heat the oil in a cast-iron skillet (or another oven-safe pan) over medium heat. Add the zucchini, bell pepper and red onion and cook for five to six minutes or until the vegetables are just tender. Add the garlic, season with salt and pepper and continue to cook for another minute.
- 03 Remove the skillet from the heat and make small wells for the eggs in the middle of the pan. Crack the eggs into the pan and season with additional salt and pepper. Transfer to the oven and bake for 10 to 13 minutes or until the eggs are cooked to your liking.
- 04 Remove the from oven and top with the pesto. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

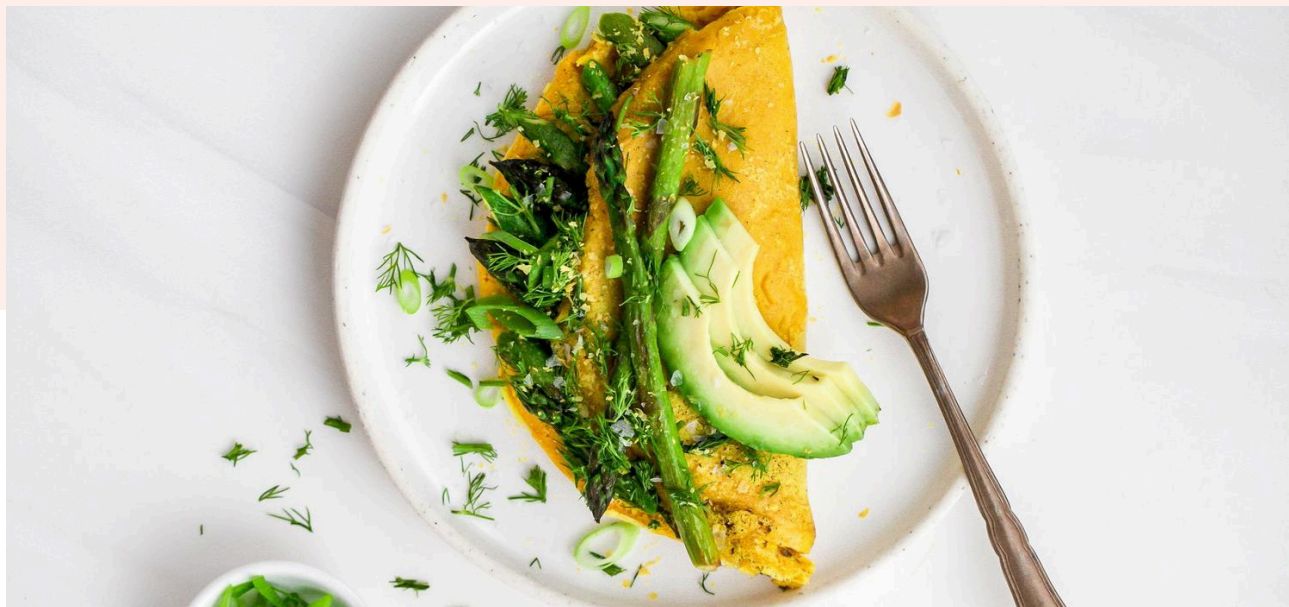
### MORE FLAVOR

Add red pepper flakes or other dried herbs and spices.



# Chickpea Omelette with Asparagus

1 SERVING 15 MINUTES



## INGREDIENTS

1/2 cup Chickpea Flour  
1/2 cup Water  
1 tbsp Nutritional Yeast  
1/4 tsp Turmeric  
1/8 tsp Sea Salt  
1 1/2 tps Extra Virgin Olive Oil  
1/2 cup Asparagus (trimmed, chopped)  
2 tbsps Fresh Dill (chopped)  
1/2 Avocado  
1 stalk Green Onion (chopped)

## NUTRITION

### AMOUNT PER SERVING

Calories	452	Protein	19g
Fat	25g	Cholesterol	0mg
Saturated	3g	Sodium	363mg
Carbs	42g	Calcium	76mg
Fiber	16g	Iron	6mg
Sugar	7g	Vitamin D	0IU

## DIRECTIONS

- 01 In a medium bowl, add the chickpea flour, water, nutritional yeast, turmeric and sea salt. Whisk well to combine. Set aside.
- 02 In a skillet over medium heat add the oil and the asparagus. Cook, turning occasionally until the asparagus is fork tender, but still crisp, about 5 to 6 minutes. Remove and set aside.
- 03 In the same skillet, add more oil if necessary. Over medium heat, pour the chickpea omelette mixture and move the pan around to ensure it covers the skillet evenly, in one layer. Let it cook for 3 to 4 minutes until golden brown on the bottom. Add the asparagus to the omelette, then fold in half over the filling.
- 04 Gently, remove the omelette from the skillet and place on a plate. Top with dill, sliced avocado and green onion. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving is equal to one omelette with all the toppings.

### MORE FLAVOR

Add chili flakes or black pepper.

### ADDITIONAL TOPPINGS

Top with goat cheese or feta.

# Blueberries

1 SERVING 2 MINUTES



## INGREDIENTS

1 cup Blueberries

## DIRECTIONS

01 Wash the berries and enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	84	Protein	1g
Fat	0g	Cholesterol	0mg
Saturated	0g	Sodium	1mg
Carbs	21g	Calcium	9mg
Fiber	4g	Iron	0mg
Sugar	15g	Vitamin D	0IU

# Pomegranate Kiwi Pecan Oatmeal

1 SERVING 10 MINUTES



## INGREDIENTS

1/2 cup Gluten Free Oats  
1 cup Water  
1/4 tsp Cinnamon  
1/8 teaspoon Sea Salt (or to taste)  
1/2 cup Soy Milk (or "milk" of choice)  
1 Kiwi  
1/4 cup Pomegranate Seeds  
1/4 cup Pecans (chopped)

## NUTRITION

### AMOUNT PER SERVING

Calories	448	Protein	13g
Fat	24g	Cholesterol	0mg
Saturated	3g	Sodium	322mg
Carbs	50g	Calcium	97mg
Fiber	11g	Iron	7mg
Sugar	14g	Vitamin D	0IU

## DIRECTIONS

- 01 Combine oats, water, cinnamon, and salt in a small pot on the stove. Heat on high until boiling. Turn down heat to medium and cook to desired consistency.
- 02 Remove peel from kiwi fruit and cut into cubes.
- 03 Chop pecans.
- 04 To serve: Place oatmeal in a serving bowl, top with milk of choice, kiwi fruit, pomegranate seeds, and pecans.

## NOTES

### LOW FODMAP OPTION

Swap soy milk for lactose free milk or your favorite low FODMAP plant based milk.



# Mediterranean Feta Quinoa Egg Muffins

12 SERVINGS 30 MINUTES



## INGREDIENTS

2 cups Baby Spinach (finely chopped)  
1/2 cup White Onion ((Optional) finely chopped)  
1 cup Cherry Tomatoes (finely chopped)  
1/2 cup Pitted Kalamata Olives (chopped)  
1 tbsp Fresh Oregano (chopped)  
2 tsps Sunflower Oil (plus more to grease the muffin tin)  
8 Egg  
1 cup Cooked Quinoa  
1 cup Feta Cheese (crumbled)  
1/4 tsp Sea Salt

## NUTRITION

### AMOUNT PER SERVING

Calories	119	Protein	7g
Fat	8g	Cholesterol	135mg
Saturated	3g	Sodium	286mg
Carbs	5g	Calcium	98mg
Fiber	1g	Iron	2mg
Sugar	1g	Vitamin D	29IU

## DIRECTIONS

- 01 Pre-heat oven to 350 degrees fahrenheit, and prepare 12 silicone muffin holders on a baking sheet, or grease a 12 cup muffin tin with oil and set aside.
- 02 Chop vegetables and heat a skillet to medium. Add vegetable oil and onions and saute for 2 minutes. Add tomatoes and saute for another minute, then add spinach and saute until wilted, about 1 minute. Turn off heat and stir in olives and oregano, and set aside.
- 03 Place eggs in a blender or mixing bowl and blend/mix until well combined. Pour eggs in to a mixing bowl (if using a blender) then add quinoa, feta cheese, veggie mixture, and salt, and stir until well combined.
- 04 Pour mixture in to silicone cups or greased muffin tins, dividing equally, and bake in oven for 30 minutes, or until eggs have set and muffins are a light golden brown. Allow to cool for 5 minutes before serving, or may be chilled and eaten cold, or re-heated in a microwave the next day.

## NOTES

### LOW FODMAP OPTION

To make this recipe low FODMAP, omit the onions.

### MEAL PREP

If you haven't already, make a big batch of quinoa to store leftovers in the fridge for later uses. These muffins can also be meal prepped and stored in the freezer for busy mornings.

### SERVING SUGGESTIONS

Enjoy 2 egg muffins for breakfast. Serve with low FODMAP or Greek yogurt, a side of nuts, and/or gluten free whole grain toast for additional protein.



# Raspberries

1 SERVING 3 MINUTES



## INGREDIENTS

1 cup Raspberries

## NUTRITION

### AMOUNT PER SERVING

Calories	64	Protein	1g
Fat	1g	Cholesterol	0mg
Saturated	0g	Sodium	1mg
Carbs	15g	Calcium	31mg
Fiber	8g	Iron	1mg
Sugar	5g	Vitamin D	0IU

## DIRECTIONS

01 Wash berries and enjoy!

## NOTES

### TIP

Do not wash until ready to eat, as washed berries spoil more quickly.

# French Toast with Berry Chia Sauce

2 SERVINGS 20 MINUTES



## INGREDIENTS

2 cups Frozen Berries (or fresh)  
1 tbsp Maple Syrup  
2 tbsps Chia Seeds  
2 Egg  
1/4 cup Unsweetened Almond Milk  
4 slices Gluten-Free Bread  
1 tbsp Sunflower Seed Oil (High oleic, expeller pressed)

## NUTRITION

### AMOUNT PER SERVING

Calories	456	Protein	13g
Fat	21g	Cholesterol	187mg
Saturated	2g	Sodium	347mg
Carbs	57g	Calcium	218mg
Fiber	11g	Iron	4mg
Sugar	26g	Vitamin D	54IU

## DIRECTIONS

- 01 Combine the berries, maple syrup and chia seeds in a saucepan over medium heat. Bring to a low simmer and cook for 10 to 15 minutes or until it begins to thicken to a jammy texture. Set aside.
- 02 Meanwhile, whisk together the egg and milk in a shallow bowl. Dip the bread into the mixture, coating both sides evenly.
- 03 Heat the oil on a nonstick griddle or skillet over medium heat. Cook the bread slices for about 3 to 5 minutes per side, or until browned.
- 04 Divide the french toast onto plates and top with the berry chia sauce. Enjoy!

## NOTES

### LEFTOVERS

Store the bread and jam separately. Refrigerate the french toast up for up to five days, and the chia berry sauce up to seven days. Freeze if longer.

### SERVING SIZE

One serving equals two slices of French toast.

### MORE FLAVOR

Add lemon juice, vanilla extract and/or cinnamon to the berry sauce.

### NUT-FREE

Use unsweetened oat, rice, coconut or soy milk instead of almond milk.

### ADDITIONAL TOPPINGS

Cottage cheese, whipped coconut cream, yogurt, hemp seeds or nuts.

# Mediterranean Breakfast Bowl

1 SERVING 20 MINUTES



## INGREDIENTS

1 Egg  
2 tsps Extra Virgin Olive Oil (divided)  
1 cup Mushrooms (sliced)  
1/2 cup Cherry Tomatoes  
2 cups Baby Spinach  
1 Garlic (clove, minced)  
Sea Salt & Black Pepper (to taste)  
1/4 cup Hummus  
1/4 cup Pitted Kalamata Olives  
1/4 tsp Ground Sumac  
1/4 tsp Chili Flakes

## NUTRITION

### AMOUNT PER SERVING

Calories	390	Protein	17g
Fat	29g	Cholesterol	186mg
Saturated	5g	Sodium	637mg
Carbs	21g	Calcium	164mg
Fiber	7g	Iron	7mg
Sugar	5g	Vitamin D	48IU

## DIRECTIONS

- 01 Bring a medium-sized pot of water to boil and add the egg. Boil for seven to eight minutes then immediately remove and place in icy water.
- 02 Meanwhile, heat half of the olive oil in a frying pan. Add the mushrooms and cook for five to six minutes or until browned.
- 03 Add the tomatoes, spinach, garlic, salt and pepper. Cook until the spinach has wilted, about two to three minutes.
- 04 Add the cooked vegetables, hummus, and olives to a bowl. Peel the egg, slice it in half and add it to the bowl. Drizzle the rest of the oil on top of the hummus. Sprinkle the sumac and chili flakes all over. Enjoy!

## NOTES

### LEFTOVERS

Best enjoyed immediately.

### COOKED EGG

If you don't like jammy eggs, boil them longer or make them the way you like them (scrambled, fried, poached).

### MORE PROTEIN

Add another egg.



# Lemony Kale Pasta Salad with Pistachio Nuts

4 SERVINGS 20 MINUTES



## INGREDIENTS

1/3 cup Extra Virgin Olive Oil  
1/4 cup Lemon Juice  
1 Garlic Clove (minced)  
8 ozs Chickpea Pasta  
4 cups Kale (chopped)  
1/2 cup Parmesan Cheese  
1/2 cup Pistachios, Shelled (chopped)  
Sea Salt & Black Pepper (to taste)  
Crushed Red Pepper (to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	466	Protein	18g
Fat	31g	Cholesterol	0mg
Saturated	4g	Sodium	72mg
Carbs	38g	Calcium	110mg
Fiber	10g	Iron	6mg
Sugar	7g	Vitamin D	0IU

## DIRECTIONS

- 01 For the dressing: Combine olive oil, lemon juice, and minced garlic in a jar. Shake well to combine and set aside.
- 02 For the pasta salad: Cook the pasta according to directions, then drain. Pour the pasta in to a large bowl, and add the chopped kale, parmesan cheese, and pistachio nuts. Pour dressing on top and toss well.
- 03 Season to taste with salt, pepper, and crushed red pepper flakes.

## NOTES

### PASTA ALTERNATIVES

Nutrition information is for gluten free brown rice pasta. If you want to lower the carbs, and boost the fiber and protein in the recipe, use your favorite lentil or chickpea pasta.



# Orange

2 SERVINGS 2 MINUTES



## INGREDIENTS

2 Navel Orange

## DIRECTIONS

01 Slice into wedges or peel and section. Enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	69	Protein	1g
Fat	0g	Cholesterol	0mg
Saturated	0g	Sodium	1mg
Carbs	18g	Calcium	60mg
Fiber	3g	Iron	0mg
Sugar	12g	Vitamin D	0IU

# Easy Lentil Salad with Kale, Cherry Tomatoes, Almonds and Lemon Vinaigrette

1 SERVING 10 MINUTES



## INGREDIENTS

2 cups Kale Leaves (chopped)  
3/4 cup Cherry Tomatoes (halved)  
1/2 cup Radicchio (chopped)  
1/2 cup Lentils  
2 tbsps Almonds (slivered)  
1 tbsp Extra Virgin Olive Oil  
1/4 Lemon (juice)  
1 Sea Salt (to taste)  
1 Black Pepper (to taste)

## DIRECTIONS

01 Place kale, cherry tomatoes, optional Radicchio, lentils, and almonds in a salad bowl. Top with olive oil, lemon juice, and salt and pepper to taste. Toss well, then serve.

## NOTES

### LOW FODMAP OPTION

Use canned, well-rinsed, and drained lentils.

## NUTRITION

### AMOUNT PER SERVING

Calories	436	Protein	18g
Fat	23g	Cholesterol	0mg
Saturated	3g	Sodium	122mg
Carbs	42g	Calcium	243mg
Fiber	16g	Iron	7mg
Sugar	6g	Vitamin D	0IU

# Chicken Salad with Lemon Garlic Tahini Dressing

2 SERVINGS 45 MINUTES



## INGREDIENTS

8 ozs Chicken Breast  
1 1/2 tsps Extra Virgin Olive Oil  
1/4 tsp Sea Salt (divided)  
2 Egg  
2 tbsps Tahini  
2 tbsps Water (warm)  
2 tbsps Lemon Juice  
1 Garlic (clove, small, minced)  
1 1/2 tsps Nutritional Yeast  
1 head Romaine Hearts (chopped)  
1/2 Cucumber (chopped)

## NUTRITION

### AMOUNT PER SERVING

Calories	354	Protein	36g
Fat	19g	Cholesterol	268mg
Saturated	4g	Sodium	444mg
Carbs	9g	Calcium	121mg
Fiber	3g	Iron	3mg
Sugar	2g	Vitamin D	42IU

## DIRECTIONS

- 01 Preheat the oven to 400°F (204°C). Line a baking dish with parchment paper. Place the chicken breast in the prepared baking dish. Drizzle with the oil and season with half of the salt. Bake for about 25 to 30 minutes, or until the chicken is cooked through. Remove the chicken from the oven and let cool.
- 02 Meanwhile, bring a pot of salted water to a boil. Carefully place the eggs in the pot. Cover the pot with a lid and turn off the heat but keep the pot on the hot burner. Let it stand for 12 minutes and then drain the water. Place the eggs in a bowl of ice water for 10 minutes or until cool.
- 03 Whisk the tahini, water, lemon, garlic, nutritional yeast and remaining salt together in a mixing bowl.
- 04 To assemble the salad, chop the cooked chicken breast into cubes and cut the hard-boiled egg in half. Divide the lettuce and cucumber between bowls and top with the chicken and the egg. Drizzle the tahini dressing overtop and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### ADDITIONAL TOPPINGS

Top with nutritional yeast, nuts, seeds or other chopped veggies.

### MEAL PREP OPTION

Cook the chicken breast and hard-boil the egg ahead of time.



# Strawberry Arugula Salad with Chicken, Goat Cheese, Almonds, and Strawberry Lemon Vinaigrette

2 SERVINGS 10 MINUTES



## INGREDIENTS

2 tbsps Extra Virgin Olive Oil  
1 tbsp Lemon Juice  
5 Strawberries (tops removed)  
1/8 tsp Sea Salt  
1 Black Pepper (to taste)  
6 cups Arugula (or rocket, kale, or other leafy green)  
2 cups Strawberries (sliced)  
8 ozs Cooked Chicken Breast  
2 ozs Goat Cheese (crumbled)  
3 tbsps Slivered Almonds  
1 cup Microgreens (optional for garnish)

## NUTRITION

### AMOUNT PER SERVING

Calories	509	Protein	45g
Fat	29g	Cholesterol	143mg
Saturated	7g	Sodium	341mg
Carbs	21g	Calcium	178mg
Fiber	6g	Iron	3mg
Sugar	12g	Vitamin D	1IU

## DIRECTIONS

- 01 Prepare the salad dressing by combining the olive oil, vinegar, lemon juice, strawberries, salt and pepper in a blender, and blend on high until smooth. Set aside, or store in refrigerator until ready to use.
- 02 To assemble the salads, place 3 cups each of arugula or other salad greens on two plates. Divide remaining ingredients in half and top greens with sliced strawberries, sliced chicken breast, goat cheese, and slivered almonds. Drizzle salad dressing evenly over each plate, and top each salad with 1/2 cup [optional] micro greens. Serve immediately.

## NOTES

### RECIPE TIMING

Cook/Prep time assumes you already have pre-cooked chicken breast or a rotisserie chicken. Total time will be longer if you don't already have precooked chicken.

### VEGAN OPTION

To make this recipe vegan, omit the goat cheese and chicken breast and add crumbled tofu, chickpeas, or your other favorite protein source.



# Carrot, Hummus & Arugula Wrap (Gluten Free)

1 SERVING 5 MINUTES



## INGREDIENTS

1 Carrot (large, grated)  
1/4 cup Hummus  
1 tbsp Hemp Seeds  
1 Gluten Free Tortilla (large)  
1 cup Arugula

## NUTRITION

### AMOUNT PER SERVING

Calories	358	Protein	13g
Fat	20g	Cholesterol	0mg
Saturated	4g	Sodium	563mg
Carbs	35g	Calcium	188mg
Fiber	10g	Iron	4mg
Sugar	5g	Vitamin D	0IU

## DIRECTIONS

- 01 In a bowl, mix together the carrot, hummus, and hemp seeds until well combined.
- 02 Lay the tortilla flat and layer with arugula and the carrot hummus mixture. Roll the wrap tightly and enjoy!

## NOTES

### LEFTOVERS

Refrigerate any leftover carrot hummus mixture in an airtight container for up to three days. For best results, make the wrap the day of.

### MORE FLAVOR

Add everything bagel seasoning or your choice of herbs and spices.

### ADDITIONAL TOPPINGS

Avocado, sprouts, cucumber, bell pepper, sauerkraut, or kimchi.

# Grapes & Walnuts

4 SERVINGS 3 MINUTES



## INGREDIENTS

4 cups Grapes (washed)  
1 cup Walnuts

## NUTRITION

### AMOUNT PER SERVING

Calories	258	Protein	5g
Fat	20g	Cholesterol	0mg
Saturated	2g	Sodium	2mg
Carbs	20g	Calcium	42mg
Fiber	3g	Iron	1mg
Sugar	16g	Vitamin D	0IU

## DIRECTIONS

01 Wash grapes and divide into bowls or baggies. Mix in walnuts and enjoy!

## NOTES

### NO WALNUTS

Mix in any other seed or nut. Pumpkin seeds, cashews and pistachios are all delicious!

# Healthy Grain Bowls

4 SERVINGS 15 MINUTES



## INGREDIENTS

1 Avocado  
1 cup Plain Greek Yogurt  
1/2 Cucumber (chopped)  
1 Lemon Juice  
1 Garlic Clove  
1/8 tsp Sea Salt (or to taste)  
2 tbsps Fresh Dill (finely chopped)  
2 cups Baby Spinach  
2 cups Sorghum  
1/2 cup Hummus  
1/2 cup Cherry Tomatoes (chopped)  
1/2 cup Cucumber (chopped)  
1/2 cup Artichoke Hearts (chopped)  
1/2 cup Pitted Kalamata Olives (chopped)  
1/2 cup Red Bell Pepper (chopped)  
1/2 cup Feta Cheese

## NUTRITION

### AMOUNT PER SERVING

Calories	354	Protein	14g
Fat	23g	Cholesterol	25mg
Saturated	6g	Sodium	737mg
Carbs	24g	Calcium	285mg
Fiber	8g	Iron	3mg
Sugar	4g	Vitamin D	28IU

## DIRECTIONS

- 01 To make the Avocado Tzatziki, combine avocado, Greek yogurt, cucumber, lemon juice, garlic, and sea salt in a blender and blend on high speed until smooth and creamy. Spoon in to a serving bowl and stir in chopped dill. Set aside or refrigerate until ready to use.
- 02 To make the DIY Greek Salad bowls, set out all the remaining ingredients in individual serving bowls, and let everyone assemble their own. Top with Avocado Tzatziki before serving.

## NOTES

### GRAIN VARIATIONS

Use your favorite gluten free whole grain, such as quinoa or rice, in place of the sorghum if desired.

### VEGAN VERSION

Omit feta cheese or use a dairy-free cheese of your choosing, and use non-dairy yogurt in place of Greek yogurt.

### LOW FODMAP VERSION

Omit garlic from Tzatziki, or add garlic oil; omit hummus, or use low FODMAP hummus; serve with your favorite low FODMAP veggies.



# Cinnamon Green Smoothie

2 SERVINGS 10 MINUTES



## INGREDIENTS

2 1/2 cups Oat Milk (unsweetened, plain)  
2 Banana (medium)  
2 cups Baby Spinach  
1/16 head Green Lettuce (separated into leaves and washed)  
1/2 cup Vanilla Protein Powder  
1/2 tsp Cinnamon

## NUTRITION

### AMOUNT PER SERVING

Calories	349	Protein	25g
Fat	7g	Cholesterol	4mg
Saturated	1g	Sodium	189mg
Carbs	50g	Calcium	594mg
Fiber	7g	Iron	2mg
Sugar	23g	Vitamin D	0IU

## DIRECTIONS

01 Add all ingredients into a blender and blend until smooth. Divide into glasses and enjoy!

## NOTES

### LEFTOVERS

Bets enjoyed immediately. Refrigerate in an airtight container for up to two days.

### MORE FLAVOR

Add grated ginger.

### NO SPINACH

Use kale instead.

### NO PROTEIN POWDER

Add a few spoonfuls of hemp seeds instead.

# Spinach, Mozzarella, Tomato & Chickpea Salad

2 SERVINGS 5 MINUTES



## INGREDIENTS

12 cups Baby Spinach  
1 cup Garbanzo Beans (Canned, rinsed, & drained)  
2 1/2 ozs Mozzarella Cheese (Cubed)  
3/4 cup Cherry Tomatoes (Sliced in half)  
2 tbsps Extra Virgin Olive Oil  
2 tsps White Balsamic Vinegar  
Sea Salt (To taste)  
Italian Seasoning (To taste)

## DIRECTIONS

- 01 Pour the spinach leaves into a large salad bowl, along with the chickpeas.
- 02 Cut the cheese into cubes, slice the cherry tomatoes, and add them to the spinach and chickpeas.
- 03 Add the olive oil and vinegar, and toss well. Season to taste with salt and Italian seasoning.

## NUTRITION

### AMOUNT PER SERVING

Calories	400	Protein	22g
Fat	24g	Cholesterol	19mg
Saturated	0g	Sodium	693mg
Carbs	32g	Calcium	479mg
Fiber	11g	Iron	7mg
Sugar	7g	Vitamin D	0IU

# Melon & Pecans

1 SERVING 2 MINUTES



## INGREDIENTS

1/4 Honeydew Melon (small, peeled, seeds removed, and chopped)  
1/4 cup Pecans (whole or chopped)

## NUTRITION

### AMOUNT PER SERVING

Calories	261	Protein	4g
Fat	18g	Cholesterol	0mg
Saturated	2g	Sodium	45mg
Carbs	26g	Calcium	32mg
Fiber	4g	Iron	1mg
Sugar	21g	Vitamin D	0IU

## DIRECTIONS

01 Place the melon and pecans on a plate. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days. Store nuts and melon separately.

### NUT-FREE

Use pumpkin seeds or sunflower seeds instead.

### SERVING SIZE

1/4 melon is approximately equal to one cup.

### ADDITIONAL TOPPINGS

Drizzle with a bit of raw honey for extra sweetness.



# Easy Air Fryer Falafel

5 SERVINGS 22 MINUTES



## INGREDIENTS

1/2 cup Olive Oil (Add to blender as needed)  
2 lbs Chickpeas (Rinsed and drained)  
1/3 cup Chopped Cilantro  
1/3 cup Chopped Parsely  
2 cloves Garlic  
1 Small Yellow Onion  
2 tsps Ground Cumin  
1 tsp Paprika  
1 tsp Salt  
1/2 Lemon (Juiced)  
3 tbsps Gluten Free Flour ) (Plus additional flour as needed see instructions)

## NUTRITION

### AMOUNT PER SERVING

Calories	455	Protein	14g
Fat	27g	Cholesterol	0mg
Saturated	4g	Sodium	826mg
Carbs	42g	Calcium	111mg
Fiber	12g	Iron	4mg
Sugar	7g	Vitamin D	0IU

## DIRECTIONS

- 01 Add all the ingredients to a food processor. Pulse until mixture resembles a paste. You do not want it to be completely smooth.
- 02 Add ingredients to a food processor. Pulse until mixture resembles a paste. You do not want it to be completely smooth.
- 03 Remove mixture from food processor and shape falafel into desired shape. Add gluten free flour if needed to prevent falafel from becoming too sticky.
- 04 Spray air fryer with oil and place shaped falafel in air fryer.\*
- 05 Air fry for 6-8 minutes at 350° flip and air fry for an additional 5 minutes. Removed from air fryer and fry additional batches until done.

## NOTES

### SERVING SUGGESTIONS

Enjoy your falafel in pita bread with vegetables (cucumbers, tomato, onions, lettuce) with tzatziki sauce or hummus. Or, top off a salad with falafel for plant based protein.

# Quinoa Greek Salad

4 SERVINGS 45 MINUTES



## INGREDIENTS

1 cup Quinoa (dry)  
2 Tomato (large, diced)  
1 Cucumber (diced)  
1/2 cup Red Onion (diced)  
1 cup Feta Cheese (cubed or crumbled)  
1/4 cup Red Wine Vinegar  
1 tbsp Extra Virgin Olive Oil  
Sea Salt & Black Pepper (to taste)  
4 cups Arugula

## NUTRITION

### AMOUNT PER SERVING

Calories	322	Protein	13g
Fat	14g	Cholesterol	33mg
Saturated	6g	Sodium	462mg
Carbs	36g	Calcium	257mg
Fiber	5g	Iron	3mg
Sugar	3g	Vitamin D	6IU

## DIRECTIONS

- 01 Cook the quinoa according to the directions on the package. Once the quinoa is cooked, fluff it with a fork and place it in the fridge for about 20 minutes, stirring occasionally to help it cool down faster.
- 02 While the quinoa is cooling, chop your vegetables and feta. Add everything to a large bowl or container. Add the cooled quinoa, red wine vinegar, olive oil, and season with sea salt and black pepper. This mixture can marinate in the fridge for up to 3 days.
- 03 Before serving, add the arugula and toss well. Enjoy!

## NOTES

### DAIRY-FREE

Replace feta cheese with kalamata olives.

### LOW-CARB

Use cauliflower rice instead of quinoa.

### LEFTOVERS

Keeps well in the fridge for 3 days.



# Miso Maple Broiled Salmon & Salmon Salad

4 SERVINGS 25 MINUTES



## INGREDIENTS

1 lb Salmon Fillet (4 4-ounce fillets)  
2 tbsps Miso Paste  
2 tbsps Gluten Free Tamari (low sodium)  
2 tbsps Water  
1 tbsp Maple Syrup  
1 lb Green Beans (trimmed)  
1 tbsp Extra Virgin Olive Oil

## NUTRITION

### AMOUNT PER SERVING

Calories	259	Protein	27g
Fat	11g	Cholesterol	62mg
Saturated	2g	Sodium	975mg
Carbs	14g	Calcium	63mg
Fiber	4g	Iron	2mg
Sugar	8g	Vitamin D	0IU

## DIRECTIONS

- 01 Preheat oven to broil. Line a large sheet pan with aluminum foil.
- 02 Pat salmon filets dry and lay on sheet pan.
- 03 Place trimmed green beans on sheet pan with salmon, and drizzle with olive oil.
- 04 Combine tamari, miso, water, and maple syrup in a small bowl, and stir well to combine.
- 05 Brush miso mixture on top of salmon and green beans.
- 06 Broil in oven for ~5-10 minutes, or until desired level of doneness. (I cooked mine for 8)
- 07 Remove salmon and green beans from oven.

## NOTES

### MAKE IT A NICOISE SALMON SALAD!

1. While the salmon is in the broiler, bake 2 sweet potatoes in a microwave oven. Prick clean potatoes with a fork all around, and bake on a microwave safe dish for 5 minutes. Turn sweet potatoes over and bake for an additional 5 minutes, or until soft. Cut into bite size cubes. 2. Place leafy greens of choice (i.e. arugula, spinach, kale, romaine) and cubed sweet potatoes in a large salad bowl. Add olive oil and vinegar, along with salt and pepper to taste, and toss well to combine. 3. Divide greens/sweet potato mixture between 4 plates. Top each plate with 1 piece of salmon, 1/4 of the green beans, and 1/4 cup kalamata olives. Enjoy!



# Greek Lemon Potatoes

4 SERVINGS 1 HOUR 10 MINUTES



## INGREDIENTS

5 Yellow Potato (medium, cut into wedges)  
2 tbsps Extra Virgin Olive Oil  
6 Garlic (cloves, minced)  
3/4 cup Chicken Broth  
2 tbsps Lemon Juice  
1 tbsp Oregano  
1 tsp Sea Salt

## NUTRITION

### AMOUNT PER SERVING

Calories	278	Protein	6g
Fat	7g	Cholesterol	1mg
Saturated	1g	Sodium	780mg
Carbs	49g	Calcium	54mg
Fiber	6g	Iron	3mg
Sugar	3g	Vitamin D	0IU

## DIRECTIONS

- 01 Preheat oven to 400°F (205°C).
- 02 In a large baking dish, toss together all the ingredients. Cover with a lid or aluminum foil and bake for 30 minutes. Remove lid and bake for another 30 to 40 minutes, until the potatoes are fork-tender.
- 03 Serve warm and enjoy!

## NOTES

### LEFTOVERS

Refrigerate potatoes in a resealable container for up to three days.

### SERVING SIZE

One serving is equal to approximately one cup of potatoes.

### ADDITIONAL TOPPINGS

Top with feta and chopped parsley for extra flavor.

### MAKE IT VEGAN

Swap the chicken broth out for a vegetable broth.

# Easy Shakshuka with Chickpeas

4 SERVINGS 25 MINUTES



## INGREDIENTS

1 tbsp Extra Virgin Olive Oil  
1 Yellow Onion (small onion, peeled & finely chopped)  
2 Garlic Clove (peeled & minced)  
2 1/2 cups Garbanzo Beans (or 1 15-ounce can)  
2 tsps Smoked Paprika  
1 tsp Fennel Seed  
1/2 tsp Crushed Red Pepper ( or additional to taste)  
1 3/4 lbs Crushed Tomatoes  
1/2 tsp Sea Salt  
1/8 tsp Black Pepper (or to taste)  
6 Eggs (large)  
2 tbsps Fresh Oregano (or to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	331	Protein	19g
Fat	13g	Cholesterol	279mg
Saturated	3g	Sodium	425mg
Carbs	34g	Calcium	139mg
Fiber	10g	Iron	6mg
Sugar	8g	Vitamin D	62IU

## DIRECTIONS

- 01 Pre-heat oven to 350 degrees F. Heat a 12-inch oven proof skillet (cast iron works well) over medium heat. Add olive oil to the skillet, then add the chopped onions. Saute over medium heat for 2 minutes, then stir in the garlic.
- 02 Add chickpeas to the skillet, along with paprika, fennel seed, and crushed red peppers. Stir well to combine ingredients and saute for 1 minute.
- 03 Pour crushed tomatoes into the skillet, stir to combine with other ingredients, and simmer on low heat for 5 minutes. Season to taste with salt and pepper.
- 04 Spread tomato chickpea mixture evenly across the skillet, and carefully crack the eggs, one at a time, over mixture. Transfer skillet to the oven and bake for ~ 8-10 minutes or until eggs are cooked to desired doneness.
- 05 Divide into 4 servings and top with fresh oregano and feta cheese if desired. Serve with fresh, crusty gluten free bread if desired-it's delicious dipped in the Spicy Shakshuka sauce! NOTES

## NOTES

### OPTIONAL INGREDIENTS FOR SERVING

Top with feta cheese if desired, and serve with gluten free bread for dipping in the sauce.

### SERVING SUGGESTIONS:

This makes a delicious 1 dish meal, or also goes well with a side salad and/or fresh fruit-I love it with sliced oranges topped with cinnamon!



# Grilled Mediterranean Chicken Kabobs

4 SERVINGS 30 MINUTES



## INGREDIENTS

1 Lemon (juiced)  
1 tbsp Red Wine Vinegar  
1 tbsp Oregano (dried)  
2 tbsps Extra Virgin Olive Oil (divided)  
1 lb Chicken Breast (boneless, skinless, diced into cubes)  
1 Zucchini (large)  
1 Yellow Bell Pepper  
1 cup Red Onion  
2 cups Cherry Tomatoes  
8 Barbecue Skewers

## NUTRITION

### AMOUNT PER SERVING

Calories	251	Protein	28g
Fat	10g	Cholesterol	82mg
Saturated	2g	Sodium	62mg
Carbs	12g	Calcium	48mg
Fiber	3g	Iron	1mg
Sugar	5g	Vitamin D	1IU

## DIRECTIONS

- 01 Combine the lemon juice, red wine vinegar, oregano and 1/2 of the olive oil in a mixing bowl. Add in the cubed chicken breast and mix well. Place in the fridge and let marinate while you prep the vegetables.
- 02 Dice the zucchini, yellow bell pepper, and red onion into large chunks. Toss in the remaining olive oil.
- 03 Slide the marinated cubed chicken, zucchini, yellow bell pepper, red onion and cherry tomatoes onto the skewers.
- 04 Preheat the grill to medium heat.
- 05 Grill the kabobs for 8 to 10 minutes per side or until chicken is cooked through.
- 06 Remove the kabobs from the grill and divide onto plates. Enjoy!

## NOTES

### LEFTOVERS

Store covered in an airtight container in the fridge up to three days.

### SERVING SIZE

One serving is equal to approximately two kabobs.

### SERVE THEM WITH

Rice, quinoa, grilled potatoes and/or tzatziki sauce. Add to leafy greens to make a salad.

### VEGAN & VEGETARIAN

Omit the chicken and use marinated tofu or whole mushrooms instead.

### WOODEN SKEWERS

If grilling with wooden skewers, be sure to soak them in water before using to avoid them catching fire on the grill.



# Easy Greek Panzanella Salad

4 SERVINGS 20 MINUTES



## INGREDIENTS

6 slices Gluten Free Bread (cut into cubes)  
1/4 cup Extra Virgin Olive Oil (divided)  
1 cup Cherry Tomatoes (sliced in half)  
1 Cucumber (peeled and chopped)  
2 Yellow Bell Pepper (chopped)  
1/2 cup Pitted Kalamata Olives (chopped)  
1/2 cup Feta Cheese (crumbled)  
1/4 cup Basil Leaves (lightly chopped)  
1/4 cup Fresh Oregano (lightly chopped)  
2 tbsps Lemon Juice  
Salt & Black Pepper (to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	371	Protein	6g
Fat	21g	Cholesterol	17mg
Saturated	5g	Sodium	500mg
Carbs	43g	Calcium	185mg
Fiber	6g	Iron	3mg
Sugar	6g	Vitamin D	3IU

## DIRECTIONS

- 01 Preheat oven to 400 degrees F. Cut bread into ~ 1-inch cubes. Place on baking sheet, and drizzle 1 tablespoon of olive oil over bread cubes. Use clean hands to spread oil over bread, and coat well. Bake in oven for ~ 5 minutes, or until light golden brown. Remove from oven and baking sheet, and place in large salad bowl.
- 02 Add chopped salad greens, sliced tomatoes, chopped cucumber and bell peppers to bowl with bread cubes. Add chopped olives, crumbled feta, and chopped fresh herbs. Drizzle remaining olive oil over ingredients, along with lemon juice, and toss well. Top with freshly ground black pepper & salt if desired {I didn't use any salt because the feta cheese and kalamata olives provide enough flavor}.

## NOTES

### LOW FODMAP NOTES

Cherry tomatoes are considered high FODMAP at 13 tomatoes per serving (per Monash Low FODMAP app), as they have moderate amounts of oligosaccharides. If you notice cherry tomatoes cause your IBS symptoms to worsen, cut back on the amount, or substitute with

### INGREDIENT SWAPS

Be creative and use up whatever greens, vegetables, and fresh herbs you have on hand. Want more protein? Add cooked garbanzo beans or lentils to your Greek Panzanella Salad.

# Walnut Crusted Salmon

2 SERVINGS 20 MINUTES



## INGREDIENTS

1/4 cup Walnuts (very finely chopped)  
1 stalk Green Onion (very finely chopped)  
1/4 tsp Sea Salt  
1/2 tsp Italian Seasoning  
1/2 tsp Lemon Juice  
1 tsp Extra Virgin Olive Oil (divided)  
8 ozs Salmon Fillet  
1/4 Lemon (optional for serving, cut into wedges)

## NUTRITION

### AMOUNT PER SERVING

Calories	281	Protein	25g
Fat	19g	Cholesterol	62mg
Saturated	2g	Sodium	346mg
Carbs	2g	Calcium	32mg
Fiber	1g	Iron	1mg
Sugar	1g	Vitamin D	0IU

## DIRECTIONS

- 01 Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
- 02 Combine the walnuts, green onion, salt and Italian seasoning. Stir in the lemon juice and half of the oil.
- 03 Rub the remaining oil over all sides of the salmon fillets and place the salmon on the prepared baking sheet, skin side down. Spoon the walnut mixture on the top side of the fillets and gently press it down with the back of the spoon so the walnut mixture stays in place.
- 04 Bake for 12 to 15 minutes or until the salmon is cooked through and flakes easily. Divide between plates and serve with lemon wedges, if using. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### MORE FLAVOR

Season the salmon with salt, pepper and garlic powder to taste before spooning the walnut mixture on top.

### NO GREEN ONION

Use yellow or red onion instead.

### SALMON

Wild salmon was used to create this recipe. For thicker fillets of salmon adjust cooking time to ensure salmon is cooked through and flakes easily.



# Fresh and Easy Quinoa Tabbouleh

4 SERVINGS 40 MINUTES



## INGREDIENTS

1 cup Dry Quinoa (rinsed)  
2 cups Water  
2 Cucumber (peeled and chopped)  
2 cups Cherry Tomatoes (sliced)  
2 cups Parsley (loosely packed, chopped)  
1 cup Green Onion (green part only, chopped)  
1 cup Mint Leaves (loosely packed, chopped)  
1/4 cup Lemon Juice  
1/4 cup Extra Virgin Olive Oil  
1 tsp Oregano  
1 Sea Salt & Black Pepper (to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	411	Protein	9g
Fat	17g	Cholesterol	0mg
Saturated	2g	Sodium	1710mg
Carbs	56g	Calcium	126mg
Fiber	6g	Iron	5mg
Sugar	5g	Vitamin D	0IU

## DIRECTIONS

- 01 Rinse the quinoa if not pre-rinsed. Place in a medium pot with water, and heat on high until boiling. Turn the heat down to a simmer, and cook for ~ 15 minutes.
- 02 While the quinoa is cooking, peel and chop the cucumbers and slice the tomatoes. Place them in a large salad bowl or serving dish. Add the chopped parsley, green onions, and mint to the cucumber and tomatoes, and stir well to combine.
- 03 Juice the lemon and add to the herbs and veggies along with the olive oil.
- 04 When quinoa has finished cooking, pour it into the bowl with the other ingredients, and stir well to combine. Stir in the dried oregano, and salt and pepper to taste.
- 05 Serve warm, or chilled {store covered in refrigerator until ready to serve, or for up to 3 days.}

## NOTES

### SERVING OPTIONS

Pita bread and fresh fruit for a light dinner. For non-vegan options, serve with feta cheese, chickpeas, or chicken for added protein.



# Easy Healthy Pasta with Crispy Rosemary Chickpeas

5 SERVINGS 45 MINUTES



## INGREDIENTS

1 cup Garbanzo Beans (drained, rinsed, and dried)  
3 tbsps Extra Virgin Olive Oil (divided)  
1/2 tsp Sea Salt  
2 cups Cherry Tomatoes (halved)  
3 cups Baby Spinach (lightly chopped)  
1 tbsp Fresh Rosemary (finely chopped)  
8 ozs Gluten Free Pasta  
1 cup Italian Parsley (lightly packed and chopped)  
1 Black Pepper (to taste)  
1/3 cup Parmesan Cheese (grated)

## NUTRITION

### AMOUNT PER SERVING

Calories	341	Protein	10g
Fat	12g	Cholesterol	5mg
Saturated	2g	Sodium	327mg
Carbs	49g	Calcium	120mg
Fiber	7g	Iron	3mg
Sugar	3g	Vitamin D	0IU

## DIRECTIONS

- 01 Pre-heat oven to 350 degrees F, and line a baking sheet with parchment paper.
- 02 Drain and rinse the garbanzo beans, then place them on a paper towel, and pat them dry. Spread the garbanzo beans on the parchment paper, and drizzle 2 teaspoons of the olive oil on top. Toss them with clean hands, and sprinkle with 1/4 teaspoon of the salt. Place in oven to bake for 20 minutes.
- 03 While garbanzo beans are baking, slice the tomatoes in half, and set aside. Lightly chop the spinach, and place in a large serving bowl. Chop the rosemary and set aside. And, lightly chop the fresh parsley, and set aside.
- 04 Remove the garbanzo beans from the oven after 20 minutes, and push them to 1/2 of the baking sheet. Place the tomatoes on the other half, and drizzle with 2 teaspoons olive oil, then return the baking dish to the hot oven, and cook for 10 minutes.
- 05 Heat a medium to large pot of water on the stove over high heat until boiling, then add the pasta and cook according to directions (usually 8-10 minutes for most gluten free pastas).
- 06 Carefully remove the hot baking sheet with the garbanzo beans and tomatoes after 10 minutes, and sprinkle fresh rosemary on top. Return to oven to cook for 10 more minutes.
- 07 When pasta is done cooking, drain the pasta water and add the pasta to the chopped spinach. Then, after garbanzo beans and tomatoes are finished cooking, add them to the pasta and spinach, along with the remaining olive oil (1 tablespoon + 2 teaspoons, or to taste), remaining salt (1/4 teaspoon or to taste), and the Parmesan cheese. Toss well to combine ingredients.
- 08 Serve pasta while warm, along with chopped parsley and fresh ground

black pepper. Enjoy!

## NOTES

### LOW FODMAP

Use your favorite low FODMAP pasta. Each serving contains less than 1/2 cup of canned/rinsed/drained garbanzo beans, which is considered low FODMAP per the Monash app.

### VEGAN OPTION

Substitute parmesan cheese for dairy-free cheese or nutritional yeast.

# Pesto Chicken Stuffed Peppers

4 SERVINGS 50 MINUTES



## INGREDIENTS

8 ozs Chicken Breast  
1/2 cup Quinoa (dry, uncooked)  
4 Yellow Bell Pepper (large)  
2 tbsps Water  
2 stalks Green Onion  
1/2 cup Pesto  
3 tbsps Lemon Juice  
1/8 tsp Sea Salt

## NUTRITION

### AMOUNT PER SERVING

Calories	332	Protein	21g
Fat	15g	Cholesterol	41mg
Saturated	3g	Sodium	295mg
Carbs	30g	Calcium	134mg
Fiber	4g	Iron	2mg
Sugar	3g	Vitamin D	1IU

## DIRECTIONS

- 01 Bring a pot of water to a boil. Reduce to a gentle simmer, add chicken and cover. Let simmer until chicken is cooked through, about 15 to 20 minutes. Remove chicken and shred into pieces using two forks.
- 02 While your chicken cooks, cook your quinoa according to the directions on the package. Fluff with a fork and set aside.
- 03 Preheat your oven to 375°F (191°C).
- 04 Cut the tops off of the peppers and discard the seeds and ribs. Place peppers upside down in baking dish and add water. Cover with foil and bake for 25 minutes.
- 05 While peppers are baking, combine the cooked quinoa, shredded chicken, green onion, pesto, lemon juice and sea salt. Mix well and set aside.
- 06 Remove the peppers from the oven. Carefully remove the foil and turn right-side up. Drain any excess water from the baking dish.
- 07 With the peppers sitting upright, spoon equal amounts of the pesto chicken filling into each. Cover with foil again, then bake for an additional 20 minutes, or until filling is warmed through and peppers are very tender.
- 08 Remove the stuffed peppers from the oven and enjoy!

## NOTES

### ADDITIONAL TOPPINGS

Parmesan cheese, nutritional yeast, fresh herbs, a pinch of red chili flakes or more pesto.

### TIPSY BELL PEPPERS

If your bell peppers are tipsy and do not stand upright on their own, try slicing the bottom of them to create a flat surface.



#### MORE CARBS

Serve over a bed of rice or quinoa.

#### MAKE IT VEGETARIAN

Swap out the chicken for cooked lentils.

# Apple

1 SERVING 2 MINUTES



## INGREDIENTS

1 Apple

## DIRECTIONS

01 Slice into wedges, or enjoy whole.

## NUTRITION

### AMOUNT PER SERVING

Calories	95	Protein	0g
Fat	0g	Cholesterol	0mg
Saturated	0g	Sodium	2mg
Carbs	25g	Calcium	11mg
Fiber	4g	Iron	0mg
Sugar	19g	Vitamin D	0IU

# Baklava Butter

12 SERVINGS 10 MINUTES



## INGREDIENTS

1 1/4 cups Walnuts  
1/2 cup Almonds (roasted)  
1/3 cup Pistachios  
1/2 cup Almond Meal  
1/4 cup Raw Honey  
1 tbsp Coconut Sugar  
1 tsp Cinnamon  
1/4 tsp Sea Salt  
1 tbsp Extra Virgin Olive Oil  
1 tsp Vanilla Extract

## NUTRITION

### AMOUNT PER SERVING

Calories	197	Protein	5g
Fat	16g	Cholesterol	0mg
Saturated	1g	Sodium	49mg
Carbs	12g	Calcium	47mg
Fiber	3g	Iron	1mg
Sugar	7g	Vitamin D	0IU

## DIRECTIONS

- 01 In a food processor, combine the walnuts, almonds, and pistachios. Pulse until coarsely ground or finely chopped—be careful not to over process. Transfer the mixture to a medium bowl and stir in the almond meal.
- 02 In a small pot, combine the honey, sugar, cinnamon, and salt with 2 tablespoons of water. Bring to a gentle simmer over low heat, then remove from the heat and add directly to the bowl with the nut mixture. Add the olive oil and vanilla extract and mix well.
- 03 Transfer the butter to clean glass jar, refrigerate, and use within a week.

## NOTES

### DIETARY OPTIONS

For a vegan option, substitute honey with maple syrup. Do the same for low FODMAP as well as omitting the pistachio nuts.



# No Bake Cocoa Lemon Energy Bites

10 SERVINGS 8 MINUTES



## INGREDIENTS

1 cup Pecans  
2 tbsps Cocoa Powder  
2 tbsps Maple Syrup  
2 tps Lemon Juice  
1 tsp Lemon Zest  
1 tsp Cinnamon  
1/4 tsp Vanilla Extract  
1/8 tsp Sea Salt  
1/2 cup Gluten Free Oats

## NUTRITION

### AMOUNT PER SERVING

Calories	105	Protein	2g
Fat	8g	Cholesterol	0mg
Saturated	1g	Sodium	30mg
Carbs	8g	Calcium	18mg
Fiber	2g	Iron	1mg
Sugar	3g	Vitamin D	0IU

## DIRECTIONS

- 01 Combine all ingredients in a food processor, and process until mixture is sticky and well combined.
- 02 Shape mixture in to 10 ~ 1-inch balls, and place on a tray or plate lined with parchment paper. You can eat them immediately, or place them in the freezer for at least 10 minutes (you can store them in the freezer as well) before eating.

## NOTES

### TRUFFLE VERSION

To turn these energy bites into truffles, omit the oats and add 1/3 cup additional pecans and 3 tablespoons hemp seeds and blend regularly. Nutrition for the truffles are 140 calories, 12 g fat, 8 g carbs (3 g fiber, 4 g sugar), and 3 g protein.

### DIETARY INFORMATION

Both versions are gluten-free and vegan. The Energy Bites are suitable for a low FODMAP diet. The Truffles are grain-free, and suitable for a Paleo diet.