

# SALMON AND QUINOA SALAD BOWL

## INGREDIENTS

- 1 salmon fillet
- 1 cup cooked quinoa
- ½ cucumber, chopped
- ½ cup cherry tomatoes
- 1 tablespoon olive oil
- 1 tablespoon lemon juice
- Salt and pepper to taste



## DIRECTIONS

1. Cook or grill salmon until fully done.
2. Prepare quinoa and let it cool slightly.
3. Combine quinoa, cucumber, and tomatoes in a bowl.
4. Flake salmon on top.
5. Drizzle olive oil and lemon juice.
6. Season with salt and pepper.
7. Serve fresh or chilled.

# GREEK ORZO SALAD

## INGREDIENTS

- 1 cup cooked orzo pasta
- ½ cup cucumber, chopped
- ½ cup cherry tomatoes, halved
- ¼ cup red onion, finely chopped
- ¼ cup olives
- 2 tablespoons feta cheese
- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- 1 teaspoon oregano
- Salt and pepper to taste



## DIRECTIONS

1. Cook orzo according to package instructions and let it cool.
2. Combine orzo, cucumber, tomatoes, onion, and olives in a bowl.
3. Add feta cheese.
4. Drizzle olive oil and lemon juice over the salad.
5. Sprinkle oregano, salt, and pepper.
6. Toss well and serve chilled or at room temperature.

# WARM LENTIL AND SPINACH SOUP

## INGREDIENTS

- 1 cup lentils
- 2 cups spinach
- 1 onion, chopped
- 2 garlic cloves, minced
- 2 carrots, diced
- 4 cups vegetable broth
- 1 tablespoon olive oil
- 1 teaspoon cumin
- Salt and pepper to taste



## DIRECTIONS

1. Heat olive oil in a pot and cook onion and garlic until soft.
2. Add carrots and lentils. Stir in cumin.
3. Pour in vegetable broth. Simmer for 25–30 minutes until lentils are tender.
4. Add spinach and cook for 3–5 minutes.
5. Season with salt and pepper. Serve warm.

# SWEET POTATO AND BLACK BEAN BURRITO BOWL

## INGREDIENTS

- 1 sweet potato, diced
- 1 cup black beans
- 1 cup rice
- 1 tablespoon olive oil
- 1 teaspoon cumin
- Salt and pepper to taste
- Salsa (optional)
- Avocado (optional)



## DIRECTIONS

1. Roast or sauté sweet potatoes until soft.
2. Heat black beans with cumin, salt, and pepper.
3. Prepare rice as base.
4. Assemble rice, sweet potatoes, and beans in a bowl.
5. Top with salsa and avocado if desired.
6. Serve warm.

# LEMON HERB SHRIMP AND ASPARAGUS

## INGREDIENTS

- 200g shrimp, peeled
- 1 cup asparagus, chopped
- 2 garlic cloves, minced
- 1 tablespoon olive oil
- 1 tablespoon lemon juice
- 1 teaspoon mixed herbs (parsley, thyme)
- Salt and pepper to taste



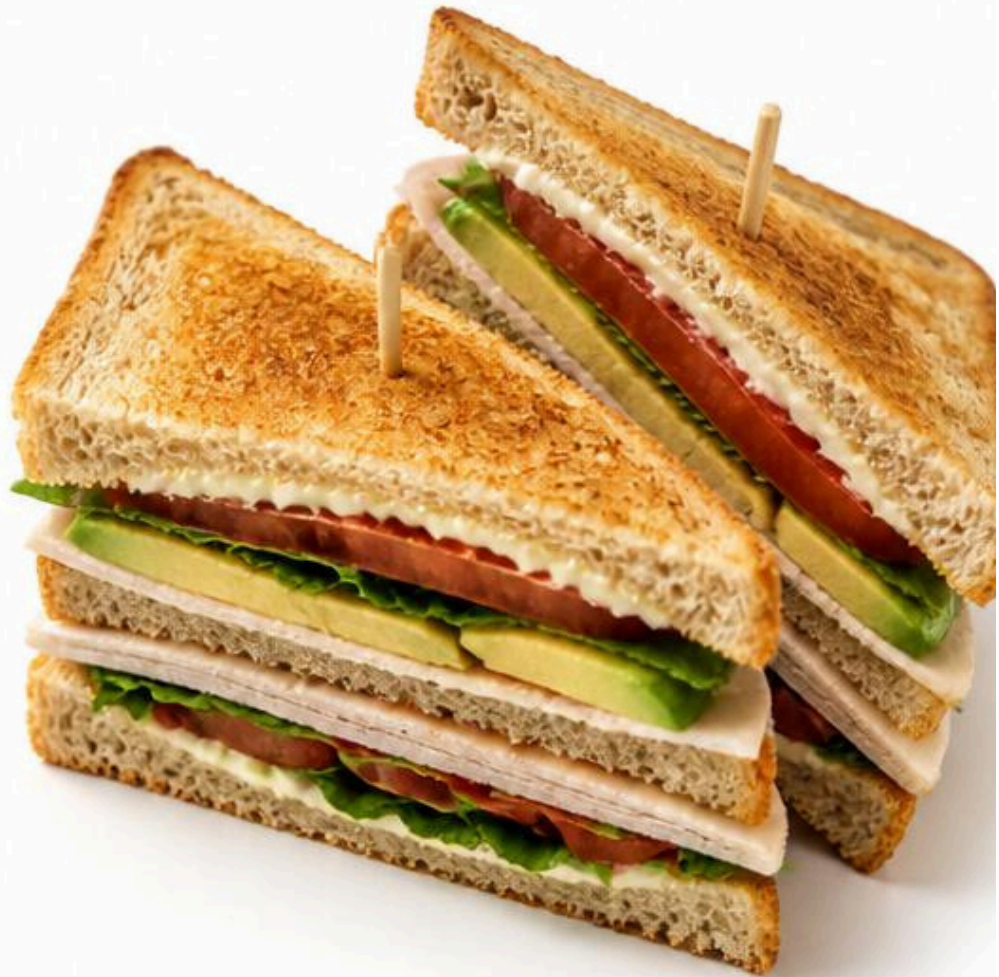
## DIRECTIONS

1. Heat olive oil in a pan and cook garlic until fragrant.
2. Add shrimp and cook until pink.
3. Add asparagus and cook for 3–5 minutes.
4. Stir in lemon juice and herbs.
5. Season with salt and pepper.
6. Serve warm.

# TURKEY AND AVOCADO CLUB SANDWICH

## INGREDIENTS

- 3 slices bread, toasted
- 3-4 slices turkey
- ½ avocado, sliced
- Lettuce leaves
- Tomato slices
- 1 tablespoon mayo
- Salt and pepper to taste



## DIRECTIONS

1. Toast bread slices.
2. Spread mayo on each slice.
3. Layer turkey, avocado, lettuce, and tomato.
4. Stack into a club sandwich.
5. Cut and serve.

# MEDITERRANEAN CHICKEN BOWL

## INGREDIENTS

- 1 chicken breast, grilled and sliced
- 1 cup cooked rice or quinoa
- ½ cup cucumber, chopped
- ½ cup cherry tomatoes, halved
- ¼ cup olives
- 2 tablespoons feta cheese
- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- Salt and pepper to taste



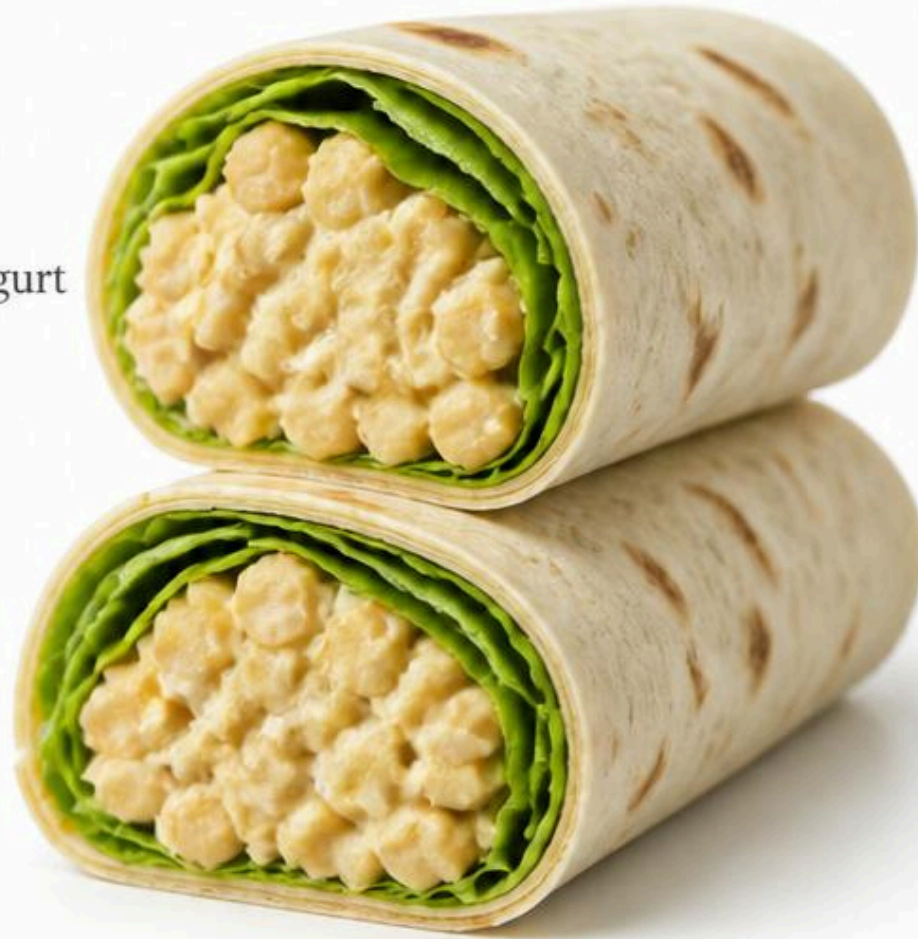
## DIRECTIONS

1. Grill chicken and slice it.
2. Prepare rice or quinoa as base.
3. Add cucumber, tomatoes, olives, and feta.
4. Place chicken on top.
5. Drizzle olive oil and lemon juice.
6. Season with salt and pepper.
7. Serve fresh.

# CREAMY CHICKPEA SALAD WRAP

## INGREDIENTS

- 1 cup chickpeas, mashed
- 2 tablespoons mayonnaise or yogurt
- 1 tablespoon lemon juice
- 1 tortilla wrap
- Lettuce leaves
- Salt and pepper to taste



## DIRECTIONS

1. Mash chickpeas in a bowl.
2. Mix with mayo or yogurt and lemon juice.
3. Season with salt and pepper.
4. Spread mixture on tortilla.
5. Add lettuce and roll tightly.
6. Serve chilled or warm.

# HUMMUS AND VEGGIE SANDWICH

## INGREDIENTS

2 slices bread

3 tablespoons hummus

Lettuce leaves

Tomato slices

Cucumber slices

Salt and pepper to taste



## DIRECTIONS

1. Toast bread if desired.
2. Spread hummus on both slices.
3. Layer lettuce, tomato, and cucumber.
4. Season lightly with salt and pepper.
5. Close sandwich and serve.

# BBQ PULLED CHICKEN RICE BOWL

## INGREDIENTS

- 1 cup cooked rice
- 1 cup shredded chicken
- 3 tablespoons BBQ sauce
- ½ cup corn
- ½ cup coleslaw mix (optional)
- Salt and pepper to taste



## DIRECTIONS

1. Heat shredded chicken in a pan with BBQ sauce.
2. Warm corn in a separate pan if needed.
3. Place rice in a bowl.
4. Add BBQ chicken and corn.
5. Top with coleslaw if using.
6. Season lightly and serve warm.

# EGG SALAD TOAST WITH MICROGREENS

## INGREDIENTS

2 slices bread (toasted)

2–3 boiled eggs

2 tablespoons mayonnaise or yogurt

Salt and pepper to taste

Handful microgreens

Optional: mustard or lemon juice



## DIRECTIONS

1. Mash boiled eggs in a bowl.
2. Mix with mayo, salt, and pepper.
3. Spread egg salad onto toasted bread.
4. Top with microgreens.
5. Add mustard or lemon juice if desired.
6. Serve immediately.

# EDAMAME AND PEANUT NOODLE SALAD

## INGREDIENTS

- 2 cups cooked noodles (rice or wheat)
- 1 cup edamame (shelled)
- 2 tablespoons peanut butter
- 1 tablespoon soy sauce
- 1 teaspoon sesame oil
- 1 teaspoon lime juice
- 1 garlic clove, minced
- Water to thin sauce



## DIRECTIONS

1. Cook noodles and edamame, then cool slightly.
2. Mix peanut butter, soy sauce, sesame oil, lime juice, garlic, and water into a dressing.
3. Toss noodles and edamame with dressing.
4. Adjust seasoning to taste.
5. Serve cold or room temperature.

# SHREDDED CHICKEN AND PESTO WRAP

## INGREDIENTS

1 tortilla wrap

1 cup cooked shredded chicken

1–2 tablespoons pesto

Lettuce leaves

Optional: sliced tomato or cheese



## DIRECTIONS

1. Warm the tortilla slightly.
2. Mix shredded chicken with pesto.
3. Place lettuce on the wrap.
4. Add chicken mixture and optional toppings.
5. Roll tightly into a wrap.
6. Serve immediately or lightly toast.

# HIGH-PROTEIN COTTAGE CHEESE PLATE

## INGREDIENTS

1 cup cottage cheese

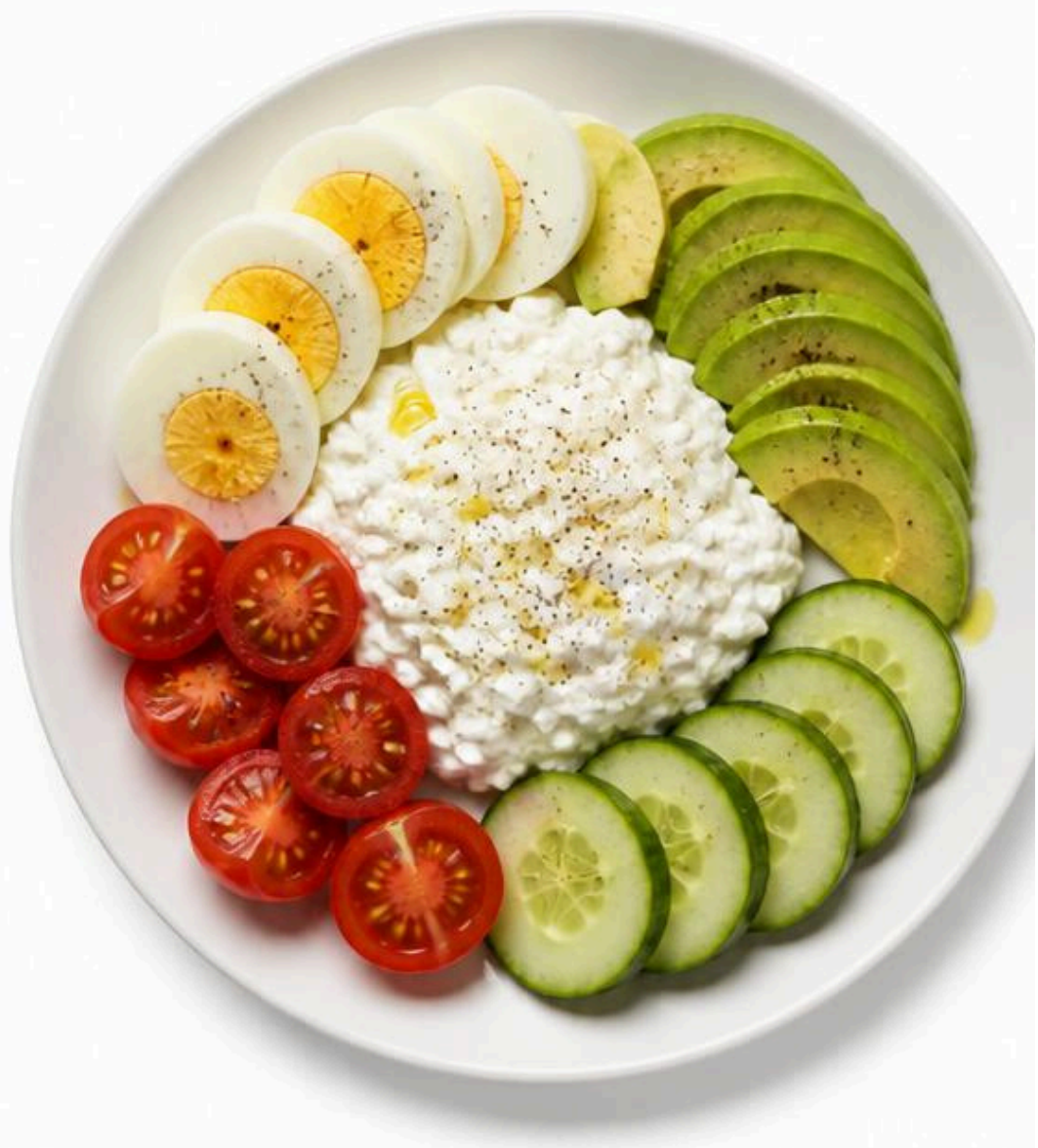
1 boiled egg, sliced

½ avocado, sliced

Cherry tomatoes

Cucumber slices

Salt, pepper, and  
olive oil (optional)



## DIRECTIONS

1. Spoon cottage cheese onto a plate.
2. Arrange boiled egg, avocado, and vegetables around it.
3. Season with salt and pepper.
4. Drizzle olive oil if desired.
5. Serve fresh.

# CLASSIC TUNA PASTA SALAD

## INGREDIENTS

- 2 cups cooked pasta
- 1 cup tuna (canned)
- ½ cup mayonnaise
- ¼ cup celery, chopped
- ¼ cup onion, chopped
- Salt and pepper to taste



## DIRECTIONS

- Cook pasta and let it cool.
- Mix tuna, mayo, celery, and onion in a bowl.
- Add pasta and stir well.
- Season with salt and pepper.
- Chill before serving.

# SPICY BLACK BEAN AND QUINOA SKILLET

## INGREDIENTS

- 1 cup cooked quinoa
- 1 cup black beans
- 1 onion, chopped
- 1 bell pepper, chopped
- 2 garlic cloves, minced
- 1 teaspoon chili powder
- 1 teaspoon cumin
- 1 tablespoon olive oil
- Salt and pepper to taste
- Lime juice (optional)



## DIRECTIONS

1. Heat olive oil in a skillet and cook onion and garlic until soft.
2. Add bell pepper and cook for 3–4 minutes.
3. Stir in black beans, quinoa, chili powder, and cumin.
4. Cook for 5–7 minutes until heated through.
5. Season with salt, pepper, and lime juice.
6. Serve warm.

# SESAME GINGER BEEF AND BROCCOLI BOWL

## INGREDIENTS

- 200g beef, sliced
- 1 cup broccoli florets
- 2 tablespoons soy sauce
- 1 teaspoon ginger, grated
- 1 garlic clove, minced
- 1 tablespoon sesame oil
- 1 teaspoon honey
- Cooked rice for serving



## DIRECTIONS

1. Heat sesame oil in a pan and cook beef until browned.
2. Add garlic and ginger and stir.
3. Add broccoli and cook until tender.
4. Mix soy sauce and honey, then pour into pan.
5. Stir well and simmer for 2–3 minutes.
6. Serve over rice.

# ROAST BEEF AND SWISS ROLL-UPS

## INGREDIENTS

6 slices roast beef

3 slices Swiss cheese, cut in half

2 tablespoons cream cheese  
(optional)

1 teaspoon mustard (optional)

Pickles or lettuce (optional)



## DIRECTIONS

1. Lay roast beef slices flat on a surface.
2. Spread a thin layer of cream cheese or mustard if using.
3. Place Swiss cheese on top.
4. Add pickles or lettuce if desired.
5. Roll tightly into wraps.
6. Slice in half and serve chilled.