

HUMMUS AND ROASTED RED PEPPERS

INGREDIENTS

½–1 cup hummus

½ cup roasted red peppers
(jarred or homemade)

Optional: pita, olive oil,
paprika, black pepper

CALORIES

220

PROTEIN

7g



DIRECTIONS

1. Spread hummus in a bowl or on a plate.
2. Slice roasted red peppers and layer on top.
3. Drizzle olive oil if desired.
4. Sprinkle paprika or pepper for flavor.
5. Serve with pita or vegetables.
6. Enjoy immediately.

SUNFLOWER SEED BUTTER AND SLICED APPLE

INGREDIENTS

1–2 apples, sliced

2–3 tablespoons sunflower seed butter

Optional: cinnamon, honey, chia seeds

CALORIES

230

PROTEIN

6g



DIRECTIONS

1. Slice apples into wedges.
2. Serve sunflower seed butter as a dip or spread.
3. Pair apple slices with butter for each bite.
4. Add optional cinnamon or honey for sweetness.
5. Sprinkle chia seeds if desired.
6. Serve immediately.

RICOTTA AND WARM SPICED PEARS

INGREDIENTS

- ½–1 cup ricotta cheese
- 1 pear, sliced
- 1 teaspoon butter
- ½ teaspoon cinnamon
- Pinch of nutmeg (optional)
- 1 teaspoon honey (optional)

CALORIES

280

PROTEIN

12g

DIRECTIONS

1. Heat butter in a pan over medium heat.
2. Add sliced pear and sauté until soft.
3. Sprinkle with cinnamon and nutmeg.
4. Spoon ricotta into a bowl or plate.
5. Top with warm spiced pears and drizzle honey.
6. Serve immediately.



CREAM CHEESE AND RADISH

INGREDIENTS

2–3 tablespoons cream cheese

4–6 radishes, thinly sliced

Salt and pepper to taste

Optional: chives, lemon juice,
crackers or toast

CALORIES

120

PROTEIN

4g



DIRECTIONS

1. Spread cream cheese on toast or a plate.
2. Top with sliced radishes.
3. Season with salt and pepper.
4. Add optional chives or lemon juice.
5. Serve immediately. Enjoy as a fresh, crunchy snack.

SMOKED SALMON AND CAPERS

INGREDIENTS

100–150g smoked salmon

1–2 tablespoons capers

Optional: cream cheese,
lemon juice, red onion,
crackers or bagel

CALORIES

220–320 kcal

PROTEIN

20–25g



DIRECTIONS

1. Arrange smoked salmon on a plate or toast.
2. Sprinkle capers evenly over the top.
3. Add optional cream cheese or red onion if desired.
4. Squeeze lemon juice for brightness.
5. Serve chilled. Pair with crackers or bagels if desired.

TAHINI AND SLICED BANANA

INGREDIENTS

1 banana, sliced

1-2 tablespoons tahini

Optional: honey, cinnamon,
sesame seeds

CALORIES

240

PROTEIN

6g



DIRECTIONS

1. Slice banana into rounds.
2. Drizzle tahini over banana slices.
3. Add honey or cinnamon if desired.
4. Sprinkle sesame seeds for texture.
5. Serve immediately.
6. Enjoy as a quick snack or light breakfast.

PESTO AND FRIED EGG

INGREDIENTS

1–2 eggs

1 tablespoon pesto

1 tablespoon olive oil or butter

Salt and pepper to taste

Optional: toast, cheese, chili flakes

CALORIES

310 kcal

PROTEIN

13 g

DIRECTIONS

1. Heat oil or butter in a pan over medium heat.
2. Fry eggs to desired doneness.
3. Spread pesto on toast or plate.
4. Place fried eggs on top of pesto.
5. Season with salt and pepper.
6. Serve warm.



COTTAGE CHEESE AND SLICED PEACHES

INGREDIENTS

1 cup cottage cheese

1–2 peaches, sliced

Optional: honey,
cinnamon, granola,
chia seeds

CALORIES

230

PROTEIN

20g

DIRECTIONS

Spoon cottage cheese into a bowl.

Top with sliced peaches.

Add optional honey or cinnamon.

Sprinkle granola or chia seeds if desired.

Serve chilled.



HERBED RICOTTA AND BLISTERED TOMATOES

INGREDIENTS

- ½–1 cup ricotta cheese
- 1 cup cherry tomatoes
- 1 tablespoon olive oil
- 1 teaspoon dried or fresh herbs (basil, oregano, thyme)
- Salt and pepper to taste
- Optional: garlic, balsamic glaze, toast

CALORIES

310

PROTEIN

17g

DIRECTIONS

1. Heat olive oil in a pan over medium-high heat.
2. Add cherry tomatoes and cook until blistered and soft.
3. Season with salt, pepper, and herbs.
4. Spread ricotta on a plate or toast.
5. Spoon blistered tomatoes over ricotta.
6. Drizzle with balsamic glaze if desired and serve warm.



ALMOND BUTTER AND FRESH RASPBERRY

INGREDIENTS

2 tablespoons almond butter

½–1 cup fresh raspberries

Optional: honey, chia seeds,
toast or rice cakes

CALORIES

260 kcal

PROTEIN

8g

DIRECTIONS

1. Spread almond butter on toast, crackers, or eat as a dip.
2. Add fresh raspberries on top or on the side.
3. Lightly press berries into almond butter if desired.
4. Drizzle honey for extra sweetness (optional).
5. Serve immediately. Enjoy as a quick snack or light bite.



CLASSIC SMASHED AVOCADO AND SEA SALT

INGREDIENTS

1–2 ripe avocados

1 teaspoon lemon or lime juice

Sea salt to taste

Optional: black pepper,
chili flakes, olive oil, toast

CALORIES

250

PROTEIN

6g

DIRECTIONS

1. Cut avocado and scoop into a bowl.
2. Lightly mash with a fork (leave it a bit chunky).
3. Stir in lemon or lime juice.
4. Season with sea salt and optional pepper or chili flakes.
5. Serve on toast or in a bowl.
Drizzle olive oil if desired.



WARM BANANA BREAD TOAST WITH MASCARPONE

INGREDIENTS

2 slices banana bread
2–3 tablespoons mascarpone
cheese
1 teaspoon honey (optional)
Optional: cinnamon,
chopped walnuts,
sliced banana

CALORIES

360

PROTEIN

11g

DIRECTIONS

1. Toast banana bread lightly until warm.
2. Spread mascarpone evenly over each slice.
3. Drizzle with honey if desired.
4. Add optional cinnamon or walnuts.
5. Serve immediately while warm and creamy.



LABNEH AND ZA'ATAR WITH OLIVE OIL

INGREDIENTS

½–1 cup labneh (strained yogurt)

1–2 teaspoons za'atar spice mix

1–2 tablespoons olive oil

Optional: pita bread, cucumbers,
tomatoes

CALORIES: 220

PROTEIN: 14G

DIRECTIONS

1. Spread labneh onto a plate or shallow bowl.
2. Drizzle olive oil evenly over the top.
3. Sprinkle generously with za'atar.
4. Serve with warm pita or fresh vegetables.
5. Optionally swirl ingredients slightly for texture.
6. Serve fresh as a dip or spread.



GORGONZOLA AND SLICED FRESH FIGS

INGREDIENTS

2-3 fresh figs, sliced

2-3 tablespoons gorgonzola
cheese, crumbled

Optional: honey, walnuts,
arugula, balsamic glaze

CALORIES 180

PROTEIN 6G

DIRECTIONS

1. Slice fresh figs into halves or quarters.
2. Arrange on a plate.
3. Sprinkle gorgonzola over figs.
4. Drizzle with honey or balsamic glaze if desired.
5. Add walnuts or arugula for texture.
6. Serve immediately as a snack or appetizer.



CREAM CHEESE AND BLACKBERRY CHIA JAM

INGREDIENTS

2–3 tablespoons cream cheese

½ cup blackberries

1 teaspoon chia seeds

1–2 teaspoons honey or
maple syrup

Optional: lemon juice, toast,
vanilla

CALORIES

210

PROTEIN

6g



DIRECTIONS

1. Mash blackberries in a small bowl.
2. Stir in chia seeds and honey.
3. Let sit 5–10 minutes until thickened.
4. Spread cream cheese on toast or crackers.
5. Top with blackberry chia jam.
6. Serve chilled or room temperature.

MARINARA AND MELTED MOZZARELLA

INGREDIENTS

½–1 cup marinara sauce

½–1 cup shredded or
sliced mozzarella

Optional: bread, pasta,
basil, olive oil

CALORIES

180–280

PROTEIN

9–14g

DIRECTIONS

1. Warm marinara sauce in a small pan.
2. Stir in mozzarella until melted and gooey.
3. Heat gently until fully combined.
4. Add optional basil or olive oil for flavor.
5. Serve as a dip, pasta topping, or toast spread. Serve warm.



SOFT BOILED EGG AND EVERYTHING SEASONING

INGREDIENTS

2–4 eggs

Everything bagel seasoning

Optional: toast, butter, salt



CALORIES

140

PROTEIN

12g

DIRECTIONS

1. Bring water to a gentle boil.
2. Add eggs and cook for 6–7 minutes for soft yolks.
3. Transfer eggs to cold water and peel.
4. Slice or serve whole.
5. Sprinkle generously with everything seasoning.
Serve warm with toast if desired.

PEANUT BUTTER AND CRISP BACON

INGREDIENTS

2-3 slices bacon, cooked crisp

1-2 tablespoons peanut butter

Optional: toast, honey,
banana slices



CALORIES

PROTEIN

360

16g

DIRECTIONS

1. Cook bacon until crisp and drain excess fat.
2. Spread peanut butter on toast or eat alongside bacon.
3. Pair bacon with peanut butter for sweet-salty bites.
4. Add optional honey or banana for balance.
5. Serve immediately.
6. Enjoy warm or room temperature.

SAUTÉED SPINACH AND GARLIC

INGREDIENTS

3–4 cups fresh spinach

2 garlic cloves, sliced or minced

1 tablespoon olive oil

Salt and pepper to taste

Optional: lemon juice, chili flakes



CALORIES

120

kcal

PROTEIN

3

g

DIRECTIONS

1. Heat olive oil in a pan over medium heat.
2. Add garlic and sauté until fragrant (about 30 seconds).
3. Add spinach and cook until wilted.
4. Season with salt and pepper.
5. Add optional lemon juice or chili flakes.
6. Serve warm.

GOAT CHEESE AND FIG JAM

INGREDIENTS

2–3 tablespoons goat cheese

1–2 tablespoons fig jam

Optional: crackers, toast,
walnuts, honey



CALORIES

180

PROTEIN

6g

DIRECTIONS

1. Spread goat cheese on toast or crackers.
2. Top with fig jam.
3. Add walnuts for crunch if desired.
4. Drizzle honey for extra sweetness (optional).
5. Serve immediately. Enjoy as a snack or appetizer.

ALMOND BUTTER AND SLICED STRAWBERRIES

INGREDIENTS

- 2 tablespoons almond butter
- 1 cup strawberries, sliced
- Optional: honey, chia seeds, toast or rice cakes



CALORIES

210

PROTEIN

6g

DIRECTIONS

1. Slice strawberries and arrange on a plate.
2. Serve almond butter as a dip or spread.
3. Combine by spreading almond butter on toast or crackers if desired.
4. Drizzle honey for extra sweetness.
5. Sprinkle chia seeds for crunch.
6. Serve immediately.

GREEK YOGURT AND FRESH BLUEBERRIES

INGREDIENTS

1 cup Greek yogurt

½–1 cup fresh blueberries

Optional: honey, granola,
chia seeds



CALORIES

190

PROTEIN

17g

DIRECTIONS

1. Spoon Greek yogurt into a bowl.
2. Top with fresh blueberries.
3. Drizzle honey if desired.
4. Add granola or chia seeds for texture.
5. Serve chilled.
6. Mix lightly before eating if preferred.

MASHED WHITE BEAN AND ROSEMARY

INGREDIENTS

- 1 can white beans, drained
- 1 tablespoon olive oil
- 1 teaspoon fresh or dried rosemary
- 1 garlic clove, minced
- Salt and pepper to taste
- Optional: lemon juice, chili flakes, toast



330

CALORIES

16g

PROTEIN

DIRECTIONS

1. Warm olive oil in a pan over medium heat.
2. Add garlic and rosemary; sauté briefly.
3. Add white beans and heat through.
4. Mash lightly with a fork or spoon.
5. Season with salt, pepper, and optional lemon juice.
6. Serve warm on toast or as a dip.

APPLE SLICES AND SHARP CHEDDAR

INGREDIENTS

1–2 apples, sliced

4–6 slices sharp cheddar cheese

Optional: honey, walnuts,
crackers

CALORIES

280

PROTEIN

14g



DIRECTIONS

1. Slice apple into wedges.
2. Arrange apple slices and cheddar on a plate.
3. Pair together for sweet and savory bites.
4. Add optional honey drizzle or nuts.
5. Serve immediately as a snack or light meal.

HUMMUS AND SLICED CUCUMBER

INGREDIENTS

½–1 cup hummus

1 cucumber, sliced

Optional: olive oil, paprika,
chili flakes, pita

CALORIES

220

PROTEIN

8g



DIRECTIONS

1. Slice cucumber into rounds or sticks.
2. Serve hummus in a bowl or plate.
3. Arrange cucumber slices for dipping.
4. Sprinkle hummus with paprika or chili flakes if desired.
5. Drizzle olive oil for extra richness.
6. Serve fresh and chilled.

SOFT SCRAMBLED EGG AND CHIVE

INGREDIENTS

2–3 eggs

1 tablespoon butter

Salt and pepper to taste

1 tablespoon chopped
fresh chives

Optional: milk or cream
splash, cheese



CALORIES

220

PROTEIN

13g

DIRECTIONS

1. Whisk eggs with salt and pepper.
2. Heat butter in a pan over low heat.
3. Pour in eggs and stir slowly and constantly.
4. Cook gently until soft and creamy.
5. Remove from heat while slightly runny.
6. Stir in chives and serve immediately.

PEANUT BUTTER AND POMEGRANATE SEEDS

INGREDIENTS

2 tablespoons peanut butter

½ cup pomegranate seeds

Optional: toast, banana slices,
honey

CALORIES

290

PROTEIN

9g

DIRECTIONS

1. Spread peanut butter on toast or a plate.
2. Sprinkle pomegranate seeds on top.
3. Press lightly so seeds stick to the peanut butter.
4. Add optional banana slices or honey for sweetness.
5. Serve immediately.
6. Enjoy as a crunchy, sweet-savory snack.



HARD BOILED EGG AND DIJONNAISE

INGREDIENTS

- 2–4 eggs
- 1–2 tablespoons dijonnaise
(Dijon mustard + mayo blend)
- Salt and pepper to taste
- Optional: paprika, chives, toast



CALORIES

210

PER SERVING

PROTEIN

12g

PER SERVING

DIRECTIONS

1. Place eggs in boiling water and cook 10–12 minutes.
2. Cool in cold water and peel.
3. Slice eggs in half or quarters.
4. Spoon dijonnaise over or serve as a dip.
5. Season with salt, pepper, and optional paprika.
6. Serve immediately or chilled.