

STELLA BRANCH

**THE COMPLETE 30-  
MINUTE  
MEDITERRANEAN  
DIET COOKBOOK FOR  
BEGINNERS: 55 EASY,  
AUTHENTIC RECIPES  
FOR HEALTHY  
LIFESTYLE**

# The Complete 30-Minute Mediterranean Diet Cookbook for Beginners: 55 Easy, Authentic Recipes for Healthy Lifestyle

---= To my lovely and devoted friend Alex from Greece =---



# Table of Contents

## [THE COMPLETE 30-MINUTE MEDITERRANEAN DIET COOKBOOK FOR BEGINNERS: 55 EASY, AUTHENTIC RECIPES FOR HEALTHY LIFESTYLE](#)

### [FOREWORD](#)

### [WHY IS MEDITERRANEAN DIET?](#)

### [HEALTH BENEFITS OF THE MEDITERRANEAN DIET](#)

### [PRINCIPLES OF NUTRITION](#)

### [COMPONENTS](#)

### [WHAT TO EAT?](#)

### [HOW TO SUCCESSFULLY START THE MEDITERRANEAN DIET:](#)

### [THE 14 DAY DIET MEAL PLAN](#)

## [RECIPES. SAUCE](#)

### [HOMEMADE MAYO](#)

### [PESTO](#)

### [ITALIAN SALAD DRESSING](#)

### [CHEESE SAUCE](#)

### [GUACAMOLE](#)

### [GARLIC SAUSE](#)

## [BREAKFAST](#)

### [FRIED EGGS WITH SMOKED SALMON AND LEMON CREAM](#)

### [BAKED EGGS WITH PESTO](#)

### [OMELET IN SPANISH](#)

### [OMELET WITH GARLIC, GRUYERE CHEESE, AND CRACKERS](#)

### [FRIED EGGS IN BREAD](#)

## [SANDWICHES](#)

### [HOT SANDWICHES WITH CHEESE, TOMATOES AND GREENS](#)

### [HOT BRIE CHEESE SANDWICH AND GRAPES](#)

### [SALMON AND AVOCADO SANDWICH](#)

### [CANAPES WITH CHEESE, TOMATO, AND SALMON](#)

### [WHITE CHEESE SANDWICH WITH SALMON](#)

## [PANCAKES](#)

### [COTTAGE CHEESE PANCAKES](#)

### [PANCAKES WITH PUMPKIN AND APPLE](#)

### [RYE PANCAKES WITH GREEN ONION SAUCE AND RED CAVIAR](#)

### [RYE PANCAKES WITH COTTAGE CHEESE AND FIGS](#)

### [CHEESE PANCAKES](#)

## [LUNCH](#)

### [MUSSELS WITH CHEESE](#)

### [CHINESE CABBAGE WITH MINT AND GREEN PEAS](#)

### [EGGPLANT IN SESAME](#)

### [SCALLOP CEVICHE](#)

### [CABBAGE WITH SHRIMPS AND LEMONGRASS](#)

## SOUPS

MEDITERRANEAN RABBIT SOUP

MUSHROOM CREAM SOUP

CREAMY SALMON SOUP

CHEESE CREAM SOUP

## SALADS

SEAFOOD SALAD WITH LIME SAUCE

ARUGULA WITH RADISH AND TOMATOES

SALAD OF COLORFUL PEPPERS WITH BASIL ON THE GRILL

SPINACH SALAD WITH PEAR AND AVOCADO

CHERRY TOMATO SALAD WITH SHRIMPS

GREEN SALAD WITH CHERRY AND PINE NUTS

SHOPSKY SALAD

SPINACH SALAD

SEASONAL SALAD WITH RED BEAN, CURD CHEESE, AND RED ONION

GREEN BEAN AND CHERRY SALAD WITH SHALLOT

EASY SHRIMP SALAD

## PASTA

SPAGHETTI AL CRUDO

NOODLES WITH SHRIMPS.

PASTA WITH ARUGULA AND WALNUT PESTO

SEAFOOD PASTA

PASTA WITH SHRIMPS AND BROCCOLI

## FISH

STEAMED TROUT WITH CRANBERRY SAUCE

SMOKED SALMON WITH RICE

SALMON WITH SORREL SAUCE

SHRIMP MARINATED IN CURRY

BAKED SALMON WITH TARRAGON

## DINNER

ASPARAGUS RISOTTO

SEAFOOD RAVIOLI IN CREAM CHEESE SAUCE

BRUSSELS SPROUTS STEAMED WITH SAUCE

CHICKEN KEBAB

CHICKEN BREAST IN SOUR CREAM SAUCE

## MUFFINS

STRAWBERRY MUFFINS

COCONUT AND ALMOND MUFFINS

BLUEBERRY MUFFINS

CITRUS MUFFINS

CHEESE MUFFINS

## COPYRIGHT



# Foreword

The Mediterranean diet is one of the most effective not only for weight loss but also for health. It allows you to extend the life of at least 7-10 years. Do you think these are miracles? No, just good nutrition in the system of the largest countries in the Mediterranean. From this book, you will learn about the benefits of a popular diet and its benefits. I will talk about what foods can be consumed, adhering to this power system.

Residents of the Mediterranean countries have always been famous for their health, beauty, and endurance. It is their least people who suffer from cardiovascular diseases, and life expectancy is one of the highest. In addition, they look great and have a trim figure.

The Complete 30-Minute Mediterranean Diet Cookbook for beginners describes the basics and benefits of this diet. Just 30 minutes or less is all that is required to make the most delicious recipes from beginning to end. All recipes contained in this book are unique and authentic. The author, along with friends and relatives for a long time collected and practiced all the recipes described in this book. All ingredients are specially selected and balanced. Each dish is the most delicious and reveals all the taste of this diet. The author does not want you to blindly follow what is written here. This is not a set of rules or a book of laws. If you do not like any ingredient, then boldly replace it with your favorite one. The purpose of this book is to show that proper nutrition is tasty, healthy and interesting, and can become your lifestyle.

# Why is Mediterranean Diet?

The Mediterranean Diet is the only nutrition program recognized by UNESCO as the national cultural heritage of the Mediterranean countries (Italy, Greece, Morocco, Portugal, Spain, Croatia and Cyprus). The diet of the system has a minimum of restrictions and brings maximum benefits not only for weight loss but also for the organism as a whole.

The Mediterranean diet is a special style of nutrition, where the national cuisines of many countries crossed. The basis of the diet in this way of life should be seasonal fruits and vegetables, as well as fish and seafood. In favor of the effectiveness of the Mediterranean diet, while losing weight, the fact that the inhabitants of this region are distinguished by excellent health and longevity, in addition, among them very rare people can be met with obesity. How to ensure stable weight loss, and what products for this should be included in your diet that meets the principles of proper nutrition for the Mediterranean diet - this article will tell.



# Health benefits of the Mediterranean diet

Nutritionists argue that the Mediterranean diet for lowering cholesterol fits perfectly for everyone. This way of eating is a real find for diabetics who are constantly forced to limit themselves to something. This type of food is diverse, it is not monotonous and does not get tired after a few days. Adhere to this method of losing weight can be infinite, without feeling at the same time deprived of various goodies.

Thanks to this style of food you can:

- saturate your body with antioxidants;
- reduce the risk of diabetes, colorectal cancer, and breast cancer;
- prevent cardiovascular diseases;
- normalize blood pressure;
- reduce the risk of developing chronic diseases of emphysema and bronchi;
- prevent the development of Alzheimer's disease in older people;
- just significantly improve the quality of life.

The Mediterranean diet has a beneficial effect on human health.

# Principles of nutrition

The Mediterranean diet system does not allow to get tired and "break" in the process of losing weight. The diet does not have too strict restrictions, but only corresponds to the canons of proper nutrition. Its main principles are:

- Regular consumption of fruits and vegetables in unlimited quantities.
- Vegetables and meat are steamed, baked or grilled.
- Products should be consumed fresh and, if possible, raw.
- Cereals before cooking soak for a day.
- Drink at least 1.5-2 liters. water per day.
- All cooking oils are replaced with olive oil.
- Inhabitants of the Mediterranean countries worship olives because they are rich in oleic acid (Omega-3).
- For breakfast, it is best to choose carbohydrate foods (cereals, pasta), but dinner should be protein, and also include a large number of fresh or stewed vegetables. Bread and flat cakes can be consumed during the day (preferably in the morning and, of course, in moderation).
- The same applies to sweets, dried fruit, and your favorite desserts.
- Salt in food should be replaced by herbs and spices. Tea and coffee can be drunk but without sugar.
- Alcohol in small quantities while respecting the other principles of the Mediterranean diet is not prohibited. But it is best to give preference to dry red wine.
- Sugar can be replaced by honey.
-

# Components

## **Fat.**

Saturated fats in the diet of the average inhabitant of the Mediterranean countries account for 30%. In honor, they have olive and canola oils, which are used with fresh fruits and vegetables.

## **Protein foods.**

Should be in the diet daily! The basis is best to take lean meats (chicken, rabbit, and turkey), as well as fish. Red meat varieties should preferably be consumed no more than 2-4 times a month. Eggs inhabitants of the Mediterranean consume little - up to 4 pieces per week. The use of dairy products is recommended: yogurt, kefir and natural yogurt. But the use of whole milk and cottage cheese Mediterranean diet for weight loss limits, but take it as a guide to action is not worth it. You can safely consume these products in small quantities.

## **Carbohydrates.**

The system involves the use of pasta from durum wheat cereals. It is in the so-called "pyramid" of the diet that the dominant position is assigned.

## **Fiber.**

Improves gastrointestinal function. Its most useful sources are fruits and vegetables with a low glycemic index.

# What to eat?

## **Foods to focus on every day:**

- vegetables and fruits;
- nuts and seeds;
- beans and potatoes;
- whole grain cereals;
- herbs and spices;
- fish and seafood;
- olive oil.

## **Foods to eat 3-6 times per week:**

- poultry;
- eggs;
- cheeses and other fatty dairy products;
- butter;
- sour cream;
- fatty yogurt;
- lean meat (rarely).

## **Once a week:**

- red meat;
- sweets.
-

## **Prohibited foods for diet.**

Diet, like many other weight loss programs, prohibits the inclusion of the following products in recipes:

- fast food and convenience foods;
- refined vegetable oils;
- sausages;
- refined cereals;
- products containing hydrogenated fats.

## **Snacks on the Mediterranean diet.**

This type of food does not imply more than three full meals per day. So it's good that snacks are allowed:

- nuts;
- pieces of fruit;
- carrot;
- berries, first of all, grapes;
- Greek yogurt;
- peanut butter.

# How to successfully start the Mediterranean diet:

- Think positively;
- Buy products for the week ahead;
- Get up early in the morning with the first rays of the sun;
- Do 15 minutes of morning meditation with positive thoughts;
- Every day at least 30 minutes of walking and intensive exercises in which all muscle groups are involved;
- Find a person with whom you can follow this style of life together;
- Do not be upset if it does not work right away, follow the chosen path and see the result;
- Write changes every week;
- Be highly motivated.

# The 14 Day Diet Meal Plan

## **1 Week:**

### **Monday:**

1. breakfast - fresh fruit and muesli;
2. snack - yogurt with banana;
3. lunch - grilled vegetables (tomatoes, zucchini, eggplants, sweet peppers);
4. snack - fruit salad dressed with lemon juice;
5. dinner - grilled fish hake with vegetables (tomatoes, broccoli, sweet peppers).

### **Tuesday:**

rye loaf with mozzarella and tomato;  
snack - a portion of vegetable salad with yogurt;  
baked lamb meat and vegetables (sweet pepper, tomatoes, eggplant);  
snack - grapefruit and boiled rice;  
Slice of rye bread, avocado, mozzarella, and tomato.

### **Wednesday:**

fruit salad (apple, papaya, banana, orange) and yogurt;  
snack - crispbread with ham and hard cheese, cucumber;  
a portion of vegetable stew and baked pike perch;  
snack - fruit juice;  
dressed with olive oil vegetable salad and boiled chicken breast.

### **Thursday:**

bread with butter and ham, fresh fruit;  
snack - Greek yogurt and banana;  
pasta with baked turkey meat and vegetable salad with arugula;  
snack - mozzarella with rye bread;  
baked fish with vegetables - pike perch.

### **Friday:**

boiled eggs (2 pcs.), bread with ham and greens;  
snack - homemade yogurt with berries;  
braised chicken and pasta, tomato juice;  
snack - bread with mozzarella and arugula;  
grilled vegetables with lamb.

### **Saturday:**

muesli with yogurt and banana;  
snack - ham and green sandwich;  
baked chicken and vegetable salad;  
snack - banana;  
pasta with shrimp and squid.

### **Sunday:**

a portion of oatmeal with raisins and a glass of yogurt;

snack - grapefruit;  
rice with vegetables and baked veal in sweet and sour sauce;  
snack - yogurt-filled fruit salad;  
baked fish stuffed with vegetables.

## **2 Week:**

### **Monday:**

yogurt with berries and oats;  
snack - yogurt with banana;  
cream of cauliflower puree; fish salad, seasoned with olive oil;  
snack - fruit salad dressed with lemon juice;  
vegetable salad with wholegrain sandwich and cheese.

### **Tuesday:**

oatmeal with berries;  
snack - a portion of vegetable salad with yogurt;  
lentil soup, hot cheese and tomato sandwiches (whole wheat bread); snack - grapefruit and  
boiled rice;  
fish, seen in sour cream with herbs;

### **Wednesday:**

omelet with tomatoes and herbs;  
snack - crispbread with ham and hard cheese, cucumber;  
vegetable soup with green beans, vegetable lasagna;  
snack - fruit juice;  
salad with seafood, dressed with olive oil.

### **Thursday:**

yogurt with nuts;  
snack - Greek yogurt and banana;  
fish soup, potatoes, baked with tomatoes, herbs, and cheese;  
snack - bread with mozzarella and arugula;  
vegetable salad with eggs, dressed with olive oil and lemon juice.

### **Friday:**

oatmeal with nuts;  
snack - homemade yogurt with berries;  
cream spinach cream soup, boiled redfish with brown rice and vegetables;  
snack - bread with mozzarella and arugula;  
whole pizza with cheese, tomatoes, and olives.

### **Saturday:**

eggs fried with greens;  
snack - ham and green sandwich;  
light white cabbage soup, roast lamb with potatoes;  
snack - banana;



eggplant sauté, wholegrain sandwich with cheese.

**Sunday:**

yogurt with berries;

snack - grapefruit;

tomato soup with herbs, baked chicken with potatoes and garlic;

snack - yogurt-filled fruit salad;

brown rice pilaf with seafood.

# Recipes. Sauce

# Homemade Mayo

Ready in about: 5 minutes | Serves: 10

## Ingredients

7 oz Olive oil  
1/2 cup Milk  
1 tsp Sugar  
1 tbsp Mustard  
1 tbsp Lemon juice  
Salt, to taste

## Directions

Add all ingredients except lemon juice in one measuring cup.  
Beat the blender until a thick white mass is formed, about 3-4 minutes.  
Add lemon juice while continuing to beat.

**Nutritional info per serving (1 tbsp):** Calories: 102 Kcal  
Fat: 12.1 g. | Protein: 0.4 g. | Carbs: 0.1 g.

# Pesto

Ready in about: 10 minutes | Serves: 10

## Ingredients

4 fl. oz Olive oil  
2 oz Green basil  
2 oz Parmesan  
2 Garlic, clove  
1 tsp Pine nuts  
Salt, to taste

## Directions

Basil wash and dry. Cut garlic cloves into large pieces. Grate the parmesan. Mix all ingredients in a blender until smooth. Add olive oil to taste.

**Nutritional info per serving (1 tbsp):** Calories: 81 Kcal

Fat: 8.7 g. | Protein: 1.5 g. | Carbs: 0.3 g.

# Italian Salad Dressing

Ready in about: 5 minutes | Serves: 10

## Ingredients

3 tbsp Olive oil

1.5 Balsamic vinegar

1 Garlic, clove

Salt and Pepper black ground, to taste

## Directions

In a small jar, mix olive oil, vinegar, chopped garlic, salt, and pepper. Close the lid and shake well.

**Nutritional info per serving (1 tbsp):** Calories: 86 Kcal

Fat: 8.8 g. | Protein: 0.1 g. | Carbs: 1 g.

# Cheese Sauce

Ready in about: 5 minutes | Serves: 10

## Ingredients

1 lb. Chicken broth  
4 oz Cheese  
2 oz Butter  
1 tbsp Wheat flour  
Ground cumin, pinch

## Directions

Fry the flour in butter, then dilute with broth or milk.

Add ground cumin, salt, grated cheese and simmer for a few minutes.

**Nutritional info per serving (1 tbsp):** Calories: 11.3 Kcal

Fat: 1.1 g. | Protein: 0.3 g. | Carbs: 0.3 g.

# Guacamole

Ready in about: 45 minutes | Serves: 10

## Ingredients

1 Avocado  
3 Green chili pepper  
1 Bell green pepper  
1/2 Onion  
1/2 Tomato  
1/2 tsp Lemon juice  
4 Coriander Seeds  
Salt, to taste

## Directions

Finely chop the onion, green pepper, and tomato. Coriander seeds are crushed in a mortar or directly on the cutting board with the flat side of a knife.

Divide the avocado in two, remove the bone. Spoon pick the flesh from the rind and put in a bowl. Fork crumble the pulp. Add onion, pepper, chili, tomato and coriander, salt and mix the lemon juice so that the vegetables do not lose color.

Mix everything well, put in a serving cup. Cover with foil and refrigerate.

Remove the chili peppers before serving. This hot sauce is great for cold meats or as an appetizer with crackers.

**Nutritional info per serving (1 tbsp):** Calories: 13 Kcal

Fat: 1.1 g. | Protein: 0.3 g. | Carbs: 1 g.

# Garlic Sause

Ready in about: 15 minutes | Serves: 10

## Ingredients

1 cup Chicken broth  
1 Garlic, clove  
1 tbsp Wheat flour  
1 tbsp Vinegar  
1 tsp Butter  
Salt, to taste

## Directions

Fry the butter and flour in a pan over medium heat. Add broth. Salt, add vinegar. Smash the garlic in the mortar, add to the mixture.

Boil the sauce, stirring constantly, in a small saucepan over low heat for 10 minutes. The sauce is very good for boiled meat, fish or poultry.

**Nutritional info per serving (1 tbsp):** Calories: 9 Kcal

Fat: 0.4 g. | Protein: 0.2 g. | Carbs: 0.9 g.



# BREAKFAST

# Fried Eggs with Smoked Salmon and Lemon Cream

Ready in about: 20 minutes | Serves: 2

## Ingredients

4 Eggs  
2 oz Smoked salmon  
2 tbsp Sour cream  
1 tbsp Butter  
1 Chives, stalk  
3/4 tsp Lemon juice  
1/4 tbsp Lemon peel  
1/4 tsp Cumin leaves

## Directions

In a small bowl, mix the sour cream, lemon juice, zest, and chopped cumin leaves. Mix well.

In another bowl, lightly beat the eggs, salt, and pepper.

Melt the butter in a frying pan over medium heat. Add chopped spring onions and pass for 1 minute. Then pour the eggs and cook, stirring constantly, for 1 minute. Arrange on 2 plates. Top with thinly sliced fish and sprinkle with lemon cream.

**Nutritional info per serving:** Calories: 192 Kcal

Fat: 15.3 g. | Protein: 11.7 g. | Carbs: 1.2 g.

# Baked Eggs with Pesto

Ready in about: 25 minutes | Serves: 4

## Ingredients

8 Egg  
1/4 glass  
2 fl. oz Cream 35%  
2 oz Butter  
2 tbsp Pesto sauce  
Black ground pepper, to taste

## Directions

Take small baking tins and grease them inside with butter. In each form, break into 2 eggs, trying not to damage the shell of the yolk. Salt, pepper and add a little cream.

Bake the eggs in the oven for 16-20 minutes at 160 degrees. Wait until the cream thickens, and the proteins become opaque, and remove from the oven.

Serve hot with a baguette, adding a little pesto to each mold.

**Nutritional info per serving:** Calories: 249 Kcal

Fat: 21.6 g. | Protein: 9.6 g. | Carbs: 2.6 g.

# Omelet in Spanish

Ready in about: 50 minutes | Serves: 4

## Ingredients

1 lb. New Potato

6 Egg

5 fl. oz Olive oil

1 Onion

3 tbsp Parsley

Pepper black ground, to taste

## Directions

Peel new potatoes (you can leave the peel), cut into thick pieces. Finely chop the onion.

Heat the oil in a pan, add the potatoes and onions, simmer over low heat, cover with a lid, stirring for 30 minutes, until the potatoes are soft. Throw the potatoes and onions in a colander and save the drained oil.

Separately, beat the eggs, then add the potatoes, parsley, and season with salt and pepper. Rest of the oil heat in a small saucepan. Transfer everything to a prepared frying pan and cook over low heat, leveling the omelet with a spatula.

When the eggs grab, turn the omelet over on a plate, then let it slide into the pan and fry on the other side for a few minutes. Turn over again, fry on the other side, leveling with a spatula so that the omelet retains its shape. Transfer to a plate and chill for 10 minutes before serving.

**Nutritional info per serving:** Calories: 207 Kcal

Fat: 17.7 g. | Protein: 4.9 g. | Carbs: 7.2 g.

# Omelet with Garlic, Gruyere Cheese, and Crackers

Ready in about: 10 minutes | Serves: 2

## Ingredients

3 Egg  
2 tbsp Butter  
2 oz Parsley, chopped  
1 oz Gruyere cheese  
4 Crackers, pieces  
1 tbsp Water  
1 Garlic, clove  
Pepper black ground, to taste

## Directions

Finely chop 1 clove of garlic. Grind gruyere on a coarse grater. Beat the eggs with water, salt, and pepper.

In a small frying pan, melt 1 spoonful of butter, put the croutons (white bread), sprinkle with a pinch of salt and lightly fry.

Then pour the egg mixture into the pan and, stirring with a spatula in a circular pattern, without touching the croutons, wait until the eggs are thickened.

Without removing the pan from the heat, sprinkle the omelet with cheese and chopped parsley. Then pour garlic on cheese in an even layer and leave the omelet on the fire for about 1 minute.

Pry off the finished omelet with a spatula from the edge closer to the panhandle, gently tilt the pan over the plate and, helping yourself with the spatula, make the omelet gradually slip onto the plate.

**Nutritional info per serving:** Calories: 247 Kcal

Fat: 19.7 g. | Protein: 10.3 g. | Carbs: 6.4 g.

# Fried Eggs in Bread

Ready in about: 10 minutes | Serves: 1

## Ingredients

1 Egg  
1 Bread, piece

## Directions

From a slice of bread, cut the core and fry the resulting crust in a frying pan.

Pour the egg in there and fry on both sides. Add tomatoes, ham, greens as desired.

**Nutritional info per serving:** Calories: 200 Kcal

Fat: 6.7 g. | Protein: 10.2 g. | Carbs: 25.5 g.

# SANDWICHES

# Hot Sandwiches with Cheese, Tomatoes and Greens

Ready in about: 5 minutes | Serves: 4

## Ingredients

4 White bread  
1 Green onion, bundle  
1 Tomato  
4 tbsp White cheese  
2 tsp Butter  
1 Parsley, bundle

## Directions

Dry the slices of bread. Chop green onions and parsley.

Cheese mixed with butter, onions, and herbs.

Put the finished curd on the bread. Put thin slices of tomato on top.

Bake sandwiches in the microwave at full power for 2–3 minutes.

**Nutritional info per serving:** Calories: 182 Kcal

Fat: 7.1 g. | Protein: 6.6 g. | Carbs: 22.3 g.



# Hot Brie Cheese Sandwich and Grapes

Ready in about: 10 minutes | Serves: 1

## Ingredients

4 Grape  
2 Bread, piece  
Butter, to taste  
Brie cheese, to taste

## Directions

Grease the bread with butter. Put the cheese on the buttered side of one piece of bread and place the grapes on it in half. Cover the top with a second slice of bread.

Put sandwiches under the grill and keep there until ready.

**Nutritional info per serving:** Calories: 101 Kcal

Fat: 0.3 g. | Protein: 2 g. | Carbs: 23.5 g.

# Salmon and Avocado Sandwich

Ready in about: 10 minutes | Serves: 2

## Ingredients

1 French baguette  
1 Avocado  
4 oz Salted salmon

## Directions

Cut the baguette from one side.

Slice the avocado and salmon into thin slices and place inside the baguette.

**Nutritional info per serving:** Calories: 240 Kcal

Fat: 8.7 g. | Protein: 7.9 g. | Carbs: 33.8 g.

# Canapes with Cheese, Tomato, and Salmon

Ready in about: 30 minutes | Serves: 4

## Ingredients

3 Tomato  
5 Bread, piece  
10 Salmon, slices  
4 oz Cheese  
2 oz Butter

## Directions

Bread cut into slices and dry on the baking sheet. Cut the cheese into thin triangles, cut the salmon into thin slices, and cut the tomatoes into very thin slices.

Spread the dried bread with softened butter, lay a triangle of cheese and a slice of tomato on each piece, and folded salmon slices in half on top.

Place the canapes on baking paper and bake in a preheated oven to 350 degrees for 15 minutes, until the cheese becomes sticky. Serve hot.

**Nutritional info per serving:** Calories: 252 Kcal  
Fat: 16.7 g. | Protein: 9.5 g. | Carbs: 16.3 g.

# White Cheese Sandwich with Salmon

Ready in about: 7 minutes | Serves: 4

## Ingredients

6 dark bread, piece  
2 Tomato  
4 oz White cheese  
4 oz Smoked salmon  
Basil and parsley, to taste

## Directions

Place a slice of salmon, a ring of tomato and a piece of cheese on a slice of bread. Garnish with a sprig of basil.

**Nutritional info per serving:** Calories: 183 Kcal

Fat: 6.4 g. | Protein: 7.5 g. | Carbs: 27.3 g.

# PANCAKES

# Cottage Cheese Pancakes

Ready in about: 15 minutes | Serves: 4

## Ingredients

10 oz Cottage cheese  
5 tbsp Wheat flour  
3 Tomato  
2 Egg  
4 tbsp Sour cream  
1/2 Baking soda  
2 tbsp Sugar  
Vanillin, to taste

## Directions

Beat eggs with sugar, then add sour cream, cottage cheese, flour, and soda.

Knead the dough, something like pancakes, but thicker.

Scoop the dough with a tablespoon and pour it onto a pre-heated pan.

Fry from two sides on low heat.

**Nutritional info per serving:** Calories: 219 Kcal

Fat: 8.7 g. | Protein: 11.1 g. | Carbs: 24 g.

# Pancakes with Pumpkin and Apple

Ready in about: 30 minutes | Serves: 4

## Ingredients

11 oz Pumpkin  
1 Apple  
1/2 cup Water  
4 tbsp Wheat flour  
1 Egg  
2 tbsp Olive oil  
Salt, to taste

## Directions

Peel the pumpkin and apple and grate on a coarse grater.

Put in a saucepan, add water and simmer on medium heat until soft.

Cool, add flour, egg, salt and mix well.

Using a spoon, spread into a hot frying pan with olive oil and fry on both sides until cooked.

**Nutritional info per serving:** Calories: 121 Kcal

Fat: 7.2 g. | Protein: 2.3 g. | Carbs: 12.7 g.

# Rye Pancakes with Green Onion Sauce and Red Caviar

Ready in about: 30 minutes | Serves: 4

## Ingredients

1 lb. Milk  
3 Egg  
4 oz Rye flour  
4 oz Wheat flour  
4 tbsp Sour cream  
2 oz Red caviar  
2 oz Green onion  
1/4 Lemon  
tbsp Cilantro  
1 tbsp Olive oil  
1 tsp Dijon mustard  
1/2 tsp Dry yeast  
Salt and black pepper, to taste

## Directions

Beat eggs with milk, two tablespoons of sour cream, a pinch of sugar, and salt. Dissolve the yeast in a tablespoon of warm water and pour the solution into a bowl with an egg-milk mixture. Add sifted rye and wheat flour to the mixture and whisk, mix the contents of the bowl until a homogeneous liquid mass, and leave to stand for 20 minutes.

Blend 4 oz of sour cream with coarsely chopped green onions, cilantro, sunflower oil, lemon quarter juice and Dijon mustard (it should be a soft greenish sauce). Mix the resulting mass with red caviar.

Smear the hot pan with olive oil and bake the pancakes, pouring the dough with a ladle. Do not forget to constantly lubricate the pan with oil.

Brush with the sauce ready pancakes, roll them in an envelope or tube. Serve hot on the table.

**Nutritional info per serving:** Calories: 169 Kcal

Fat: 7.3 g. | Protein: 6.7 g. | Carbs: 19.4 g.



# Rye Pancakes with Cottage Cheese and Figs

Ready in about: 30 minutes | Serves: 4

## Ingredients

1 lb. Milk  
3 Egg  
5 oz Cottage cheese  
4 oz Rye flour  
4 oz Wheat flour  
2 Figs  
3 tbsp Olive oil  
1/2 tsp Dry yeast  
1 Garlic, clove  
2 tsp Parsley  
Salt, to taste

## Directions

Beat eggs with milk, sugar, olive oil and salt. Dissolve the yeast in a tablespoon of warm water and pour the solution into a bowl with an egg-milk mixture. Pour the sifted rye and wheat flour and whisk easily whisk the contents of the bowl into a homogeneous liquid mass. Leave the mass alone for twenty minutes.

In a blender, mix curd cheese with chopped parsley, fresh figs, and garlic.

Heat a large frying pan, grease with olive oil and bake pancakes, pouring a ladle into the pan and regularly lubricating it with oil.

Grease the finished pancakes with cheese and fig paste, roll up into a straw and serve hot.

**Nutritional info per serving:** Calories: 195 Kcal

Fat: 10.5 g. | Protein: 6.8 g. | Carbs: 18.3 g.

# Cheese Pancakes

Ready in about: 20 minutes | Serves: 4

## Ingredients

3 cup milk  
2.5 cup Wheat flour  
11 oz Cheese  
5 Egg  
7 oz Butter  
Salt, to taste

## Directions

Cheese grate on a fine grater. Beat milk with yolks, add cheese, sugar, salt, flour to them and mix.

Add whipped whites separately.

Fry the pancakes in well-heated butter.

**Nutritional info per serving:** Calories: 234 Kcal

Fat: 10.7 g. | Protein: 6.7 g. | Carbs: 27.7 g.

# Lunch

# Mussels with Cheese

Ready in about: 20 minutes | Serves: 4

## Ingredients

1 lb. Mussels  
1 glass White dry wine  
8 oz Cheese  
8 oz Cream  
1/2 Onions head  
2 tbsp Olive oil  
1 tbsp Parsley, chopped  
2 Garlic, cloves

## Directions

Chop onions and garlic lightly browned in olive oil. Put the thawed mussels in this mixture, hold them a little on the fire and add the wine.

Wait until the alcohol is half evaporated, add the cheese, parsley, and black pepper.

When the cheese melts in the wine, add cream to the eye, bring it to a boil and remove from heat.

**Nutritional info per serving:** Calories: 115 Kcal  
Fat: 7.7 g. | Protein: 6.2 g. | Carbs: 2 g.

# Chinese Cabbage with Mint and Green Peas

Ready in about: 5 minutes | Serves: 4

## Ingredients

1/2 Chinese cabbage  
4 oz Green pea  
1 Chili pepper  
1 Fresh mint, bundle  
2 tbsp Sesame oil  
1 tbsp Rice vinegar  
1 tbsp Soy sauce

## Directions

Heat the wok and pour in the sesame oil, and then the soy sauce with vinegar.

Add chopped green peas, fry for 30 seconds, then add noodles of chopped cabbage and fry for one more minute.

Add the mint, chopped chili peppers and mix. Turn off the heat and cover with a lid. Let it brew for a couple of minutes and serve.

**Nutritional info per serving:** Calories: 77 Kcal

Fat: 5.7 g. | Protein: 2 g. | Carbs: 5.9 g.

# Eggplant in Sesame

Ready in about: 15 minutes | Serves: 4

## Ingredients

2 Eggplant  
5 tbsp Sesame seeds  
1 Egg  
2 tbsp Olive oil

## Directions

Eggplant cut into slices half a centimeter thick and salt.

Beat the egg, soak the eggplant in it and roll in the sesame.

Fry in oil on both sides until golden brown, and then spread on a napkin so that excess oil is absorbed. Serve hot.

**Nutritional info per serving:** Calories: 187 Kcal

Fat: 16 g. | Protein: 5.2 g. | Carbs: 6.9 g.

# Scallop Ceviche

Ready in about: 5 minutes | Serves: 4

## Ingredients

2 Lime  
7 oz Scallop  
1 oz Ginger  
1 oz Cilantro  
1 fl. oz Olive oil  
1 tbsp Soy sauce  
2 Garlic, clove  
Pepper black ground, to taste

## Directions

Mix the juice of two lemons with a fork in any suitable container with lightly salted soy sauce.

Add chopped hard garlic cloves. Add a pinch of coarse black pepper, a pinch of coarse sea salt, grated ginger, grape seed oil, and coarsely chopped fresh cilantro leaves. Stir.

Scallop mussels cut into thin slices, cover with sauce and roast for five minutes.

**Nutritional info per serving:** Calories: 89 Kcal

Fat: 4.5 g. | Protein: 7.1 g. | Carbs: 5.8 g.

# Cabbage with Shrimps and Lemongrass

Ready in about: 25 minutes | Serves: 4

## Ingredients

- 1 White cabbage
- 1 lb. Shrimps
- 4 fl. oz Rice vinegar
- 1 Cilantro, bundle
- 1 White onion
- 2 oz Ginger
- 4 fl. oz Olive oil
- 2 tbsp Soy sauce
- 4 Lemongrass
- 5 Garlic, cloves
- 2 Bay leaf

## Directions

In a heated wok, fry the onion and ginger in olive oil.

Add the chopped cabbage and simmer, stirring gently, until soft.

Add soy sauce, finely chopped garlic, bay leaf, and sliced lemongrass.

Simmer for 5-7 minutes, then add rice vinegar. Stir, stew for another couple of minutes, add shrimp and mix with cabbage.

As soon as the shrimps are ready, sprinkle the contents of the wok with minced cilantro, stir and serve.

**Nutritional info per serving:** Calories: 81 Kcal

Fat: 3.5 g. | Protein: 5 g. | Carbs: 8.8 g.



# Chicken with Tomatoes, Prunes, Cinnamon, and Wine

Ready in about: 70 minutes | Serves: 6

## Ingredients

1 Chicken  
9 oz Tomatoes  
9 fl. oz Dry white wine  
16 Prunes without stones  
5 fl. oz Water  
2.5 tbsp Butter  
2 tbsp Red wine vinegar  
2 tsp Sugar  
1 Cinnamon, stick

## Directions

Cut the carcass of the chicken into 8 parts, salt, and pepper to taste. Fry the pieces in butter in a heavy skillet for 5 minutes.

After roasting, put all the chicken pieces tightly in the pan, add the wine and bring to a boil. Boil for 4 minutes until the liquid has evaporated to about half.

Add water to the pan, add peeled and chopped tomatoes, 1 cinnamon stick, 3/4 teaspoon salt, 1/4 teaspoon pepper and bring to a boil again. Continue to cook, covered with a lid, on low heat for 20 minutes.

Add the chopped prunes, vinegar and sugar, and bring to the boil again. After turning down the heat, cover and cook for 10 minutes. Remove the pieces of chicken from the pan, put on a dish and cover with foil.

Bring the sauce remaining in the pan to a boil and cook on high heat for 8-10 minutes. The sauce should thicken and evaporate to about 300 ml.

Lay the chicken on plates at the rate of 2 pieces per 1 person. Serve with cooked tomato and prune sauce.

**Nutritional info per serving:** Calories: 160 Kcal  
Fat: 9.5 g. | Protein: 11.3 g. | Carbs: 5.8 g.

# SOUPS

# Mediterranean Rabbit Soup

Ready in about: 20 minutes | Serves: 4

## Ingredients

1 lb. Mussels  
1 glass White dry wine  
8 oz Cheese  
8 oz Cream  
1/2 Onions head  
2 tbsp Olive oil  
1 tbsp Parsley, chopped  
2 Garlic, cloves  
Pepper black ground, to taste

## Directions

Chop onions and garlic lightly browned in olive oil. Put the thawed mussels in this mixture, hold them a little on the fire and add the wine.

Wait until the alcohol is half evaporated, add the cheese, parsley and black pepper.

When the cheese melts in the wine, add cream a little bit, bring it to a boil and remove from heat.

**Nutritional info per serving:** Calories: 115 Kcal

Fat: 7.7 g. | Protein: 6.2 g. | Carbs: 2 g.

# Mushroom Cream Soup

Ready in about: 20 minutes | Serves: 4

## Ingredients

1 lb. Champignons  
1 lb. Cream 20%  
2 Onion  
1 oz Butter  
Pepper black ground, to taste

## Directions

Peel and clean the mushrooms through a meat grinder. Add the finely chopped onion.

Fry the mixture in a pan with olive oil until the water evaporates. Salt and pepper.

Put the fried mushrooms in a saucepan, cover with cream and bring to a boil.

Can be served hot or chilled.

**Nutritional info per serving:** Calories: 117 Kcal

Fat: 10.3 g. | Protein: 3.1 g. | Carbs: 3.6 g.

# Creamy Salmon Soup

Ready in about: 30 minutes | Serves: 6

## Ingredients

1 lb. Cream of 10%  
1 lb. Potato  
11 oz Salmon  
10 oz Tomato  
7 oz Leek  
5 oz Carrot  
1 Greens, bunch  
2 tbsp Olive Oil  
Pepper black ground, to taste

## Directions

Cut leek rings, rub carrots with a grater. Peeled potatoes cut into small cubes or cubes. Cut the salmon into cubes.

Peel the tomatoes and cut into cubes. If the skin is badly removed, dip the tomatoes for a few seconds in boiling water.

In a saucepan fry onions and carrots in olive oil. Add tomatoes and fry slightly. Pour 1 liter of water, bring to a boil.

When the water boils, add potatoes, salt to taste, cook for 5-7 minutes. Then add the salmon and pour in the cream. Boil until potatoes are ready (3-5 minutes).

**Nutritional info per serving:** Calories: 115 Kcal

Fat: 7.7 g. | Protein: 6.2 g. | Carbs: 2 g.

# Cheese Cream Soup

Ready in about: 45 minutes | Serves: 4

## Ingredients

3 Potato  
6 French baguette  
2 Onion  
2 Baby carrots  
4 oz Celery Root  
4 tbsp Olive oil  
2 tbsp Butter  
2 tbsp Cream cheese  
Pepper black ground, to taste

## Directions

Cut one large onion, potatoes, carrots and celery root into large cubes. Heat 2 tablespoons of olive oil in a pan and fry the vegetables for 2 minutes. Add hot water to completely cover the vegetables. Bring to a boil, remove the froth and reduce heat. Boil 30 minutes (the vegetables should be well boiled soft).

Beat the prepared vegetables with a blender until mashed or rub through a sieve. Add cheese to the soup, mix well. Add salt, pepper, and nutmeg. Stir continuously and bring the soup to a boil, remove from heat. Cut circles from white bread with a diameter of 3 inches and fry them. Serve croutons with soup.

**Nutritional info per serving:** Calories: 171 Kcal

Fat: 8.4 g. | Protein: 3.3 g. | Carbs: 21 g.

# SALADS

# Seafood Salad with Lime Sauce

Ready in about: 15 minutes | Serves: 2

## Ingredients

4 Mussels, pieces  
3 Cherry tomatoes  
3 oz Cooked shrimp, shredded  
2 oz Calamary  
2 oz Iceberg lettuce  
1/2 Lime  
1.5 fl. oz Olive oil  
1 oz. Pine nuts  
1 tbsp. Cheese Parmesan, grated  
Pepper black ground, to taste

## Directions

Boil the calamary and cut into strips.

Tear lettuce leaves. Cherry tomatoes cut in half.

Put the pine nuts on a dry frying pan and fry gently all the time, shaking the pan.

Mix the juice of half lime with olive oil, add salt and black pepper to taste.

Put all the ingredients on a plate and pour dressing. Sprinkle with pine nuts on top.

**Nutritional info per serving:** Calories: 149 Kcal

Fat: 12.2 g. | Protein: 8.1 g. | Carbs: 1.7 g.



# Arugula with Radish and Tomatoes

Ready in about: 10 minutes | Serves: 2

## Ingredients

1 cup Cherry tomatoes  
6 Radish, pieces  
1 Arugula, bundle  
1 tbsp Olive oil  
2 tsp Lemon juice  
Pepper black ground, to taste

## Directions

Wash arugula and tear it into pieces. Radish cut into thin circles. Cherry tomatoes cut in half. Add pine nuts.

Season the mixture with olive oil, lemon juice, salt and pepper to taste.

**Nutritional info per serving:** Calories: 51 Kcal  
Fat: 3.9 g. | Protein: 1.2 g. | Carbs: 2.8 g.

# Salad of Colorful Peppers with Basil on The Grill

Ready in about: 20 minutes | Serves: 4

## Ingredients

2 Red bell pepper  
2 Yellow bell pepper  
2 Green bell pepper  
3 Tomato  
1/2 cup Basil leaves  
1 Onion  
5 tbsp Vinegar  
4 Olive oil  
1 tsp Sugar  
1 tsp Salt

## Directions

Preheat the grill. Put the peppers on the grill and fry for a few minutes, turning until the skin begins to burn.

Transfer to a bowl, cover with foil and leave for 15 minutes. Peel and peel the skin. Cut into thin strips.

Place the finely chopped onion rings into the microwave container and add sugar, salt, and water so that it completely covers the onion. Microwave for 2 minutes. Drain.

Put peppers, finely chopped tomatoes, and finely chopped basil on a plate. Sprinkle with olive oil and vinegar.

**Nutritional info per serving:** Calories: 78 Kcal

Fat: 5.7 g. | Protein: 1.2 g. | Carbs: 4.7 g.

# Spinach Salad with Pear and Avocado

Ready in about: 10 minutes | Serves: 2

## Ingredients

1 Avocado  
1 Pear  
6 oz Fresh spinach leaves  
4 fl. oz Olive oil  
2 fl. oz Rice vinegar  
2 oz Gorgonzola Cheese  
1/2 red onion  
1 tbsp Cilantro, chopped  
1 tbsp Lime juice  
Cayenne pepper, to taste  
1/4 tsp Ground dried garlic

## Directions

In a small bowl, mix the olive oil, vinegar, lime juice, cilantro, garlic, and cayenne pepper. Salt and pepper.

In another larger bowl, gently mix the spinach, diced pear, finely chopped avocado, and finely chopped onion.

Pour over the dressing, stir and sprinkle with cheese. Serve with the remaining dressing.

**Nutritional info per serving:** Calories: 210 Kcal

Fat: 19.6 g. | Protein: 2.5 g. | Carbs: 6.7 g.

# Cherry Tomato Salad with Shrimps

Ready in about: 10 minutes | Serves: 2

## Ingredients

11 oz Cherry tomato  
4 oz Boiled shrimps, peeled  
1oz Green basil  
1 fl. oz Olive oil  
lb. Mussels  
1 glass White dry wine  
8 oz Cheese  
8 oz Cream  
1/2 Onions head  
2 tbsp Olive oil  
1 tbsp Parsley, chopped  
2 Garlic, cloves  
Pepper black ground, to taste

## Directions

Cherry tomatoes cut in half and add peeled shrimp.

Add the chopped basil leaves.

Add olive oil, add salt and pepper.

**Nutritional info per serving:** Calories: 66 Kcal

Fat: 4.9 g. | Protein: 3.8 g. | Carbs: 2.1 g.

# Green Salad with Cherry and Pine Nuts

Ready in about: 10 minutes | Serves: 2

## Ingredients

1.5 cup Romano Salad  
1.5 cup Arugula  
10 Cherry tomato  
2 tbsp Pine nuts  
2 tbsp Olive oil  
1.5 Lime juice  
1/2 Garlic, clove  
Sea salt, pinch  
Parmesan, to taste  
Pepper black ground, to taste

## Directions

Mix lemon juice, olive oil, chopped garlic, salt and pepper.

In another container, mix lettuce, arugula, cherry halves and drizzle with dressing.

Stir and sprinkle with nuts and parmesan on top - to taste.

**Nutritional info per serving:** Calories: 66 Kcal  
Fat: 5.3 g. | Protein: 1.9 g. | Carbs: 2.6 g.

# Shopsky Salad

Ready in about: 20 minutes | Serves: 4

## Ingredients

1 lb. Bell pepper  
11 oz Tomato  
5 oz Cucumber  
5 oz White cheese  
1 Chili pepper  
4 oz Onion  
2 fl. oz Olive oil  
Parsley, chopped, to taste  
Vinegar, to taste

## Directions

Fry the peppers in the oven until the skin is slightly browned. Remove the peel and seeds, and then cut the pepper into small pieces.

Cut the tomatoes and cucumbers into small pieces. Onions cut into thin half rings. Put the vegetables in a bowl and mix. Add salt to taste, then butter and parsley. Mix well again and place on the dish.

Sprinkle with grated cheese and garnish with finely chopped chili.

**Nutritional info per serving:** Calories: 91 Kcal

Fat: 3 g. | Protein: 6.2 g. | Carbs: 4.7 g.

# Spinach Salad

Ready in about: 10 minutes | Serves: 2

## Ingredients

1 Spinach, bundle  
2 tbsp Lemon juice  
2 tbsp Walnut  
1 tsp Soy sauce  
1 Garlic, clove  
Pepper black ground, to taste

## Directions

Scrub the washed spinach with boiling water and rinse under cold water.

Mix lemon juice and soy sauce, add walnuts and squeeze garlic cloves. Mix everything thoroughly, dressing the spinach leaves.

**Nutritional info per serving:** Calories: 155 Kcal  
Fat: 13.7 g. | Protein: 5.2 g. | Carbs: 4 g.

# Seasonal Salad with Red Bean, Curd Cheese, and Red Onion

Ready in about: 7 minutes | Serves: 4

## Ingredients

1 lb. Canned Beans  
7 oz Cheese curd  
1 Limon  
4 oz Arugula  
2 fl. oz Olive oil  
2 oz Red onion  
2Garlic, cloves  
Pepper black ground, to taste

## Directions

Take two cans of red beans, drain the juice from it and rinse with cold water.

Mix the beans with finely chopped red onions, herbs, garlic, olive oil, lemon juice, and curd cheese.

Salt, pepper and leave to mix.

**Nutritional info per serving:** Calories: 134 Kcal

Fat: 7.6 g. | Protein: 7.1 g. | Carbs: 9 g.



# Green Bean and Cherry Salad with Shallot

Ready in about: 10 minutes | Serves: 4

## Ingredients

1 lb. Green String Beans  
1 lb. Red cherry tomato  
6 tbsp Olive oil  
2 tbsp Red wine vinegar  
1 Onion  
Basil leave, to taste  
Pepper black ground, to taste

## Directions

Cut off the tails of the beans and cut into small pieces. Put in a pot of boiling salted water and boil until soft for about 5 minutes.

Put on ice or rinse under cold water. Dry and transfer to a bowl. Cut the cherry in half and place in another bowl.

Chop the onion and place in a small bowl. Add vinegar, salt, and pepper. Add to the cherry and mix well.

Before serving, mix with beans and basil.

**Nutritional info per serving:** Calories: 88 Kcal

Fat: 7.7 g. | Protein: 2.1 g. | Carbs: 3.2 g.

# Easy Shrimp Salad

Ready in about: 10 minutes | Serves: 4

## Ingredients

1 lb. Shrimps  
5 oz Green Salad  
5 oz Cherry tomato  
4 oz Arugula  
4 tbsp Olive oil  
4 tbsp Limon juice  
2 tbsp Dry white wine  
2 tbsp Soy sauce  
Pepper black ground, to taste

## Directions

Put shrimp in boiling salted water and cook for 3 minutes. Flip down, rinse with cold water and clean. Slightly fry the shrimps in olive oil, then pour them with lemon juice and soy sauce and let stand for a while.

Cut the cherry tomatoes into two halves, pickle the lettuce leaves and add the shrimps, previously draining the liquid from them.

Refill the remaining lemon juice, soy sauce, olive oil, and wine. Pepper, salt to taste and pour the salad with the resulting sauce.

**Nutritional info per serving:** Calories: 117 Kcal  
Fat: 7.6 g. | Protein: 10.3 g. | Carbs: 1.2 g.

# PASTA

# Spaghetti al Crudo

Ready in about: 15 minutes | Serves: 4

## Ingredients

1 lb. Spaghetti  
3 Tomato  
4 fl. oz Olive oil  
5 Anchovy fillets, pieces  
4 tbsp Olive  
2 oz. Basil  
2 tbsp Capers  
2 tbsp Tomato juice  
Pepper black ground, to taste

## Directions

Put all the ingredients, except for spaghetti and basil, in a saucepan, cover with three spoons of olive oil - this is about 70 grams, mix, but do not heat. Try, salt and pepper.

Bring the water to a boil in a large saucepan, add salt (a little less than usual, as anchovies will add an extra salty taste later) and put the pasta into it. Boil for about a minute less than what is indicated on the pack, to the state of al dente.

While the pasta is boiling, place the stew-pan with the tomatoes and everything else on the saucepan with the pasta so that the steam heats them a bit and they are infused.

When the paste is ready, drain the water, but do not completely pour it out. Mix the pasta with the ingredients of the sauce, adding a little water in which the pasta was boiled, if necessary so that the mixture does not turn out to be steep. Add the remaining olive oil and mix again.

Add basil leaves in a saucepan and mix them with pasta. After that serve immediately.

**Nutritional info per serving:** Calories: 115 Kcal

Fat: 7.7 g. | Protein: 6.2 g. | Carbs: 2 g.

# Noodles with Shrimps.

Ready in about: 15 minutes | Serves: 4

## Ingredients

25 Shrimps, peeled  
1/2 lb. Egg noodles  
1 Green onion, bundle  
1 Lime  
2 tbsp Peanut butter  
2 tbsp Soy sauce  
1/2 tbsp Anise  
1 Garlic, cloves

## Directions

Heat peanut butter in a wok. Fry garlic and ground star anise (star anise) for 30 seconds.

Add the chopped green onions and peeled tiger shrimps and fry for another 2-3 minutes.

Add the soy sauce, lime juice and egg noodles previously boiled for 2 minutes, mix everything.

Fry the mixture over high heat for another 1 minute, arrange into plates and decorate with lime slices.

**Nutritional info per serving:** Calories: 164 Kcal

Fat: 5.6 g. | Protein: 9.2 g. | Carbs: 18.7 g.

# Pasta with Arugula and Walnut Pesto

Ready in about: 20 minutes | Serves: 4

## Ingredients

1 lb. Spaghetti  
5 oz Pecorino Romano cheese  
1/2 cup Walnut  
1 Arugula, bundle  
4 tbsp Olive oil  
Basil leaves, to taste  
Pepper black ground, to taste

## Directions

In a blender, pour in olive oil and add arugula, grated or sliced pecorino, halved walnuts and butter again if necessary. Beat at low speed so that you can recognize the ingredients in pesto. As soon as the contents of the blender become homogeneous and thick like sour cream - pesto is ready.

Boil the spaghetti in lightly salted water until al dente.

Drain and mix the pasta with freshly prepared pesto in a saucepan.

Put the mixture on the plates and decorate with a leaf of green basil.

Serve with freshly grated pecorino.

**Nutritional info per serving:** Calories: 410 Kcal  
Fat: 22.7 g. | Protein: 11.7 g. | Carbs: 38.6 g.

# Seafood Pasta

Ready in about: 25 minutes | Serves: 4

## Ingredients

7 oz Pasta  
5 oz Cream  
4 oz Shrimps  
2 oz Calamary  
2 oz Mussels  
2 fl. oz White dry wine  
2 fl. oz Tomato sauce  
1 fl. oz Olive oil  
2 tsp Parmesan  
1 tsp Green Basil  
1 tsp Garlic

## Directions

Fry seafood with garlic in olive oil.

Add white wine, heavy cream, tomato sauce, salt, white ground pepper, and nutmeg.

Mix with boiled pasta, add chopped basil. When serving, sprinkle with grated parmesan.

**Nutritional info per serving:** Calories: 211 Kcal

Fat: 8.8 g. | Protein: 9.2 g. | Carbs: 22 g.

# Pasta with Shrimps and Broccoli

Ready in about: 45 minutes | Serves: 4

## Ingredients

1 Broccoli  
11 oz Shrimps  
11 oz Pasta  
5 Sun-dried tomatoes  
1 Bell pepper  
1 Onion  
2 oz Dutch cheese  
2 fl. oz Cream  
2 tbsp Olive oil  
3 Garlic, clove  
Pepper black ground, to taste

## Directions

Finely chop the garlic and onion and fry in a deep-frying pan (the deeper, the easier it is to cook) in hot oil.

Add chopped peppers, tomatoes (you can take fresh, peeled and seeds) and fry for a couple of minutes.

Pour in two glasses of water, add salt, pepper to taste. Put the pasta and lightly boil for about 10 minutes.

Then add the cream and then 5-7 minutes over low heat.

Put the peeled shrimps and broccoli, close the lid and cook for another 5-7 minutes.

Sprinkle the finished pasta with grated cheese and dill.

**Nutritional info per serving:** Calories: 160 Kcal

Fat: 4.7 g. | Protein: 9.2 g. | Carbs: 20.1 g.



FISH

# Steamed Trout with Cranberry Sauce

Ready in about: 25 minutes | Serves: 2

## Ingredients

2 trout, piece  
11 oz Fresh cranberry  
1 cup Water  
1 Lemon  
1 Lime  
3 tbsp Honey  
Pepper mix, to taste

## Directions

Salt and pepper two pieces of trout and place in a double boiler or steamer. Cook for 15 minutes.

Pour water into a saucepan, add 2-3 tablespoons of honey and bring to a boil. Put the cranberries there.

With half a lemon and a whole lime, remove the zest and squeeze out the juice. Add the zest and juice in the pan to the cranberries. Cook, kneading cranberries, about 15 minutes. Rub the prepared sauce through a sieve until smooth.

Serve the fish hot with the sauce and a slice of lemon. As a side dish for trout, you can serve fresh vegetables or Brussels sprouts steamed.

**Nutritional info per serving:** Calories: 52 Kcal

Fat: 0.6 g. | Protein: 5.4 g. | Carbs: 6.7 g.

# Smoked Salmon with Rice

Ready in about: 20 minutes | Serves: 4

## Ingredients

- 1 lb. Rice
- 1 lb. Chicken broth
- 1 lb. Smoked salmon
- 6 Egg
- 2 Onion
- 1 Lemon
- 1 Chili pepper
- 2 oz Sour cream
- 2 fl. oz Olive oil
- 2 oz Butter
- 1 oz Cilantro
- 2 tsp Ginger
- 2 Garlic, cloves
- 1 Bay leaf
- 1 tbsp Parsley
- Pepper black ground, to taste

## Directions

Boil the eggs.

In a deep-frying pan in a mixture of butter and olive oil, fry finely chopped onion to a state of softness. Add finely chopped garlic and ginger and fry them with onions until a characteristic garlic smell appears.

Add the rice to the pan and fry it, stirring, until it is well saturated with oil. Fill with hot chicken broth, salt to taste and leave to cook over low heat, stirring occasionally.

Pour some water into another skillet, crumble up smoked salmon, add bay leaf and chopped parsley. Simmer for five minutes, stirring occasionally.

Coarsely chop the cilantro, chop the chili pepper and boiled eggs into thin ringlets. As soon as the rice is cooked, mix it, not removing from the heat, with chopped cilantro, chili pepper, salmon and salmon broth, eggs, sour cream, and lemon juice. Salt-pepper, mix, hold on the fire for another minute and serve.

**Nutritional info per serving:** Calories: 175 Kcal

Fat: 7.5 g. | Protein: 7.6 g. | Carbs: 19.4 g.

# Salmon with Sorrel Sauce

Ready in about: 15 minutes | Serves: 4

## Ingredients

1 lb. Salmon  
10 oz Sorrel  
5 fl. oz Sour cream  
1 Onion  
4 tbsp White dry wine  
1.5 oz Butter  
Pepper black ground, to taste

## Directions

Finely chop the onion and sorrel.

Melted butter in a frying pan, add onion and fry until transparent.

Then add sorrel and simmer for 4-5 minutes over medium heat under a closed lid.

At this time, cut the fish into portions. We spread on a plate and tightly wrapped with cling film so that there is no escape to the air. Sent in a microwave at maximum power for 5 minutes.

Add wine to the pan with sorrel and stew without a lid for 2-3 minutes, then add sour cream, salt, pepper and leave for another couple of minutes.

Pour the prepared salmon into the sauce and serve it to the table!

**Nutritional info per serving:** Calories: 114 Kcal

Fat: 9.7 g. | Protein: 1.6 g. | Carbs: 3.8 g.

# Shrimp Marinated in Curry

Ready in about: 15 minutes | Serves: 4

## Ingredients

11 oz Royal shrimps, peeled  
1 Lemon  
2 oz Olive oil  
1 tbsp Curry powder red  
1 tbsp Soy sauce  
1 tsp Fish sauce

## Directions

In a deep bowl, mix the curry powder, soy and fish sauces, lemon juice and olive oil. Add peeled shrimps, mix well and marinate in the fridge for 10 minutes.

Remove the shrimps from the refrigerator and put it on thin wooden skewers. Heat the grill pan and fry the shrimp for 30 seconds on each side.

**Nutritional info per serving:** Calories: 139 Kcal

Fat: 10.6 g. | Protein: 8.8 g. | Carbs: 2.2 g.

# Baked Salmon with Tarragon

Ready in about: 15 minutes | Serves: 4

## Ingredients

1/2 lb. Salmon fillets  
1 tbsp Olive oil  
1/2 tsp Fresh green onion, chopped  
1/2 tsp Tarragon leaves  
Pepper black ground, to taste

## Directions

Spread the fish with olive oil and rub with salt and pepper. Put on a baking tray covered with foil, skin down, and bake in an oven preheated to 420 degrees until cooked for about 12 minutes.

Cut a piece of fish in half, separate from the skin and place on a plate. Sprinkle with olive oil and chopped fresh green onion and chopped tarragon.

**Nutritional info per serving:** Calories: 174 Kcal

Fat: 11.1 g. | Protein: 16.6 g. | Carbs: 0.4 g.

# DINNER

# Asparagus Risotto

Ready in about: 40 minutes | Serves: 8

## Ingredients

2 lb. Fresh asparagus  
2 lb. Chicken broth  
10 oz Risotto rice  
1 Onion  
3 oz Parmesan cheese, grated  
4 tbsp Olive oil  
3 tbsp Cream  
Pepper black ground, to taste

## Directions

Wash the asparagus and cut the tops. Boil the stems in boiling water for 5-7 minutes until soft.

Drain the prepared asparagus and transfer to a chicken broth blender. Beat, pour into a frying pan, bring to a boil and lightly sweat over low heat.

Cook asparagus tops in boiling water for 1 minute. Drain and cool in ice water.

Heat the olive oil in a large frying pan, add the finely chopped onion and lightly fry. Add rice and reduce heat. Add salt and spices and mix well.

Add a ladle of hot broth with asparagus and cook over medium heat, stirring constantly, until all is evaporated, then add another soup ladle and so on. Simmer for about 20 minutes until rice is cooked.

Add the parmesan and cream and gently stir in the boiled asparagus. Serve hot.

**Nutritional info per serving:** Calories: 105 Kcal

Fat: 4.7 g. | Protein: 3.5 g. | Carbs: 12.3 g.



# Seafood Ravioli in Cream Cheese Sauce

Ready in about: 45 minutes | Serves: 6

## Ingredients

12 fl. oz Milk  
10 fl. oz Cream  
10 oz Wheat flour  
3 Egg  
4 fl. oz Dry white wine  
4 oz Butter  
4 oz Shrimps, peeled  
4 oz Scallops  
4 tbsp Parsley, chopped<sup>1</sup>  
2 oz Parmesan cheese, grated  
1 tbsp Olive oil  
1 Egg yolk  
3 Garlic, clove

## Directions

Sift the flour with a pinch of salt into a large bowl. Beat eggs, a tablespoon of olive oil and a tablespoon of water and slowly stir in the flour. Knead well, roll up the bowl and place in a greased bowl. Cover with foil and leave for half an hour.

Mix 2 oz of softened butter, chopped garlic, two tablespoons of parsley, finely chopped scallops and finely chopped shrimp.

Roll out the dough very thinly, cut into small circles and grease with yolk mixed with 3 tablespoons. Spread the stuffing on each circle and close the edges tightly.

Boil the ravioli in salted boiling water for about 6 minutes. Drain water.

Melt the remaining butter in a saucepan, add the flour and fry over low heat for 2 minutes. Remove from heat and stir in milk, cream, and wine. Return to the fire and stir until the sauce thickens. Bring to a boil and cook for 5 minutes. Add the parmesan and the remaining parsley. Remove from heat, serve in a sauceboat.

**Nutritional info per serving:** Calories: 212 Kcal

Fat: 13.8 g. | Protein: 6.8 g. | Carbs: 14.2 g.

# Brussels Sprouts Steamed with Sauce

Ready in about: 25 minutes | Serves: 4

## Ingredients

12 oz Brussels sprouts  
5 fl. oz Cream 20%  
5 Hard cheese  
1 Lemon  
1 tbsp Olive oil  
1 tbsp Wheat flour  
Dried basil, to taste  
Nutmeg, to taste  
Pepper black ground, to taste

## Directions

Put the cabbage in a double boiler and cook for 10 minutes.

Pour a little olive oil on a preheated pan, add the flour, fry a little and add the cream, slightly diluting it with cold water.

Stir until smooth and gradually, in small portions, put the grated cheese in the pan, stirring constantly. Add lemon juice, salt, pepper, nutmeg, and basil. Leave under the lid on low heat for 5 minutes.

Pour the sauce before serving.

**Nutritional info per serving:** Calories: 161 Kcal

Fat: 11.7 g. | Protein: 7.8 g. | Carbs: 7 g.

# Chicken Kebab

Ready in about: 20 minutes | Serves: 4

## Ingredients

1.5 lb. Chicken fillet  
2 Onion  
2 fl. oz Olive oil  
2 fl. oz Soy Sauce  
1 tbsp Honey  
2 tsp Zest  
3 Garlic, cloves  
1/2 tsp Ginger  
1/2 tsp Ground coriander  
1/2 tsp Sweet paprika

## Directions

For the marinade, mix soy sauce, honey, lemon zest, crushed garlic, paprika, coriander, and ginger.

Cut the fillet, add the marinade and leave for 4-5 hours.

Soak the wooden skewers for kebab in cold water for 15 minutes.

String fillet pieces, mixing them with onion rings.

Fry in oil in a frying pan for about 15 minutes, constantly turning over for even frying.

Baked potatoes are perfect as a side dish.

**Nutritional info per serving:** Calories: 140 Kcal

Fat: 6.7 g. | Protein: 15.5 g. | Carbs: 5.2 g.

# Chicken Breast in Sour Cream Sauce

Ready in about: 20 minutes | Serves: 8

## Ingredients

2 lb. Chicken fillet  
11 fl. oz Sour cream  
1 Onion  
2 tbsp Olive oil

## Directions

Fry the onion in olive oil and add the fillet, cut into long thin strips. Fry for 5 minutes over medium heat.

Pour the sour cream in a bowl, add a little water, crushed bouillon cube, and some flour, mix well.

Fill the fillet with sour cream sauce and cook for 10–15 minutes. Salt to taste.

**Nutritional info per serving:** Calories: 150 Kcal  
Fat: 8.7 g. | Protein: 17.2 g. | Carbs: 1.8 g.

# MUFFINS

# Strawberry Muffins

Ready in about: 30 minutes | Serves: 8

## Ingredients

2 cup Wheat flour  
1 cup Strawberry  
1/2 cup Milk  
2 fl. oz Olive oil  
1 Egg  
2 tsp Baking powder  
Sugar and salt, to taste

## Directions

In a bowl, mix the baking powder, sugar, and flour. In another bowl, beat the egg with milk and olive oil.

Mix both mixtures and mix well. Add a glass of sliced strawberries and mix gently, without damaging the berries.

Grease the muffin pan with butter or put a paper mold in each hole. Fill two-thirds doughs and bake for 20-25 minutes in an oven preheated to 375 degrees until cooked.

Allow to cool in shape, then shift to a platter.

**Nutritional info per serving:** Calories: 284 Kcal

Fat: 8 g. | Protein: 5.3 g. | Carbs: 48 g.

# Coconut and Almond Muffins

Ready in about: 30 minutes | Serves: 12

## Ingredients

1.5 cup Wheat flour  
1 cup Sweet Coconut Chips  
6 fl. oz Coconut oil  
2 Egg  
3 oz Roasted Almonds  
2 oz Butter  
1.5 tsp Baking powder  
1 tsp Vanilla extract  
1 tsp Orange peel  
Sugar and salt, to taste

## Directions

Mix flour, coconut, sugar, lightly chopped almonds, baking powder, zest, soda, and salt. In another bowl, mix coconut milk, eggs, softened butter, and vanilla. Combine both mixtures and mix well.

Butter the 12 muffin tins and place the dough in them. Bake in the oven at 390 degrees until cooked for about 15 minutes. Transfer to a dish and cool.

**Nutritional info per serving:** Calories: 336 Kcal

Fat: 18.3 g. | Protein: 6 g. | Carbs: 36.5 g.

# Blueberry Muffins

Ready in about: 30 minutes | Serves: 12

## Ingredients

14 oz Wheat flour  
9 fl. oz Milk  
6 oz Blueberry  
5 oz Butter  
2 Egg  
1 tbsp Baking powder  
Brown sugar, to taste

## Directions

Lubricate with oil 12 muffin cups. Sift flour and baking powder into a large bowl. Stir in sugar.

Stir in the softened butter, lightly beaten eggs and milk. Mix well.

Add blueberries and mix gently. Spoon the dough into molds and bake in the oven at 390 degrees 20 minutes until golden brown. Do not take out the cool.

**Nutritional info per serving:** Calories: 269 Kcal

Fat: 10.5 g. | Protein: 4.7 g. | Carbs: 39.6 g.



# Citrus Muffins

Ready in about: 30 minutes | Serves: 12

## Ingredients

11 oz Wheat flour  
2 Lemon  
1 Orange  
5 fl. oz Milk  
2 oz Butter  
2 Egg  
2 oz Brown sugar  
1 oz Almond  
1 tsp Baking powder

## Directions

Preheat oven to 390 degrees. Fry the almonds lightly and crush in a mortar. Mix with flour, soda, sugar, and zest of lemons and orange.

From the citrus pulp, squeeze the juice and whisk it with a whisk with milk, eggs, and melted butter, then pour into a bowl of flour and mix with a fork until a granular dough.

Spread in tins and put in the oven for 20-25 minutes. Then let cool a little and put on the table.

**Nutritional info per serving:** Calories: 168 Kcal  
Fat: 6.6 g. | Protein: 4.7 g. | Carbs: 27.1 g.

# Cheese Muffins

Ready in about: 60 minutes | Serves: 8

## Ingredients

7 oz Cottage cheese  
7 oz Wheat flour  
3 oz Brown sugar  
3 Egg  
5 oz Butter  
1 tsp Baking powder

## Directions

Beat eggs with sugar, and then alternately add baking powder and butter. Continue to beat, add the cottage cheese and flour.

Fill the molds with the mixture and bake at 350 degrees for 10–15 minutes.

**Nutritional info per serving:** Calories: 348 Kcal  
Fat: 17.7 g. | Protein: 7.9 g. | Carbs: 39.3 g.



# Copyright

**Copyright 2019 © by Stella Branch - All rights reserved.**

All rights Reserved. No part of this publication or the information in it may be quoted from or reproduced in any form by means such as printing, scanning, photocopying or otherwise without prior written permission of the copyright holder.

Disclaimer and Terms of Use: Effort has been made to ensure that the information in this book is accurate and complete, however, the author and the publisher do not warrant the accuracy of the information, text and graphics contained within the book due to the rapidly changing nature of science, research, known and unknown facts and internet. The Author and the publisher do not hold any responsibility for errors, omissions or contrary interpretation of the subject matter herein. This book is presented solely for motivational and informational purposes only.