

# Mediterranean Diet Recipes

## Mediterranean Breakfast Plate

🕒 15 min 🍽️ 1 serving

*Per serving:* 420 Kcal 18g Protein 35g Fat 9g Carbs

### Ingredients

- Feta cheese, 1/4 cup (37.6 g)
- Eggs, 2 medium (88 g)
- Cucumber, 1/4 cup, pared, chopped (33.3 g)
- Olive oil, 1 tablespoon (13.5 g)
- Cherry tomatoes, 1/2 cup (74.5 g)
- Kalamata olives, 1/4 cup (33.8 g)
- Onion, 2 tablespoons (20 g)
- Parsley, 1 tablespoon (4 g)
- Salt and pepper, 1 serving (0.5 g)



### Instructions

In a medium-sized bowl, beat the eggs and season with salt and pepper.

Heat olive oil in a non-stick skillet over medium heat.

Pour the beaten eggs into the skillet and cook until set, flipping once.

Once cooked, transfer the eggs to a plate.

Arrange cherry tomatoes, feta cheese, Kalamata olives, cucumber, and red onion around the eggs.

Sprinkle fresh parsley over the plate.

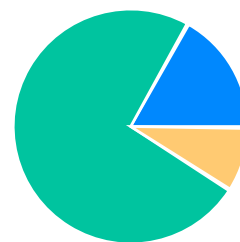
Drizzle olive oil over the ingredients.

Season with salt and pepper to taste.

Serve immediately and enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	420.3	137.7	420.3
Protein [g]	18	5.9	18
Fat [g]	35.2	11.5	35.2
Carbs [g]	9.3	3	9.3
Fiber [g]	2.3	0.8	2.3
Net Carbs [g]	7	2.3	7



17 % Protein 74 % Fat 9 %  
Carbs

# Mediterranean Baked Salmon

🕒 30 min    🍽️ 4 servings

*Per serving:* 352 Kcal 36g Protein 21g Fat 4g Carbs

## Ingredients

- Feta cheese, 1/4 cup (39.2 g)
- Lemon juice, 1 tablespoon (14.7 g)
- Basil, 1 teaspoon (1 g)
- Oregano, 1 teaspoons (2 g)
- Salt, 1/2 teaspoon (2.9 g)
- Olive oil, 2 tablespoon (27 g)
- Garlic, 2 cloves (6 g)
- Salmon, 4 fillet (680 g)
- Pepper, 1/4 tsp (0.5 g)
- Cherry tomatoes, 1 cup (149 g)
- Kalamata olives, 1/4 cup (33.8 g)
- Parsley, 1 tbsp (3.8 g)



## Instructions

Preheat the oven to 400°F (200°C).

In a small bowl, whisk together the olive oil, lemon juice, minced garlic, dried oregano, dried basil, salt, and black pepper.

Place the salmon fillets in a baking dish and pour the marinade over them. Make sure the salmon is coated evenly.

Arrange the cherry tomatoes and Kalamata olives around the salmon fillets.

Bake in the preheated oven for 15-20 minutes, or until the salmon is cooked through and flakes easily with a fork.

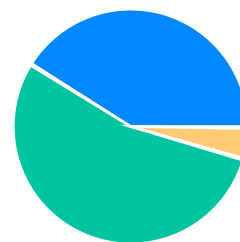
Sprinkle the crumbled feta cheese over the salmon and vegetables. Return to the oven for an additional 2-3 minutes, or until the cheese is slightly melted.

Garnish with fresh parsley and serve hot.

Enjoy your Mediterranean Baked Salmon!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1405.9	146.5	351.5
Protein [g]	143.3	14.9	35.8
Fat [g]	84	8.8	21
Carbs [g]	14.3	1.5	3.6
Fiber [g]	3.8	0.4	1
Net Carbs [g]	10.5	1.1	2.6



41 % Protein 55 % Fat 4 %  
Carbs

# Mediterranean Veggie Omelette

🕒 20 min    🍽️ 2 servings

*Per serving:* 352 Kcal 16g Protein 30g Fat 6g Carbs

## Ingredients

- Feta cheese, 1/4 cup (36.2 g)
- Eggs, 4 large (200 g)
- Olive oil, 2 tablespoon (27 g)
- Onion, 1/4 cup (38.5 g)
- Tomato, 1/4 cup (35.8 g)
- Bell pepper, 1/4 cup (37.3 g)
- Olives, 1/4 cup (33.8 g)
- Parsley, 2 tablespoons (8 g)
- Salt and pepper, 2 servings (1 g)



## Instructions

Heat 1 tablespoon of olive oil in a non-stick skillet over medium heat.

Add the diced onion and bell pepper to the skillet and sauté for 2-3 minutes until softened.

Add the diced tomato and sliced black olives to the skillet and cook for another 2 minutes.

In a separate bowl, whisk together the eggs, chopped parsley, salt, and pepper.

Pour the egg mixture into the skillet with the sautéed vegetables.

Cook the omelette for 3-4 minutes until the edges are set.

Sprinkle the crumbled feta cheese evenly over the omelette.

Using a spatula, fold the omelette in half and continue cooking for another 2 minutes until the cheese melts and the omelette is cooked through.

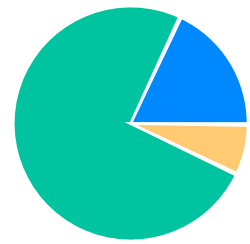
Remove from heat and let it cool slightly before serving.

Garnish with additional parsley if desired.

Serve the Mediterranean Veggie Omelette hot and enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	703.6	168.5	351.8
Protein [g]	32	7.7	16
Fat [g]	59.2	14.2	29.6
Carbs [g]	12	2.9	6
Fiber [g]	3.2	0.8	1.6
Net Carbs [g]	8.8	2.1	4.4



18 % Protein 75 % Fat 7 %  
Carbs

# One Pan Mediterranean Cod with Rice

🕒 40 min    🍽️ 4 servings

*Per serving:* 412 Kcal 35g Protein 10g Fat 45g Carbs

## Ingredients

- **Lemon**, 1 lemon (108 g)
- **Oregano**, 1 teaspoons (2 g)
- **Thyme**, 1/2 teaspoon (0.5 g)
- **Olive oil**, 2 tablespoon (27 g)
- **Garlic**, 2 cloves (5.9 g)
- **Capers**, 1/4 cup (45.7 g)
- **Bell pepper**, 1 cup (128 g)
- **Cod**, 4 servings (680 g)
- **Rice**, 1 cup (185 g)
- **Onion**, 1/4 cup (13 g)
- **Cherry tomatoes**, 1 cup (149 g)
- **Kalamata olives**, 1/4 cup (33.8 g)
- **Salt and pepper**, 1 tsp (2 g)
- **Parsley**, 2 tablespoons (8 g)



## Instructions

Preheat your oven to 400°F (200°C).

In a large oven-safe skillet, heat the olive oil over medium heat.

Add the sliced bell peppers and onion to the skillet and cook for about 5 minutes until they start to soften.

Add the minced garlic and cook for an additional minute.

Push the vegetables to one side of the skillet and place the cod fillets in the empty space.

Season the cod fillets with dried oregano, dried thyme, salt, and pepper.

Arrange the cherry tomatoes, Kalamata olives, capers, and lemon slices around the cod fillets.

Sprinkle the rice evenly over the vegetables and fish.

Pour 2 cups of water into the skillet, making sure the rice is submerged.

Cover the skillet with a lid or aluminum foil and transfer it to the preheated oven.

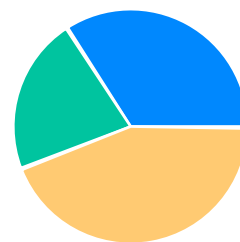
Bake for 20-25 minutes until the rice is tender and the cod is cooked through.

Remove from the oven and let it rest for a few minutes.

Garnish with fresh parsley and serve hot.

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1646	118.6	411.5
Protein [g]	140.6	10.1	35.2
Fat [g]	39.4	2.8	9.9
Carbs [g]	180.6	13	45.2
Fiber [g]	13.4	1	3.4
Net Carbs [g]	167.2	12	41.8



34 % Protein 22 % Fat 44 %  
Carbs



# Mediterranean Chickpea Pasta Salad with Crispy Tofu

🕒 25 min    🍽️ 4 servings

*Per serving:* 502 Kcal 29g Protein 26g Fat 46g Carbs

## Ingredients

- Basil, 1/4 cup (6.2 g)
- Lemon juice, 1 t (14.9 g)
- Paprika, 1/2 teaspoons (1 g)
- Cucumber, 1 cucumber (300 g)
- Olive oil, 1 tablespoon (13.5 g)
- Cornstarch, 2 tablespoon (16 g)
- Chickpea pasta, 8 ounces (226.8 g)
- Cherry tomatoes, 1 cup (149 g)
- Onion, 1/2 large (75 g)
- Kalamata olives, 1/2 cup (67.5 g)
- Parsley, 1/4 cup (15 g)
- Extra virgin olive oil, 3 tablespoons (42 g)
- Red wine vinegar, 2 tablespoons (30 g)
- Salt and pepper, 1 tsp (2 g)
- Tofu, 1 1/2 block (510 g)
- Nutritional yeast, 2 tablespoon (15 g)
- Garlic powder, 1/2 teaspoon (1.5 g)



## Instructions

Cook the chickpea pasta according to package instructions. Drain and rinse with cold water.

In a large bowl, combine the cooked pasta, cherry tomatoes, cucumber, red onion, Kalamata olives, parsley, and basil.

In a small bowl, whisk together the extra virgin olive oil, red wine vinegar, lemon juice, salt, and pepper. Pour the dressing over the pasta salad and toss to coat.

In a separate bowl, combine the cornstarch, nutritional yeast, garlic powder, and paprika. Toss the tofu cubes in the mixture until well coated.

Heat the olive oil in a skillet over medium heat. Add the coated tofu cubes and cook until crispy and golden brown on all sides, about 5-7 minutes.

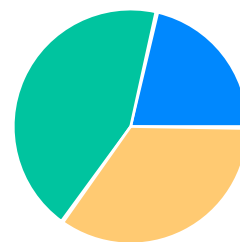
Remove the tofu from the skillet and place it on a paper towel to drain excess oil. Let it cool slightly.

Add the crispy tofu to the pasta salad and gently toss to combine.

Serve the high protein low carb vegan Mediterranean pasta salad with crispy tofu chilled or at room temperature.

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	2006.4	135.1	501.6
Protein [g]	114.5	7.7	28.6
Fat [g]	103.8	7	26
Carbs [g]	185.7	12.5	46.4
Fiber [g]	47.5	3.2	11.9
Net Carbs [g]	138.2	9.3	34.6



21 % Protein 44 % Fat 35 %  
Carbs