

30-Minute Mediterranean Diet Recipes: Healthy Meals for Every Day

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This cookbook was created with the assistance of AI tools and reviewed before publication.

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Introduction

The Mediterranean diet has long been celebrated for its simplicity and reliance on fresh, whole ingredients. These recipes honor that tradition while respecting the reality of modern life—you have thirty minutes or less, and you want something delicious on the table.

This collection brings together breakfast dishes, appetizers, soups, salads, and main courses that reflect the sun-soaked flavors of the Mediterranean region. Each recipe uses straightforward techniques and readily available ingredients, with no special equipment or advanced skills required.

Whether you're looking for a quick weeknight dinner, a light lunch, or a way to start your morning well, you'll find something here that fits. These are the kinds of meals that taste good, feel nourishing, and come together without fuss.

Essential Tools

Sharp Chef's Knife

Essential for quickly prepping fresh vegetables, herbs, and proteins that form the foundation of these Mediterranean recipes. A sharp blade ensures clean cuts and speeds up your prep time to stay within the 30-minute window.

Large Skillet or Sauté Pan

Critical for pan-searing fish like branzino and cooking chicken thighs, which are featured prominently in the main courses. A 12-inch skillet with good heat retention ensures even cooking and proper browning.

Sheet Pan

Ideal for roasting vegetables and proteins simultaneously, allowing you to create complete meals in one pan. Essential for recipes like Lentil and Roasted Vegetable Salad and efficient 30-minute cooking.

Food Processor

Speeds up hummus preparation and other blended appetizers like the Roasted Red Pepper Hummus, reducing hands-on prep time significantly. Also useful for chopping herbs and vegetables in bulk.

Dutch Oven or Heavy-Bottomed Pot

Perfect for soups like Tuscan White Bean and Kale Soup, providing even heat distribution for quick, flavorful broths. The lid helps retain moisture and speeds cooking times.

Fine Microplane or Box Grater

Necessary for zesting lemons and oranges, which are key flavor components in Mediterranean cooking and appear throughout the recipes. Fresh zest adds brightness without adding liquid.

Measuring Spoons and Cups

Critical for accurate measurement of olive oil, herbs, and spices that define Mediterranean flavors; precision ensures consistent results across recipes. Especially important for achieving the right balance in dressings and marinades.

Cutting Board

A large wooden or plastic cutting board is essential for prepping the abundance of fresh vegetables and herbs featured in salads and main courses. Designate one for vegetables and one for proteins to prevent cross-contamination.

Understanding Ingredients

Extra-Virgin Olive Oil

The cornerstone of Mediterranean cooking, used in dressings, for pan-searing, and finishing dishes. Choose a high-quality, fruity oil for raw applications like salads, and a more robust oil for cooking.

Fresh Herbs (Oregano, Rosemary, Basil, Parsley)

These herbs define Mediterranean flavor and appear in nearly every recipe category. Use fresh herbs whenever possible for maximum flavor; dried herbs work in soups and marinades but lack the brightness of fresh.

Feta Cheese

A tangy, crumbly cheese featured in appetizers, salads, and breakfast dishes that adds salt and richness without heaviness. Look for traditionally made feta in brine; avoid pre-crumbled versions that contain anti-caking agents.

Lemon and Citrus

Essential for brightening flavors in fish dishes, salads, and marinades; both juice and zest are used throughout the cookbook. Always use fresh lemons and limes rather than bottled juice for superior flavor.

Canned Beans and Legumes (Chickpeas, White Beans, Lentils)

These pantry staples provide quick protein and fiber for soups, salads, and curries, helping you stay within the 30-minute timeframe. Rinse canned beans thoroughly to reduce sodium and improve texture.

Greek Yogurt

Used in breakfast recipes and as a creamy base for dips, Greek yogurt provides protein and tangy flavor with less fat than sour cream. Choose plain, full-fat versions for best results; avoid non-fat varieties that can be watery.

Fresh Fish (Branzino, Sea Bass, or White Fish)

Delicate white fish cooks quickly in a hot pan, making it perfect for 30-minute meals. Choose fish that smells fresh and ocean-like; ask your fishmonger for the best options available that day.

Garlic and Onions

Aromatic flavor bases in soups, marinades, and main courses that build depth quickly. Use fresh garlic minced or sliced; pre-minced garlic loses flavor and aroma.

Kitchen Conversions

Volume

1 cup 240 ml · 16 tbsp

1 tbsp 15 ml · 3 tsp

1 tsp 5 ml

1 fl oz 30 ml

Weight

1 oz 28 g

1 lb 454 g

1 cup flour ~120 g

1 cup sugar ~200 g

1 cup butter ~227 g

Oven Temperature

300°F 150°C · Gas 2

350°F 180°C · Gas 4

375°F 190°C · Gas 5

400°F 200°C · Gas 6

425°F 220°C · Gas 7

450°F 230°C · Gas 8

Abbreviations

tsp	teaspoon
tbsp	tablespoon
oz	ounce
lb	pound
g / ml / L	gram / millilitre / litre

CHAPTER 1

Breakfast



Whipped Feta and Herb Scrambled Eggs

Creamy, cloud-like scrambled eggs enriched with tangy whipped feta and fresh Mediterranean herbs. This protein-packed breakfast comes together in minutes and feels indulgent without any fuss.

Ingredients

- 4 large eggs
- 3 ounces crumbled feta cheese
- 2 tablespoons heavy cream or Greek yogurt
- 2 tablespoons fresh dill, chopped
- 1 tablespoon fresh mint, chopped
- 1 tablespoon fresh parsley, chopped
- 2 tablespoons extra-virgin olive oil

- Salt and freshly ground black pepper to taste
- Lemon zest for garnish

Instructions

1. Whisk together feta and cream until smooth and fluffy, then fold in dill, mint, and parsley.
2. Crack eggs into a bowl, whisk until combined, and season with salt and pepper.
3. Heat olive oil in a nonstick skillet over medium-low heat until shimmering.
4. Pour in eggs and let sit for 20 seconds, then gently push from edges to center, stirring slowly.
5. When eggs are nearly set but still slightly wet, fold in the whipped feta mixture.
6. Remove from heat and let residual heat finish cooking, about 30 seconds.
7. Divide between plates, top with lemon zest, and serve immediately.

SERVES	PREP	COOK	TOTAL	LEVEL
2 servings	5 min	8 min	13 min	Easy

NUTRITION (PER SERVING, ESTIMATED)

285

Calories

16g

Protein

2g

Carbs

24g

Fat

Tips & Variations

- Cook eggs low and slow for the creamiest texture—high heat will make them rubbery.
- Add the feta mixture at the very end so the herbs stay bright and fresh.
- Serve with warm pita bread or whole-grain toast to soak up every bit of flavor.



Overnight Oats with Greek Yogurt and Pomegranate

This no-cook breakfast combines creamy Greek yogurt with hearty oats and jewel-like pomegranate seeds for a Mediterranean twist. Prepare it the night before and wake up to a naturally sweet, protein-packed meal ready to eat.

Ingredients

- 1 cup old-fashioned rolled oats
- $\frac{3}{4}$ cup plain Greek yogurt
- $\frac{3}{4}$ cup unsweetened almond milk
- $\frac{1}{4}$ cup raw honey
- 1 teaspoon vanilla extract
- $\frac{1}{2}$ teaspoon ground cinnamon

- Pinch of sea salt
- $\frac{3}{4}$ cup pomegranate seeds
- $\frac{1}{4}$ cup sliced almonds
- 2 tablespoons chopped walnuts
- 1 tablespoon ground flaxseed

Instructions

1. Divide oats, Greek yogurt, almond milk, honey, vanilla, cinnamon, and salt between two mason jars or containers.
2. Stir each jar thoroughly until well combined and no dry oats remain.
3. Cover and refrigerate overnight or up to three days.
4. In the morning, stir well and add a splash of almond milk if the mixture seems too thick.
5. Top each jar with pomegranate seeds, almonds, walnuts, and flaxseed just before serving.

SERVES	PREP	COOK	TOTAL	LEVEL
2 servings	10 min	0 min	10 min plus overnight chilling	Easy

NUTRITION (PER SERVING, ESTIMATED)

385

Calories

14g

Protein

48g

Carbs

14g

Fat

Tips & Variations

- Prepare up to three jars at once for grab-and-go breakfasts throughout the week.
- Swap pomegranate for fresh berries, figs, or sliced apples for seasonal variation.

CHAPTER 2

Appetizers



Roasted Red Pepper Hummus with Crudités

This vibrant, silky hummus delivers Mediterranean flavor in minutes, requiring just a food processor and pantry staples. Serve with fresh vegetables for a colorful, nutritious appetizer that satisfies any crowd.

Ingredients

- 1 (15-ounce) can chickpeas, drained and rinsed
- 1 cup roasted red peppers from a jar, drained
- 3 tablespoons tahini
- 2 tablespoons fresh lemon juice
- 2 cloves garlic, minced

- 2 tablespoons extra-virgin olive oil
- 1 teaspoon smoked paprika
- 1/4 teaspoon cayenne pepper
- Salt and black pepper to taste
- 2 cups cherry tomatoes
- 2 cups cucumber slices
- 2 cups bell pepper strips
- 1 cup radish slices
- 1 cup celery sticks
- Pita chips or whole-grain crackers for serving

Instructions

1. Combine chickpeas, roasted red peppers, tahini, lemon juice, and garlic in a food processor.
2. Blend until smooth, about 1 minute, then drizzle in olive oil while processing.
3. Add smoked paprika, cayenne, salt, and pepper; pulse until fully incorporated and creamy.
4. Transfer hummus to a shallow bowl and drizzle with additional olive oil if desired.
5. Arrange fresh vegetables and pita chips around the hummus on a serving platter.

SERVES	PREP	COOK	TOTAL	LEVEL
4 servings	10 min	0 min	10 min	Easy

NUTRITION (PER SERVING, ESTIMATED)

185

Calories

6g

Protein

22g

Carbs

9g

Fat

Tips & Variations

- Make ahead: hummus keeps refrigerated for up to 5 days in an airtight container.
- For extra creaminess, add 2-3 tablespoons of reserved chickpea liquid while blending.



Marinated Olives and Feta with Citrus

This vibrant, no-cook appetizer combines briny olives and creamy feta cheese with bright citrus and aromatic herbs. Ready in minutes, it's the perfect Mediterranean starter that tastes even better when made ahead.

Ingredients

- 1 cup mixed olives (Kalamata and green), pitted
- 8 oz feta cheese, cut into 3/4-inch cubes
- 2 tablespoons extra-virgin olive oil
- Zest of 1 lemon
- Zest of 1 orange
- 2 tablespoons fresh lemon juice
- 1 tablespoon fresh orange juice

- 2 cloves garlic, thinly sliced
- 1 teaspoon dried oregano
- 1/2 teaspoon red pepper flakes
- 2 tablespoons fresh parsley, chopped
- 2 tablespoons fresh mint, chopped
- Sea salt and freshly ground black pepper to taste

Instructions

1. Combine olives, feta, garlic, oregano, and red pepper flakes in a medium bowl.
2. Whisk together olive oil, lemon zest, orange zest, lemon juice, and orange juice in a small bowl.
3. Pour citrus mixture over olives and feta, then gently toss to combine.
4. Fold in parsley and mint, then season with salt and pepper to taste.
5. Transfer to a serving dish and let sit at room temperature for 10 minutes before serving.

SERVES	PREP	COOK	TOTAL	LEVEL
4 servings	10 min	0 min	10 min	Easy

NUTRITION (PER SERVING, ESTIMATED)

245

Calories

8g

Protein

4g

Carbs

22g

Fat

Tips & Variations

- Make this up to 2 days ahead and store in the refrigerator; bring to room temperature before serving for best flavor.
- Serve with crusty bread or crackers for scooping up the flavorful oil.

CHAPTER 3

Soups & Salads



Tuscan White Bean and Kale Soup

This rustic Italian-inspired soup combines creamy white beans, hearty kale, and aromatic garlic in a light broth finished with peppery olive oil. Ready in under 30 minutes, it's the perfect weeknight dinner that feels like a Mediterranean escape.

Ingredients

- 3 tablespoons extra-virgin olive oil
- 4 cloves garlic, minced
- 1 medium yellow onion, diced
- 2 cans (15 oz each) cannellini beans, drained and rinsed
- 4 cups low-sodium vegetable or chicken broth

- 4 cups fresh kale, chopped (stems removed)
- 1 can (14.5 oz) diced tomatoes
- 1 teaspoon dried Italian seasoning
- ½ teaspoon red pepper flakes
- Salt and black pepper to taste
- Parmesan cheese for serving
- Fresh lemon wedges for serving

Instructions

1. Heat olive oil in a large pot over medium heat, then sauté garlic and onion until softened, about 3 minutes.
2. Add beans, broth, tomatoes with their juices, Italian seasoning, and red pepper flakes; bring to a simmer.
3. Stir in chopped kale and cook until tender, about 8 minutes.
4. Season with salt and pepper to taste, then simmer 2 minutes more.
5. Ladle soup into bowls, drizzle with olive oil, top with Parmesan, and serve with lemon wedges.

SERVES	PREP	COOK	TOTAL	LEVEL
4 servings	10 min	20 min	30 min	Easy

NUTRITION (PER SERVING, ESTIMATED)

285

Calories

12g

Protein

32g

Carbs

12g

Fat

Tips & Variations

- For extra heartiness, add diced carrots or celery with the onion.
- Substitute spinach or Swiss chard if kale is unavailable.
- Leftovers keep refrigerated for up to 4 days and taste even better the next day.



Tomato, Cucumber, and Red Onion Salad with Oregano

This vibrant Mediterranean salad celebrates the season's freshest produce with a simple olive oil and lemon dressing. Ready in minutes, it's the perfect light side dish or light lunch that tastes even better the longer it sits.

Ingredients

- 2 pounds ripe tomatoes, cut into bite-sized chunks
- 1 large English cucumber, halved lengthwise and sliced into half-moons
- 1 medium red onion, thinly sliced
- 3 tablespoons extra-virgin olive oil
- 2 tablespoons fresh lemon juice

- 1 teaspoon dried oregano
- ½ teaspoon sea salt
- ¼ teaspoon black pepper
- ¼ cup fresh parsley, chopped (optional)
- ¼ cup Kalamata olives, pitted (optional)

Instructions

1. Combine tomatoes, cucumber, and red onion in a large bowl.
2. Whisk together olive oil, lemon juice, oregano, salt, and pepper in a small bowl.
3. Pour dressing over vegetables and gently toss until evenly coated.
4. Let salad rest for 10 minutes to allow flavors to meld, then taste and adjust seasoning as needed.
5. Top with fresh parsley and olives if desired, then serve immediately or chill until ready.

SERVES	PREP	COOK	TOTAL	LEVEL
4 servings	15 min	0 min	15 min	Easy

NUTRITION (PER SERVING, ESTIMATED)

145

Calories

3g

Protein

12g

Carbs

11g

Fat

Tips & Variations

- For best flavor, use tomatoes at room temperature and slice them just before serving.
- Prepare the dressing ahead and add to vegetables up to 2 hours before serving for deeper flavor.
- Add crumbled feta cheese or white beans for extra protein and substance.



Lentil and Roasted Vegetable Salad

This vibrant Mediterranean salad combines protein-rich lentils with caramelized roasted vegetables, finished with a bright lemon vinaigrette. It's hearty enough for lunch or dinner, and comes together in just 30 minutes.

Ingredients

- 1 cup cherry tomatoes, halved
- 1 medium zucchini, cut into half-moons
- 1 red bell pepper, chopped into 1-inch pieces
- 1 small red onion, cut into wedges
- 3 tablespoons extra-virgin olive oil, divided
- Salt and black pepper to taste

- 1 can (15 oz) lentils, drained and rinsed
- 1/4 cup fresh lemon juice
- 2 tablespoons red wine vinegar
- 1 teaspoon Dijon mustard
- 2 cloves garlic, minced
- 1/2 cup crumbled feta cheese
- 1/4 cup fresh parsley, chopped
- 2 tablespoons fresh mint, chopped
- 1/4 cup sliced Kalamata olives

Instructions

1. Preheat oven to 425°F and toss zucchini, bell pepper, and red onion with 2 tablespoons olive oil, salt, and pepper.
2. Spread vegetables on a baking sheet and roast for 15 minutes until tender and lightly caramelized.
3. While vegetables roast, whisk together lemon juice, vinegar, mustard, garlic, remaining 1 tablespoon olive oil, salt, and pepper.
4. Toss warm roasted vegetables with lentils, cherry tomatoes, and vinaigrette in a large bowl.
5. Fold in feta cheese, parsley, mint, and olives, then taste and adjust seasoning as needed.
6. Serve warm or at room temperature, drizzling with extra olive oil if desired.

SERVES	PREP	COOK	TOTAL	LEVEL
4 servings	10 min	20 min	30 min	Easy

NUTRITION (PER SERVING, ESTIMATED)

310

Calories

13g

Protein

35g

Carbs

14g

Fat

Tips & Variations

- Make ahead: This salad tastes even better the next day as flavors meld together.
- Swap the feta for creamy goat cheese or omit entirely for a vegan version.
- Add grilled chicken or chickpeas for extra protein.

CHAPTER 4

Main Courses



Pan-Seared Branzino with Lemon and Capers

Delicate Mediterranean sea bass gets a golden crust and bright, briny finish in just 20 minutes. This elegant yet simple dish brings restaurant-quality seafood to your weeknight table.

Ingredients

- 4 branzino fillets (6 oz each), skin on, patted dry
- 1 teaspoon kosher salt
- ½ teaspoon black pepper
- 3 tablespoons extra-virgin olive oil, divided
- 3 cloves garlic, thinly sliced

- ¼ cup fresh lemon juice
- 3 tablespoons capers, drained and rinsed
- 2 tablespoons unsalted butter
- ¼ cup fresh parsley, chopped
- Lemon wedges for serving

Instructions

1. Season branzino fillets generously with salt and pepper on both sides.
2. Heat 2 tablespoons olive oil in a large skillet over medium-high heat until shimmering.
3. Place fillets skin-side down and sear for 5 minutes without moving, until skin is crispy and golden.
4. Flip fillets, reduce heat to medium, and cook 3 minutes until just cooked through.
5. Transfer fillets to a serving plate, then add remaining oil, garlic, and capers to the pan and cook 1 minute.
6. Remove from heat, stir in lemon juice, butter, and parsley until butter melts.
7. Pour sauce over fillets and serve immediately with lemon wedges.

SERVES	PREP	COOK	TOTAL	LEVEL
4 servings	10 min	12 min	22 min	Easy

NUTRITION (PER SERVING, ESTIMATED)

285

Calories

34g

Protein

2g

Carbs

15g

Fat

Tips & Variations

- Pat the fish skin completely dry before searing—moisture prevents crisping.
- Don't move the fillets while searing; resist the urge to peek until the skin releases naturally.
- Substitute sea bass or halibut if branzino is unavailable.



Chickpea and Spinach Curry with Coconut Milk

This vibrant, aromatic curry delivers warm spices and creamy coconut richness in just 30 minutes. Packed with protein-rich chickpeas and nutrient-dense spinach, it's a satisfying Mediterranean-inspired meal that feels indulgent yet nourishes your body.

Ingredients

- 2 tablespoons olive oil
- 1 medium onion, diced
- 3 cloves garlic, minced
- 1 tablespoon curry powder
- 1 teaspoon ground cumin

- 1/2 teaspoon turmeric
- 1/4 teaspoon cayenne pepper
- 1 can (14 oz) diced tomatoes
- 1 can (13.5 oz) coconut milk
- 1 can (15 oz) chickpeas, drained and rinsed
- 4 cups fresh spinach, loosely packed
- 1 cup vegetable broth
- 1 tablespoon lime juice
- Salt and black pepper to taste
- Fresh cilantro for garnish

Instructions

1. Heat olive oil in a large skillet over medium heat and sauté diced onion until softened, about 4 minutes.
2. Add minced garlic and cook for 1 minute, then stir in curry powder, cumin, turmeric, and cayenne pepper for 30 seconds.
3. Pour in diced tomatoes, coconut milk, chickpeas, and vegetable broth; bring to a gentle simmer.
4. Cook uncovered for 10 minutes, stirring occasionally, until flavors meld and sauce thickens slightly.

5. Stir in fresh spinach and lime juice, cooking just until spinach wilts, about 2 minutes.
6. Taste and adjust seasoning with salt and pepper, then serve hot garnished with fresh cilantro.

SERVES	PREP	COOK	TOTAL	LEVEL
4 servings	10 min	20 min	30 min	Easy

NUTRITION (PER SERVING, ESTIMATED)

285

Calories

11g

Protein

32g

Carbs

13g

Fat

Tips & Variations

- Serve over brown rice or with warm naan bread for a heartier meal.
- Make it ahead and reheat gently; flavors deepen after a few hours.
- Swap spinach for kale or chard if preferred; adjust cooking time accordingly.



Grilled Chicken Thighs with Garlic, Rosemary, and Lemon

Juicy, herb-infused chicken thighs hit the grill in under 30 minutes, delivering Mediterranean flavor with minimal effort. Golden-charred skin gives way to tender, garlicky meat that pairs perfectly with a simple salad or roasted vegetables.

Ingredients

- 8 bone-in, skin-on chicken thighs (about 2.5 pounds)
- 6 cloves garlic, minced
- 3 tablespoons fresh rosemary, finely chopped
- Zest and juice of 2 large lemons

- 1/4 cup extra-virgin olive oil
- 1 teaspoon kosher salt
- 1/2 teaspoon black pepper
- 1/4 teaspoon red pepper flakes

Instructions

1. Pat chicken thighs dry and place in a large bowl.
2. Whisk together garlic, rosemary, lemon zest, juice, olive oil, salt, pepper, and red pepper flakes.
3. Pour marinade over chicken, toss to coat, and let sit 5 minutes while heating grill to medium-high.
4. Grill chicken skin-side down for 8 minutes until skin is golden and crispy, then flip and cook 8–10 minutes more until internal temperature reaches 165°F.
5. Transfer to a serving platter and rest for 2 minutes before serving.

SERVES	PREP	COOK	TOTAL	LEVEL
4 servings	10 min	18 min	28 min	Easy

NUTRITION (PER SERVING, ESTIMATED)

385

Calories

38g

Protein

2g

Carbs

25g

Fat

Tips & Variations

- For extra flavor, marinate the chicken for up to 4 hours in the refrigerator before grilling.
- If using a grill pan indoors, work in batches to avoid overcrowding and ensure even browning.
- Serve with a squeeze of fresh lemon and a drizzle of the pan juices.

Troubleshooting Guide – What Went Wrong?

Fish is Dry or Overcooked

Delicate fish like branzino cooks very quickly and can dry out in seconds. Remove the pan from heat when the fish is still slightly translucent in the thickest part; carryover cooking will finish it perfectly.

Hummus is Too Thick or Grainy

Over-processing or insufficient liquid causes this issue. Add olive oil or reserved chickpea liquid one tablespoon at a time while processing until you reach a smooth, creamy consistency.

Soup Tastes Flat or Lacks Depth

Mediterranean soups rely on fresh herbs and proper seasoning added at the end. Taste your soup before serving and adjust with lemon juice, salt, pepper, and fresh herbs for brightness.

Scrambled Eggs Are Rubbery or Overcooked

Eggs continue cooking from residual heat after you remove them from the pan. Remove the pan from heat when eggs still look slightly wet and creamy; they will finish cooking as you plate them.

Salad Dressing Separates or Becomes Watery

Improper emulsification or too much liquid causes separation. Whisk the dressing vigorously, add dressing just before serving, and ensure you're using the correct ratio of oil to acid (typically 3:1).

Roasted Vegetables Are Soggy Instead of Caramelized

Overcrowding the pan or insufficient heat prevents proper browning. Use a single layer on the sheet pan, ensure the oven is fully preheated, and don't stir vegetables until they develop color.

Chicken Thighs Are Undercooked or Unevenly Cooked

Thighs require higher heat and longer cooking than breasts; they also have varying thickness. Use an instant-read thermometer to ensure 165°F internal temperature, and pound thighs to even thickness before cooking.

Overnight Oats Are Too Thick or Soupy

The ratio of oats to liquid is critical for proper texture. Use a 1:1 ratio of oats to liquid as a starting point, then adjust based on your preferred consistency; thinner mixtures can be thinned with additional milk before serving.

Storage & Freezing Guide

Hummus and Dips

Store in an airtight container in the refrigerator for up to 5 days; freeze for up to 3 months in a freezer-safe container. Thaw in the refrigerator overnight and stir well before serving, as separation may occur.

Prepared Salads (Without Dressing)

Store chopped vegetables in separate airtight containers for up to 3 days; keep dressing separate until serving to prevent sogginess. Do not freeze composed salads as vegetables will become mushy.

Soups (Tuscan White Bean, Lentil-Based)

Cool completely and store in airtight containers in the refrigerator for up to 4 days or freeze for up to 3 months. Thaw overnight in the refrigerator and reheat gently on the stovetop, adding fresh herbs before serving.

Cooked Fish and Seafood

Store in an airtight container in the refrigerator for up to 2 days; do not freeze cooked fish as texture suffers significantly. Consume promptly for best quality and food safety.

Marinated Olives and Feta

Store in an airtight glass container submerged in the marinade for up to 2 weeks in the refrigerator. Do not freeze, as the texture of both olives and feta will be compromised; the marinade flavors actually improve over time.

Overnight Oats Base (Without Toppings)

Prepare the oat and yogurt mixture in jars and store in the refrigerator for up to 5 days; add fresh toppings like pomegranate or berries just before eating. Do not freeze, as the texture becomes unpleasantly mushy.

Cooked Grains and Legumes

Store cooked lentils and beans in airtight containers in the refrigerator for up to 5 days or freeze for up to 3 months. Portion into smaller containers for easy thawing and quick meal assembly.

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Closing

Cooking doesn't need to be complicated to be satisfying. The recipes in this book prove that honest food, prepared simply and eaten with intention, is enough.

I hope these meals become part of your regular rotation—the ones you return to again and again because they work, they taste good, and they fit into the life you actually live.

Thank You

Thank you for cooking from this book. Your time in the kitchen matters, and I'm grateful you've chosen to spend some of it here.

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