**Calisthenics Workout Plan**

**Week 1-2: Establishing a Foundation**

**Day 1: Beginner Full Body Workout**

Push-ups: 3 sets of 8-10 reps

Body weight squats: 3 sets of 12-15 reps

Plank: 3 sets of 20-30 seconds

Jumping jacks: 3 sets of 30 seconds

60 minutes of consistent cardio has to be a full body type of cardio swimming, elliptical,

rowing aim for 800 calories.

**Day 2: 60 minutes of consistent cardio has to be a full body type of cardio swimming, elliptical,**

**rowing aim for 800 calories.**

**Day 3: Beginner Full Body Workout (Variation)**

Incline push-ups: 3 sets of 8-10 reps

Lunges: 3 sets of 10 reps per leg

Bicycle crunches: 3 sets of 12-15 reps per side

Mountain climbers: 3 sets of 20-30 seconds

60 minutes of consistent cardio has to be a full body type of cardio swimming, elliptical,

rowing aim for 800 calories.

**Day 4: 60 minutes of consistent cardio has to be a full body type of cardio swimming, elliptical,**

**rowing aim for 800 calories.**

**Day 5: Beginner Full Body Workout (Increased Challenge)**

Diamond push-ups: 3 sets of 6-8 reps

Jump squats: 3 sets of 10-12 reps

Side plank: 3 sets of 15-20 seconds per side

Burpees: 3 sets of 8-10 reps

60 minutes of consistent cardio has to be a full body type of cardio swimming, elliptical,

rowing aim for 800 calories.

**Day 6: 60 minutes of consistent cardio has to be a full body type of cardio swimming, elliptical,**

**rowing aim for 800 calories.**

**Day 7: 60 minutes of consistent cardio has to be a full body type of cardio swimming, elliptical,**

**rowing aim for 800 calories.**

**Week 3-4: Progressing and Intensifying**

**Day 1: Intermediate Full Body Workout**

One-arm push-ups (or progression): 3 sets of 5-8 reps per arm

Pistol squats (or progression): 3 sets of 6-8 reps per leg

Hanging leg raises: 3 sets of 8-10 reps

Plank with leg lift: 3 sets of 20-30 seconds

75 minutes of consistent cardio has to be a full body type of cardio swimming, elliptical,

rowing aim for 1000 calories.

**Day 2: 75 minutes of consistent cardio has to be a full body type of cardio swimming, elliptical,**

**rowing aim for 1000 calories.**

**Day 3: Intermediate Full Body Workout (Variation)**

Archer push-ups: 3 sets of 6-8 reps per side

Jumping lunges: 3 sets of 10 reps per leg

Dragon flags (or progression): 3 sets of 5-8 reps

Handstand practice: 3 sets of 20-30 seconds (against a wall if needed)

75 minutes of consistent cardio has to be a full body type of cardio swimming, elliptical,

rowing aim for 1000 calories.

**Day 4: 75 minutes of consistent cardio has to be a full body type of cardio swimming, elliptical,**

**rowing aim for 1000 calories.**

**Day 5: Intermediate Full Body Workout (Increased Challenge)**

Clap push-ups: 3 sets of 6-8 reps

Plyometric squats: 3 sets of 10-12 reps

L-sit hold: 3 sets of 15-20 seconds

Tuck jumps: 3 sets of 10 reps

75 minutes of consistent cardio has to be a full body type of cardio swimming, elliptical,

rowing aim for 1000 calories.

**Day 6: 75 minutes of consistent cardio has to be a full body type of cardio swimming, elliptical,**

**rowing aim for 1000 calories.**

**Day 7: 75 minutes of consistent cardio has to be a full body type of cardio swimming, elliptical,**

**rowing aim for 1000 calories.**

Throughout this 30-day plan, the goal is to gradually increase the difficulty of exercises as your strength

and endurance improve. It's important to maintain proper form and technique to avoid injury. Also,

ensure you rest and recover adequately, and consider including flexibility exercises or stretching on rest

days to improve mobility and reduce muscle soreness. Adjust the plan as needed to suit your current

fitness level and capabilities.

**Mediterranean-Inspired Breakfast Recipes:**

**Greek Yogurt Parfait**

**Ingredients:**

Greek yogurt

Fresh berries (strawberries, blueberries, raspberries)

Honey or agave syrup

Granola

Chopped nuts (almonds, walnuts)

Optional: a sprinkle of cinnamon

**Instructions:**

Layer Greek yogurt with fresh berries, a drizzle of honey or agave syrup, and granola in a glass or bowl.

Top with chopped nuts and a sprinkle of cinnamon if desired.

**Shakshuka**

**Ingredients:**

2 tbsp olive oil

1 onion, diced

2-3 garlic cloves, minced

1 red bell pepper, chopped

1 can (14 oz) diced tomatoes

4-6 eggs

1 tsp ground cumin

1 tsp paprika

Salt and pepper to taste

Fresh parsley, chopped (for garnish)

Feta cheese (optional)

**Instructions:**

1. Heat olive oil in a skillet over medium heat. Add diced onion and sauté until translucent. Add

minced garlic and chopped red pepper, cooking until the pepper softens.

2. Pour in the diced tomatoes and add ground cumin, paprika, salt, and pepper. Simmer for about

10-15 minutes.

3. Make wells in the tomato mixture and crack the eggs into these wells. Cover the skillet and

cook until the egg whites are set but the yolks are still runny, about 5-10 minutes.

4. Garnish with fresh parsley and crumbled feta cheese, if desired. Serve with crusty bread.

**Mediterranean Veggie Omelette**

**Ingredients:**

2-3 eggs

• 1/4 cup chopped spinach

• 1/4 cup diced tomatoes

• 1/4 cup chopped bell peppers

• Feta cheese

• Fresh herbs (parsley, oregano)

• Salt and pepper to taste

• Olive oil

**Instructions:**

1. Whisk eggs in a bowl and season with salt and pepper.

2. Heat olive oil in a non-stick skillet. Add chopped spinach, tomatoes, and bell peppers, cooking

until the vegetables soften.

3. Pour the beaten eggs over the veggies. Cook until the omelette sets, lifting the edges to let

uncooked eggs flow underneath.

4. Sprinkle crumbled feta cheese and fresh herbs on one half of the omelette. Fold the other half

over the filling and cook for a minute more.

5. Slide the omelette onto a plate and serve hot.

**Mediterranean Diet Cold Lunch Options.**

**Greek Salad**

**Ingredients:**

1 cucumber, diced

4-5 tomatoes, diced

1 red onion, thinly sliced

Kalamata olives, pitted

Feta cheese, cubed or crumbled

Fresh oregano or basil (optional)

Extra virgin olive oil

Red wine vinegar

Salt and pepper to taste

**Instructions:**

1. In a bowl, combine diced cucumber, tomatoes, and thinly sliced red onion.

2. Add Kalamata olives and feta cheese to the mixture.

3. Drizzle with olive oil and red wine vinegar. Toss gently to coat.

4. Season with salt and pepper. Add fresh oregano or basil for additional flavour.

**Hummus Wrap**

**Ingredients:**

Whole wheat or spinach tortilla wrap

Hummus

Sliced cucumbers

Sliced tomatoes

Sliced red bell peppers

Mixed salad greens

Olives

Feta cheese (optional)

Lemon juice (optional)

**Instructions:**

1. Spread a layer of hummus on the tortilla wrap.

2. Layer the sliced cucumbers, tomatoes, red bell peppers, salad greens, olives, and feta cheese

(if using).

3. Optionally, sprinkle with a bit of lemon juice for added tanginess.

4. Roll the tortilla into a wrap and slice it in half. Enjoy immediately or wrap it in foil for later.

**Tabbouleh Salad**

**Ingredients:**

1 cup bulgur wheat

Fresh parsley, chopped

Fresh mint leaves, chopped

Tomatoes, diced

Cucumber, diced

Green onions, thinly sliced

Lemon juice

Olive oil

Salt and pepper to taste

**Instructions:**

1. Prepare the bulgur wheat according to the package instructions and let it cool.

2. In a bowl, mix the cooled bulgur with chopped parsley, mint leaves, diced tomatoes,

cucumbers, and sliced green onions.

3. Dress the salad with lemon juice, olive oil, salt, and pepper. Toss well to combine.

4. Let it chill in the fridge before serving.

**Mediterranean Cuisine Hot Dishes.**

**Grilled Mediterranean Chicken Skewers**

**Ingredients:**

Chicken breast or thighs, cut into chunks

Cherry tomatoes

Red onion, cut into chunks

Bell peppers, cut into chunks

Zucchini, sliced

Olive oil

Lemon juice

Garlic, minced

Oregano, thyme, salt, and pepper

**Instructions:**

1. In a bowl, mix olive oil, lemon juice, minced garlic, oregano, thyme, salt, and pepper.

2. Thread the chicken chunks and vegetables onto skewers.

3. Brush the skewers with the prepared marinade.

4. Grill the skewers on medium-high heat for about 10-15 minutes, turning occasionally until the

chicken is cooked through and vegetables are charred.

**Eggplant Parmesan**

**Ingredients:**

Eggplants, sliced into rounds

Bread crumbs

Grated Parmesan cheese

Eggs, beaten

Marinara sauce

Mozzarella cheese

Olive oil

Italian seasoning, salt, and pepper

**Instructions:**

1. Preheat the oven to 375°F (190°C).

2. Dip eggplant slices into beaten eggs and coat with a mixture of bread crumbs, Parmesan

cheese, Italian seasoning, salt, and pepper.

3. In a skillet, heat olive oil and fry the eggplant slices until golden brown on both sides.

4. In a baking dish, layer marinara sauce, fried eggplant slices, and mozzarella cheese. Repeat the

layers.

5. Bake for 25-30 minutes or until the cheese is bubbly and golden.

**Mediterranean Baked Cod**

**Ingredients:**

4 cod fillets

1 lemon, sliced

4 cloves garlic, minced

2 tablespoons olive oil

1 teaspoon dried oregano

1 teaspoon dried thyme

1 teaspoon paprika

Salt and pepper to taste

Fresh parsley, chopped for garnish

Cherry tomatoes (optional)

**Instructions:**

1. Preheat the oven to 375°F (190°C). Grease a baking dish.

2. Pat dry the cod fillets and place them in the baking dish.

3. In a small bowl, mix together the minced garlic, olive oil, oregano, thyme, paprika, salt, and

pepper.

4. Brush the cod fillets with the olive oil mixture. Place lemon slices on top of each fillet.

5. Optional: Add cherry tomatoes to the baking dish for extra flavor.

6. Bake for about 15-20 minutes or until the fish is cooked through and flakes easily with a fork.

7. Garnish with chopped fresh parsley before serving.

**Mediterranean Cod with Tomatoes and Olives**

**Ingredients:**

4 cod fillets

2 tablespoons olive oil

1 onion, diced

2 cloves garlic, minced

1 can (14 oz) diced tomatoes

1⁄2 cup Kalamata olives, pitted and halved

1 teaspoon dried basil

1 teaspoon dried oregano

Salt and pepper to taste

Fresh basil, chopped for garnish

**Instructions:**

1. Heat olive oil in a skillet over medium heat.

2. Sauté diced onion and minced garlic until fragrant and softened.

3. Add the diced tomatoes and cook for a few minutes.

4. Place the cod fillets on top of the tomato mixture in the skillet.

5. Add Kalamata olives around the fish and season with dried basil, oregano, salt, and pepper.

6. Cover the skillet and let it simmer for 10-15 minutes or until the cod is cooked through and

flakes easily.

7. Garnish with chopped fresh basil before serving.

**Mediterranean-Style Cold Dinner:**

**Mediterranean Mezze Platter**

**Ingredients:**

Hummus

Tzatziki

Olives (Kalamata or green)

Feta cheese

Grape leaves stuffed with rice

Sliced cucumbers

Cherry tomatoes

Pita bread or pita chips

Falafel (store-bought or homemade)

**Instructions:**

Arrange the various ingredients on a large platter, creating a beautiful spread for everyone to enjoy. Serve with pita bread or chips. You can add or substitute other items like stuffed grape leaves, roasted red peppers, or marinated artichoke hearts.

**Greek Orzo Salad**

**Ingredients:**

1 cup orzo pasta, cooked and cooled

Cucumber, diced

Cherry tomatoes, halved

Red onion, thinly sliced

Kalamata olives, pitted and halved

Feta cheese, crumbled

Fresh parsley, chopped

Olive oil

Lemon juice

Red wine vinegar

Salt and pepper to taste

**Instructions:**

1. In a large bowl, combine the cooked and cooled orzo with diced cucumber, halved cherry

tomatoes, thinly sliced red onion, Kalamata olives, crumbled feta cheese, and chopped fresh

parsley.

2. In a small bowl, whisk together olive oil, lemon juice, red wine vinegar, salt, and pepper.

Drizzle the dressing over the salad and toss to combine.

3. Refrigerate the salad for at least 30 minutes before serving to allow the flavours to meld.

**Chilled Gazpacho Soup**

**Ingredients:**

6 ripe tomatoes, chopped

1 cucumber, peeled and chopped

1 red bell pepper, chopped

1 small red onion, chopped

2 garlic cloves, minced

3 tablespoons olive oil

2 tablespoons red wine vinegar

Salt and pepper to taste

Fresh basil or parsley for garnish

**Instructions:**

1. Place chopped tomatoes, cucumber, red bell pepper, red onion, and garlic in a blender. Blend

until smooth.

2. Stir in olive oil and red wine vinegar. Season with salt and pepper.

3. Refrigerate the gazpacho for at least an hour before serving. Garnish with fresh basil or

parsley before serving.

**Mediterranean Hot Dinner Recipes:**

**Chicken Souvlaki with Tzatziki Sauce**

**Ingredients for Chicken Souvlaki:**

1.5 lbs boneless, skinless chicken breasts or thighs, cut into chunks

3 cloves garlic, minced

3 tablespoons olive oil

2 tablespoons lemon juice

1 tablespoon red wine vinegar

1 teaspoon dried oregano

Salt and pepper to taste

Wooden skewers, soaked in water

**Ingredients for Tzatziki Sauce:**

1 cup Greek yogurt

1 cucumber, grated and drained

2 cloves garlic, minced

1 tablespoon lemon juice

1 tablespoon fresh dill or mint, chopped

Salt and pepper to taste

**Instructions:**

1. For the Chicken Souvlaki: In a bowl, mix the minced garlic, olive oil, lemon juice, red wine

vinegar, dried oregano, salt, and pepper. Add the chicken chunks to the marinade, cover, and

refrigerate for at least 30 minutes.

2. Preheat the grill or grill pan. Thread the marinated chicken onto skewers and grill for about 5-

7 minutes per side or until cooked through.

3. For the Tzatziki Sauce: In a bowl, combine Greek yogurt, grated and drained cucumber,

minced garlic, lemon juice, chopped dill or mint, salt, and pepper. Mix well.

4. Serve the Chicken Souvlaki with the Tzatziki Sauce.

**Mediterranean Stuffed Bell Peppers**

**Ingredients:**

4 bell peppers, tops cut off and seeds removed

1 cup uncooked quinoa or couscous

1 lb ground lamb or beef (or vegetarian option with lentils)

1 onion, diced

3 cloves garlic, minced

1 can (14 oz) diced tomatoes

1 teaspoon dried oregano

1 teaspoon dried basil

Salt and pepper to taste

Feta cheese (optional)

**Instructions:**

1. Preheat the oven to 375°F (190°C). Grease a baking dish.

2. Cook quinoa or couscous according to package instructions and set aside.

3. In a skillet, cook the ground lamb or beef with diced onion and minced garlic until browned.

Drain excess fat.

4. Add the cooked quinoa or couscous, diced tomatoes, dried oregano, dried basil, salt, and

pepper to the skillet. Cook for a few minutes.

5. Stuff the bell peppers with the meat and quinoa/couscous mixture and place them in the baking

dish. Optional: top with crumbled feta cheese.

6. Bake for 25-30 minutes or until the peppers are tender.

**Smoked Salmon and Cream Cheese Bagel:**

**Ingredients:**

1 whole grain bagel

4 ounces smoked salmon

2 tablespoons cream cheese

1 tablespoon capers

2 tablespoons red onion, thinly sliced

Lemon slices for garnish

**Instructions:**

1. Prepare the Bagel: Toast the whole grain bagel according to your preference.

2. Spread Cream Cheese: While the bagel is still warm, spread a generous layer of cream

cheese on both halves.

3. Add Smoked Salmon: Place the smoked salmon evenly over the cream cheese on both bagel

halves.

4. Top with Capers and Red Onion: Sprinkle capers and thinly sliced red onion over the

smoked salmon.

5. Garnish with Lemon: Place lemon slices on the side for garnish and a touch of citrus flavor.

6. Assemble and Serve: Put the bagel halves together to form a sandwich. Serve immediately

and enjoy your delicious smoked salmon and cream cheese bagel!

**Greek Yogurt Parfait with Berries and Granola:**

**Ingredients:**

Greek yogurt, mixed berries (strawberries, blueberries, raspberries), honey, granola.

**Instructions:**

In a glass or bowl, layer Greek yogurt with mixed berries and granola. Drizzle honey on top for sweetness.

**Avocado Toast with Sardines:**

**Ingredients:**

Whole grain bread, ripe avocado, canned sardines, cherry tomatoes, red pepper flakes.

**Instructions:**

Toast the bread, mash avocado on top, add sardines, sliced cherry tomatoes, and a sprinkle of red pepper flakes.

**Shrimp and Avocado Salad:**

**Ingredients:**

1 pound large shrimp, peeled and deveined

2 avocados, diced

1 cup cherry tomatoes, halved

1 cucumber, diced

1/4 cup red onion, finely chopped

1/4 cup fresh cilantro, chopped

Juice of 2 limes

2 tablespoons olive oil

Salt and pepper to taste

Optional: Red pepper flakes for a bit of heat

**Instructions:**

1. Cook the Shrimp: Bring a pot of salted water to a boil. Add the shrimp and cook for 2-3

minutes or until they turn pink and opaque. Drain and rinse under cold water to stop the

cooking process.

2. Prepare the Vegetables: In a large bowl, combine diced avocados, cherry tomatoes, diced

cucumber, finely chopped red onion, and chopped cilantro.

3. Add Shrimp: Cut the cooked shrimp into bite-sized pieces and add them to the bowl with the

vegetables.

4. Make the Dressing: In a small bowl, whisk together lime juice, olive oil, salt, and pepper.

Adjust the seasoning to taste. If you like a bit of heat, you can add red pepper flakes.

5. Combine and Toss: Pour the dressing over the shrimp and vegetable mixture. Gently toss

everything together until well combined.

6. Chill and Serve: Refrigerate the salad for at least 30 minutes to allow the flavours to meld.

Serve chilled, and you can garnish with additional cilantro or lime wedges if desired.

Cucumber and Smoked Trout Rolls:

**Smoked Salmon/Trout with cream cheese on cucumber**

**Ingredients:**

1 English cucumber

4 ounces smoked trout

4 ounces cream cheese

Fresh dill for garnish

**Instructions:**

1. Prepare the Cucumber: Using a vegetable peeler or a mandoline, slice the English cucumber

lengthwise into thin strips.

2. Spread Cream Cheese: Lay out the cucumber strips, and spread a thin layer of cream cheese

evenly over each strip.

3. Add Smoked Trout: Place a piece of smoked trout at one end of each cucumber strip.

4. Roll Up: Gently roll the cucumber strip around the smoked trout to form a small roll. Repeat

until all cucumber strips are used.

5. Slice and Garnish: Carefully slice each roll into bite-sized pieces. Arrange the rolls on a

serving plate, and garnish with fresh dill.

6. Serve: Serve the Cucumber and Smoked Trout Rolls immediately. They make a refreshing and

elegant appetizer or snack.

**Tuna Salad Lettuce Wraps:**

**Ingredients:**

2 cans (5 ounces each) tuna, drained

1/2 cup Greek yogurt

1/4 cup celery, finely diced

2 tablespoons red onion, finely chopped

2 tablespoons dill pickles, finely chopped

Salt and pepper to taste

Lettuce leaves for wrapping (such as Bibb or iceberg)

**Instructions:**

1. Prepare Tuna Salad: In a bowl, combine drained tuna, Greek yogurt, finely diced celery,

chopped red onion, and chopped dill pickles.

2. Mix and Season: Stir the ingredients until well combined. Season the tuna salad with salt and

pepper to taste.

3. Assemble Lettuce Wraps: Spoon the tuna salad onto individual lettuce leaves, creating

wraps.

4. Serve: Arrange the Tuna Salad Lettuce Wraps on a serving plate. They are ready to be served

as a light and refreshing meal or snack.

**Chia Seed Pudding with Coconut Milk and Mango:**

**Ingredients:**

1/4 cup chia seeds

1 cup coconut milk (canned or homemade)

1 tablespoon maple syrup or sweetener of your choice (adjust to taste)

1/2 teaspoon vanilla extract

1 ripe mango, diced

**Instructions:**

1. Mix Chia Seeds and Coconut Milk: In a bowl, combine chia seeds, coconut milk, maple

syrup, and vanilla extract. Stir well to ensure the chia seeds are evenly distributed.

2. Refrigerate: Cover the bowl and refrigerate the mixture for at least 4 hours or overnight. This

allows the chia seeds to absorb the liquid and create a pudding-like consistency.

3. Stir Again: After the initial refrigeration time, give the mixture a good stir. If it seems too

thick, you can add a little more coconut milk to reach your desired consistency.

4. Dice Mango: Peel and dice the ripe mango into small cubes.

5. Assemble: In serving glasses or bowls, layer the chia seed pudding with diced mango. You

can alternate layers or simply top the pudding with mango cubes.

6. Serve: Serve the Chia Seed Pudding with Coconut Milk and Mango chilled. It makes for a

delightful and nutritious breakfast or snack.

**Pescatarian Hot Breakfast Recipes**

**Smoked Salmon and Cream Cheese Omelette:**

**Ingredients:**

3 large eggs

2 ounces smoked salmon, chopped

2 tablespoons cream cheese, softened

1 tablespoon fresh chives, chopped

Salt and pepper to taste

1 tablespoon unsalted butter or cooking oil

**Instructions:**

1. Prepare Eggs: Crack the eggs into a bowl, add a pinch of salt and pepper, and whisk until

well beaten.

2. Heat Pan: In a non-stick skillet, heat the butter or cooking oil over medium heat until melted

and hot.

3. Pour Eggs into Pan: Pour the beaten eggs into the skillet, swirling to ensure an even layer.

4. Add Smoked Salmon: Sprinkle the chopped smoked salmon evenly over the eggs.

5. Add Cream Cheese: Drop spoonfuls of softened cream cheese onto the eggs and salmon.

6. Cook Omelette: Allow the eggs to set slightly around the edges. Using a spatula, gently lift

the edges of the omelette, letting the uncooked eggs flow underneath.

7. Fold and Cook Through: Once the edges are set, fold the omelette in half using the spatula.

Continue cooking until the eggs are fully cooked through, and the salmon is warmed.

8. Garnish and Serve: Sprinkle fresh chives over the top of the omelette. Slide the omelette

onto a plate, folding it if necessary.

9. Enjoy: Serve your Smoked Salmon and Cream Cheese Omelette hot and enjoy!

**Shrimp and Vegetable Stir-Fry with Quinoa:**

**Ingredients:**

1 cup quinoa

1 pound large shrimp, peeled and deveined

2 cups broccoli florets

1 bell pepper (any color), thinly sliced

1 carrot, julienned

2 tablespoons soy sauce

1 tablespoon oyster sauce

1 tablespoon sesame oil

2 cloves garlic, minced

1 teaspoon ginger, grated

2 tablespoons vegetable oil

Sesame seeds and green onions for garnish (optional)

**Instructions:**

1. Cook Quinoa: Rinse the quinoa under cold water. In a medium saucepan, combine 2 cups of

water and the quinoa. Bring to a boil, then reduce heat to low, cover, and simmer for about 15

minutes or until the quinoa is cooked and water is absorbed. Remove from heat and let it sit,

covered, for 5 minutes. Fluff with a fork.

2. Prepare Shrimp: In a bowl, toss the shrimp with soy sauce, oyster sauce, minced garlic, and

grated ginger. Let it marinate for 10-15 minutes.

3. Stir-Fry Vegetables: In a large wok or skillet, heat vegetable oil over medium-high heat. Stir-

fry the broccoli, bell pepper, and julienned carrot for 3-4 minutes or until the vegetables are

crisp-tender. Remove the vegetables from the wok and set aside.

4. Cook Shrimp: In the same wok, add a bit more oil if needed. Add the marinated shrimp and

stir-fry for 2-3 minutes or until the shrimp are pink and cooked through.

5. Combine Ingredients: Return the cooked vegetables to the wok with the shrimp. Add the

cooked quinoa and toss everything together.

6. Finish with Sesame Oil: Drizzle sesame oil over the stir-fry and toss to combine. Cook for an

additional 1-2 minutes until heated through.

7. Garnish and Serve: Garnish with sesame seeds and sliced green onions if desired. Serve the

Shrimp and Vegetable Stir-Fry with Quinoa hot.

**Egg and Spinach Breakfast Quesadilla:**

**Ingredients:**

2 large eggs

1 cup fresh baby spinach, chopped

1/4 cup feta cheese, crumbled

2 whole wheat tortillas

Salt and pepper to taste

1 tablespoon olive oil or cooking spray

Optional toppings: Salsa, avocado, or sour cream

**Instructions:**

1. Cook Spinach: In a pan over medium heat, sauté the chopped baby spinach in olive oil until

wilted. Remove excess moisture by pressing the spinach with a paper towel.

2. Scramble Eggs: In a bowl, whisk the eggs and season with salt and pepper. Scramble the eggs

in the same pan as the spinach until just cooked through.

3. Assemble Quesadilla: Lay out the whole wheat tortillas. On one half of each tortilla,

distribute the scrambled eggs, sautéed spinach, and crumbled feta cheese.

4. Fold and Cook: Fold the tortillas in half over the filling, creating a half-moon shape. In the

same pan, cook the quesadillas over medium heat for 2-3 minutes on each side or until the

tortilla is crispy and the filling is heated through.

5. Slice and Serve: Once cooked, remove the quesadillas from the pan and let them cool for a

moment. Slice each quesadilla into wedges.

6. Optional Toppings: Serve the Egg and Spinach Breakfast Quesadilla with optional toppings

like salsa, sliced avocado, or a dollop of sour cream.

**Sardine and Tomato Breakfast Hash:**

**Ingredients:**

2 cans (3.75 ounces each) sardines in olive oil, drained

2 cups potatoes, diced

1 cup cherry tomatoes, halved

1/2 cup red onion, diced

2 cloves garlic, minced

1 tablespoon olive oil

1 teaspoon smoked paprika

Salt and pepper to taste

Fresh parsley for garnish

**Instructions:**

1. Prepare Potatoes: In a large skillet, heat olive oil over medium heat. Add diced potatoes and

cook until they are golden brown and cooked through, about 10-15 minutes. Season with salt

and pepper.

2. Add Vegetables: Add diced red onion and minced garlic to the skillet. Cook for an additional

2-3 minutes until the onions are translucent.

3. Add Sardines and Tomatoes: Gently fold in the drained sardines, halved cherry tomatoes,

and smoked paprika. Cook for another 2-3 minutes until the tomatoes are slightly softened.

4. Season: Season the hash with additional salt and pepper to taste. Adjust the smoked paprika if

desired.

5. Garnish and Serve: Garnish the Sardine and Tomato Breakfast Hash with fresh parsley. Serve

hot.

**Salmon and Avocado Breakfast Burrito:**

**Ingredients:**

2 large whole wheat or spinach tortillas

2 cooked salmon fillets (approximately 4-6 ounces each), flaked

1 ripe avocado, sliced

4 large eggs

1 tablespoon olive oil

Salt and pepper to taste

1/2 cup cherry tomatoes, halved

1/4 cup red onion, finely chopped

Fresh cilantro, chopped (optional)

Hot sauce or salsa (optional)

**Instructions:**

1. Prepare Salmon: Cook the salmon fillets by grilling, baking, or pan-searing. Flake the cooked

salmon into bite-sized pieces.

2. Scramble Eggs: In a separate pan, heat olive oil over medium heat. Scramble the eggs,

seasoning with salt and pepper to taste. Cook until the eggs are just set.

3. Assemble Burritos: Lay out the tortillas. Divide the scrambled eggs evenly between the

tortillas. Top each with flaked salmon, sliced avocado, halved cherry tomatoes, and chopped

red onion.

4. Optional Toppings: Add fresh cilantro and hot sauce or salsa if desired.

5. Fold and Serve: Fold the sides of each tortilla over the filling and then roll it up from the

bottom to create a burrito.

6. Serve: Serve the Salmon and Avocado Breakfast Burritos immediately. They can be enjoyed

as is or sliced in half for easier handling.

**Tuna and Tomato Frittata:**

**Ingredients:**

6 large eggs

1 can (about 5 ounces) tuna, drained

1 cup cherry tomatoes, halved

1 cup fresh spinach, chopped

1/4 cup feta cheese, crumbled

1/4 cup red onion, finely chopped

2 tablespoons olive oil

1 clove garlic, minced

Salt and pepper to taste

Fresh herbs (such as parsley or chives) for garnish (optional)

**Instructions:**

1. Preheat Oven: Preheat your oven broiler.

2. Prepare Ingredients: In a bowl, whisk together the eggs. Drain the tuna and flake it with a

fork. Chop the fresh spinach, halve the cherry tomatoes, crumble the feta cheese, and finely

chop the red onion.

3. Cook Vegetables: In an oven-safe skillet, heat olive oil over medium heat. Add minced garlic

and chopped red onion, sautéing until softened.

4. Add Tuna and Spinach: Add the flaked tuna and chopped spinach to the skillet. Cook for an

additional 2-3 minutes until the spinach wilts.

5. Pour Eggs: Pour the whisked eggs over the tuna and vegetable mixture in the skillet. Allow

the eggs to set around the edges.

6. Add Tomatoes and Feta: Sprinkle halved cherry tomatoes and crumbled feta cheese over the

top of the frittata.

7. Broil: Transfer the skillet to the preheated oven broiler. Broil for 3-5 minutes or until the top is

set and slightly golden.

8. Season and Garnish: Season the frittata with salt and pepper to taste. Garnish with fresh

herbs if desired.

9. Serve: Carefully remove the skillet from the oven. Slice the frittata into wedges and serve hot.

**Cod and Vegetable Breakfast Skillet:**

**Ingredients:**

1 pound cod fillets

1 cup cherry tomatoes, halved

1 bell pepper, diced

1 onion, diced

2 cloves garlic, minced

1 tablespoon olive oil

1 teaspoon dried herbs (such as thyme or oregano)

Salt and pepper to taste

Fresh parsley for garnish (optional)

Lemon wedges for serving

**Instructions:**

1. Preheat Oven: Preheat your oven to 375°F (190°C).

2. Prepare Cod: Season the cod fillets with salt, pepper, and dried herbs on both sides.

3. Sauté Vegetables: In an oven-safe skillet, heat olive oil over medium heat. Add diced bell

pepper and onion. Sauté until softened, about 3-4 minutes.

4. Add Garlic and Tomatoes: Add minced garlic to the skillet and cook for an additional 1-2

minutes. Stir in halved cherry tomatoes.

5. Nestle Cod in Vegetables: Arrange the seasoned cod fillets in the skillet, nestled among the

vegetables.

6. Bake: Transfer the skillet to the preheated oven and bake for 15-20 minutes or until the cod is

cooked through and flakes easily with a fork.

7. Garnish and Serve: Garnish the Cod and Vegetable Breakfast Skillet with fresh parsley if

desired. Serve hot with lemon wedges on the side.

**Shrimp and Avocado Salad:**

**Ingredients:**

1 pound large shrimp, peeled and DE-veined

2 avocados, diced

1 cup cherry tomatoes, halved

1 cucumber, diced

1/4 cup red onion, finely chopped

1/4 cup fresh cilantro, chopped

Juice of 2 limes

2 tablespoons olive oil

Salt and pepper to taste

Optional: Red pepper flakes for a bit of heat

**Instructions:**

1. Cook Shrimp: Bring a pot of salted water to a boil. Add the shrimp and cook for 2-3 minutes

or until they turn pink and opaque. Drain and rinse under cold water to stop the cooking

process.

2. Prepare Vegetables: In a large bowl, combine diced avocados, halved cherry tomatoes, diced

cucumber, finely chopped red onion, and chopped cilantro.

3. Add Shrimp: Cut the cooked shrimp into bite-sized pieces and add them to the bowl with the

vegetables.

4. Make Dressing: In a small bowl, whisk together lime juice, olive oil, salt, and pepper. Adjust

the seasoning to taste. If you like a bit of heat, you can add red pepper flakes.

5. Combine and Toss: Pour the dressing over the shrimp and vegetable mixture. Gently toss

everything together until well combined.

6. Chill and Serve: Refrigerate the salad for at least 30 minutes to allow the flavours to meld.

Serve chilled, and you can garnish with additional cilantro or lime wedges if desired.

Tuna Salad Lettuce Wraps:

**Ingredients:**

2 cans (5 ounces each) tuna, drained

1/2 cup Greek yogurt

1/4 cup celery, finely diced

2 tablespoons red onion, finely chopped

2 tablespoons dill pickles, finely chopped

Salt and pepper to taste

Lettuce leaves for wrapping (such as Bibb or iceberg)

**Instructions:**

1. Prepare Tuna Salad: In a bowl, combine drained tuna, Greek yogurt, finely diced celery,

finely chopped red onion, and finely chopped dill pickles.

2. Mix and Season: Stir the ingredients until well combined. Season the tuna salad with salt and

pepper to taste.

3. Assemble Lettuce Wraps: Spoon the tuna salad onto individual lettuce leaves, creating

wraps.

4. Serve: Arrange the Tuna Salad Lettuce Wraps on a serving plate. They are ready to be served

as a light and refreshing meal or snack.

**Caprese Salad with Tuna:**

**Ingredients:**

1 can (about 5 ounces) tuna, drained

2 large tomatoes, sliced

1 ball fresh mozzarella cheese, sliced

Fresh basil leaves

2 tablespoons extra-virgin olive oil

Balsamic glaze or balsamic reduction

Salt and pepper to taste

**Instructions:**

1. Prepare Tuna: Drain the tuna and flake it with a fork.

2. Assemble Salad: On a serving platter or individual plates, arrange slices of tomato, fresh

mozzarella, and basil leaves.

3. Add Tuna: Distribute the flaked tuna over the arranged tomato and mozzarella slices.

4. Drizzle Olive Oil: Drizzle extra-virgin olive oil over the salad.

5. Season: Sprinkle salt and pepper to taste over the salad.

6. Drizzle Balsamic Glaze: Finish the salad by drizzling balsamic glaze or balsamic reduction

over the top.

7. Serve: Serve the Caprese Salad with Tuna immediately as a refreshing and light meal.

**Cold Soba Noodle Salad with Salmon:**

**Ingredients:**

**For the Salad:**

8 ounces soba noodles

2 cups shredded Napa cabbage

1 cucumber, julienned

1 carrot, julienned

1/2 cup edamame, shelled

4 green onions, thinly sliced

1/4 cup cilantro, chopped

1 tablespoon sesame seeds (optional for garnish)

**For the Salmon:**

2 salmon fillets (about 6 ounces each)

2 tablespoons soy sauce

1 tablespoon honey

1 tablespoon sesame oil

1 tablespoon rice vinegar

1 teaspoon grated ginger

1 clove garlic, minced

**For the Dressing:**

1/4 cup soy sauce

2 tablespoons sesame oil

2 tablespoons rice vinegar

1 tablespoon honey

1 teaspoon grated ginger

1 teaspoon Sriracha (optional for heat)

**Instructions:**

1. Cook Soba Noodles: Cook the soba noodles according to the package instructions. Drain,

rinse under cold water, and set aside.

2. Prepare Salmon Marinade: In a bowl, whisk together soy sauce, honey, sesame oil, rice

vinegar, grated ginger, and minced garlic. Marinate the salmon fillets in this mixture for at

least 15-20 minutes.

3. Cook Salmon: Preheat a grill or grill pan over medium-high heat. Grill the salmon for about

3-4 minutes per side or until cooked through. Alternatively, you can bake the salmon in the

oven at 400°F (200°C) for about 12-15 minutes.

4. Prepare Vegetables: In a large bowl, combine shredded Napa cabbage, julienned cucumber,

julienned carrot, edamame, sliced green onions, and chopped cilantro.

5. Make Dressing: In a small bowl, whisk together soy sauce, sesame oil, rice vinegar, honey,

grated ginger, and Sriracha (if using).

6. Assemble Salad: Add the cooked and cooled soba noodles to the bowl of vegetables. Pour the

dressing over the noodles and vegetables, tossing everything together until well combined.

7. Serve: Divide the noodle and vegetable mixture among serving plates. Top each plate with a

grilled salmon fillet. Garnish with sesame seeds if desired.

8. Enjoy: Serve the Cold Soba Noodle Salad with Salmon immediately.

**Grilled Lemon Garlic Shrimp Skewers with Quinoa Salad:**

**Ingredients:**

**For Shrimp:**

1 pound large shrimp, peeled and deveined

3 cloves garlic, minced

Zest and juice of 1 lemon

2 tablespoons olive oil

Salt and pepper to taste

Wooden skewers, soaked in water for 30 minutes

**For Quinoa Salad:**

1 cup quinoa, cooked

1 cup cherry tomatoes, halved

1 cucumber, diced

1/4 cup red onion, finely chopped

Feta cheese, crumbled

Kalamata olives, pitted and sliced

Fresh parsley, chopped

Olive oil and balsamic vinegar for dressing

**Instructions:**

1. In a bowl, combine shrimp with minced garlic, lemon zest, lemon juice, olive oil, salt, and

pepper. Thread shrimp onto soaked skewers.

2. Grill shrimp skewers over medium-high heat for 2-3 minutes per side or until they are cooked

through.

3. In a large bowl, combine cooked quinoa, cherry tomatoes, cucumber, red onion, feta cheese,

olives, and parsley.

4. Drizzle olive oil and balsamic vinegar over the salad, toss to combine.

5. Serve grilled shrimp skewers over a bed of quinoa salad.

**Pan-Seared Lemon Herb Salmon with Roasted Vegetables:**

**Ingredients:**

**For Salmon:**

2 salmon fillets

Zest and juice of 1 lemon

2 tablespoons fresh dill, chopped

Salt and pepper to taste

Olive oil for cooking

**For Roasted Vegetables:**

Assorted vegetables (e.g., bell peppers, zucchini, cherry tomatoes)

Olive oil

Garlic powder, salt, and pepper to taste

**Instructions:**

1. Preheat the oven to 400°F (200°C).

2. In a bowl, mix lemon zest, lemon juice, chopped dill, salt, and pepper. Coat salmon fillets with

this mixture.

3. Heat olive oil in a skillet over medium-high heat. Sear the salmon fillets for 3-4 minutes on

each side until golden brown and cooked through.

4. Place the assorted vegetables on a baking sheet. Drizzle with olive oil and season with garlic

powder, salt, and pepper. Roast in the oven for 15-20 minutes or until vegetables are tender.

5. Serve the pan-seared lemon herb salmon over a bed of roasted vegetables.

**Pesto over Pasta:**

**Ingredients:**

2 cups fresh basil leaves

1/2 cup grated Parmesan cheese

1/2 cup pine nuts

3 cloves garlic

1/2 cup extra-virgin olive oil

Salt and pepper to taste

**Instructions:**

1. Cook pasta according to package instructions. Drain and set aside.

2. In a blender or food processor, combine basil, Parmesan, pine nuts, garlic, salt, and pepper.

Pulse until finely chopped.

3. With the blender or food processor running, slowly pour in the olive oil until the pesto reaches

a smooth consistency.

4. Heat olive oil in a pan over medium heat. Add minced garlic and sauté until fragrant.

5. Add shrimp to the pan, season with salt and pepper, and cook until they turn pink and opaque.

6. Toss the cooked pasta with the pesto sauce. Top with the garlic shrimp.

7. Serve warm, garnished with additional Parmesan and fresh basil if desired.

**Baked Lemon Garlic Cod with Quinoa and Asparagus:**

**Ingredients:**

**For Cod:**

2 cod fillets

Zest and juice of 1 lemon

3 cloves garlic, minced

2 tablespoons olive oil

Salt and pepper to taste

**For Quinoa and Asparagus:**

1 cup quinoa, cooked

1 bunch asparagus, trimmed

2 tablespoons olive oil

Salt and pepper to taste

**Instructions:**

1. Preheat the oven to 400°F (200°C).

2. In a bowl, mix lemon zest, lemon juice, minced garlic, olive oil, salt, and pepper. Coat cod

fillets with this mixture.

3. Place cod fillets on a baking sheet lined with parchment paper. Bake for 15-20 minutes or until

the cod is cooked through.

4. Toss asparagus with olive oil, salt, and pepper. Arrange on the same baking sheet as the cod.

5. Bake the asparagus alongside the cod for the last 10 minutes or until tender.

6. Serve the baked lemon garlic cod over a bed of cooked quinoa with roasted asparagus on the

side.

**Citrus Salmon Salad:**

**Ingredients:**

**For Salmon:**

2 salmon fillets

Zest and juice of 1 orange

Zest and juice of 1 lemon

2 tablespoons olive oil

Salt and pepper to taste

**For Salad:**

Mixed salad greens

1 cucumber, sliced

1 cup cherry tomatoes, halved

1/4 cup red onion, thinly sliced

1 avocado, sliced

1/4 cup feta cheese, crumbled

**Instructions:**

1. In a bowl, whisk together orange zest, orange juice, lemon zest, lemon juice, olive oil, salt, and

pepper.

2. Marinate the salmon fillets in this mixture for at least 30 minutes.

3. Grill or bake the salmon until cooked through. Let it cool.

4. In a large salad bowl, combine mixed greens, cucumber, cherry tomatoes, red onion, avocado,

and feta cheese.

5. Flake the cooled salmon over the salad.

6. Drizzle with additional dressing if desired and toss gently before serving.

Chilled Shrimp and Mango Noodle Salad:

**Ingredients:**

•8 ounces rice noodles, cooked and cooled

1 pound large shrimp, cooked and peeled

1 mango, peeled and julienned

1 red bell pepper, thinly sliced

1/4 cup fresh cilantro, chopped

1/4 cup mint leaves, chopped

2 tablespoons fish sauce

2 tablespoons lime juice

1 tablespoon soy sauce

1 tablespoon honey

1 tablespoon sesame oil

Red pepper flakes to taste (optional)

**Instructions:**

1. In a large bowl, combine cooked rice noodles, cooked shrimp, julienned mango, sliced red bell

pepper, cilantro, and mint.

2. In a small bowl, whisk together fish sauce, lime juice, soy sauce, honey, sesame oil, and red

pepper flakes (if using).

3. Pour the dressing over the noodle mixture and toss gently to combine.

4. Chill the salad in the refrigerator for at least 30 minutes before serving.

**Tuna and Chickpea Salad:**

**Ingredients:**

2 cans (5 ounces each) tuna, drained

1 can (15 ounces) chickpeas, drained and rinsed

1 cucumber, diced

1 cup cherry tomatoes, halved

1/4 cup red onion, finely chopped

1/4 cup black olives, sliced

2 tablespoons capers

3 tablespoons olive oil

2 tablespoons red wine vinegar

1 teaspoon Dijon mustard

Salt and pepper to taste

Fresh parsley, chopped, for garnish

**Instructions:**

1. In a large bowl, combine drained tuna, chickpeas, diced cucumber, cherry tomatoes, red onion,

black olives, and capers.

2. In a small bowl, whisk together olive oil, red wine vinegar, Dijon mustard, salt, and pepper.

3. Pour the dressing over the salad and toss gently to combine.

4. Garnish with chopped fresh parsley before serving.

**Ceviche with Avocado and Corn:**

**Ingredients:**

1 pound white fish (tilapia or sea bass), diced

1 cup cherry tomatoes, diced

1/2 red onion, finely chopped

1 jalapeño, seeds removed and finely chopped

1 cup fresh corn kernels (you can use thawed frozen corn)

1/4 cup cilantro, chopped

Juice of 4 limes

Juice of 1 orange

Salt and pepper to taste

2 avocados, diced

**Instructions:**

1. In a large bowl, combine diced fish, cherry tomatoes, red onion, jalapeño, corn, and cilantro.

2. Pour lime juice and orange juice over the mixture. Season with salt and pepper.

3. Toss gently and refrigerate for at least 30 minutes to let the flavors meld.

4. Before serving, gently fold in diced avocados.

**Lemon Garlic Butter Baked Cod:**

**Ingredients:**

4 cod fillets (6 ounces each)

4 tablespoons unsalted butter, melted

3 cloves garlic, minced

Zest and juice of 1 lemon

2 tablespoons fresh parsley, chopped

Salt and pepper to taste

**Instructions:**

1. Preheat the oven to 400°F (200°C).

2. Place cod fillets on a baking sheet lined with parchment paper.

3. In a bowl, mix melted butter, minced garlic, lemon zest, lemon juice, chopped parsley, salt,

and pepper.

4. Pour the butter mixture over the cod fillets.

5. Bake for 15-20 minutes or until the cod is cooked through and flakes easily with a fork.

6. Serve hot, drizzling extra sauce over the top if desired.

**Shrimp and Vegetable Stir-Fry:**

**Ingredients:**

1 pound large shrimp, peeled and deveined

2 tablespoons soy sauce

1 tablespoon oyster sauce

1 tablespoon sesame oil

1 tablespoon vegetable oil

2 bell peppers, thinly sliced

1 cup broccoli florets

1 carrot, julienned

3 cloves garlic, minced

1 tablespoon ginger, minced

Cooked rice or noodles for serving

**Instructions:**

1. In a bowl, mix shrimp with soy sauce and oyster sauce. Let it marinate for 10-15 minutes.

2. Heat vegetable oil in a wok or skillet over high heat.

3. Add shrimp and stir-fry for 2-3 minutes until they turn pink. Remove shrimp from the wok.

4. In the same wok, add sesame oil, bell peppers, broccoli, carrot, garlic, and ginger. Stir-fry for

3-4 minutes until vegetables are tender-crisp.

5. Add the cooked shrimp back to the wok and toss everything together.

6. Serve over cooked rice or noodles.

**Baked Salmon with Dijon and Herb Crust:**

**Ingredients:**

4 salmon fillets

2 tablespoons Dijon mustard

1 tablespoon olive oil

2 cloves garlic, minced

1 tablespoon fresh dill, chopped

1 tablespoon fresh parsley, chopped

Salt and pepper to taste

Lemon wedges for serving

**Instructions:**

1. Preheat the oven to 400°F (200°C).

2. Place salmon fillets on a baking sheet lined with parchment paper.

3. In a bowl, mix Dijon mustard, olive oil, minced garlic, chopped dill, chopped parsley, salt, and

pepper.

4. Spread the Dijon herb mixture evenly over the salmon fillets.

5. Bake for 12-15 minutes or until the salmon is cooked through and flakes easily.

6. Serve hot with lemon wedges on the side.

**Zucchini and Tomato Stuffed Bell Peppers with Tuna:**

**Ingredients:**

4 large bell peppers, halved and seeds removed

2 cans (5 ounces each) tuna, drained

1 cup cherry tomatoes, halved

1 zucchini, diced

1/2 red onion, finely chopped

2 cloves garlic, minced

1 cup cooked quinoa or rice

2 tablespoons olive oil

1 teaspoon dried oregano

Salt and pepper to taste

Shredded mozzarella cheese for topping (optional)

**Instructions:**

1. Preheat the oven to 375°F (190°C).

2. Place halved bell peppers in a baking dish.

3. In a bowl, mix tuna, cherry tomatoes, zucchini, red onion, garlic, cooked quinoa or rice, olive

oil, dried oregano, salt, and pepper.

4. Stuff each bell pepper half with the tuna and vegetable mixture.

5. Optionally, top each stuffed pepper with shredded mozzarella cheese.

6. Bake for 25-30 minutes or until the peppers are tender. Serve Hot.