



Healthy Cooking Starter Kit

5 easy Mediterranean recipes + a simple grocery list

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Welcome! This quick-start kit gives you five simple, flavorful Mediterranean recipes and a handy grocery list to make your healthy-cooking journey ridiculously easy.

Tip: Cook once, enjoy twice. Many of these recipes are perfect for leftovers or meal-prep.

1) Lemon-Herb Couscous Bowl

Serves 2 • 15 min

Ingredients

- 1 cup couscous
- 1 cup boiling water
- 1 lemon (zest + juice)
- 2 tbsp extra-virgin olive oil
- 1 cup cherry tomatoes, halved
- 1/2 cucumber, sliced
- 1/4 red onion, thinly sliced
- Handful fresh parsley, chopped
- Salt & pepper

Steps

- 1 Place couscous in a bowl, pour over boiling water, cover 5 min.
- 2 Fluff with a fork. Add lemon zest/juice, olive oil, salt, and pepper.
- 3 Fold in tomatoes, cucumber, onion, and parsley. Serve warm or chilled.

2) Greek Chickpea Salad Wraps

Serves 2 • 10 min

Ingredients

- 1 can chickpeas, drained
- 1/2 red bell pepper, diced
- 1/2 cucumber, diced
- 2 tbsp olives, sliced
- 2 tbsp feta, crumbled
- 1 tbsp olive oil
- 1 tsp red wine vinegar
- 1/2 tsp dried oregano
- Whole■grain wraps

Steps

- 1 Mash half the chickpeas with a fork; keep half whole.
- 2 Combine with veggies, olives, feta, oil, vinegar, and oregano.
- 3 Fill wraps and roll. Great for lunch on the go.

3) One■Pan Lemon Garlic Salmon

Serves 2 • 20 min

Ingredients

- 2 salmon fillets
- 1 lemon (slices + juice)
- 2 cloves garlic, minced
- 1 tbsp olive oil
- Salt & pepper
- Optional: asparagus or green beans

Steps

- 1 Preheat oven to 200°C / 400°F. Place salmon and veggies on a tray.
- 2 Top with lemon slices, garlic, olive oil, salt, and pepper.
- 3 Bake 12–15 min until salmon flakes and veggies are tender.

4) Tomato■Basil Skillet Eggs

Serves 2 • 12 min

Ingredients

- 1 cup cherry tomatoes, halved
- 1 tbsp olive oil
- 2–4 eggs
- Fresh basil, torn
- Salt & pepper
- Optional: chili flakes

Steps

- 1 Sauté tomatoes with olive oil 3–4 min until soft.
- 2 Make wells and crack eggs in. Cover and cook to desired doneness.
- 3 Top with basil, salt, pepper, and chili flakes. Serve with whole■grain toast.

5) Mediterranean Yogurt Parfait

Serves 2 • 5 min

Ingredients

- 2 cups Greek yogurt

- 1 cup berries
- 1 tbsp honey
- 2 tbsp chopped nuts
- Pinch cinnamon

Steps

- 1 Layer yogurt with berries and nuts in glasses.
- 2 Drizzle with honey and add a pinch of cinnamon.

Smart Grocery List

Extra-virgin olive oil

Garlic

Couscous

Cucumber

Chickpeas (canned)

Feta cheese

Salmon fillets

Eggs

Berries

Mixed nuts

Red wine vinegar

Whole■grain bread

Lemons

Fresh parsley and basil

Cherry tomatoes

Red onion

Olives

Whole■grain wraps

Asparagus or green beans

Greek yogurt

Honey

Cinnamon

Dried oregano

Swap or add seasonal veggies to keep things fresh and budget■friendly.