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BONUS RECIPE LIBRARY

60 Original Mediterranean-Inspired Recipes Beyond the 28-Day Plan


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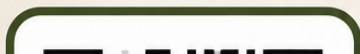
THE MEDITERRANEAN FASTING RESET
to Break the Yo-Yo Cycle, Control Cravings, and
Build a Lifestyle That Lasts

YOUR 60-RECIPE *Bonus Library*

—  —
Your 28-day plan is only
the beginning.

—  —
Scan below for 60 additional
Mediterranean-inspired
breakfasts, lunches, dinners
and snacks created for
Never Diet Again.

SCAN • COOK • ENJOY • KEEP LIVING



60 ORIGINAL



REAL FOOD. SIMPLE INGREDIENTS. FLEXIBLE FOR YOUR LIFE.

12 breakfasts • 16 lunches • 24 dinners • 8 snacks & light bites

WELCOME TO YOUR BONUS RECIPE LIBRARY

Your 28-day plan is only the beginning. This original collection gives you more Mediterranean-inspired choices without turning food into another rigid set of rules. Repeat favourites, swap similar ingredients, and adjust portions to suit your appetite, household and schedule.



USE IT FLEXIBLY

- Choose meals you genuinely enjoy rather than trying to cook everything.
- Use leftovers strategically: tonight's dinner can become tomorrow's lunch.
- Keep olive oil, beans, lentils, whole grains, herbs, vegetables, yogurt, eggs and fish as flexible staples.
- If you use an eating window, fit meals into the schedule that works for you.

Australian metric measurements are used. These recipes are for general wellness and home cooking and are not individual medical advice.

BREAKFASTS

Fresh, satisfying starts built around yogurt, eggs, oats, fruit and whole grains.



Good food. Good choices. Better energy.

1. Lemon-Berry Yogurt Crunch

Serves 1 | Mediterranean-inspired

INGREDIENTS

- 170 g plain Greek yogurt
- 1/2 cup mixed berries
- 1 tbsp chopped pistachios
- 1 tbsp rolled oats
- 1 tsp honey
- 1/2 tsp finely grated lemon zest

METHOD

1. Spoon yogurt into a bowl.
2. Top with berries, pistachios and oats.
3. Finish with honey and lemon zest.

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2. Tomato, Feta & Herb Breakfast Toast

Serves 1 | Mediterranean-inspired

INGREDIENTS

- 1 slice whole-grain sourdough
- 1 medium tomato, sliced
- 40 g feta, crumbled
- 1 tsp extra-virgin olive oil
- 1 tbsp chopped parsley or basil
- Black pepper

METHOD

1. Toast the bread.
2. Layer with tomato and feta.
3. Drizzle with olive oil and finish with herbs and pepper.

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3. Spinach & Dill Egg Pita

Serves 1 | Mediterranean-inspired

INGREDIENTS

- 2 eggs
- 1 tsp extra-virgin olive oil
- 1 packed cup baby spinach
- 1 tbsp chopped dill
- 1 small whole-grain pita
- 1 tbsp plain Greek yogurt
- Black pepper

METHOD

1. Warm oil in a pan and wilt spinach.
2. Add beaten eggs and stir gently until just set.
3. Fold through dill and pepper, then spoon into warmed pita with yogurt.

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4. Pear, Walnut & Cinnamon Overnight Oats

Serves 1 | Mediterranean-inspired

INGREDIENTS

- 1/2 cup rolled oats
- 2/3 cup milk or unsweetened almond milk
- 1 tbsp chia seeds
- 1/2 small pear, diced
- 1 tbsp chopped walnuts
- 1/4 tsp cinnamon

METHOD

1. Combine oats, milk, chia, pear and cinnamon in a jar.
2. Cover and refrigerate overnight.
3. Top with walnuts before serving.

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5. Roasted Capsicum & Ricotta Omelette

Serves 1 | Mediterranean-inspired

INGREDIENTS

- 2 eggs
- 1 tsp extra-virgin olive oil
- 1/3 cup chopped roasted red capsicum
- 2 tbsp ricotta
- 1 tbsp chopped parsley
- Pinch of dried oregano
- Black pepper

METHOD

1. Whisk eggs with pepper and oregano.
2. Warm oil in a small non-stick pan and add eggs.
3. Scatter over capsicum and ricotta; fold when nearly set and finish with parsley.

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6. Fig, Tahini & Yogurt Bowl

Serves 1 | Mediterranean-inspired

INGREDIENTS

- 170 g plain Greek yogurt
- 2 fresh figs, quartered
- 2 tsp tahini
- 1 tsp honey
- 1 tbsp pumpkin seeds
- Pinch of cinnamon

METHOD

1. Spoon yogurt into a bowl.
2. Arrange figs on top.
3. Drizzle with tahini and honey; add pumpkin seeds and cinnamon.

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7. Mediterranean Breakfast Beans

Serves 1 | Mediterranean-inspired

INGREDIENTS

- 1 tsp extra-virgin olive oil
- 1/2 cup cannellini beans, drained and rinsed
- 6 cherry tomatoes, halved
- 1 packed cup baby spinach
- 1/4 tsp smoked paprika
- 1 egg
- 1 slice whole-grain toast

METHOD

1. Warm oil and cook beans, tomatoes and paprika for 3 minutes.
2. Fold in spinach until wilted.
3. Top with a cooked egg and serve with toast.

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8. Orange-Almond Chia Pot

Serves 1 | Mediterranean-inspired

INGREDIENTS

- 3 tbsp chia seeds
- 3/4 cup milk or unsweetened almond milk
- 1/2 tsp vanilla
- 1 small orange, segmented
- 1 tbsp sliced almonds
- 1 tsp honey, optional

METHOD

1. Stir chia, milk and vanilla together.
2. Refrigerate for at least 4 hours or overnight.
3. Top with orange, almonds and honey if using.

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9. Courgette, Mint & Feta Egg Muffins

Serves 2 | Mediterranean-inspired

INGREDIENTS

- 4 eggs
- 1 small zucchini, grated and squeezed dry
- 40 g feta, crumbled
- 2 tbsp chopped mint
- 2 tbsp finely chopped spring onion
- Black pepper
- 1 tsp olive oil for greasing

METHOD

1. Heat oven to 180°C.
2. Whisk eggs, then stir through zucchini, feta, mint, spring onion and pepper.
3. Divide among 4 greased muffin cups and bake 15-18 minutes. Serve 2 muffins per person.

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10. Apple, Almond & Sesame Porridge

Serves 1 | Mediterranean-inspired

INGREDIENTS

- 1/2 cup rolled oats
- 1 cup milk or water
- 1/2 small apple, grated
- 1 tbsp almond butter
- 1 tsp sesame seeds
- 1/4 tsp cinnamon

METHOD

1. Simmer oats, milk and apple for 4-5 minutes.
2. Spoon into a bowl.
3. Swirl through almond butter and top with sesame and cinnamon.

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11. Herbed Cottage Cheese & Cucumber Toast

Serves 1 | Mediterranean-inspired

INGREDIENTS

- 1 slice whole-grain bread
- 1/2 cup cottage cheese
- 1/3 cucumber, thinly sliced
- 1 tsp extra-virgin olive oil
- 1 tbsp chopped dill or parsley
- Black pepper

METHOD

1. Toast bread and spread with cottage cheese.
2. Top with cucumber.
3. Drizzle with oil and finish with herbs and pepper.

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12. Banana-Cacao Hazelnut Yogurt Bowl

Serves 1 | Mediterranean-inspired

INGREDIENTS

- 170 g plain Greek yogurt
- 1/2 banana, sliced
- 1 tsp unsweetened cocoa
- 1 tbsp chopped hazelnuts
- 1 tbsp rolled oats
- Pinch of cinnamon

METHOD

1. Mix cocoa into the yogurt.
2. Top with banana, hazelnuts and oats.
3. Finish with cinnamon.

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LUNCHES

Colourful bowls, salads, soups and wraps practical enough for real weekdays.



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13. Lemon-Herb Chicken & White Bean Salad

Serves 1 | Mediterranean-inspired

INGREDIENTS

- 100 g cooked chicken breast, sliced
- 1/2 cup cannellini beans, rinsed
- 2 cups rocket or mixed greens
- 1/2 cucumber, chopped
- 1/2 cup cherry tomatoes
- 1 tbsp extra-virgin olive oil
- 1 tbsp lemon juice
- 1 tbsp chopped parsley

METHOD

1. Arrange chicken, beans, greens, cucumber and tomatoes in a bowl.
2. Whisk oil, lemon and parsley.
3. Dress just before serving.

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14. Roasted Pumpkin, Lentil & Feta Bowl

Serves 1 | Mediterranean-inspired

INGREDIENTS

- 1 1/2 cups cubed pumpkin
- 1 tsp extra-virgin olive oil
- 3/4 cup cooked lentils
- 2 cups baby spinach
- 30 g feta
- 1 tbsp pumpkin seeds
- 2 tsp balsamic vinegar

METHOD

1. Heat oven to 200°C and roast pumpkin with oil for 20-25 minutes.
2. Combine warm pumpkin with lentils and spinach.
3. Top with feta and seeds; drizzle with balsamic.

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15. Tuna, Tomato & Olive Stuffed Pita

Serves 1 | Mediterranean-inspired

INGREDIENTS

- 1 small can tuna in springwater or olive oil, drained
- 1 small whole-grain pita
- 1 medium tomato, diced
- 1/4 cucumber, diced
- 6 Kalamata olives, sliced
- 1 tbsp plain Greek yogurt
- 1 tsp lemon juice
- 1 tbsp chopped parsley

METHOD

1. Mix tuna, tomato, cucumber, olives, yogurt, lemon and parsley.
2. Warm pita and cut open.
3. Fill with tuna mixture.

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16. Herby Chickpea Tabbouleh Bowl

Serves 1 | Mediterranean-inspired

INGREDIENTS

- 3/4 cup chickpeas, rinsed
- 1/2 cup cooked bulgur or quinoa
- 1/2 cup chopped parsley
- 1/4 cup chopped mint
- 1 medium tomato, diced
- 1/2 cucumber, diced
- 1 tbsp extra-virgin olive oil
- 1 1/2 tbsp lemon juice

METHOD

1. Combine chickpeas, grain, herbs, tomato and cucumber.
2. Whisk oil and lemon.
3. Toss together and serve.

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17. Grilled Halloumi & Peach Salad

Serves 1 | Mediterranean-inspired

INGREDIENTS

- 60 g halloumi, sliced
- 1 small peach, sliced
- 2 cups mixed greens
- 1/2 cucumber, sliced
- 1 tbsp chopped almonds
- 1 tsp extra-virgin olive oil
- 2 tsp lemon juice

METHOD

1. Sear halloumi in a dry pan for 1-2 minutes per side.
2. Arrange greens, peach and cucumber on a plate.
3. Top with halloumi and almonds; drizzle with oil and lemon.

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18. Mediterranean Turkey Lettuce Cups

Serves 1 | Mediterranean-inspired

INGREDIENTS

- 120 g lean turkey mince
- 1 tsp extra-virgin olive oil
- 1 garlic clove, minced
- 1/2 tsp ground cumin
- 1/2 cup diced tomato
- 1 tbsp chopped parsley
- 4 large cos lettuce leaves
- 2 tbsp tzatziki

METHOD

1. Cook turkey in oil with garlic and cumin until cooked through.
2. Stir in tomato and parsley for 1 minute.
3. Spoon into lettuce leaves and top with tzatziki.

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19. Warm Sardine, Potato & Green Bean Salad

Serves 1 | Mediterranean-inspired

INGREDIENTS

- 90 g canned sardines, drained
- 150 g baby potatoes, halved
- 1 cup green beans
- 1 tbsp chopped parsley
- 1 tsp capers
- 2 tsp extra-virgin olive oil
- 1 tbsp lemon juice

METHOD

1. Boil potatoes until tender; add beans for the final 3 minutes.
2. Drain and place in a bowl with sardines, parsley and capers.
3. Dress with oil and lemon.

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20. Eggplant, Tomato & Hummus Wrap

Serves 1 | Mediterranean-inspired

INGREDIENTS

- 1 whole-grain wrap
- 1 cup sliced eggplant
- 1 tsp extra-virgin olive oil
- 1/2 cup cherry tomatoes
- 3 tbsp hummus
- 1 cup rocket
- 1 tbsp chopped mint

METHOD

1. Pan-cook eggplant in oil until tender and browned.
2. Spread wrap with hummus.
3. Add eggplant, tomatoes, rocket and mint; roll tightly.

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21. Greek-Style Salmon Rice Bowl

Serves 1 | Mediterranean-inspired

INGREDIENTS

- 100 g cooked salmon, flaked
- 1/2 cup cooked brown rice
- 1/2 cucumber, chopped
- 1/2 cup cherry tomatoes
- 5 olives, sliced
- 2 tbsp plain Greek yogurt
- 1 tsp lemon juice
- 1 tbsp chopped dill

METHOD

1. Place rice in a bowl and add salmon, cucumber, tomatoes and olives.
2. Mix yogurt with lemon and dill.
3. Spoon dressing over the bowl.

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22. Red Lentil & Roasted Tomato Soup

Serves 4 | Mediterranean-inspired

INGREDIENTS

- 1 tbsp extra-virgin olive oil
- 1 onion, diced
- 2 garlic cloves, minced
- 1 cup red lentils, rinsed
- 1 x 400 g can crushed tomatoes
- 4 cups reduced-salt vegetable stock
- 1 tsp ground cumin
- 1/2 tsp smoked paprika
- 1 tbsp lemon juice

METHOD

1. Soften onion in oil for 5 minutes; add garlic and spices for 30 seconds.
2. Add lentils, tomatoes and stock; simmer 20-25 minutes.
3. Blend partly if desired and finish with lemon.

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23. Mozzarella, White Bean & Basil Salad

Serves 1 | Mediterranean-inspired

INGREDIENTS

- 1/2 cup cannellini beans, rinsed
- 60 g fresh mozzarella, torn
- 1 medium tomato, chopped
- 1 cup rocket
- 1 tbsp basil leaves
- 2 tsp extra-virgin olive oil
- 1 tsp balsamic vinegar
- Black pepper

METHOD

1. Combine beans, mozzarella, tomato, rocket and basil.
2. Drizzle with oil and balsamic.
3. Finish with black pepper.

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24. Chicken, Artichoke & Farro Salad

Serves 1 | Mediterranean-inspired

INGREDIENTS

- 100 g cooked chicken, sliced
- 3/4 cup cooked farro
- 1/3 cup artichoke hearts, drained
- 1/2 cup cherry tomatoes
- 1 cup baby spinach
- 1 tbsp extra-virgin olive oil
- 1 tbsp lemon juice
- 1 tbsp chopped parsley

METHOD

1. Combine chicken, farro, artichokes, tomatoes and spinach.
2. Whisk oil, lemon and parsley.
3. Toss through just before eating.

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25. Crispy Chickpea & Cabbage Slaw Bowl

Serves 1 | Mediterranean-inspired

INGREDIENTS

- 3/4 cup chickpeas, rinsed and dried
- 1 tsp extra-virgin olive oil
- 1/4 tsp paprika
- 1 1/2 cups shredded cabbage
- 1/2 carrot, grated
- 2 tbsp plain Greek yogurt
- 1 tsp tahini
- 1 tbsp lemon juice

METHOD

1. Pan-toast chickpeas in oil and paprika for 6-8 minutes.
2. Mix cabbage and carrot.
3. Stir yogurt, tahini and lemon together; toss with slaw and top with chickpeas.

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26. Prawn, Avocado & Citrus Salad

Serves 1 | Mediterranean-inspired

INGREDIENTS

- 120 g cooked prawns
- 1/4 avocado, sliced
- 1 small orange, segmented
- 2 cups mixed greens
- 1/2 cucumber, sliced
- 2 tsp extra-virgin olive oil
- 1 tbsp lemon juice
- 1 tbsp chopped mint

METHOD

1. Arrange prawns, avocado, orange, greens and cucumber.
2. Whisk oil, lemon and mint.
3. Drizzle over just before serving.

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27. Roasted Capsicum & Feta Lentil Pockets

Serves 1 | Mediterranean-inspired

INGREDIENTS

- 1 small whole-grain pita
- 1/2 cup cooked lentils
- 1/3 cup roasted red capsicum, sliced
- 30 g feta
- 1 cup baby spinach
- 1 tbsp plain Greek yogurt
- 1 tsp lemon juice

METHOD

1. Mix lentils, capsicum, feta and spinach.
2. Stir yogurt with lemon.
3. Fill warmed pita and spoon in the yogurt dressing.

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28. Zucchini Ribbon, Tuna & Cannellini Salad

Serves 1 | Mediterranean-inspired

INGREDIENTS

- 1 small zucchini, shaved into ribbons
- 1 small can tuna, drained
- 1/2 cup cannellini beans, rinsed
- 1/2 cup cherry tomatoes
- 1 tbsp extra-virgin olive oil
- 1 tbsp lemon juice
- 1 tbsp chopped basil
- Black pepper

METHOD

1. Combine zucchini, tuna, beans and tomatoes.
2. Whisk oil, lemon and basil.
3. Toss gently and finish with pepper.

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DINNERS

Mediterranean-inspired mains built around fish, chicken, legumes, vegetables and whole grains.



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29. Lemon-Oregano Chicken with Warm Tomato Couscous

Serves 2 | Mediterranean-inspired

INGREDIENTS

- 300 g boneless chicken thighs
- 2 tsp extra-virgin olive oil
- 1 tsp dried oregano
- 1 garlic clove, minced
- 1 lemon
- 1 cup cooked whole-wheat couscous
- 1 cup cherry tomatoes, halved
- 2 tbsp chopped parsley

METHOD

1. Coat chicken with 1 tsp oil, oregano, garlic and half the lemon juice.
2. Pan-cook 5-7 minutes per side until cooked through.
3. Toss couscous with tomatoes, parsley, remaining oil and lemon; serve with chicken.

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30. Garlic Prawn, Tomato & White Bean Skillet

Serves 2 | Mediterranean-inspired

INGREDIENTS

- 300 g raw peeled prawns
- 1 tbsp extra-virgin olive oil
- 2 garlic cloves, minced
- 1 x 400 g can cannellini beans, rinsed
- 1 x 400 g can diced tomatoes
- 2 packed cups baby spinach
- 1/2 tsp smoked paprika
- 1 tbsp chopped parsley

METHOD

1. Warm oil and garlic for 30 seconds.
2. Add tomatoes, beans and paprika; simmer 8 minutes.
3. Add prawns and cook 3-4 minutes; fold in spinach and parsley.

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31. Baked Cod with Olive-Tomato Relish

Serves 2 | Mediterranean-inspired

INGREDIENTS

- 2 cod or other firm white-fish fillets, about 150 g each
- 2 tsp extra-virgin olive oil
- 1 cup cherry tomatoes, chopped
- 8 Kalamata olives, chopped
- 1 tbsp capers
- 1 tbsp lemon juice
- 2 tbsp chopped parsley

METHOD

1. Heat oven to 200°C.
2. Place fish on a lined tray, drizzle with 1 tsp oil and bake 10-12 minutes.
3. Mix tomatoes, olives, capers, lemon, parsley and remaining oil; spoon over fish.

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32. Turkey & Herb Meatballs with Lemon Yogurt

Serves 4 | Mediterranean-inspired

INGREDIENTS

- 500 g lean turkey mince
- 1 small onion, grated
- 2 garlic cloves, minced
- 1/3 cup chopped parsley
- 1 tsp ground cumin
- 1/2 tsp dried oregano
- 1 egg
- 1 tbsp extra-virgin olive oil
- 1/2 cup Greek yogurt
- 1 tbsp lemon juice

METHOD

1. Heat oven to 200°C.
2. Mix turkey, onion, garlic, parsley, cumin, oregano and egg; shape into 16 meatballs.
3. Brush with oil and bake 15-18 minutes. Mix yogurt and lemon and serve alongside.

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33. Eggplant & Lentil Moussaka-Style Bake

Serves 4 | Mediterranean-inspired

INGREDIENTS

- 2 medium eggplants, sliced
- 1 tbsp extra-virgin olive oil
- 1 onion, diced
- 2 garlic cloves, minced
- 2 cups cooked lentils
- 1 x 400 g can crushed tomatoes
- 1 tsp dried oregano
- 1/2 tsp cinnamon
- 3/4 cup Greek yogurt
- 1 egg
- 40 g grated Parmesan

METHOD

1. Heat oven to 200°C and roast eggplant brushed lightly with oil for 15 minutes.
2. Cook onion and garlic, add lentils, tomatoes, oregano and cinnamon; simmer 10 minutes.
3. Layer eggplant and lentil sauce. Mix yogurt, egg and Parmesan, spread on top and bake 25 minutes.

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34. Herbed Salmon with Pea & Mint Farro

Serves 2 | Mediterranean-inspired

INGREDIENTS

- 2 salmon fillets, about 150 g each
- 2 tsp extra-virgin olive oil
- 1 tsp dried dill or oregano
- 1 cup cooked farro
- 1 cup frozen peas, thawed
- 2 tbsp chopped mint
- 1 tbsp lemon juice
- Black pepper

METHOD

1. Heat oven to 200°C.
2. Brush salmon with 1 tsp oil and herbs; bake 12-15 minutes.
3. Toss farro, peas, mint, lemon and remaining oil; serve with salmon.

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35. Beef, Capsicum & Olive Skillet

Serves 2 | Mediterranean-inspired

INGREDIENTS

- 250 g lean beef strips
- 2 tsp extra-virgin olive oil
- 1 red capsicum, sliced
- 1 small zucchini, sliced
- 1/2 red onion, sliced
- 8 olives
- 1/2 tsp smoked paprika
- 1 tbsp chopped parsley

METHOD

1. Heat 1 tsp oil and sear beef quickly; remove.
2. Add remaining oil and vegetables; cook 5-6 minutes.
3. Return beef with olives and paprika, toss for 1 minute and finish with parsley.

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36. Chickpea, Pumpkin & Spinach Tagine-Style Stew

Serves 4 | Mediterranean-inspired

INGREDIENTS

- 1 tbsp extra-virgin olive oil
- 1 onion, diced
- 2 garlic cloves, minced
- 500 g pumpkin, cubed
- 2 x 400 g cans chickpeas, rinsed
- 1 x 400 g can diced tomatoes
- 2 cups vegetable stock
- 1 tsp ground cumin
- 1 tsp paprika
- 1/2 tsp cinnamon
- 3 cups baby spinach

METHOD

1. Soften onion in oil for 5 minutes; add garlic and spices.
2. Add pumpkin, chickpeas, tomatoes and stock; simmer 20-25 minutes.
3. Fold through spinach until wilted.

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37. Chicken Souvlaki Bowls with Herbed Yogurt

Serves 2 | Mediterranean-inspired

INGREDIENTS

- 300 g chicken breast, cubed
- 2 tsp extra-virgin olive oil
- 1 tsp dried oregano
- 1 garlic clove, minced
- 1 tbsp lemon juice
- 1 cup cooked brown rice or quinoa
- 1 cucumber, chopped
- 1 cup cherry tomatoes
- 1/2 cup Greek yogurt
- 1 tbsp chopped dill

METHOD

1. Marinate chicken with oil, oregano, garlic and lemon for 10 minutes.
2. Thread onto skewers or pan-cook until browned and cooked through.
3. Divide grain, cucumber and tomatoes between bowls; top with chicken and yogurt mixed with dill.

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38. Mediterranean Stuffed Zucchini Boats

Serves 2 | Mediterranean-inspired

INGREDIENTS

- 2 medium zucchini
- 200 g lean turkey or beef mince
- 1 tsp extra-virgin olive oil
- 1 garlic clove, minced
- 1/2 cup crushed tomatoes
- 1/3 cup cooked quinoa
- 30 g feta
- 1 tbsp chopped parsley

METHOD

1. Heat oven to 190°C. Halve zucchini and scoop out centres.
2. Cook mince in oil with garlic; stir in tomatoes and quinoa.
3. Fill zucchini, top with feta and bake 20-25 minutes; finish with parsley.

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39. White Fish with Herbed Chickpea Mash

Serves 2 | Mediterranean-inspired

INGREDIENTS

- 2 white-fish fillets, about 150 g each
- 2 tsp extra-virgin olive oil
- 1 x 400 g can chickpeas, rinsed
- 1 garlic clove, minced
- 2 tbsp lemon juice
- 2 tbsp chopped parsley
- 2 cups steamed green vegetables

METHOD

1. Pan-sear or bake fish until cooked through.
2. Warm chickpeas with 1 tsp oil and garlic, then mash roughly with lemon and parsley.
3. Serve fish over chickpea mash with green vegetables.

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40. Tomato-Basil Chicken with Cannellini Beans

Serves 2 | Mediterranean-inspired

INGREDIENTS

- 300 g chicken breast, sliced
- 2 tsp extra-virgin olive oil
- 2 garlic cloves, minced
- 1 x 400 g can diced tomatoes
- 1 x 400 g can cannellini beans, rinsed
- 2 cups baby spinach
- 1/4 cup basil leaves

METHOD

1. Brown chicken in 1 tsp oil and remove.
2. Add remaining oil and garlic, then tomatoes and beans; simmer 8 minutes.
3. Return chicken, cook through, fold in spinach and basil.

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41. Pesto Vegetable & Ricotta Whole-Wheat Pasta

Serves 2 | Mediterranean-inspired

INGREDIENTS

- 150 g dry whole-wheat pasta
- 1 small zucchini, sliced
- 1 cup cherry tomatoes
- 1 tsp extra-virgin olive oil
- 2 tbsp basil pesto
- 1/2 cup ricotta
- 2 cups baby spinach
- Black pepper

METHOD

1. Cook pasta according to packet directions.
2. Sauté zucchini and tomatoes in oil for 5 minutes.
3. Toss with drained pasta, pesto and spinach; dollop with ricotta and pepper.

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42. Lamb Kofta Tray Bake with Tahini Lemon Sauce

Serves 4 | Mediterranean-inspired

INGREDIENTS

- 500 g lean lamb mince
- 2 garlic cloves, minced
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1/3 cup chopped parsley
- 2 capsicums, chopped
- 1 red onion, cut into wedges
- 2 zucchini, chopped
- 1 tbsp extra-virgin olive oil
- 2 tbsp tahini
- 2 tbsp lemon juice

METHOD

1. Heat oven to 210°C.
2. Mix lamb, garlic, spices and parsley; shape into 12 kofta.
3. Toss vegetables with oil, add kofta and roast 20-25 minutes. Thin tahini with lemon and a little water; drizzle to serve.

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43. Roasted Cauliflower, Chickpea & Feta Grain Bowls

Serves 2 | Mediterranean-inspired

INGREDIENTS

- 1/2 large cauliflower, florets
- 1 x 400 g can chickpeas, rinsed
- 1 tbsp extra-virgin olive oil
- 1/2 tsp smoked paprika
- 1 cup cooked quinoa
- 60 g feta
- 2 cups rocket
- 1 tbsp lemon juice

METHOD

1. Heat oven to 210°C.
2. Roast cauliflower and chickpeas with oil and paprika for 20-25 minutes.
3. Divide quinoa and rocket into bowls, add roasted mixture and feta, then finish with lemon.

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44. Seared Tuna with Tomato-Caper Warm Salad

Serves 2 | Mediterranean-inspired

INGREDIENTS

- 2 tuna steaks, about 140 g each
- 2 tsp extra-virgin olive oil
- 1 cup cherry tomatoes
- 1 cup green beans
- 1 tbsp capers
- 1 tbsp lemon juice
- 2 tbsp chopped parsley

METHOD

1. Steam green beans until just tender.
2. Sear tuna in 1 tsp oil to preferred doneness and rest.
3. Warm tomatoes and capers briefly in remaining oil; add beans, lemon and parsley and serve with tuna.

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45. Greek Lemon Chicken & Potato Tray Bake

Serves 4 | Mediterranean-inspired

INGREDIENTS

- 600 g boneless chicken thighs
- 500 g baby potatoes, halved
- 1 red onion, cut into wedges
- 1 lemon, sliced
- 1 tbsp extra-virgin olive oil
- 1 1/2 tsp dried oregano
- 3 garlic cloves, crushed
- 1/2 cup reduced-salt chicken stock

METHOD

1. Heat oven to 200°C.
2. Arrange chicken, potatoes, onion and lemon in a tray.
3. Mix oil, oregano, garlic and stock, pour over and roast 40-45 minutes until chicken and potatoes are cooked.

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46. Prawn & Zucchini Orzo with Lemon

Serves 2 | Mediterranean-inspired

INGREDIENTS

- 140 g dry whole-wheat orzo
- 250 g raw peeled prawns
- 1 small zucchini, diced
- 1 tbsp extra-virgin olive oil
- 2 garlic cloves, minced
- 1 cup cherry tomatoes
- 1 tbsp lemon juice
- 2 tbsp chopped parsley

METHOD

1. Cook orzo according to packet directions.
2. Sauté zucchini in half the oil for 4 minutes; add garlic, tomatoes and prawns and cook until prawns are opaque.
3. Toss with orzo, remaining oil, lemon and parsley.

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47. Baked Falafel-Style Patties with Tomato Salad

Serves 4 | Mediterranean-inspired

INGREDIENTS

- 2 x 400 g cans chickpeas, rinsed and dried
- 1 small onion, chopped
- 2 garlic cloves
- 1/2 cup parsley
- 1 tsp ground cumin
- 1 tsp ground coriander
- 2 tbsp wholemeal flour
- 1 tbsp extra-virgin olive oil
- 2 tomatoes, chopped
- 1 cucumber, chopped
- 1 tbsp lemon juice

METHOD

1. Heat oven to 200°C.
2. Pulse chickpeas, onion, garlic, parsley, spices and flour until coarse; form 12 patties and brush with oil.
3. Bake 20-25 minutes, turning once. Toss tomato and cucumber with lemon and serve alongside.

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48. Rosemary Beef & Mushroom Farro

Serves 2 | Mediterranean-inspired

INGREDIENTS

- 250 g lean beef strips
- 1 tsp extra-virgin olive oil
- 200 g mushrooms, sliced
- 1 garlic clove, minced
- 1 tsp chopped rosemary
- 1 cup cooked farro
- 2 cups baby spinach
- 1 tbsp balsamic vinegar

METHOD

1. Sear beef in a hot pan and remove.
2. Cook mushrooms, garlic and rosemary until browned.
3. Return beef, add farro, spinach and balsamic, and toss until spinach wilts.

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49. Mediterranean Baked Eggs with Beans

Serves 2 | Mediterranean-inspired

INGREDIENTS

- 1 tsp extra-virgin olive oil
- 1/2 onion, diced
- 1 red capsicum, diced
- 1 x 400 g can cannellini beans, rinsed
- 1 x 400 g can crushed tomatoes
- 1/2 tsp smoked paprika
- 4 eggs
- 40 g feta
- 2 tbsp chopped parsley

METHOD

1. Heat oven to 190°C.
2. Soften onion and capsicum in oil; add beans, tomatoes and paprika and simmer 8 minutes.
3. Make four wells, crack in eggs, scatter feta and bake 8-12 minutes until eggs are set to your liking.

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50. Orange-Oregano Salmon with Fennel Salad

Serves 2 | Mediterranean-inspired

INGREDIENTS

- 2 salmon fillets, about 150 g each
- 2 tsp extra-virgin olive oil
- 1/2 tsp dried oregano
- 1 small orange
- 1 small fennel bulb, thinly sliced
- 2 cups rocket
- 1 tbsp chopped almonds
- 1 tbsp lemon juice

METHOD

1. Heat oven to 200°C.
2. Brush salmon with 1 tsp oil, oregano and a little orange juice; bake 12-15 minutes.
3. Toss fennel, rocket, orange segments and almonds with remaining oil and lemon; serve with salmon.

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51. Chicken, Olive & Artichoke Braise

Serves 4 | Mediterranean-inspired

INGREDIENTS

- 600 g boneless chicken thighs
- 1 tbsp extra-virgin olive oil
- 1 onion, sliced
- 2 garlic cloves, minced
- 1 x 400 g can diced tomatoes
- 1 cup artichoke hearts, drained
- 12 olives
- 1 tsp dried oregano
- 1/2 cup reduced-salt chicken stock

METHOD

1. Brown chicken in oil and remove.
2. Soften onion and garlic, then add tomatoes, artichokes, olives, oregano and stock.
3. Return chicken, cover and simmer 20-25 minutes until cooked through.

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52. Stuffed Capsicums with Lentils, Rice & Feta

Serves 4 | Mediterranean-inspired

INGREDIENTS

- 4 large capsicums, halved and seeded
- 2 cups cooked brown rice
- 1 1/2 cups cooked lentils
- 1 x 400 g can diced tomatoes, drained
- 1 tsp dried oregano
- 80 g feta
- 2 tbsp chopped parsley
- 1 tsp extra-virgin olive oil

METHOD

1. Heat oven to 190°C.
2. Mix rice, lentils, tomatoes, oregano, half the feta and parsley.
3. Fill capsicum halves, drizzle with oil, top with remaining feta and bake 30-35 minutes.

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SNACKS & LIGHT BITES

Small, intentional bites for the moments when a snack genuinely serves you.



Good food. Good choices. Better energy.

53. Cucumber, Feta & Olive Bites

Serves 2 | Mediterranean-inspired

INGREDIENTS

- 1 cucumber, cut into thick rounds
- 50 g feta, cut into small cubes
- 8 olives, halved
- 1 tsp extra-virgin olive oil
- Pinch of dried oregano

METHOD

1. Top cucumber rounds with feta and olive.
2. Drizzle lightly with oil.
3. Finish with oregano.

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54. Roasted Paprika Chickpeas

Serves 4 | Mediterranean-inspired

INGREDIENTS

- 1 x 400 g can chickpeas, rinsed and dried
- 1 tsp extra-virgin olive oil
- 1/2 tsp smoked paprika
- 1/4 tsp garlic powder
- Pinch of salt

METHOD

1. Heat oven to 200°C.
2. Toss chickpeas with oil and seasonings.
3. Roast 25-30 minutes, shaking the tray once, until crisp.

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55. Ricotta, Berry & Pistachio Cup

Serves 1 | Mediterranean-inspired

INGREDIENTS

- 1/2 cup ricotta
- 1/3 cup berries
- 1 tbsp chopped pistachios
- 1 tsp honey
- Pinch of cinnamon

METHOD

1. Spoon ricotta into a small bowl.
2. Top with berries and pistachios.
3. Drizzle with honey and cinnamon.

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56. Warm Spiced Almonds

Serves 6 | Mediterranean-inspired

INGREDIENTS

- 1 1/2 cups raw almonds
- 1 tsp extra-virgin olive oil
- 1/2 tsp smoked paprika
- 1/4 tsp ground cumin
- Pinch of salt

METHOD

1. Heat oven to 180°C.
2. Toss almonds with oil and spices.
3. Bake 8-10 minutes, cool completely and portion into small servings.

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57. Tomato-Basil Cottage Cheese Bowl

Serves 1 | Mediterranean-inspired

INGREDIENTS

- 1/2 cup cottage cheese
- 1/2 cup cherry tomatoes, halved
- 1 tsp extra-virgin olive oil
- 1 tbsp torn basil
- Black pepper

METHOD

1. Spoon cottage cheese into a bowl.
2. Top with tomatoes and basil.
3. Drizzle with oil and add pepper.

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58. Apple Tahini Crunch

Serves 1 | Mediterranean-inspired

INGREDIENTS

- 1 small apple, sliced
- 1 tbsp tahini
- 1 tsp sesame seeds
- Pinch of cinnamon

METHOD

1. Arrange apple slices on a plate.
2. Drizzle with tahini.
3. Sprinkle with sesame and cinnamon.

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59. Herbed Yogurt & Vegetable Dippers

Serves 2 | Mediterranean-inspired

INGREDIENTS

- 3/4 cup plain Greek yogurt
- 1 tbsp chopped dill
- 1 tbsp chopped parsley
- 1 tsp lemon juice
- 1 carrot, cut into sticks
- 1/2 cucumber, cut into sticks
- 1/2 red capsicum, cut into strips

METHOD

1. Mix yogurt, herbs and lemon.
2. Arrange vegetables on a plate.
3. Serve with the yogurt dip.

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60. Dark Chocolate, Orange & Walnut Plate

Serves 1 | Mediterranean-inspired

INGREDIENTS

- 20 g dark chocolate
- 1 small orange, segmented
- 15 g walnuts

METHOD

1. Arrange chocolate, orange and walnuts on a small plate.
2. Eat slowly and enjoy as a planned treat.

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KEEP IT FLEXIBLE



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You do not need to cook all 60 recipes. Choose the meals that suit your household, budget, season and schedule. A sustainable eating pattern is built through repetition and flexibility, not perfection.

SCAN • COOK • ENJOY • KEEP LIVING
Good food. Good choices. Better energy. One day at a time.