



# My Recipes 3

Healthy & Easy



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# Chicken salad

**Ingredients :**

- ½ Chicken breast well grilled, chopped
- 3 Tablespoons cooked beetroot cut into cubes
- 2 Tablespoons kidney beans
- 3 Tablespoons tomatoes, cut into cubes
- 2 Tablespoons fresh cilantro chopped
- 2 Tablespoons boiled corn
- 1 Cup chopped lettuce
- ¼ Cup red bell pepper or any color
- 1 Tablespoon green onion chopped (optional)

**Dressing :**

- ½ Garlic clove, mashed ( optional )
- 1 Tablespoon mustard
- 1 Tablespoon honey
- 1 Tablespoon lemon juice
- 1 Tablespoon olive oil
- Salt & pepper to taste

**Nutritional analysis:**

Calories	395
Fat	17.3 g
Saturated Fat	2.6 g
Sodium	260 mg

**Instructions:**

1. To prepare the chicken, season it with salt, black pepper and paprika to taste. You can also add any herbs you have.  
Place it in a hot pan or in the oven until cooked.
2. Prepare the dressing by mixing all the dressing ingredients in a bowl, add salt and black pepper to taste.
3. Place the dressing in the bottom of the jar. Start layering the salad ingredients (bell pepper, kidney beans, corn, chicken, beetroot, carrot, tomato, lettuce, cilantro and green onion).
4. Place the lid on and store in the refrigerator until ready to eat.
5. Shake well before eating.



# Chickpea & quinoa salad

## Ingredients :

- ½ Cup lettuce
- ¼ Cup avocado cut into cubes
- ½ Carrot shredded
- ½ Cucumber, cut into slices
- ¼ Cup cooked chickpeas
- ¼ Cup cooked quinoa
- 1 Tablespoon fresh dill
- 1 Tablespoon fresh parsley
- 2 Tablespoons pomegranate seeds
- 1 Tablespoon pumpkin seeds

## Dressing :

- 1 Tablespoon pomegranate syrup
- 1 Tablespoon olive oil
- 2 Tablespoons lemon juice
- Salt and pepper to taste

## Nutritional analysis:

Calories	440
Fat	26.5 g
Saturated Fat	3.3 g
Sodium	31 mg

## Instructions:

1. Mix all the dressing ingredients in a bowl, add salt and black pepper as preference.
2. Place the dressing in the bottom of the jar. Layer the salad ingredients (chickpea, cucumber carrot, quinoa, avocado, pomegranate, pumpkin seed, lettuce, parsley and dill).
3. Place the lid on and store in the refrigerator until ready to eat.
4. Mix the salad before eating.



# Greek salad with edamame

**Ingredients :**

- ¼ Cup chopped lettuce
- 3 Pieces cherry tomatos, cut into halves
- ¼ Cup boiled edamame
- 3 Tablespoons chopped parsley
- ¼ Bell pepper cut into slices (any color)
- 1 Tablespoon low fat feta cheese crumble
- 5 Pieces black olive, pitted & cut into halves

**Dressing :**

- 1 Tablespoon vinegar
- 2 Tablespoons lemon juice
- 1 Tablespoon olive oil
- Salt & pepper to taste

Nutritional analysis:	
Calories	240
Fat	18.7 g
Saturated Fat	3 g
Sodium	255 mg

- Instructions:**
1. Mix all the dressing ingredients in a bowel, add salt and black pepper to taste.
  2. Place the dressing in the bottom of the jar. Layer the salad ingredients (edamame, bell pepper, tomato black olive, lettuce, parsley and cheese crumble).
  3. Place the lid on and store in the refrigerator until ready to eat.
  4. Mix the salad before eating.





# Mexican salad

**Ingredients :**

- ¼ Cup brown pasta
- 3 Tablespoons cooked kidney beans
- 3 Tablespoons cooked corn
- 4 Cherry tomatos, cut into halves
- ½ Bell pepper ( any color ), cut into stripes
- ½ Cucumber, cut into cubes
- ½ Avocado, cut into medium-sized chunks
- 1 Green onion, cut into rings (optional)
- 2 Tablespoons fresh cilantro, chopped

**Dressing :**

- 2 Tablespoons fresh lemon juice
- 1 Tablespoon olive oil
- 1 Teaspoon paprika powder
- 1 Teaspoon vinegar
- 3 Tablespoons low fat yogurt
- 1 Tablespoon low fat labnah
- Salt and pepper to taste

**Nutritional analysis:**

Calories	425
Fat	27 g
Saturated Fat	4 g
Sodium	66 mg

**Instructions:**

1. Cook the pasta according to the instructions on the package.
2. Mix all the dressing ingredients in a bowl, add salt and black pepper to taste.
3. Place the dressing in the bottom of the jar. Layer the salad ingredients (brown pasta, bell pepper, cherry tomato, corn, cucumber, kidney beans, avocado, cilantro and green onion).
4. Place the lid on and store in the refrigerator until ready to eat.
5. Mix the salad before eating.



# Tuna salad

## Ingredients :

- 1 Cup chopped lettuce
- ½ Can tuna with water
- 1 Small tomato cut into cubes
- ½ Cucumber cut into slices
- 6 Pieces black olives
- 1 Tablespoon low fat feta cheese cut into chunks
- 1 Green onion, cut into ring (optional)
- 2 Tablespoons fresh cilantro, chopped

## Instructions:

1. Mix all the dressing ingredients in a bowl, add salt and black pepper to taste.
2. Place the dressing in the bottom of the jar. Layer the salad ingredients ( cucumber, tomato, tuna, black olives lettuce, green onion, cilantro and cheese crumble).
3. Place the lid on and store in the refrigerator until ready to eat.
4. Shake well before eating.

## Dressing :

- 1 Tablespoon olive oil
- ½ Tablespoon vinegar
- 2 Tablespoons lemon juice
- ½ Clove garlic peeled and minced ( if desired )
- 1 Teaspoon oregano
- Salt and black pepper to taste

## Nutritional analysis:

Calories	345
Fat	22.3 g
Saturated Fat	4 g
Sodium	570 mg



# Eggplant, zaatar & labneh sandwich

**Ingredients :**

- 2 Tablespoons low fat labnah
- 3 Slices grilled eggplant
- 3 Slices grilled potato
- 3 Slices grilled cauliflower
- 2 Tablespoons zaatar
- 1 Tablespoon olive oil
- 1 Teaspoon pomegranate syrup
- 6 Mint leaves
- 3 Slices tomato
- ½ Tablespoon toasted pine (if available)
- 1 Brown Arabic bread

**Instructions:**

1. Mix the olive oil with zaatar, pomegranate syrup. Put it aside.
2. Spread the labnah on the bread.
3. Place the eggplant, potato, cauliflower, tomato and mint.
4. Drizzle it with the zaatar mix. Sprinkle it with toasted pine.
5. Fold the sandwich, cover it with sandwich paper and place it in the meal box. Store it in the fridge.
6. Heat it before eating.

Nutritional analysis:	
Calories	523
Fat	22.3 g
Saturated Fat	3 g
Sodium	320 mg





# Fajita Sandwich

**Ingredients :**

- 1 Whole wheat tortilla bread

½ Cup bell pepper (any color), cut into cubes

½ Medium white onion, cut into cubes

2 Mushrooms, cut into cubes

2 Tablespoons low fat mozzarella cheese

1 Teaspoon oregano

1 Teaspoon paprika
- 2 Eggs

Salt and black pepper to taste

1 Teaspoon olive oil

Oil spray

Nutritional analysis:	
Calories	330
Fat	21.2 g
Saturated Fat	7.4 g
Sodium	350 mg

**Instructions:**

1. In a skillet over medium heat, heat the olive oil. Add peppers and onions and cook until tender for 3 minutes.
2. Season with paprika, oregano. Add black pepper and salt to taste. Stir for 4 more minutes. Remove from heat.
3. In a small bowl, mix well the eggs with salt and pepper to taste.
4. Scramble the eggs, Spray oil in a large nonstick skillet, over medium heat until hot. Pour in egg mixture.
5. As eggs begin to set, gently pull the eggs across the pan with a spatula, forming large soft curds.
6. Continue cooking—pulling, lifting and folding eggs—until thickened and no visible liquid egg remains. Do not stir constantly. Remove from heat.
7. In the tortilla bread, add the egg scramble first , then veggies mixture, and last add shredded mozzarella cheese .
8. Fold the sandwich. Wrap it with sandwich paper and put it in to the meal box.
9. Heat it before eating.



# Grilled Mozzarella Sandwich

**Ingredients :**

**For the Sandwich:**

- 2 Slices whole wheat bread
- 2 Slices of low fat mozzarella cheese
- 3 Slices of tomato
- 1 Mushroom, cut into slices
- Salt & pepper to taste

**For the Pesto:**

- ¼ Cup fresh basil leaves
- 1 Small cloves garlic peeled
- ½ Tablespoon pine seeds
- 1 Tablespoon grated parmesan
- Salt and pepper to taste
- 1 Tablespoon of olive oil

**Nutritional analysis:**

Calories	480
Fat	28.4 g
Saturated Fat	7 g
Sodium	590 mg

**Instructions :**

1. To make the pesto, place the basil, garlic, pine and parmesan cheese in the food processor; season with salt and pepper, to taste and blend. While the food processor is on, pour the olive oil slowly into the mixture in order to allow the olive oil to emulsify.
2. After that, spread the pesto equally on the two slices of bread.
3. Then place the mozzarella cheese, tomatoes and the mushrooms on the bread.
4. Heat it.
5. Wrap it with sandwich paper and put it in the meal box. Store it in the refrigerator.
6. Before eating, heat it till the cheese melts.





# Spinach & Feta Breakfast Quesadillas

**Ingredients :**

- ¼ Bell pepper (any color)
- ½ Cup of spinach
- 2 Eggs
- 1 Teaspoon olive oil
- 1 Whole wheet tortilla
- 1 Tablespoon low fat feta cheese
- 2 Tablespoons low fat mozzarella cheese
- Salt and pepper to taste

**Instructions :**

1. In a non-stick pan, heat the olive oil over medium heat.
2. Add bell pepper, and sauté until softened, 5 minutes.
3. Beat the eggs, then add to the pan. Add the spinach and feta cheese. Season with salt and black pepper to taste.  
Scramble for 2-3 minutes until cooked.
4. Remove pan from heat.
5. To a clean pan, add the tortilla bread, spoon the filling onto half of the tortilla, and then sprinkle with the mozzarella cheese.
6. Fold the sandwich, wrap it with the sandwich paper and put it in the meal box.
7. Heat it before eating.

**Nutritional analysis:**

Calories	420
Fat	23.3 g
Saturated Fat	8.6 g
Sodium	675 mg



# Veggie sandwich

**Ingredients :**

- 2 Tablespoons shredded carrot
- 2 Tablespoons fine shredded red or white cabbage
- 3 Green olives, pitted and halved
- ½ Avocado
- 6 Slices cucumber
- 6 Rocca leaves
- 2 Slices whole wheat bread
- ½ Tablespoon fresh lemon juice
- Salt & pepper to taste

**Instructions:**

1. Toast the bread over a hot pan.
2. Meanwhile, with a fork, mash avocado in a bowl, add the lemon juice and season it with salt and pepper.
3. Spread the avocado mix on the toasted bread.
4. Layer up the veggies between the two breads.
5. Cut into halves or as desired.
6. Wrap it with sandwich paper and store it in the refrigerator.
7. Heat it before eating.

**Nutritional analysis:**

Calories	370
Fat	19.3 g
Saturated Fat	2.6 g
Sodium	405 mg





# Blueberry Chia Parfait

**Ingredients :**

- ⅓ Cup blueberries
- 1 Cup low fat milk
- 3 Tablespoons chia seed
- 1 Tablespoon honey

**To serve :**

- ½ Banana, thinly sliced
- 1 Tablespoon granola
- 3 Tablespoons low fat yogurt
- Fresh blueberries

**Instructions:**

1. Place the blueberries, milk in a blender and blend until smooth.
2. Pour into a bowl or container and stir in the chia seeds and honey. Let sit in the fridge for 30 minutes.
3. Layer the chia pudding in jars with yogurt, granola, banana and blueberries.
4. Store in the fridge and serve cold.

Nutritional analysis:	
Calories	510
Fat	16.5 g
Saturated Fat	3.3 g
Sodium	140 mg



# Coconut Mango Chia Pudding

**Ingredients :**

- 1 Cup low fat milk
- 3 Tablespoons chia seeds
- 3 Tablespoons honey
- ½ Small mango, peeled , cut into cubes
- 3 Strawberries, cut into cubes
- 5 Pieces raspberries
- 1 Tablespoon shredded coconut

**Instructions:**

1. Stir together fresh milk, chia seeds, shredded coconut and honey.
2. Let sit for 5 minutes then stir the mixture again to remove any clumps. Place mixture in the fridge for 30 minutes.
3. Once chia pudding has set, spoon it into a jar. Top with a layer of mango and then add a spoon of chia pudding again, then add strawberry and raspberry. Add the last layer of chia pudding. At the end, sprinkle the shredded coconut.
4. Store in the fridge and serve cold.

Nutritional analysis:	
Calories	580
Fat	17.4 g
Saturated Fat	5.5 g
Sodium	130 mg



# Granola with berries Parfait

**Ingredients :**

- ¾ Cup Greek yogurt
- 1 Tablespoon honey
- ½ Cup granola
- ½ Cup mix fresh berries

**Instructions:**

1. Mix yogurt with honey.
2. In a container, add a layer of yogurt, granola, another layer of yogurt and at the end, add granola and mixed berries.
3. Store in the fridge and serve cold.

Nutritional analysis:	
Calories	422
Fat	13.8 g
Saturated Fat	3.8 g
Sodium	72 mg



# Peanut butter chia pudding

**Ingredients :**

- 1 Cup low fat milk
- 3 Tablespoons honey
- 1 Tablespoon peanut butter (unsweetened)
- 1 Teaspoon vanilla extract
- 3 Tablespoons chia seed

**Dressing :**

Slices of banana  
berries mix.

**Nutritional analysis:**

Calories	640
Fat	22 g
Saturated Fat	4.2 g
Sodium	204 mg

**Instructions:**

1. In a bowl, stir together milk, chia seeds, peanut butter, vanilla and honey.
2. Place mixture in the fridge to set for 30 minutes.
3. Put the mix in a container and top it with banana and berries mix slices.
4. Store in the fridge and serve cold.





# Pomegranate & granola parfait

**Ingredients :**

- ½ Cup plain low fat Greek yogurt
- ¼ Cup granola
- ¼ Cup pomegranate
- 2 Tablespoons pumpkin seeds
- 2 Tablespoons honey

**Instructions:**

1. In a bowl, mix the honey with yogurt.
2. In a container, add a layer of granola, yogurt, pomegranate and pumpkin seeds.
3. Store in the fridge until ready to serve.

Nutritional analysis:	
Calories	530
Fat	15 g
Saturated Fat	3.8 g
Sodium	57 mg

