

Recipe 1: Mediterranean Grilled Chicken Salad



Prep Time: 20 minutes

Ingredients:

- 2 chicken breasts (boneless, skinless)
- 4 cups mixed salad greens
- 1/2 cucumber (sliced)

- 1/2 red onion (thinly sliced)
- 10 cherry tomatoes (halved)
- 50g feta cheese (crumbled)
- 1 tbsp olive oil
- 1 tbsp balsamic vinegar
- 1 tsp dried oregano
- Salt and pepper

Instructions:

1. Season chicken breasts with salt, pepper, and oregano.
 2. Heat a pan with olive oil over medium heat. Cook chicken for 5-6 minutes per side until fully cooked.
 3. Toss salad greens, cucumber, onion, and tomatoes in a bowl.
 4. Slice chicken and arrange on top of the salad. Sprinkle with feta and drizzle with olive oil and balsamic vinegar.
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Recipe 2: Salmon and Avocado Rice Bowl



Prep Time: 15 minutes

Ingredients:

- 2 salmon fillets
- 1 cup microwaveable brown rice
- 1 avocado (sliced)
- 1/2 cup edamame (shelled, frozen)
- 1 tbsp soy sauce or tamari
- 1 tsp sesame oil

- 1 tsp sesame seeds
- 1 spring onion (sliced)

Instructions:

1. Cook salmon fillets in a non-stick pan for 3-4 minutes per side.
 2. Microwave rice and edamame as per package instructions.
 3. Assemble the bowl with rice, salmon, avocado, and edamame. Drizzle with soy sauce and sesame oil, then garnish with sesame seeds and spring onion.
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Recipe 3: Veggie-Packed Egg Scramble



Prep Time: 10 minutes

Ingredients:

- 4 large eggs
- 1/2 cup spinach
- 1/2 cup mushrooms (sliced)
- 1/4 red bell pepper (diced)
- 1 tbsp olive oil
- Salt and pepper

Instructions:

1. Heat olive oil in a pan over medium heat. Sauté mushrooms, bell pepper, and spinach for 3-4 minutes.
 2. Beat eggs with a pinch of salt and pepper, then pour into the pan.
 3. Cook and scramble gently until eggs are set. Serve immediately.
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Recipe 4: Lentil and Tomato Soup



Prep Time: 20 minutes

Ingredients:

- 1 can (400g) lentils (drained and rinsed)
- 1 can (400g) chopped tomatoes
- 1 small onion (diced)
- 2 garlic cloves (minced)
- 2 cups vegetable stock
- 1 tsp smoked paprika
- 1 tbsp olive oil
- Salt and pepper

Instructions:

1. Heat olive oil in a pot over medium heat. Sauté onion and garlic for 2-3 minutes.
 2. Add chopped tomatoes, lentils, stock, and paprika. Simmer for 10-15 minutes.
 3. Blend half the soup for a creamy texture or leave chunky. Season to taste.
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Recipe 5: Quick Cod with Steamed Vegetables



Prep Time: 20 minutes

Ingredients:

- 2 cod fillets
- 1 lemon (sliced)
- 1 cup broccoli florets
- 1 cup green beans
- 1 tbsp olive oil
- Salt and pepper

Instructions:

1. Preheat oven to 180°C (350°F). Place cod fillets on a baking tray, season with salt, pepper, and lemon slices. Drizzle with olive oil.
 2. Bake for 12-15 minutes until the fish is opaque and flakes easily.
 3. Steam broccoli and green beans in a microwave steamer or on the hob for 5-7 minutes. Serve alongside the cod.
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Shopping List:

- **Proteins:** Chicken breasts, salmon fillets, eggs, cod fillets
- **Vegetables:** Mixed salad greens, cucumber, red onion, cherry tomatoes, spinach, mushrooms, red bell pepper, broccoli, green beans
- **Carbs:** Microwaveable brown rice, lentils (canned)
- **Condiments:** Balsamic vinegar, soy sauce/tamari, sesame oil
- **Pantry Items:** Feta cheese, avocado, edamame (frozen), chopped tomatoes (canned), vegetable stock
- **Seasonings:** Oregano, smoked paprika, sesame seeds, spring onion, lemon