



Food as a Path to Brain Health

Meal Plans and Recipes

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Introduction

The plethora of delicious ideas and recipes presented in this book is a prime example of how much choice is available to you when you follow my diet. You will find a wide variety of salads and dishes prepared from vegetables, fish, meat, poultry and eggs. In addition, here you will find ideas for making desserts (yes, desserts can be eaten too!), as well as various salad dressings and sauces.

Please note that my recipes do not specify the nutritional value of products. As I said before, one of the goals of this book is to free you from the hassle of constantly counting calories, grams of protein, and fat (especially saturated fat). I want to teach you what to eat and how to eat it. If you follow my recommendations and meal plan, your fat, carb, and protein intake will adjust on its own. You will neither overeat nor feel undersatiated, but at the same time your food will be as nutritious and beneficial for the body and brain as possible.

Over the past decade, we have witnessed a tremendous change in the range of products in stores. If you live in the city, then most likely, any food will be within walking distance from your home, while you are free to visit the local grocery store or market. Try to choose seasonal foods and don't be afraid to include something you've never tried before.

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How to choose a drink

Ideally, of course, it is better to drink purified water. If you weigh, for example, 70 kg, then you need to drink about 9 glasses of water daily. In addition, you can drink tea or coffee (I, of course, assume that you have no contraindications). After each drink containing caffeine, water intake should be increased by 350-450 g. At dinner, you can afford a glass of wine, preferably red.

Fruit

Choose whole fruit, and for the first four weeks, try to eat fruit as a snack or dessert. You can eat fruit with unsweetened cream or blend it with coconut milk and unsweetened cocoa powder.

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What to take with you on the road

When there is not enough time and there is no access to the kitchen, as usually happens if you are forced to eat lunch at work, try to take food from home. For example, fried or boiled chicken, stewed salmon, grilled entrecote, or roast beef. The main thing is to pack food in airtight containers, then you can eat them cold or preheat in the microwave. When I travel, I take avocados and canned sockeye with me.

Canned food is an ideal source of nutrition that you can easily take with you, the main thing is to choose them carefully. Canned tomatoes, for example, can be a great alternative to fresh produce. But don't forget to check canned food for added ingredients like salt and sugar.

What foods to choose for a snack

Due to the high satiating power of the foods I offer as part of my diet program (not to mention the ideal blood sugar level after eating them), it is unlikely that you will be very hungry between meals. But be that as it may, I think you will be interested to hear about what you can snack on, following my meal plan. Here are some ideas:

- A handful of raw nuts (with the exception of peanuts, as they are legumes, not nuts). Or you can snack on a mixture of nuts and olives.
- A few pieces of dark chocolate (any chocolate containing more than 70% cocoa).
- Chopped raw vegetables (eg bell peppers, broccoli, cucumber, green beans, radishes). They can be dipped in hummus, goat cheese or peanut butter.
- Cheese.
- Slices of cold roasted turkey or chicken that can be dipped in mustard.

- Half an avocado. Drizzle with olive oil, add salt and pepper.
- Two hard-boiled eggs.
- Caprese salad: 1 sliced tomato with fresh sliced mozzarella cheese, drizzle with olive oil, top with basil, salt and pepper.
- Boiled shrimp, peeled after cooking, with lemon and dill.
- One slice or serving of low-sugar whole fruit (such as grapefruit, orange, apple, berry, melon, pear, cherry, grape, kiwi, plum, peach, or nectarine).
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Template menu for the week

In this section, I will talk about what a weekly diet plan for my program might look like. All dishes that come with recipes are in bold type. See recipes. [below](#).

IMPORTANT: for cooking, you can use solid vegetable oils (almond, coconut, cocoa butter and others), extra virgin olive or coconut for frying foods. Avoid processed oils and spreads other than those made from organic olive oil.

Monday

Breakfast: two scrambled eggs with 30g cheddar cheese and unlimited roasted vegetables (eg onions, mushrooms, spinach, broccoli).

Dinner: [chicken in mustard dressing with vinegar](#) with green leaf garnish vegetables seasoned with balsamic vinegar and olive oil.

Dinner: 90g grass-fed tenderloin steak, organic fried chicken or wild fish with a side of green leafy vegetables and vegetables sautéed with butter and garlic.

Dessert: half a cup of berries^[35], poured with fresh unsweetened cream.

Tuesday

Breakfast: half an avocado drizzled with olive oil two eggs poached and drizzled with salsa sauce.

Dinner: [chicken with lemon sauce](#) and [salad with herbs](#).

Dinner: [salmon with mushrooms](#) and unlimited fried vegetables.

Dessert: 2 [chocolate truffles](#).

Wednesday

Breakfast: [Frittata with Gruyère cheese](#).

Dinner: [Arugula Salad with Lemon and Parmigiano Reggiano Cheese](#) and 90 g of chicken, grilled.

Dinner: [fish baked in chardonnay](#) with ½ cup wild rice and unlimited steamed vegetables.

Dessert: 1 whole apple, sliced and sprinkled with cinnamon.

Thursday

Breakfast: 3-4 pieces of salted or smoked salmon with 30 g of goat cheese and 1 serving [quick crispy breakfast cereal](#).

Lunch: 1½ cups [yoghurt gazpacho with courgettes and chicken breast marinated in saffron](#). Dinner: [glazed steaks with balsamic vinegar](#); [green beans with garlic dressing](#).

Dessert: 2-3 pieces of dark chocolate.

Friday

Breakfast: [omelet cooked in coconut oil](#).

Dinner: [roasted nut butter salad mix](#) and 90 g of grilled salmon.

Dinner: curry from hen With black pepper and unlimited amount of green beans and broccoli.

Dessert: [chocolate coconut mousse](#).

Saturday

Breakfast: ["oatmeal" porridge without oats](#).

Dinner: [ahi tuna carpaccio with red onion, parsley and pink pepper](#). Dinner: [beef akushi steak with brussels sprouts](#).

Dessert: $\frac{3}{4}$ cup whole strawberries with melted chocolate.

Sunday

Breakfast: [Mexican scrambled eggs "Huevos rancheros"](#).

Dinner: [Salad "Nicoise"](#).

Dinner: [grilled sardines with tomatoes, arugula and pecorino cheese](#).

Dessert: 2 piece dark chocolate With one canteen spoon almond oil.

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Recipes

Following the dietary principles outlined in this book is easier than it might seem at first glance. While this diet, and therefore lifestyle, is associated with a significant reduction in the consumption of carbohydrates (especially wheat and sugar), you will not be short of products from which you can cook a wide variety of dishes. Of course, at first you will have to take a different, and sometimes completely creative approach to cooking. However, by learning how to replace one food with another, you can easily return your favorite dishes to your diet and will continue to use recipes from your usual cookbook, but in accordance with the rules of a grain-free diet.

As for the suggested recipes, they will give you an idea of how to apply my recommendations to almost any dish, as well as master the art of grain-free cooking.

Realizing that most people are very busy at work and have little time to prepare food, I chose dishes that are easy to prepare, but still taste great and are loaded with nutrients.

[Although I recommend that you stick to my first week²-daily meal plan](#), in order not to waste time inventing a menu, this does not mean at all that you cannot develop your own plan, choosing from the presented recipes those that you like best.

Most of the ingredients used are easy to find in stores, on the market or order online. The main thing is to buy only organic products whenever possible. When we talk about animal products, we mean either wild or grass-fed animals. Choose extra virgin coconut or extra virgin olive oil. Try to ensure that the ingredients used in recipes, especially processed ones (such as mustard), do not contain gluten - when buying, read their composition on the label. Of course, you can't control how foods are made, but by choosing the right foods, you can control what you eat.

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Breakfasts

Frittata with goat cheese and Gruyère

Eggs are one of the most versatile foods, used both on their own and as an ingredient in a variety of dishes. Where possible, you should buy eggs from chickens grown in natural conditions, on natural feed.

Frittata is easy to prepare and can be a great treat for a large group. There are many variations of frittatas as some cheeses and vegetables can be substituted for others. I offer my favorite recipe for this dish.

4 servings

3 art. l. olive oil 1 onion

½ tsp salt

½ tsp pepper

450 g spinach leaves 9 large eggs

1 st. l. water

90 g goat cheese

⅓ cup grated Gruyere cheese

Heat up 1 tbsp. l. oil in a heatproof pan, add chopped onion, salt and pepper. Saute over medium heat for 3-4 minutes, stirring occasionally, until the onion is translucent.

Add chopped spinach, water and cook, stirring, 1-2 minutes. Then beat in the eggs, sprinkle with crumbled goat cheese and Gruyère.

Cook the mixture for 1-2 minutes until the edges begin to brown. Then place the frying pan with the frittata in the oven, preheated to 200°C, and bake until cooked through for 10-12 minutes. Serve hot.

Coconut oil omelette

Omelettes are one of my favorite dishes in my house. When cooking them, experiment - use different vegetables. In addition, today you can cook an omelette in coconut oil, and tomorrow in olive oil.

1 SERVING

1 bulb

1 ripe tomato

½ tsp salt

½ tsp pepper

2 eggs

1 Art. l. coconut oil

¼ avocado

2 Art. l. salsa

Crack the eggs into a bowl, add the chopped onion and tomato, salt and pepper and mix well. Heat the coconut oil in a frying pan, pour in the egg mixture and fry it over medium heat for about 2 minutes until it begins to thicken. Flip with a spatula and cook for about 1 more minute.

Fold the omelette in half and continue frying until golden brown. Transfer to a plate and serve hot with sliced avocado and salsa.

Mexican scrambled eggs “Huevos rancheros”

This is a slightly modified classic Mexican dish: tortillas, which are usually served with Mexican scrambled eggs, are replaced here with green leafy vegetables.

2 servings

1 st. l. butter or olive oil 4 eggs

800 g endive (chicory salad) 60 g spicy cheddar cheese

4 tbsp. l. salsa

2 tbsp. l. cilantro leaves Salt and pepper

Break the eggs into a frying pan with hot oil, preferably without damaging the yolk, and fry: 3-4 minutes if you like soft-boiled eggs, or longer if you like fully fried yolks.

Put the finished scrambled eggs on the endive leaves (you don't have to cut them, you can just tear them with your hands), sprinkle with grated cheese and chopped cilantro, add salsa, salt and pepper.

“Oatmeal” porridge without oats

The recipe for this dish, which can be called “oatmeal” porridge without oats, I borrowed from the book by Lauren Cordain and Nell Stevenson

Paleo Diet Cookbook^[36]. If you love a nutritious warm breakfast, try this dish instead of the usual oatmeal.

2 servings

40 g walnuts

40 g unsalted almonds

2 tbsp. l. ground flax seeds

1 tsp ground allspice 3 eggs

60 ml unsalted almond milk

½ banana

1 st. l. almond solid vegetable oil 2 tsp. shelled pumpkin seeds (optional) Fresh berries (optional)

Combine the walnuts, almonds, flax seeds and allspice and grind in a food processor until coarsely ground.

In a separate bowl, beat eggs with almond milk until creamy. Mash the banana in a puree, mix it with the butter and add to the egg and almond cream. Mixing thoroughly, add the nut mixture here.

Whisking constantly, heat the mixture in a saucepan over low heat until the butter has reached the desired consistency. You can add more almond milk if needed.

Sprinkle the finished porridge with pumpkin seeds and berries.

Quick crispy dry breakfast

This is a great breakfast cereal recipe. Walnuts can be replaced with any other, to your taste.

1 SERVING

40 g walnuts

¼ cup coconut flakes 1 handful fresh berries

160 ml whole or almond milk

Connect all Ingredients and enjoy tasty useful breakfas

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Lunches/Dinners

Chicken with Lemon Sauce

From chicken, as you know, you can cook a lot of different dishes. This simple recipe is perfect for tonight's dinner.

6 servings

6 skinless chicken fillets

1 st. l. fresh rosemary leaves 2 garlic cloves

1 shallot

1 lemon

110 g olive oil

Prepare the marinade: mix chopped rosemary and shallots, minced garlic, add lemon zest and juice. Mix everything with olive oil, whisking lightly.

Place the chicken breasts in a baking dish so that they fit in a single layer. Pour marinade over, cover and refrigerate for 2 hours or overnight.

Preheat oven to 175°C. Transfer the marinated breasts to a baking sheet and bake for about 25 minutes, until tender.

Serve with stewed vegetables or salad.

Chicken in mustard dressing with vinegar

This recipe can be a lifesaver when you already have fried chicken and need to make a delicious lunch or dinner out of it very quickly. If you double the amount of dressing, you can use it for salads throughout the week.

4 servings

1 fried chicken (preferably organically raised) 340g any lettuce

FOR REFILLING:

4 tbsp. l. olive oil

1 st. l. red wine vinegar 2 tbsp. l. dry white wine

1 st. l. whole grain mustard 1 tsp. Dijon mustard

Salt and pepper

Whisk all ingredients for the dressing in a bowl.

Cut the chicken into portions and, after pouring dressing, serve on washed lettuce leaves.

Fish baked in chardonnay

What could be easier than roasting your favorite fish with a rich, flavorful sauce! In the proposed recipe, the sauce is prepared for salmon, but it is also great for white fish. In any case, try to choose only the freshest fish caught in a natural reservoir.

4 servings

4 salmon fillets (with skin on)

110 g solid vegetable oil (coconut or cocoa butter) 240 ml chardonnay

2–3 tbsp. l. Dijon mustard 3 tbsp. l. capers

1 lemon

2 tsp dill

For the sauce, melt the butter in a saucepan over low heat, add the chardonnay, mustard, washed capers and lemon juice. Heat for about 5 minutes to evaporate alcohol, add chopped dill.

Lay the fish skin side down on a baking sheet. Pour sauce over and bake for 20 minutes in an oven preheated to 220 ° C.

[Serve the fish immediately after seasoning.](#) [green beans and garlic](#) [gas station](#)

Glazed steaks with balsamic vinegar

Steak is another dish that does not take much time to prepare and does not cause much trouble. All you need is a delicious grass-fed tenderloin and a juicy marinade.

2 servings

2 steak (tenderloin pieces 25 mm thick) 2 tbsp. l. olive oil

3 Art. l. balsamic vinegar

½ tsp salt

½ tsp ground black pepper 225 g lettuce leaves

Mix olive oil, vinegar, salt and pepper in a bowl. Pour the marinade into a resealable plastic bag and place steaks and marinate them for 30 minutes.

Grill the steaks for 1 minute on each side, brushing them with the marinade as they cook.

These steaks can also be cooked in the oven. To do this, pre-fry the meat over high heat in a preheated pan, greased with oil (about 30 seconds on each side), and then bring to readiness in the oven on the top heat, baking for about 2 minutes on each side (you can cook longer, if you like deep-fried steak).

Lay hot steaks on lettuce leaves, serve with vegetables.

juicy ribs

These delicious ribs are made from a recipe I adapted from Steve Clifton. Steve is both a winemaker and a chef. He loves to create dishes that are in harmony with his Italian wines.

6 servings

900 g beef ribs 4 onions

3 carrots

6 celery stalks

3 garlic cloves

150 g almond flour 1 tsp. salt

1 tsp pepper

6 art. l. olive oil 3 tbsp. l. tomato paste

0.7 l Italian red wine 1 sweet orange

4 tbsp. l. fresh thyme leaves

½ bunch parsley

Coarsely chop the onion, carrot and celery, chop the garlic.

Pour the flour into a large bowl, season it with salt and pepper, roll the ribs in this mixture.

Heat the olive oil in a large saucepan or heavy-walled saucepan and fry the ribs over medium to high heat until golden brown. Take them out and put them aside.

Add the onion and garlic to the same pot and sauté until translucent, about 5 minutes. Add carrots and celery. Lightly simmer the vegetables for another 5 minutes.

Place the ribs in the pot with the vegetables. Add tomato paste so that it covers the meat. Pour in wine, juice and orange zest.

Covered, bring the dish to a boil, and then simmer over low heat for 2.5 hours. Remove the lid and, adding thyme, simmer over low heat for another 30 minutes.

[Sprinkle the cooked ribs with parsley and serve with ^{couscous} from cauliflower.](#)

Ahi tuna carpaccio with red onion, parsley and rose pepper according to the recipe of the Sea Salt restaurant

This recipe, like the next six, was invented by my good friend, Sea Salt chef Fabrizio Ayeli. The Sea Salt Restaurant (www.seasaltnaples.com) is one of my favorites in Naples^[37] and I am a frequent visitor there. Fabrizio was kind enough to share with me

recipes for several of his culinary masterpieces. If you are expecting guests for dinner that you want to surprise, I recommend that you cook at least one of Fabrizio Ayeli's dishes.

6 servings

700 g ahi tuna steaks

½ red onion

1 bunch of parsley leaves

1 st. l. ground pink pepper 4 tbsp. l. olive oil

3 lemons Salt

Cut the tuna into thin slices (about 7 mm) at the rate of 3-5 pieces per serving, arrange on plates. Sprinkle the fish with chopped onion and parsley, season with pepper, drizzle with olive oil and salt. Place half a lemon on each plate next to the tuna.

Beef Akaushi steak with Brussels sprouts Sea Salt restaurant recipe

This dish is an exquisite delicacy for those who cannot imagine their life without meat. Akaushi is a special breed of cows (the word “akaushi” itself translates as “red cow”), whose meat is known for its excellent taste and healthy fats. If you can't find just such steaks, then any marbled beef tenderloin will do.

6 servings

6 steaks (approx. 170 g each) Akaushi beef 900 g Brussels sprouts

6 art. l. olive oil 2 sprigs rosemary

1 garlic clove

240 ml chicken broth Salt and pepper

In a saucepan, bring to a boil 1.2 liters of water with 2 tbsp. l. olive oil and 2 tsp. salt. Add the cabbage shoots, rinsing and cutting off the ends, and cook over medium heat until softened (about 9-10 minutes). Remove the cabbage from the broth.

Pour 2 tbsp into the saucepan. l. olive oil, add salt and pepper. Cut the cabbage shoots in half lengthwise and fry in oil over high heat until they turn slightly brown. Add chicken broth and simmer until the liquid has completely evaporated.

Salt and pepper the steaks. Heat the remaining olive oil in a saucepan, add the meat and brown it until golden brown on one side, about 2 minutes. Turn over and add minced garlic and chopped rosemary leaves. Reduce the heat to medium and

continue to cook the meat on both sides until cooked through to your liking (3-6 minutes depending on the thickness of the steaks).

Serve cooked steaks with Brussels sprouts drizzled with meat juices.

Grilled sardines with tomatoes, arugula and pecorino cheese Sea Salt restaurant recipe

Sardines are a rich source of protein, omega-3 fatty acids, vitamin B12 and other nutrients. Although many people eat this fatty little sea fish right out of the can, I suggest serving sardines elegantly and adding great flavor to them.

6 servings

18 fresh sardines

140 g grated pecorino cheese 6 bunches arugula

4 tomatoes

3 lemons

3 art. l. olive oil

1 bunch parsley Salt and pepper

Preheat the grill to medium heat (preferably 175°C). Peel the sardines, brush them with 1 tsp. olive oil, season with salt and pepper. Grill for 4 minutes on each side. (You can also fry sardines in a skillet over medium heat.)

Combine the arugula, chopped tomatoes, remaining olive oil, lemon juice, salt and pepper in a bowl. Divide the mixture into 6 parts and arrange on top of each serving of sardines. Sprinkle with chopped parsley and pecorino.

Red snapper with celery, olives, cucumber, avocado and yellow grape tomatoes according to the Sea Salt restaurant recipe

When a fresh red snapper appears at your nearest fish market, be sure to buy and try the Sea Salt recipe. You will spend no more than 20 minutes.

6 servings

6 portioned fillets of red snapper with skin (or any other fish from the perch family)

2 celery stalks

150 g pitted olives 1 cucumber

2 avocados

0.5 kg yellow tomatoes 2 tbsp. l. olive oil

1 st. l. red wine vinegar 2 lemons

Salt and pepper

Salt and pepper the fillet, heat in a saucepan 1 tbsp. l. olive oil. Brown the fish in oil for 6 minutes on each side.

Halve the tomatoes, chop the celery, cucumber and avocado. Mix everything in a bowl with olives, wine vinegar, lemon juice and remaining olive oil. Arrange the resulting salad on serving plates, and place a piece of fish skin side up on top.

Yoghurt gazpacho with zucchini and marinated chicken breast saffron, according to the recipe of the Sea Salt restaurant

To create this gourmet culinary masterpiece, all you need is a pinch of saffron, and the addition of zucchini and cilantro

take the dish to a whole new level of taste.

6 servings

3 chicken fillets 200 ml white wine 2 lemons

1 lime

1 pinch of saffron

6 zucchini

1 vegetable broth 120 g olive oil

2 Art. l. cilantro leaves and stems 1 cucumber

½ onion 1 tomato

6 tsp natural yoghurt without additives Salt and pepper

For the marinade, combine the wine, juice of 1 lemon, and saffron in a large bowl.

Put the breasts in the marinade and leave overnight.

Preheat the grill to medium heat (preferably 175°C). Fry the breasts for 6 minutes on each side (until fully cooked) or cook them in the oven in the same way.

Cut the finished breasts into pieces 7 mm thick and refrigerate.

Toss chopped zucchini with vegetable broth, olive oil, juice of 1 lemon and lime, and half the chopped cilantro. Puree this mixture in a blender. Add salt and pepper, stir.

Pour the resulting soup into a large bowl, add finely chopped cucumber, onion and tomato, mix. Refrigerate for 1-2 hours.

Before serving, pour the soup into 6 bowls, put 1 tsp on top. yogurt. Add breast pieces to each plate, season with salt and pepper, and sprinkle with the remaining cilantro.

Liquid Minestrone by Sea Salt Restaurant Recipe

When it comes to minestrone, everyone usually thinks of a vegetable soup with pasta or rice. So it is, but in this version of the popular dish, the rice and pasta have given way to more vegetables, giving the soup more flavor.

intense taste.

4-6 servings

3 celery stalks

1 bulb

2 cups of broccoli florets

2 cups of cauliflower florets

¼ cabbage 200 g asparagus

3 vegetable marrow

3 cups stalked chard chard 5 cups spinach leaves

1 tsp dried thyme 450 g celery root

3 art. l. olive oil 2 bay leaves

½ tsp dry sage 1½ tsp. salt

¼ tsp freshly ground black pepper 2 l chicken broth

6 art. l. natural yogurt without additives

Heat the olive oil in a large saucepan. Add chopped onions, zucchini, celery stalks, broccoli, cauliflower, asparagus and thyme. Cook vegetables until onion is translucent. Add peeled and diced (about 1.4 cm) celery root, chopped chard, cabbage, bay leaf, sage, salt, pepper and cook for about 4 minutes.

Pour in the chicken broth, bring the soup to a boil, and simmer over low heat for about 25-30 minutes, until the vegetables are tender. Let the soup brew for 10 minutes. Add spinach and stir, remove bay leaf.

Blend the soup in a blender until smooth. Serve with 1 tbsp to each plate. l. yogurt.

Tomato and Red Cabbage Soup by Sea Salt Restaurant

This refreshing soup will come in handy at any time of the year. It is easy to prepare and also contains ingredients that are always at hand - both in winter and in summer. In addition, soup can be a great addition to any main course.

6 servings

1600 g pureed tomatoes 1 red cabbage

1 bulb

2 celery stalk

2 tbsp. l. minced garlic 10 basil leaves

1.5 l chicken stock 1.5 l vegetable stock 120 g olive oil Salt and pepper

Pour half the olive oil into a large soup pot, add the garlic, chopped onion and celery and cook over medium heat for about 5 minutes until the vegetables are translucent.

Add mashed tomatoes, chopped red cabbage, half basil leaves, chicken and vegetable broth. Bring the soup to a boil and, reducing the heat, continue to cook for 25-30 minutes.

Add the remaining olive oil, salt and pepper, let it brew for 10 minutes.

Puree the soup in a blender and serve.

Salmon with mushrooms

There is nothing easier and faster than frying fish fillets in an exquisite mixture of olive and sesame oil, adding the flavor of mushrooms, herbs and spices to the dish.

4 servings

4 skinless salmon fillets

1 st. l. sesame oil 4 tbsp. l. olive oil 200 g fresh mushrooms

¼ bunch cilantro

3 garlic cloves

3 shallots

1 tsp dry or fresh ginger

Heat 2 tbsp. l. olive oil, add crushed garlic, finely chopped onion, ginger and fry over medium heat until the oil starts to sizzle (i.e. about 1 minute). Add the fillet and fry it for 3 minutes on each side. Transfer the fish to another bowl.

Gently wipe the bottom of the pan with a paper towel. fried salmon, heat the remaining olive and sesame oil in it, add the mushrooms and, stirring constantly, fry them over medium heat for 3 minutes.

Sprinkle the fillets with mushrooms and cilantro. Can be served as a side dish

[roasted seasonal vegetables](#).

Greek lamb with lemon

Grass-fed lamb chops make a great main course. Cooking them with an exquisite marinade according to the proposed recipe will not take much time.

4 servings

12 lamb chops 2 garlic cloves

2 tbsp. l. olive oil 1 tsp. oregano

2 sprigs thyme

1 st. l. lemon juice 1 lemon

Salt and pepper

For the marinade, combine and whisk the diced garlic, olive oil, oregano, thyme leaves, and lemon juice in a bowl.

Place the chops in the marinade, close the lid and refrigerate for 1 hour.

Grill the meat for 1-2 minutes on each side (or for 10 minutes in the oven at 200°C).

Serve the finished chops by adding a quarter of a lemon to each serving plate, and as a side dish - [cauliflower couscous](#).

Quick Spread Fried Chicken Recipe

Such a dish can be prepared at any time if there is a supply of chicken carcasses in the freezer. I try to have it. This comes in handy when you are waiting for friends for dinner or you need to quickly prepare food for several days. The chicken is thawed either overnight in the refrigerator, or in a few hours in a sink with water. And one more thing: thyme in this recipe can be replaced with wormwood or oregano.

6 servings

1 chicken (1.5–2 kg)

1 lemon

5 garlic cloves

7 sprigs thyme

4 tbsp. l. olive oil Salt and pepper

With kitchen shears or a knife, cut the chicken carcass along the spine, open and press firmly on the breast bone so that the chicken becomes flat. Lay it skin side up on a large baking sheet.

Mix the chopped lemon and garlic, thyme and 2 tbsp. l. olive oil. Brush the chicken with the remaining olive oil, season

with salt and pepper, top evenly with the garlic-lemon mixture and bake for 45-55 minutes in an oven preheated to 200°C.

Serve green leafy or [roasted seasonal vegetables](#).

Fish with dill and lemon

Dill, lemon and Dijon mustard are in perfect harmony with fresh fish, giving it an unsurpassed flavor. This recipe can be used with any white fish. If you are ready to experiment, try replacing dill with parsley, in addition, options are possible with

[dill spread](#) or [pesto sauce with pecorino cheese](#).

4 servings

4 fillets (500 g) of white fish (halibut or cod) with skin on 1 bunch of dill

2 tbsp. 1. Dijon mustard 1 lemon

2 Art. 1. olive oil Salt and pepper

Combine the chopped dill leaves, mustard, lemon juice, olive oil, salt and pepper in a food processor until the consistency of a sauce.

Lay the fish fillets skin side down in a shallow baking dish and brush with the sauce. Bake in the oven for 15 minutes at 200°C.

[Serve as a side dish](#) [cauliflower couscous](#) and [stewed spinach with garlic](#).

Broccoli soup with cashew dressing

When you're craving a hot soup for lunch or dinner that goes great with any main course, use this recipe. This soup can be prepared in advance, put in the refrigerator and reheat at the right time. In addition, he is excellent

suitable as a snack, if the working day is delayed and dinner is still far away.

4-6 servings

3 Art. 1. olive oil 1 onion

3 shallots

1 garlic clove

1 liter chicken broth

6 cups broccoli florets Salt and pepper

4 tsp thyme leaves 240 ml coconut milk

Shelled pumpkin seeds FOR dressing:

¾ cup unroasted, unsalted cashews 180 ml water

Salt

Heat the olive oil in a large saucepan, add the chopped onion, shallot and garlic, cook for about 4 minutes until the onion is translucent.

Pour in the broth, put the chopped broccoli, add salt and pepper, bring to a boil. Reduce heat and simmer for about 10 minutes until cabbage softens. Remove the saucepan from the heat.

Pour the soup into a blender, add the thyme and blend until smooth. Pour back into the saucepan, add the coconut milk and heat gently over medium heat.

Mix all the ingredients for the dressing in a blender and serve separately in a gravy boat. You can sprinkle the soup with pumpkin seeds if you like.

Salads

Salad with herbs and balsamic dressing

This salad is an integral part of my menu. It can be used both as a side dish for the main course, and separately, as a snack for lunch or dinner, especially if you add a little protein (for example, pieces of chicken, fish or steak). I eat this salad often, so I try to always keep the dressing in reserve - I make a double portion and store it in an airtight container in the refrigerator.

6 servings

4 cups lettuce mix 1 cup parsley

½ cup chives

½ cup fresh herb mix (watercress, mustard seeds, cilantro, wormwood, sage, mint)

50 g walnuts

FOR 200 ML REFILLING:

60 ml balsamic vinegar 2-3 garlic cloves

½ shallot

1 st. l. Dijon mustard

1 st. l. dry or fresh rosemary 1 lemon

1 tsp salt 1 tsp pepper

100 g olive oil

Mix chopped lettuce, chives and herbs in a bowl, add nuts.

For dressing, whisk chopped onion and garlic with vinegar, mustard, lemon juice, rosemary, salt and pepper. Slowly add oil to this mixture until an emulsion forms.

Add half the dressing to the salad, toss and serve.

Store leftover dressing in the refrigerator.

Salad “Nicoise”

This salad is based on the classic nicoise recipe from French Nice, but it does not contain potatoes and, in addition, you can use any fish. Although the preparation of the ingredients of such a salad takes time - you need to boil eggs, cook fish, chop vegetables and herbs - it mixes quickly and the result is impressive.

6 servings

4 tomatoes

1 sweet green pepper 3 green onions

3 cups arugula or mixed leafy vegetables 3 eggs

170g cooked fish (mahi-mahi, salmon, cod) 12 anchovy fillets

75 g olives or olives

¾ cup blanched green beans 10 basil leaves

1 small cucumber FOR dressing:

1 tsp Dijon mustard

2 tsp red wine vinegar 6 tsp. olive oil

Salt and pepper

Cut hard-boiled eggs into slices, tomatoes into cubes. Peel the cucumber from the peel, pepper - from the seeds and cut them too. Chop green onions.

Strain the anchovies, cut off the ends of the beans. Chop the fish and basil.

Mix all ingredients in a salad bowl.

Whisk dressing ingredients in a separate bowl, pour over salad and serve immediately.

Salad of roasted walnuts with butter

The main secret of this dish is in the dressing with a persistent nutty taste: in fact, with it any salad can be easily turned into a “salad of roasted walnuts with butter”. I will add that in this recipe, goat cheese can be replaced with any other, such as feta or parmesan.

2 servings

1½–2 packages salad mix (such as mesclun) or baby spinach

4 tbsp. l. goat cheese

50 g roasted walnuts

3 art. l. dried blueberries or cranberries FOR dressing:

2 tbsp. l. nut butter

1 Art. l. balsamic or red wine vinegar

½ tsp mustard salt and pepper

Put the washed greens in a salad bowl, sprinkle with crumbled goat cheese, chopped nuts and dried berries.

In a separate bowl, whisk together all ingredients for the dressing. Drizzle dressing over salad and serve.

Arugula Salad with Lemon and Parmigiano Reggiano Cheese

Despite the minimum ingredients, this salad has a very piquant taste, thanks to the combination of spicy arugula with tart cheese and exquisite olive oil. I love how it harmonizes with any dish reminiscent of Italy.

2 PORTIONS

4 cups arugula

⅓ cup unroasted sunflower seeds 8-10 shavings of parmigiano reggiano cheese 1 lemon

6 art. l. olive oil Salt and pepper

Mix arugula, seeds, cheese and lemon juice in a salad bowl. Drizzle with olive oil, stir, season with salt and pepper and serve.

Kale salad with feta cheese, fried peppers, olives, artichokes and buttermilk dressing, according to the recipe of the Sea Salt restaurant

When dining at Sea Salt, I always order this salad. It pairs well with any main dish.

6 servings

2 bunch of kale^[38] 280 g feta cheese

3 sweet peppers

200 g pitted olives

12 young marinated artichokes 240 ml buttermilk

120 g olive oil

1 st. l. red wine vinegar Salt and pepper

Strip and wash the cabbage leaves. Roast the peppers, remove the seeds and cut into slices. Cut the pitted olives and artichokes in half.

Mix cabbage, peppers, olives, artichokes and crumbled cheese in a salad bowl.

For the dressing, whisk the buttermilk, olive oil, and vinegar in a separate bowl.

Pour dressing over salad, toss, season with salt and pepper, and serve.

side dishes

Roasted seasonal vegetables

This is a recipe for any time of the year. Just choose the best seasonal vegetables, the highest quality olive oil, and add the freshest herbs and freshly ground pepper to it. Balsamic vinegar can give a zest to the dish if you sprinkle cooked vegetables with it.

4-6 servings

900 g seasonal vegetables (asparagus, Brussels sprouts, peppers, zucchini, eggplant, onions)

80 ml olive oil Salt and pepper

1/3 cup fresh herbs (rosemary, oregano, parsley, thyme) Aged balsamic vinegar - optional

Rinse all vegetables, cut large ones. Place on a foil-lined baking sheet, drizzle lightly with olive oil and toss with your hands until the oil is evenly distributed. Sprinkle with salt, pepper and finely chopped herbs, if desired.

Roast the vegetables in the oven at 220°C, stirring every 10 minutes, until browned (about 35-40 minutes).

Drizzle vegetables with balsamic vinegar before serving.

Green beans with garlic dressing

The dressing prepared according to this recipe can be used not only for beans, but for almost any green leafy vegetable.

4-6 servings

900 g green beans

50 g unroasted unsalted almonds 1 tbsp. l. thyme

FOR REFILLING:

2 tbsp. l. olive oil 1 tbsp. l. lemon juice

½ tsp lemon peel

1 tsp Dijon mustard 2 garlic cloves

Salt and pepper

Whisk all ingredients for the dressing in a bowl and set aside.

Beans, after cutting off the tips, blanch for about 4 minutes in boiling salted water (be careful not to overcook). Throw it in a colander.

In a salad bowl, toss beans, almonds and thyme with dressing and serve immediately.

Cauliflower Couscous

Try this dish as an excellent substitute for starchy foods like potatoes, rice or traditional couscous. During cooking, you can add chopped olives or a quarter cup of grated parmesan to the cauliflower - this will give the dish a great flavor.

2 PORTIONS

1 head of cauliflower 2 tbsp. l. olive oil 2 garlic cloves

¼ cup roasted pine nuts

½ bunch parsley

Divide the head of cabbage into florets, rinse them and grind them in a food processor to the size of small grains. (You can grate the washed head of cabbage on a coarse grater, leaving only the stalk.)

Place finely chopped garlic, walnuts and parsley in a large skillet with hot olive oil. Add cabbage and simmer, stirring, until golden brown.

Braised spinach with garlic

Almost any green leafy vegetable, if stewed in olive oil with garlic, acquires a unique taste. I offer you a classic recipe with spinach, but you can experiment with other vegetables.

2 PORTIONS

2 packs of spinach

4 tbsp. l. olive oil 6 garlic cloves

1 lemon

1-2 tsp red pepper flakes Salt and ground black pepper

Heat the oil in a large saucepan over high heat until it begins to smoke a little. Add spinach and cook, stirring occasionally, 1-2 minutes. When the spinach is sautéed a little, add finely chopped garlic and, stirring constantly, continue to cook for 1 more minute, then remove from heat.

Squeeze lemon juice over spinach, add peppercorns, salt and pepper. Mix well and serve.

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Sauces and dips

Dip from guacamole

There are many varieties of guacamole^[39] that match my recommendations, so don't be afraid to experiment. I suggest trying a lighter version of Alton Brown's recipe (the original can be found at TheFoodNetwork.com). I really like how

Brown "plays" with spices to add another flavor to the dish. Like any dip^[40], this sauce can be refrigerated in an airtight container and made into a great appetizer within a week with chopped raw vegetables like bell peppers,

celery stalks or radishes. But in itself, such a dip is great for the role of a snack; in addition, you can add it to any dish, and every time it will be a new taste.

4 servings

2 large ripe avocados 1 lime

1 tsp salt

¼ tsp ground cumin

¼ tsp cayenne pepper

½ red onion

½ jalapeno pepper 2 tomatoes

1 st. l. cilantro

1 garlic clove

In a large bowl, mash avocado pulp with lime juice. Add salt, cumin, cayenne pepper, then diced onion and tomatoes, de-seeded and finely chopped jalapeno, cilantro and minced garlic.

Let stand for an hour at room temperature and serve.

Avocado and tahini dip

This dip is a cross between guacamole and hummus. But when you try it with pieces of fresh vegetables or chicken meat, then make sure that this middle is golden.

300 g

100 g arugula

1 st. l. olive oil 1 avocado

80 g tahini^[41]

1 lemon

½ tsp ground cumin

2 Art. l. parsley or cilantro

Lightly simmer the washed arugula in a pan with olive oil, transfer it to a food processor, add the avocado pulp, lemon juice, tahini, cumin, herbs and bring the mixture to a smooth consistency.

Add 50 ml (or a little more) of water to make a medium thick sauce. Serve immediately or refrigerate in an airtight container, but store no more than two days.

Sour cream cashew dip

This fragrant cashew nut sauce can be served not only as a dip with raw vegetables, but also as a topping for soups and chicken dishes.

200 g

½ cup unroasted, unsalted cashews 2 tsp. miso

60 ml lemon juice

¼ tsp ground nutmeg 240 ml water

Salt

Blend cashews with miso, lemon juice, nutmeg and 100ml water until pureed. With the blender running, slowly add the remaining water until the mixture reaches the consistency of whipped cream (if you prefer a thinner sauce, add more water), season with salt.

Store in an airtight container in the refrigerator for up to four days.

Hummus

Hummus is one of the most versatile dips that can be used in many different ways. It's a great snack paired with vegetables, but and meat dishes, it gives a richer taste.

4 servings

1 can (50 g) chickpeas

4 tbsp. l. lemon juice 1½ tbsp. l. tahini

2 garlic cloves

½ tsp salt

2½ st. l. olive oil

½ bunch parsley

Drain the liquid from the can of chickpeas and save 50 ml. In a food processor, combine chickpeas with lemon juice, tahini, garlic, 2 tbsp. l. olive oil and salt. Add the remaining liquid from the chickpeas and continue to mix on low speed for 3 minutes until a homogeneous mixture is obtained.

Place the hummus in a serving bowl and drizzle with olive oil. Garnish with parsley and serve.

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Toppings

Dill spread

If your imagination has run its course and you don't know how else to cook fish, try this spread: in combination with it, any fish that you decide to bake or grill will become a completely new dish.

100 g

3 bunches of dill leaves

1 bunch Italian parsley 2 garlic cloves

3 art. l. olive oil

2 tbsp. l. Dijon mustard 1 tbsp. l. lemon juice Salt and pepper

Blend all ingredients in a food processor or blender until smooth.

Brush this spread on fish before baking or grilling.

Pecorino pesto sauce

Another delicious spread that goes well with fish.

100 g

1/3 cup almonds, walnuts, or pine nuts 2 garlic cloves

2 cups basil leaves

1/3 cup grated pecorino cheese 80 g olive oil

Salt and pepper

Blend all ingredients in a food processor, slowly adding olive oil through a straw. The sauce should be thick, creamy so that it can be spread.

Sofrito sauce

Sofrito is a tomato-based spicy sauce popular in Latin American cuisine. Its exquisite taste goes well with fried

chicken, and stew, and with scrambled eggs, and with fish cooked in the oven or on the grill.

600–800 G

2 tbsp. l. olive oil 1 onion

1 green bell pepper 2 garlic cloves

1 can (800-850g) pureed tomatoes

1 bunch cilantro

1 tsp ground paprika salt and pepper

In a heavy-bottomed skillet over medium heat, sauté finely chopped onions in hot olive oil. Add finely chopped pepper, previously peeled from seeds, and, stirring constantly, simmer for another 5 minutes. Add chopped garlic, and after another minute - mashed tomatoes, chopped cilantro leaves and paprika, mix everything thoroughly. Continue simmering for 10-15 minutes. Salt, pepper and mix again.

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Desserts

Chocolate truffles

Homemade truffles are an excellent delicacy that can be prepared for the arrival of guests. The better the chocolate, the tastier the truffles will be. And do not be afraid to experiment with fragrances, changing them depending on moods.

30–40 TRuffles

½ cup whipped cream

1 tsp flavoring (almond, orange, vanilla or hazelnut flavor)

225 g dark chocolate (with at least 70% cocoa) Cocoa powder or crushed nuts for rolling

In a small saucepan, bring the cream to a slow boil.

Add fragrance.

In a separate bowl, grind the chocolate, pour it with hot cream and let the mixture first brew so that it becomes homogeneous, and then cool at room temperature. Then refrigerate for 2 hours.

Scooping up the mixture with a teaspoon, quickly roll into 2.5 cm balls with your hands. Place them on a baking sheet lined with parchment and leave overnight in the refrigerator. In the morning, roll the balls in cocoa powder or nuts.

In airtight containers, cooked truffles can be stored in the refrigerator for up to a week.

Chocolate Coconut Mousse

Keep a jar of coconut milk in the fridge and you can make dessert in no time whenever you feel like pampering yourself.

2 servings

1 can (400 ml) full fat coconut milk 3 tbsp. l. cocoa powder

1-2 tsp stevia powder (depending on the desired sweetness of the mousse) Coconut flakes, ground cinnamon - optional

Place a sealed can of coconut milk in the refrigerator for a few hours (or overnight).

Place the hardened milk in a bowl and beat it thoroughly with a whisk or in a mixer until softened (but not liquid). Add cocoa and stevia and continue beating until the mousse is fluffy.

You can sprinkle the finished mousse with coconut or cinnamon.

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