
MEDITERRANEAN COOKING 60+

*200 Simple & Healthy Recipes for Seniors | With Weekly
Meal Plans, Nutrition Facts & Shopping Lists for a Long,
Vibrant Life*



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Introduction

The Mediterranean Secret to Longevity

People living in certain regions of the Mediterranean—places like Ikaria in Greece and Sardinia in Italy—are among the healthiest and longest-living on Earth. It’s not by chance. Their diet, lifestyle, and social habits work together to support strong hearts, sharp minds, and energy well into their later years.

The Mediterranean diet isn’t a “diet” in the trendy sense. There’s no calorie counting, no rigid restrictions, and no weird foods. It’s a way of eating that’s stood the test of time—based on vegetables, whole grains, legumes, fruits, nuts, healthy fats (especially olive oil), and moderate portions of fish, lean protein, and dairy.

Research consistently backs it up. A 2018 study published in the *New England Journal of Medicine* found that the Mediterranean diet reduced the risk of heart attacks and strokes among older adults by as much as 30%. Other studies have shown its positive effects on memory, mobility, and even mood.

But it’s not just about living longer—it’s about living **better**.

For those over 60, it becomes especially important to eat foods that protect the heart, support brain function, and keep bones and muscles strong. The Mediterranean way of eating checks every box. It’s flavorful, easy to follow, and—when done right—doesn’t feel like a chore or a medical prescription. It’s food you’ll actually enjoy, every day.

Nutritional Needs After 60

Your body changes with age. Metabolism slows. Muscle mass decreases. The risk of chronic conditions rises. These shifts mean your nutritional needs also evolve. You may not need as many calories, but you **do** need more of certain nutrients to stay strong, energized, and sharp.

Here’s a snapshot of what matters most after 60—and how this book helps meet those needs:

NUTRIENT/FOCUS	WHY IT MATTERS AFTER 60	HOW THIS BOOK HELPS
Protein	Preserves muscle mass, supports mobility, helps with recovery	Lean poultry, legumes, fish, and plant-based options in every chapter
Calcium & Vitamin D	Protect bones, lower fracture risk	Recipes include leafy greens, dairy, fish; tips on safe sun exposure and fortified foods

Fiber	Aids digestion, balances blood sugar, supports heart health	Whole grains, beans, vegetables, and fruits featured throughout
Healthy Fats	Supports heart and brain health	Focus on olive oil, nuts, fatty fish
B Vitamins (esp. B12)	Supports energy, brain function, and red blood cells	Includes tips for sources like eggs, dairy, and fortified foods
Hydration	Prevents fatigue, confusion, and constipation	Light soups, fruits, teas, and hydration reminders woven into the meal plans
Lower Sodium	Helps manage blood pressure	Many recipes include salt-free seasoning ideas and low-sodium adaptations
Antioxidants	Fights inflammation and cellular aging	Tomatoes, berries, greens, herbs, and olive oil all play a central role

You'll notice this book doesn't throw in "superfoods" or trendy supplements. Instead, it keeps things practical, familiar, and sustainable. These are meals you can make without fancy equipment or expensive ingredients—and they'll make a real difference in how you feel.

Key concerns like heart disease, Type 2 diabetes, osteoporosis, and cognitive decline are considered throughout the book. Not every reader will face all of these, but the goal is to offer a food-forward approach to prevention, energy, and wellness—without sacrificing taste.

How to Use This Book

This isn't just a cookbook. It's a tool for building a healthier, more enjoyable lifestyle. Whether you're cooking for yourself, a partner, or even a small household, it's designed to be flexible, easy to use, and supportive of your daily needs. Here's how to get the most out of it:

Choose What You Need, When You Need It

The book is divided into 10 clearly marked chapters, each focused on a category of meals: breakfast, salads, lunches, fish and seafood, poultry, vegetarian dishes, dinners, snacks, desserts, and finally meal planning.

If you're just looking for a light lunch today, flip to that section. If you're planning meals for the week ahead, use Chapter 10's ready-made **weekly meal plans and shopping lists**.

You don't have to follow the chapters in order. Each recipe stands on its own, with full nutrition info and practical prep guidance.

Use the Meal Plans & Shopping Lists

If you're someone who likes to plan ahead or needs a little structure, Chapter 10 is for you. It includes **4 weekly meal plans** built with a balance of nutrients, flavor, and variety. No repeats unless they're intentional (some leftovers are designed to stretch into other meals).

Each plan comes with a matching **shopping list** you can take to the store or use to order groceries online. No stress, no waste—just the essentials.

Adapt Recipes to Fit Your Life

Can't stand chopping? There are tips for using pre-cut veggies. Don't have access to fresh fish? Try frozen or canned versions (no shame in that). Need soft foods for dental reasons? Many recipes include texture-adjusting ideas.

You'll also find:

- Substitutions for common dietary needs (e.g., diabetes, kidney-friendly, arthritis support)
- Batch cooking tips for when you want to make extras and freeze
- Portion tips if you're cooking for one or two

We also included an **Appendix** packed with helpful tools:

- A **Seasonal Food Calendar** so you can shop fresh and save money
- Tips for cooking with **arthritis or limited mobility**
- A **glossary of ingredients**, in case you come across anything unfamiliar
- A short **resource list** with trusted sites and books for deeper reading

Start Small—But Stay Consistent

If the idea of changing your eating habits feels overwhelming, don't try to overhaul everything at once. Start with one or two meals a day. Choose recipes that excite you. Stick with what's easy and work your way into a rhythm.

Small changes lead to lasting progress. A switch from white bread to whole grain. Adding a fruit or vegetable to every meal. Swapping butter for olive oil. These are not hard things, but they add up.

Before you know it, you'll notice the difference—in your energy, digestion, sleep, and maybe even in your mood or memory.

A Word About Enjoyment

This book isn't about restriction or giving things up. It's about eating well **and** enjoying what you eat. The Mediterranean approach is built around satisfaction, not self-denial.

Meals are meant to be a highlight of your day, not a checklist. Whether it's a crisp Greek salad, a warm lentil soup, grilled fish with lemon and herbs, or a fruit-sweetened dessert, the recipes in this book are all about bringing joy back into your kitchen.

There's no age limit on good food. And there's no expiration date on feeling good in your own body.

You don't need to move to a Greek island or spend hours in the kitchen to enjoy the benefits of the Mediterranean way of eating. All it takes is a little planning, some good ingredients, and the right recipes.

This book is your guide to simple, healthy cooking that supports your life—right now and in the years ahead.

Everything here is designed with **you** in mind: easy instructions, familiar ingredients, no unnecessary frills. You'll find meals that suit your lifestyle, support your health, and taste genuinely great.

CHAPTER 1: Energizing Mediterranean Breakfasts

1. Savory Chickpea and Herb Pancakes



Preparation time: 10 minutes | **Cooking time:** 12 minutes | **Servings:** 2

Ingredients:

- 1 cup chickpea flour (also called garbanzo bean flour)
- 3/4 cup water
- 2 tbsp chopped fresh parsley (or cilantro)
- 1/4 cup grated zucchini (squeezed dry)
- 1/4 tsp turmeric
- 1 tbsp extra virgin olive oil, plus more for cooking

Instructions:

1. In a mixing bowl, whisk chickpea flour, turmeric, and water until smooth. Let sit for 5 minutes to hydrate the flour.
2. Fold in grated zucchini and chopped parsley. Stir until evenly combined.
3. Heat a non-stick skillet over medium heat with a light brush of olive oil. Pour in batter to form 2–3 small pancakes at a time.
4. Cook for 3–4 minutes per side until golden and set. Repeat with remaining batter, brushing the pan with more oil as needed.

Serving size: 2–3 pancakes

Nutrition (per serving): Calories: 215; Protein: 9g; Fat: 9g; Carbs: 24g; Fiber: 5g; Sodium: 90mg

2. Millet Porridge with Figs and Pistachios

Preparation time: 5 minutes | **Cooking time:** 20 minutes | **Servings:** 2

Ingredients:

- 1/4 cup millet
- 1 cup unsweetened almond milk (or low-fat milk)
- 2 dried figs, chopped (or use chopped dates)
- 1 tbsp shelled pistachios, roughly chopped
- 1/2 tsp ground cinnamon
- 1 tsp honey (optional)

Instructions:

1. In a small saucepan, combine millet and almond milk. Bring to a gentle boil.
2. Reduce heat, cover, and simmer for 15–18 minutes until millet is tender and porridge-like, stirring occasionally.
3. Stir in chopped figs and cinnamon. Cook uncovered for 2 more minutes until warmed through.
4. Serve topped with pistachios and a drizzle of honey if desired.

Serving size: About 3/4 cup

Nutrition (per serving): Calories: 230; Protein: 6g; Fat: 7g; Carbs: 35g; Fiber: 4g; Sodium: 55mg

3. Spinach and Feta Egg Muffins with Sun-Dried Tomato

Preparation time: 10 minutes | **Cooking time:** 18 minutes | **Servings:** 3

Ingredients:

- 4 large eggs
- 1/2 cup chopped fresh spinach (or baby kale)
- 1/4 cup crumbled feta cheese
- 2 tbsp chopped sun-dried tomatoes (oil-packed, drained)
- 1 tbsp extra virgin olive oil
- 1/4 tsp dried oregano

Instructions:

1. Preheat the oven to 350°F (175°C). Lightly grease a 6-cup muffin tin with olive oil.
2. In a medium bowl, whisk eggs, oregano, and a pinch of black pepper until blended. Fold in spinach, sun-dried tomatoes, and feta. Pour evenly into the muffin cups.
3. Bake for 16–18 minutes, or until muffins are puffed and set. Let cool slightly before serving.

Serving size: 2 muffins

Nutrition (per serving): Calories: 165; Protein: 11g; Fat: 12g; Carbs: 3g; Fiber: 1g; Sodium: 280mg

4. Baked Polenta Squares with Roasted Cherry Tomatoes



Preparation time: 10 minutes | **Cooking time:** 20 minutes | **Servings:** 4

Ingredients:

- 1 cup instant polenta (cornmeal)
- 3 cups low-sodium vegetable broth (or water)
- 1 pint cherry tomatoes, halved
- 2 tbsp extra virgin olive oil, divided
- 1 tsp dried oregano (or fresh if available)
- Salt and freshly ground black pepper, to taste

Instructions:

1. Preheat the oven to 400°F (200°C). Toss cherry tomatoes with 1 tbsp olive oil, oregano, salt, and pepper; spread on a baking sheet.
2. Roast for 15–20 minutes until softened and slightly caramelized.
3. Meanwhile, bring broth to a boil in a saucepan. Gradually whisk in polenta, reduce heat to low, and cook for 5 minutes until thickened, stirring frequently.
4. Pour polenta into a greased 8x8-inch baking dish, smooth the surface, and bake uncovered for 10 minutes until firm.
5. Cut polenta into squares and serve topped with roasted cherry tomatoes drizzled with remaining olive oil.

Serving size: 1 polenta square with tomatoes

Nutrition (per serving): Calories: 200; Protein: 5g; Fat: 7g; Carbs: 28g; Fiber: 3g; Sodium: 180mg

5. Soft Scrambled Eggs with Smoked Salmon

Preparation time: 5 minutes | **Cooking time:** 10 minutes | **Servings:** 2

Ingredients:

- 4 large eggs
- 2 oz smoked salmon, chopped
- 1 tbsp extra virgin olive oil or unsalted butter
- 1 tbsp chopped fresh chives (or green onion)
- Salt and freshly ground black pepper, to taste

Instructions:

1. In a bowl, whisk eggs with salt and pepper until blended.
2. Heat olive oil or butter in a non-stick skillet over low heat. Pour in eggs and cook gently for about 5–7 minutes, stirring slowly with a spatula, until creamy and slightly set.
3. Add chopped smoked salmon and chives, stirring gently to combine and warm through without overcooking. Remove and serve immediately.

Serving size: Half the scramble

Nutrition (per serving): Calories: 230; Protein: 18g; Fat: 17g; Carbs: 1g; Fiber: 0g; Sodium: 380mg

6. Avocado White Bean Toast with Lemon Zest

Preparation time: 10 minutes | **Cooking time:** 0 minutes | **Servings:** 2

Ingredients:

- 1 ripe avocado
- 1/3 cup canned white beans (drained and rinsed; navy or cannellini)
- 2 slices whole grain or sprouted grain bread
- 1/2 tsp lemon zest
- 1 tbsp chopped fresh chives (or scallions)
- 1 tsp extra virgin olive oil

Instructions:

1. In a bowl, mash avocado and white beans together with a fork until mostly smooth but still textured.
2. Stir in lemon zest, olive oil, and half of the chives. Season lightly with salt and pepper.
3. Toast bread until golden and crisp, then spread with the avocado mixture.
4. Top with remaining chives and a small drizzle of olive oil, if desired. Serve immediately.

Serving size: 1 slice toast with topping

Nutrition (per serving): Calories: 245; Protein: 8g; Fat: 14g; Carbs: 23g; Fiber: 7g; Sodium: 160mg