



Menu Semanal Dieta Antiinflamatoria

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Greek Salad

SERVINGS: 2

PREPPING TIME: 20 MIN

COOKING TIME: 0

Ingredients

1 Large cucumber,
2 Large tomatoes,
1 bell pepper,
1 red onion,
1/2 cup olives,
3.5 ounces feta
cheese.

Directions

- 1 Chop the cucumber, tomatoes, bell pepper, and red onion into bite-sized pieces.
- 2 Mix them in a large bowl with the olives.
- 3 Crumble feta cheese on top and serve fresh.

Each serving is around 220 calories, with 8g protein, 9g fat, and 30g carbs.



Quinoa Tabbouleh Salad

SERVINGS: 4

PREPPING TIME: 15 MIN

COOKING TIME: 30 MIN

Ingredients

1 cup quinoa,
2 cups water,
2 medium tomatoes,
1 cucumber,
2 bunches parsley,
1/2 cup mint leaves,
1/4 cup lemon juice,
2 tablespoons olive
oil.

Directions

1. Rinse the quinoa under cold water until the water runs clear.
2. Bring the quinoa and water to a boil in a saucepan. Reduce heat to medium-low, cover, and simmer until quinoa is tender, about 15 minutes.
3. Allow it to cool. Chop tomatoes, cucumber, parsley, and mint leaves.
4. Mix these with cooled quinoa, lemon juice, and olive oil.

This salad contains approximately 150 calories per serving, with 7g of protein, 10g of fats, and 10g of carbs.



Mediterranean Chickpea Salad

SERVINGS: 2

PREPPING TIME: 15 MIN

COOKING TIME: 30 MIN

Ingredients

1 can chickpeas,
1 red bell pepper
, 1 yellow bell
pepper,
1 cucumber,
1/4 cup red onion,
1/4 cup parsley,
1/4 cup olive oil,
2 tablespoons lemon
juice.

Directions

- 1 Drain and rinse the chickpeas. Chop the bell peppers, cucumber, red onion, and parsley.
- 2 Mix all these ingredients in a large bowl.
- 3 Dress with olive oil and lemon juice, tossing until well mixed.

Per serving: 220 calories, 9g protein, 11g fat, and 20g carbs.



Spinach and White Bean Salad

SERVINGS: 4

PREPPING TIME: 15 MIN

COOKING TIME: 0

Ingredients

5 cups baby spinach,
1 can white beans,
1 cup cherry
tomatoes,
1/2 cup feta cheese,
1/4 cup olive oil,
2 tablespoons red
wine vinegar.

Directions

1. Rinse and drain the white beans.
2. In a large bowl, combine the spinach, white beans, and cherry tomatoes.
3. Crumble feta cheese on top.
4. Dress with olive oil and red wine vinegar.

Each serving has about 200 calories, 8g protein, 10g fat, and 20g carbs.



Mediterranean Kale Salad

SERVINGS: 4

PREPPING TIME: 20 MIN

COOKING TIME: 0

Ingredients

1 bunch kale,
1/4 cup olive oil,
1 Lemon,
2 cloves garlic,
1/4 cup Parmesan
cheese,
1/2 cup cherry
tomatoes,
1/4 cup kalamata
olives.

Directions

1. Rinse and tear the kale into bite-sized pieces.
2. In a small bowl, whisk together olive oil, lemon juice, and minced garlic.
3. Pour this dressing over the kale and massage it into the leaves until they start to soften.
4. Add the parmesan, cherry tomatoes, and olives.
5. Toss until well mixed.

Each serving provides around 180 calories, 12g protein, 5g fat, and 25g carbs.



Lentil and Cucumber Salad

SERVINGS: 4

PREPPING TIME: 30 MIN

COOKING TIME: 0 MIN

Ingredients

: 1 cup Lentils,
2 cups water,
1 cucumber,
1/2 red onion,
2 tablespoons olive
oil,
1 tablespoon red
wine vinegar.

Directions

- 1 Rinse the Lentils and cook them in boiling water until tender but not mushy, about 20 minutes.
- 2 Drain and Let them cool. Chop the cucumber and red onion.
- 3 Combine these with the cooled Lentils and dress with olive oil and vinegar.

Each serving has roughly 200 calories, 7g protein, 15g fat, and 15g carbs.



Roasted Red Pepper and Arugula Salad

SERVINGS: 4

PREPPING TIME: 25MIN

COOKING TIME: 0 MIN

Ingredients

4 red bell peppers,
4 cups arugula,
1/4 cup olive oil,
1/4 cup balsamic
vinegar
1/4 cup feta cheese.

Directions

- 1 Preheat your oven to 400°F (200°C).
- 2 Place the bell peppers on a baking sheet and roast for 25-30 minutes or until the skin is charred.
- 3 Let cool, peel off the skin, remove the seeds, and slice into strips.
- 4 Toss these with arugula and dress with olive oil and balsamic vinegar.
- 5 Sprinkle feta cheese on top.

Per serving: 220 calories, 6g protein, 8g fat, and 30g carbs.



Mediterranean Couscous Salad

SERVINGS: 4

PREPPING TIME: 25 MIN

COOKING TIME: 0 MIN

Ingredients

1 cup couscous,
1 1/4 cups water,
1 cucumber,
1 bell pepper,
1/2 red onion, 1/2
cup parsley, 1/4
cup olive oil,
2 tablespoons lemon
juice.

Directions

- 1 Bring water to a boil in a saucepan, stir in the couscous, cover, and remove from heat.
- 2 Let it sit for 5 minutes, then fluff with a fork and let it cool.
- 3 Chop the cucumber, bell pepper, red onion, and parsley.
- 4 Combine these with the cooled couscous, and dress with olive oil and lemon juice.

Each serving contains about 150 calories, 4g protein, 10g fat, and 12g carbs.



Mediterranean Beet Salad

SERVINGS: 4

PREPPING TIME: 45 MIN

COOKING TIME: 0MIN

Ingredients

4 medium beets,
4 cups arugula,
1/4 cup goat cheese,
1/4 cup walnuts,
1/4 cup olive oil,
2 tablespoons
balsamic vinegar.

Directions

- 1 Preheat your oven to 400°F (200°C).
- 2 Wrap the beets in foil and roast for 50-60 minutes or until tender. Let them cool, peel, and cut into wedges.
- 3 Toss these with arugula and dress with olive oil and balsamic vinegar.
- 4 Sprinkle with crumbled goat cheese and walnuts.

Per serving: 170 calories, 4g protein, 10g fat, and 20g carbs.



Eggplant and Tomato Salad

SERVINGS: 2

PREPPING TIME: 15 MIN

COOKING TIME: 30 MIN

Ingredients

2 medium eggplants,
2 cups cherry
tomatoes,
1/4 cup parsley,
1/4 cup olive oil,
2 tablespoons lemon
juice.

Directions

- 1 Preheat your oven to 400°F (200°C).
- 2 Cut the eggplants into 1-inch slices and arrange them on a baking sheet. Roast for 25-30 minutes or until tender and golden.
- 3 Allow them to cool and cut into cubes.
- 4 Halve the cherry tomatoes and chop the parsley.
- 5 Mix these with the cooled eggplant and dress with olive oil and lemon juice.

Each serving has approximately 200 calories, 6g protein, 14g fat, and 15g carbs.

Books by Katey Lyon

Plant-Based Diet Cookbook For Beginners: 42 Easy Recipes With Pictures For Healthy Eating. 2-Weeks Meal Plan With Nutrition Facts (Plant Based Diet For Beginners)

Essential Oils: Essential Introductory Beginners Guide: How To Use Essential Oils for Optimal Physical and Emotional Health and Beauty. 16 Recipes

Chakras For Beginners: Your 8-Day Guide To Natural Self-Healing And Chakra Balancing. Includes 8-Day Meal Plan With Recipes And Audio To Balance All Chakras

Personality Types: The Essential Enneagram Guide Made Easy: To Understand the 9 Personality Types Improve Self-Esteem And Understand Your Relationship With Money

Jealousy: Self-Help Guide To Overcome Jealousy. Self-Esteem. Insecurity, Trust and Communication In Relationships: 5 Practical Exercises to Cope With Jealousy

Per serving: 170 calories, 4g protein, 10g fat, and 20g carbs.