

Spinach & White Bean Warm Salad

Serves 2

Ingredients

- 200 g fresh spinach
- 120 g canned white beans, rinsed well
- 1 tsp / 5 g olive oil
- 1 small garlic clove (3 g), minced
- 1 T / 15 ml lemon juice
- ¼ tsp salt + ¼ tsp MSG (adjust carefully)
- Freshly ground black pepper



Instructions

1. Heat **olive oil** over **medium heat**.
2. Add **garlic** and cook gently **30 seconds**.
3. Add **white beans** and warm **2–3 minutes**.
4. Add **spinach** and cook until just wilted.
5. Remove from heat and stir in **lemon juice**.
6. Adjust seasoning and serve warm.

Nutrition (Per Serving)

Kcal: 180 | Protein: 9 g | Fat: 6 g | Sat Fat: 1 g | Carbs: 24 g | Sugars: 2 g | Fiber: 7 g | Sodium: 350 mg | Omega-3: 0.1 g

Cucumber–Tomato–Herb Salad

Serves 2

Ingredients

- 200 g cucumber, sliced
- 150 g cherry tomatoes, halved
- 15 g parsley or mint, chopped
- 1 T / 14 g olive oil
- 1 T / 15 ml lemon juice
- Pinch salt + small pinch MSG
- Freshly ground black pepper

Instructions

1. Combine **cucumber** and **tomatoes** in a bowl.
2. Add **herbs**.
3. Whisk **olive oil**, **lemon juice**, **salt**, and **pepper**.
4. Toss gently and serve fresh.

Nutrition (Per Serving)

Kcal: 160 | Protein: 3 g | Fat: 14 g | Sat Fat: 2 g | Carbs: 9 g | Sugars: 6 g | Fiber: 2 g | Sodium: 150 mg | Omega-3: 0 g



Air-Fryer Eggplant with Olive Oil

Serves 2

Ingredients

- 300 g Japanese eggplant, sliced
- 1–1½ T olive oil
- 1 small garlic clove, minced
- ½ tsp dried oregano
- 1 T lemon juice
- ¼ tsp salt + ¼ tsp MSG
- Freshly ground black pepper

Instructions

5. **Preheat air fryer to 180°C.**
6. Toss **eggplant** with **olive oil**, **garlic**, **oregano**, **salt**, and **pepper**.
7. Arrange in single layer.
8. **Air fry 10–12 minutes**, turning once, until tender and golden.
9. Finish with **lemon juice** before serving.

Nutrition (Per Serving)

Kcal: 220 | Protein: 3 g | Fat: 18 g | Sat Fat: 2 g | Carbs: 16 g | Sugars: 7 g |
Fiber: 5 g | Sodium: 300 mg | Omega-3: 0 g

