

FOOD & LIFESTYLE. THE FIELD LIBRARY.

A PERSONAL EDITION FOR
JANUSZ SYPNIEWSKI

A record of the foods you choose, the routines you value and the questions you keep exploring.

01 / THE ORIGINAL NOTES

His three-page record, newly typeset

02 / KNOW YOUR PANTRY

A reference for everyday meals

03 / RESEARCH WITH CONTEXT

Eight topics. Better questions.

04 / THE RESEARCH NOTEBOOK

Space for the next discovery

05 / THE VISUAL MENU

Six dishes · ingredients · recipes

SEPTEMBER 2026 · PREPARED WITH CARE, FOR THE CURIOSITY BEHIND THE LIST.

FOOD & LIFESTYLE

THE ORIGINAL THREE-PAGE RECORD

This is a list of foods and lifestyle habits I've been following. I try to maintain a balanced lifestyle and eat foods that fuel my body in the best way possible. I spend a lot of time researching healthy, nutrient-dense ingredients and making informed choices about what I eat. I avoid processed foods, cook most meals from scratch, and try to choose organic ingredients whenever possible.

01 DO NOT EAT

- Fast food
- Fried food
- French fries
- Candy
- Soda
- Ice cream
- Alcohol
- Hot wings
- Nachos
- Burritos
- Pastries
- Cakes
- Box cereal
- White pasta
- Energy drinks
- Some dairy
- Ketchup
- Dressings
- Mayo

EAT

DRINKS

- Coffee
- Tea – green tea, black tea, chamomile flowers
- Water, S. Pellegrino

02 VEG + PRODUCE

- Spinach
- Radish
- Green onion
- Red onion
- Carrots
- Red green cabbage
- Garlic
- Watercress
- Kale
- Turnip
- Tapioca
- Red beets
- Avocado
- Tomato
- Cucumbers
- Apple
- Blackberries
- Blueberries
- Raspberries
- Cherries
- Plums
- Kiwi
- Broccoli
- Pomegranate
- Pears
- Mango
- Red potato
- Sweet potato
- Purple potato

His original words, categories and preferences, newly typeset. Research commentary is provided in a separate companion.

THE FOOD LIST

BEANS / MUSHROOMS / NUTS / FERMENTS / MEATS

Original categories and page order retained. Lists read down the left column, then the right.

03 BEANS & LEGUMES

- Chick peas
- Black beans
- Red lentils
- Proso millet
- Buckwheat
- Quinoa
- Chia

04 MUSHROOMS

- Wild mushroom mix
- Shiitake
- Reishi
- Golden chanterelles

05 NUTS

- Hazelnuts
- Pecan
- Almonds
- Walnuts
- Brazil nuts[‡]
- Apricot kernels[†]

06 FERMENTATION / FERMENTED FOODS

- Sauerkraut
- Kimchi
- Cucumbers in brine
- Cheeses – Gouda
- Red beets – juice/drink
- Goat cheese

07 SNACK

- Dark chocolate
- Medjool dates
- Nuts

08 MEATS

- Organic whole chicken
- Chicken feet
- Steak / beef grass-fed
- Beef shin/shank
- Bone marrow

[†] **Apricot kernels:** retained as part of the source record; they can release cyanide and should not be used as a snack. [‡] **Brazil nuts:** very high in selenium; see the research companion for context. [FDA](#) · [NIH](#)

FOOD. REST. ROUTINE.

CONTINUED FROM THE ORIGINAL RECORD

09 MEATS – CONTINUED

- Beef liver
- Sockeye salmon – wild caught Alaska
- Lamb
- Venison
- Sardines (bones, skin)

10 STEWS / SOUPS Homemade

11 OTHER

- Cinnamon Ceylon
- Rye bread mix
- Organic butter – unsalted
- Apple cider vinegar – organic
- Pure raw honey
- Maple syrup
- Kolymvari extra virgin oil
- Organic pasture raised eggs
- Moringa oleifera – drumstick tree – “miracle tree”
- Peruvian groundcherry – Aguaymanto
- Himalayan salt
- Black salt

12 LIFESTYLE NOTES

- Sleep – 7–8 hrs
- Dark room
- No electronics
- Walk barefoot on the ground / earth
- Sunlight 10–11am and 4–5pm for 15 min
- Light work in garden
- Gym 3–5x a week
- 3–4 times – red light

13 FEET SOAK

- Epsom salt
- Organic castor oil + rub

14 TOOTHPASTE

- Baking soda + coconut oil + hydrogen peroxide

These are personal notes, not assessed treatment instructions. Red-light timing/device details and toothpaste concentrations are unspecified. The companion discusses evidence and questions to take to a clinician or dentist.

KNOW YOUR PANTRY

A COMPANION TO HIS FOOD LIST



A practical index for understanding and using the foods already in his research. These are food roles, not a ranking of “superfoods.”

FAMILY	FROM HIS LIST	WHY IT BELONGS / HOW TO USE IT
BEANS & LENTILS	Chick peas · black beans · red lentils	Bring plant protein and fibre. Use in soups, bowls and stews. Cook dried beans fully or use canned beans.
GRAINS & STARCHES	Buckwheat · millet · quinoa · rye · potatoes · tapioca	Useful meal foundations. His original “Beans & Legumes” list also includes grains and chia; the original wording is preserved there.
FISH, EGGS & MEAT	Sockeye salmon · sardines · eggs · chicken · beef · lamb · venison	Vary protein choices across the week. Salmon and sardines are sources of long-chain omega-3 fats.
GREENS & VEGETABLES	Kale · spinach · cabbage · broccoli · carrots · beets	Build variety across the week. Different vegetables contribute different vitamins, minerals and fibre.
FRUIT	Berries · plums · kiwi · pomegranate · apples · pears · mango	Keep familiar favourites in rotation. Whole fruit contributes fibre; use fruit to round out meals and snacks.
NUTS & SEEDS	Almonds · walnuts · hazelnuts · pecans · chia	Use as toppings or part of a snack. Brazil nuts need separate selenium context; apricot kernels are excluded from meal ideas.
FERMENTS & EXTRAS	Sauerkraut · kimchi · brined cucumbers · Gouda · goat cheese	Choose for taste and variety. Fermented is not automatically the same as a clinically proven probiotic. Some choices are salty.

Sources: [MedlinePlus, Beans & Legumes](#) · [CDC, Vegetables & Fruits](#) · [NIH, Omega-3 Fatty Acids](#) · [NIH, Probiotics](#).

A food list alone does not establish nutritional completeness. Portions, medical needs, food tolerances and preparation all matter.

RESEARCH WITH CONTEXT

FOOD SAFETY / NUTRIENTS

Research context for the original notes: what is established, what is uncertain, and what is worth asking next. Sources checked 8 September 2026.

01 • APRICOT KERNELS

Clear safety concern: Apricot kernels contain amygdalin, which can release cyanide during digestion; FDA testing has identified products that could cause fatal poisoning. The original entry should carry a caution to avoid eating kernels as a health practice. [FDA safety alert](#), [FDA natural toxins guidance](#)

Research question: What safer food could meet the nutritional goal behind this entry?

02 • BRAZIL NUTS AND LIVER

Nutrients with upper limits: Brazil nuts contain unusually high amounts of selenium, and liver supplies preformed vitamin A; excessive intake of either nutrient can be harmful. Portion size, frequency, and supplements containing the same nutrients all matter when estimating total intake. [NIH selenium fact sheet](#), [NIH vitamin A fact sheet](#)

Research question: How do these foods fit alongside everything else eaten or taken during a typical week?

**Ask about the amount,
the frequency and the whole picture.**

These summaries support informed questions. They do not set a personalised diet or supplement regimen.

FOOD. FERMENT. EXTRACT.

PREPARATION CHANGES THE QUESTION

03 • FERMENTED FOODS AND PROBIOTICS

The label needs detail: Fermentation does not guarantee live microbes at the time of eating, and live microbes do not automatically have demonstrated probiotic benefits. Evidence for a probiotic depends on the particular strain and the health outcome studied. [NIH probiotics fact sheet](#)

Research question: Does this food contain live cultures, and is any claimed benefit supported for those specific organisms?

04 • CULINARY MUSHROOMS AND REISHI EXTRACTS

Food and extract are different preparations: Eating culinary mushrooms does not establish the benefits or safety of a concentrated reishi supplement. NIH LiverTox describes inadequately demonstrated human health claims and rare reports of liver injury, with uncertain attribution in many cases. [NIH LiverTox: reishi](#)

Research question: Which mushroom, preparation, and intended benefit are meant, and what human evidence matches that product?

DETAILS TO WRITE DOWN

Food or product • preparation • organism or strain • intended benefit • source

ASK WHAT WAS STUDIED

MORINGA / GROUNDING / FOOT CARE

05 • MORINGA

Form unspecified; benefits uncertain: The original note does not identify the plant part or preparation, so findings for leaf powder cannot automatically be applied to tea or concentrated extracts. A 2025 systematic review rated evidence for effects on weight, blood sugar, cholesterol, and blood pressure as very uncertain. [Systematic review of randomized trials](#)

Research question: Is this a food ingredient or supplement, and what reliable evidence supports its particular purpose?

06 • GROUNDING AND FOOT-CARE RITUALS

Preliminary evidence and unproven claims: Small grounding studies have reported possible benefits, but do not establish a reliable general treatment effect. [Grounding pilot study](#) No convincing human evidence was located that Epsom foot soaks or castor-oil rubbing remove toxins from the body; NCCIH also finds little reliable evidence for commercial detox approaches. [NIH overview of detox evidence](#)

Research question: Is the intended outcome comfort, better sleep, or a measurable medical benefit?

MY NEXT SOURCE TO CHECK

LIGHT & DENTAL CARE

DETAILS MATTER

07 • SUNLIGHT AND RED LIGHT

Exposure must have context: A fixed sun-exposure time cannot guarantee vitamin D or UV safety because skin tone, place, season, and time of day matter. [CDC: time outdoors and vitamin D](#) Red-light findings depend on the device, settings, and intended use; the original “3–4 times – red light” leaves the period and device unspecified. [FDA draft guidance on light-therapy devices](#)

Research question: What benefit is intended, and what evidence and instructions apply to the exact device?

08 • HOMEMADE TOOTHPASTE

Cavity protection needs evidence: The baking soda + coconut oil + hydrogen peroxide recipe is not established as a substitute for fluoride toothpaste, which strengthens enamel and helps prevent cavities. [ADA toothpaste guidance](#) Peroxide can cause sensitivity and gum irritation, with concentration and contact time affecting risk. [ADA whitening guidance](#)

Research question: Which toothpaste and any whitening product suit the teeth and gums being treated?

FIVE QUESTIONS FOR A CLINICIAN OR DENTIST

1. Could my foods, supplements, and medicines overlap or interact, especially around selenium, vitamin A, reishi, or moringa?
2. Which intended benefits here have good evidence for me, and which would be better pursued through ordinary food or daily habits?
3. How should I meet vitamin D needs while protecting my skin, and is testing relevant in my circumstances?
4. Does my exact red-light device have evidence for my intended use, and what precautions apply?
5. What cavity-prevention and whitening routine would you recommend after reviewing my homemade toothpaste ingredients?

THE RESEARCH LOG

ONE QUESTION. A BETTER RECORD.

A reusable page for turning an interesting claim into something you can check, discuss and return to later.

DATE _____

TOPIC _____

01 / WHAT IS THE CLAIM?

Write one specific claim in plain language. What would have to be true?

02 / WHERE DID IT COME FROM?

Study title, author, date, link or product label.

03 / WHAT KIND OF EVIDENCE?

Human trial, review, lab study, expert guidance or personal story?

04 / WHO AND WHAT WERE STUDIED?

People, condition, preparation, comparison and duration.

05 / WHAT REMAINS UNCERTAIN?

Limitations, interactions, harms or details still missing.

06 / WHAT IS MY NEXT QUESTION?

A source to verify, a question for a clinician or dentist, or a reason to leave the claim unresolved.

**Curiosity is a strength.
Good records make it more useful.**

NOTICE THE PATTERNS

A SIMPLE WEEKLY OBSERVATION SHEET

Record your usual routine, without trying to prove a theory. A change in how you feel can have more than one explanation.

WEEK OF _____

ONE THING TO NOTICE _____

MY OBSERVATIONS	MON	TUE	WED	THU	FRI	SAT	SUN
Sleep / rested?							
Meals / appetite							
Walk / garden / gym							
Energy / mood							
Anything unusual?							

Use words, minutes or your own consistent scale. This is an observation record, not a diagnosis or a test of a remedy.

WHAT WENT WELL?

WHAT ELSE COULD EXPLAIN IT?

A QUESTION TO BRING TO MY NEXT VISIT

SIX DISHES FROM FAMILIAR FOODS

A PLACE AT THE TABLE.

Generated serving previews; new recipe ideas, not kitchen-tested. Each recipe makes 2 servings.



**ROASTED SOCKEYE
SALMON, QUINOA &
BROCCOLI**

03 ↗



**CHICKEN, RED LENTIL,
CARROT & KALE STEW**

04 ↗



**SPINACH & SHIITAKE
OMELETS WITH RYE
TOAST**

05 ↗



**SARDINE, RED POTATO,
CUCUMBER & TOMATO
BOWL**

06 ↗



**SLOW BEEF-SHIN &
MUSHROOM STEW WITH
BUCKWHEAT**

07 ↗



**CHICKPEA, ROASTED
BEET & AVOCADO BOWL**

08 ↗

About this guide. Six newly proposed recipe concepts using foods in the original notes; these are not Janusz's own recipes and have not been kitchen-tested. Generated images are serving ideas, not exact results. Each recipe serves two; amounts are cooking proportions, not medical nutrition targets. All timings are approximate: use thermometer checks for safety and texture checks for tenderness. Wash produce, hands, boards and utensils; keep raw meat, fish and eggs separate from ready-to-eat foods. Discard bulging, leaking or deeply dented cans. Refrigerate perishable leftovers within two hours (one hour above 90°F); reheat leftovers to 165°F. The photographs are generated illustrations of the dishes; the finished food will vary. Select a dish to turn to its recipe.

A CLOSER LOOK / TWELVE INGREDIENTS

KNOW WHAT GOES IN.

A small visual reference to familiar ingredients in these dishes. Use the recipe pages for the full lists and amounts.

**SOCKEYE SALMON**

A fish main for grain bowls.

**EGGS**

Boil, scramble or cook in a skillet.

**SARDINES**

Use canned fish for a quick meal.

**QUINOA**

Cook for bowls and simple sides.

**BUCKWHEAT**

An earthy base for vegetables.

**RED LENTILS**

Simmer into soups and stews.

**CHICKPEAS**

Use cooked in bowls and salads.

**BROCCOLI**

Steam, roast or add to a bowl.

**SPINACH**

Add fresh or wilt into warm food.

**SHIITAKE MUSHROOMS**

Cook for a savoury skillet base.

**RED BEETS**

Roast or use already cooked.

**AVOCADO**

Slice over a finished bowl.

Generated ingredient illustrations. This is a selection of twelve ingredients, not the full food list.

RECIPE 01 / 06

2 SERVINGS

ROASTED SOCKEYE SALMON, QUINOA & BROCCOLI

Roasted salmon and lightly browned broccoli over fluffy quinoa, finished simply with garlic and the oil from the original pantry list.



Sockeye salmon · Quinoa · Broccoli · Garlic

INGREDIENTS

2 fillets, about 6 ounces each sockeye salmon, thawed if frozen

1/2 cup dry quinoa

3 cups broccoli florets

1 tablespoon, divided Kolymvari extra virgin oil

1 clove, finely chopped garlic

1 cup water

1/4 teaspoon, optional Himalayan salt

MAKE IT

- 01** Heat the oven to 425°F. Rinse quinoa; bring to a boil with 1 cup water, cover and simmer for about 15 minutes, or follow the package ratio and timing. Rest covered for 5 minutes, then fluff.
- 02** Toss broccoli with 2 teaspoons oil and some optional salt. Spread on a baking sheet and roast for about 10 minutes.
- 03** Rub salmon with the remaining oil, garlic and optional salt. Put in a separate baking dish and roast alongside broccoli for roughly 10–15 minutes more. Check each fillet's thickest part with a thermometer for 145°F; remove broccoli when tender and lightly browned.
- 04** Divide quinoa and broccoli between two plates. Add the salmon and spoon its fully cooked juices over the quinoa.

Recipe concepts, not kitchen-tested. Images are generated dish previews. Portions and medical dietary needs are not prescribed here.

Cooking safety sources: [USDA FSIS: Safe Minimum Internal Temperature Chart](#) · [USDA FSIS: Food Thermometers](#)

RECIPE 02 / 06

2 SERVINGS

CHICKEN, RED LENTIL, CARROT & KALE STEW

A comforting stew of tender, lightly shredded chicken and soft red lentils, with sweet carrot and kale stirred through at the end.



Chicken · Red lentils · Carrots · Kale · Red onion

INGREDIENTS

3/4 pound boneless chicken meat cut from a whole chicken, in 1-inch pieces

1/2 cup dry red lentils

2 medium, diced carrots

2 cups, loosely packed and chopped kale, tough stems removed

1/2 medium, chopped red onion

1 clove, chopped garlic

3 cups, plus more as needed water

1/4 teaspoon, optional Himalayan salt

MAKE IT

- 01** Rinse the lentils. Put chicken, lentils, carrots, onion, garlic and 3 cups water in a saucepan with the optional salt.
- 02** Bring to a gentle boil, then simmer partly covered for about 20–25 minutes, stirring occasionally. Add small splashes of water if the lentils become too thick.
- 03** Stir in kale and simmer for about 5–10 minutes more, until lentils and carrots are soft. Check several of the largest chicken pieces with a thermometer and continue until their centres reach at least 165°F.
- 04** Lift out the cooked chicken and lightly shred with two forks. Stir it back into the thick lentil stew and divide between two bowls.

Recipe concepts, not kitchen-tested. Images are generated dish previews. Portions and medical dietary needs are not prescribed here.

Cooking safety sources: [USDA FSIS: Safe Minimum Internal Temperature Chart](#) · [USDA FSIS: Keep Food Safe! Food Safety Basics](#)

RECIPE 03 / 06

2 SERVINGS

SPINACH & SHIITAKE OMELETS WITH RYE TOAST

Two folded omelets filled with tender shiitake and wilted spinach, with fully set eggs and warm rye toast alongside.



Eggs · Spinach · Shiitake mushrooms · Rye bread

INGREDIENTS

4 large organic pasture-raised eggs

3 cups, loosely packed spinach

1 cup, sliced commercially sold edible shiitake mushrooms, tough stems removed

2 slices rye bread, already baked from the rye bread mix

2 teaspoons, divided Kolymvari extra virgin oil

2 tablespoons, plus a splash if needed water

1/8 teaspoon, optional Himalayan salt

MAKE IT

- 01** Beat the eggs with optional salt and toast the rye bread. Cook mushrooms with 1 teaspoon oil and the water in a covered nonstick skillet for about 5–7 minutes. Add spinach for 1–2 minutes until wilted; transfer filling to a bowl.
- 02** Cook one omelet at a time. Warm 1/2 teaspoon oil in the skillet, add half the beaten eggs and cook gently for about 2–3 minutes, drawing set edges inward so uncooked egg reaches the pan.
- 03** Add half the filling to one side, fold over and cover over low heat for roughly 2–4 minutes more. Check the thickest part with a thermometer; continue until it reaches 160°F with no liquid egg remaining.
- 04** Plate and cover the first omelet. Repeat with remaining oil, eggs and filling, checking the second omelet for 160°F. Serve one omelet and one slice of rye toast per person.

Recipe concepts, not kitchen-tested. Images are generated dish previews. Portions and medical dietary needs are not prescribed here.

Cooking safety sources: [USDA FSIS: Safe Minimum Internal Temperature Chart](#) · [USDA FSIS: Food Thermometers](#)

RECIPE 04 / 06

2 SERVINGS

SARDINE, RED POTATO, CUCUMBER & TOMATO BOWL

Tender red potatoes and rich sardines with crisp cucumber, juicy tomato and thin red onion, finished with oil and apple cider vinegar.



Sardines · Red potatoes · Cucumber · Tomato · Red onion

INGREDIENTS

2 small tins, about 3.75 ounces each before draining ready-to-eat canned sardines with bones and skin

2 medium, about 1 pound total red potatoes

1/2 medium, chopped cucumber

1 medium, chopped tomato

1/4 medium, thinly sliced red onion

1 tablespoon Kolymvari extra virgin oil

2 teaspoons organic apple cider vinegar

enough to cover the potatoes by 1 inch water

MAKE IT

- 01** Cut potatoes into bite-size pieces. Place in a saucepan and cover with water by about 1 inch.
- 02** Bring to a boil, then simmer for about 12–18 minutes until easily pierced with a fork. Drain and let steam escape for a few minutes.
- 03** Meanwhile, chop cucumber and tomato, thinly slice red onion, and drain the ready-to-eat canned sardines.
- 04** Divide warm potatoes, cucumber, tomato and onion between two bowls. Top with sardines, spoon over the oil and vinegar, and serve promptly.

Recipe concepts, not kitchen-tested. Images are generated dish previews. Portions and medical dietary needs are not prescribed here.

Cooking safety sources: [USDA FSIS: Shelf-Stable Food Safety](#) · [USDA FSIS: Keep Food Safe! Food Safety Basics](#)

RECIPE 05 / 06

2 SERVINGS

SLOW BEEF-SHIN & MUSHROOM STEW WITH BUCKWHEAT

Browned beef shin slowly simmered with shiitake, carrot and onion, spooned over buckwheat with its rich brown cooking juices.



Beef shin/shank · Buckwheat · Shiitake mushrooms · Carrot · Red onion

INGREDIENTS

3/4 pound boneless beef shin/shank, cut into 1-inch pieces

1/2 cup dry buckwheat groats

1 cup, sliced commercially sold edible shiitake mushrooms, tough stems removed

1 medium, diced carrot

1/2 medium, chopped red onion

1 clove, chopped garlic

2 teaspoons Kolymvari extra virgin oil

2 cups for the stew, 1 cup for the buckwheat, plus more as needed water

1/4 teaspoon, optional Himalayan salt

MAKE IT

- 01** Warm oil in a heavy saucepan over medium-high heat. Pat beef dry and brown for roughly 6–8 minutes, turning. Add onion and garlic; stir briefly, then add 2 cups water and optional salt, scraping up browned bits. Add water if needed to just cover beef.
- 02** Cover and simmer gently for roughly 2–3 hours; add carrot and mushrooms for the final 30–40 minutes. Top up water as needed. Continue until beef separates easily with a fork; timing indicates tenderness, not safety. Check several thick pieces with a thermometer for at least 145°F.
- 03** Near serving time, simmer buckwheat with 1 cup water, covered, for about 12–15 minutes, or follow its package. Rest covered for 5 minutes.
- 04** Simmer stew uncovered briefly if it needs thickening. Once beef is tender and at least 145°F, remove from heat and rest at least 3 minutes. Spoon over buckwheat in two bowls.

Recipe concepts, not kitchen-tested. Images are generated dish previews. Portions and medical dietary needs are not prescribed here.

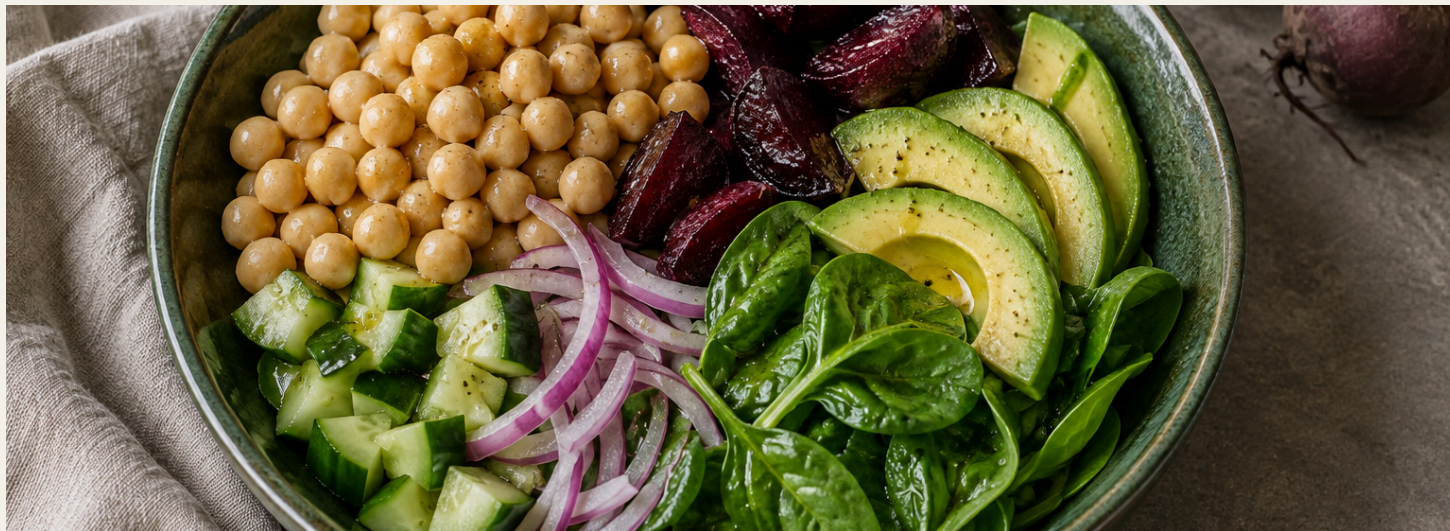
Cooking safety sources: [USDA FSIS: Beef From Farm to Table](#) · [USDA FSIS: Safe Minimum Internal Temperature Chart](#)

RECIPE 06 / 06

2 SERVINGS

CHICKPEA, ROASTED BEET & AVOCADO BOWL

Sweet roasted beets and creamy avocado with chickpeas, baby spinach, cool cucumber and thin red onion.



Chickpeas · Red beets · Avocado · Cucumber · Baby spinach · Red onion

INGREDIENTS

1 1/2 cups fully cooked chickpeas, or one 15-ounce can drained and rinsed

3 cups, peeled and diced red beets

1 medium avocado

1/2 medium, diced cucumber

2 cups, loosely packed baby spinach

1/4 medium, thinly sliced red onion

1 tablespoon, divided Kolymvari extra virgin oil

2 teaspoons organic apple cider vinegar

1/8 teaspoon, optional Himalayan salt

MAKE IT

- 01** Heat the oven to 425°F. Cut peeled beets into roughly 3/4-inch cubes. Toss with 2 teaspoons oil and optional salt; spread on a baking sheet.
- 02** Roast for about 30–40 minutes, turning once, until easily pierced with a fork. Add fully cooked chickpeas for the final 5 minutes if you want them warm.
- 03** Meanwhile, dice cucumber and thinly slice red onion. Just before serving, halve the avocado, remove the stone and skin, and slice the flesh.
- 04** Divide spinach between two bowls. Add chickpeas, beets, cucumber, avocado and onion; spoon over the remaining teaspoon of oil and the vinegar, then serve promptly.

Recipe concepts, not kitchen-tested. Images are generated dish previews. Portions and medical dietary needs are not prescribed here.

Cooking safety sources: [USDA FSIS: Keep Food Safe! Food Safety Basics](#) · [USDA FSIS: Shelf-Stable Food Safety](#)

100 DISHES. FAMILIAR FOODS. FRESH IDEAS.

A PERSONAL PICTURE MENU FOR JANUSZ

A hundred ways to bring the foods from your list to the table.

BREAKFAST

001–020

FISH

021–035

CHICKEN

036–050

MEAT

051–065

PLANT DISHES

066–085

SNACKS & SWEETS

086–100

Menu concepts, not kitchen-tested recipes. Pictures illustrate serving ideas; the finished food will vary. Ingredient lists follow the original food notes. See the companion guide for cooking-safety context and research notes.

FIND YOUR NEXT MEAL.

Select a title in the PDF to jump to its menu page.

- | | | | |
|-----|--|-----|---|
| 001 | Spinach & Shiitake Omelets with Rye Toast | 051 | Slow Beef-Shin & Mushroom Stew with Buckwheat |
| 002 | Apple-Walnut Millet Porridge | 052 | Tomato-Braised Beef Shank with Turnips |
| 003 | Pear & Hazelnut Buckwheat Breakfast Bake | 053 | Beef & Millet Cabbage Parcels |
| 004 | Mango-Pomegranate Chia Pot | 054 | Garlic Roast Beef with Purple Potatoes |
| 005 | Sweet Potato Boats with Goat Cheese & Pecans | 055 | Warm Beef, Onion & Watercress Rye |
| 006 | Tomato & Black Bean Baked Eggs | 056 | Beef & Sweet Potato Cottage Bake |
| 007 | Avocado Egg Rye Toasts with Radish | 057 | Lamb, Chickpea & Tomato Stew |
| 008 | Quinoa, Kale & Carrot Breakfast Bake | 058 | Slow Lamb Shoulder with Sweet Potatoes |
| 009 | Cherry & Dark Chocolate Buckwheat Porridge | 059 | Lamb & Quinoa Stuffed Tomatoes |
| 010 | Millet, Date & Walnut Breakfast Squares | 060 | Lamb, Red Lentil & Turnip Pot |
| 011 | Warm Chickpea & Tomato Rye Toasts | 061 | Beet-Braised Lamb with Millet |
| 012 | Potato, Kale & Gouda Frittata | 062 | Venison Roast with Beets & Buckwheat |
| 013 | Carrot & Red Lentil Breakfast Soup | 063 | Plum-Braised Venison over Turnip Mash |
| 014 | Cucumber, Goat Cheese & Walnut Rye Stack | 064 | Venison, Cabbage & Red Potato Bake |
| 015 | Tomato Egg Cups with Green Onion | 065 | Venison & Shiitake Stuffed Sweet Potatoes |
| 016 | Pomegranate, Pear & Quinoa Breakfast Salad | 066 | Chickpea, Roasted Beet & Avocado Bowl |
| 017 | Soft Millet with Roasted Beets & Goat Cheese | 067 | Black Bean & Avocado Sweet Potatoes |
| 018 | Baked Apples with Chia-Date Filling | 068 | Lentil & Quinoa Cabbage Rolls |
| 019 | Chanterelle & Potato Breakfast Hash | 069 | Millet & Shiitake Baked Tomatoes |
| 020 | Steamed Broccoli Egg Custards | 070 | Black Bean & Red Potato Layered Bake |
| 021 | Roasted Sockeye Salmon, Quinoa & Broccoli | 071 | Red Lentil, Carrot & Spinach Soup |
| 022 | Sardine, Red Potato, Cucumber & Tomato Bowl | 072 | Chickpea, Turnip & Cabbage Stew |
| 023 | Salmon & Cabbage Parcels | 073 | Roasted Broccoli & Quinoa Avocado Boats |
| 024 | Tomato Sardine Millet Bake | 074 | Buckwheat with Chanterelles & Kale |
| 025 | Salmon, Roasted Beet & Apple Plate | 075 | Baked Beet, Black Bean & Millet Patties |
| 026 | Sardine & Avocado Rye Toasts | 076 | Smashed Chickpea & Cucumber Rye |
| 027 | Salmon & Red Lentil Soup | 077 | Sweet Potato & Lentil Casserole |
| 028 | Sardine & Quinoa Stuffed Tomatoes | 078 | Purple Potato, Quinoa & Watercress Bowl |
| 029 | Salmon & Sweet Potato Tray Roast | 079 | Roast Cabbage with Chickpea & Walnut Crumble |
| 030 | Sardine & Black Bean Cabbage Boats | 080 | Black Bean, Tomato & Kale Soup |
| 031 | Salmon, Buckwheat & Shiitake Bowl | 081 | Lentil & Spinach Stuffed Beets |
| 032 | Sardine, Roasted Beet & Chickpea Salad | 082 | Millet & Black Bean Stuffed Turnips |
| 033 | Salmon & Broccoli Egg Bake | 083 | Broccoli, Chickpea & Quinoa Bake |
| 034 | Baked Sardine & Potato Patties | 084 | Savory Millet with Sweet Potato & Spinach |
| 035 | Salmon-Stuffed Baked Red Potatoes | 085 | Chickpea, Apple & Red Cabbage Braise |
| 036 | Chicken, Red Lentil, Carrot & Kale Stew | 086 | Orchard Fruit & Nut Plate |
| 037 | Garlic Roast Chicken with Potatoes & Carrots | 087 | Walnut-Stuffed Cinnamon Dates |
| 038 | Chicken & Millet Cabbage Rolls | 088 | Pecan-Stuffed Baked Apples |
| 039 | Chicken & Shiitake Buckwheat Pot | 089 | Tea-Poached Pears with Blackberries |
| 040 | Chicken & Black Bean Sweet Potato Boats | 090 | Apple & Cinnamon Chia Cup |
| 041 | Chicken, Quinoa & Broccoli Bake | 091 | Mango Tapioca Water Pudding |
| 042 | Chicken, Turnip & Carrot Broth | 092 | Goat Cheese & Cucumber Rye Bites |
| 043 | Roast Chicken, Beet & Watercress Plate | 093 | Roasted Carrot & Walnut Dip with Rye |
| 044 | Chicken & Chickpea Tomato Pot | 094 | Chickpea-Filled Cucumber Boats |
| 045 | Chicken & Avocado Rye Open Sandwiches | 095 | Baked Plums with Almond Topping |
| 046 | Chicken & Buckwheat Stuffed Tomatoes | 096 | Dark Chocolate, Raspberry & Hazelnut Plate |
| 047 | Chicken Feet, Cabbage & Carrot Soup | 097 | Avocado & Radish Rye Rounds |
| 048 | Chicken, Apple & Cabbage Braise | 098 | Date & Almond Spread on Warm Rye |
| 049 | Chicken, Black Bean & Purple Potato Bowl | 099 | Cinnamon Oven-Roasted Chickpeas |
| 050 | Chicken, Chanterelle & Spinach Parcels | 100 | Sweet Potato Rounds with Honey & Pecans |

001 / BREAKFAST



SPINACH & SHIITAKE OMELETS WITH RYE TOAST

Two folded omelets with tender mushrooms, wilted spinach and crisp rye toast.

Ingredients: eggs · spinach · commercially sold shiitake · baked rye bread · extra virgin oil · Himalayan salt

Make it: Soften shiitake and spinach; fill and fold individual omelets, cooking eggs fully. Serve with toasted rye.

002 / BREAKFAST



APPLE-WALNUT MILLET PORRIDGE

Soft millet, grated apple and toasted walnuts with a little cinnamon and maple.

Ingredients: proso millet · apple · walnuts · Ceylon cinnamon · maple syrup

Make it: Simmer millet and grated apple in water until soft; finish with walnuts, cinnamon and maple syrup.

003 / BREAKFAST



PEAR & HAZELNUT BUCKWHEAT BREAKFAST BAKE

A rustic baked square of buckwheat, tender pear and crunchy hazelnuts.

Ingredients: buckwheat · pear · hazelnuts · eggs · Ceylon cinnamon

Make it: Cook buckwheat in water, combine with beaten eggs and diced pear, and bake until eggs fully set; add hazelnuts and cinnamon.

004 / BREAKFAST



MANGO-POMEGRANATE CHIA POT

A chilled mango and chia pot with jewel-bright pomegranate and sliced almonds.

Ingredients: chia seeds · mango · pomegranate · almonds

Make it: Refrigerate chia soaked in water overnight; layer with mashed mango, pomegranate seeds and sliced almonds.

005 / BREAKFAST



SWEET POTATO BOATS WITH GOAT CHEESE & PECANS

Roasted sweet potato filled with creamy goat cheese, pecans and tart pomegranate.

Ingredients: sweet potato · goat cheese · pecans · pomegranate · extra virgin oil

Make it: Bake sweet potatoes until tender, split open and add goat cheese; warm briefly, then scatter pecans and pomegranate.

006 / BREAKFAST



TOMATO & BLACK BEAN BAKED EGGS

Fully set eggs nestled into a thick tomato and black bean skillet.

Ingredients: tomato · cooked black beans · eggs · red onion · garlic · extra virgin oil

Make it: Simmer tomatoes, onion, garlic and cooked beans into a thick sauce; add eggs and bake until whites and yolks are fully cooked.

007 / BREAKFAST



AVOCADO EGG RYE TOASTS WITH RADISH

Rye toast layered with avocado, firm egg slices and peppery radish.

Ingredients: baked rye bread · avocado · eggs · radish · watercress

Make it: Hard-boil eggs; spread mashed avocado over rye toast and top with sliced eggs, radish and watercress.

008 / BREAKFAST



QUINOA, KALE & CARROT BREAKFAST BAKE

A golden breakfast bake with quinoa, colourful vegetables and crumbled goat cheese.

Ingredients: quinoa · kale · carrot · red onion · eggs · goat cheese · extra virgin oil

Make it: Combine cooked quinoa, softened kale, carrot and onion with eggs and goat cheese; bake until the eggs are fully cooked.

009 / BREAKFAST



CHERRY & DARK CHOCOLATE BUCKWHEAT PORRIDGE

Warm buckwheat with juicy cherries, dark chocolate shavings and almonds.

Ingredients: buckwheat · pitted cherries · dark chocolate · almonds

Make it: Simmer buckwheat in water until soft; fold through warmed pitted cherries and finish with shaved dark chocolate and almonds.

010 / BREAKFAST



MILLET, DATE & WALNUT BREAKFAST SQUARES

Baked millet squares sweetened with soft dates and studded with walnuts.

Ingredients: proso millet · pitted Medjool dates · walnuts · eggs · Ceylon cinnamon

Make it: Mix water-cooked millet with chopped dates, walnuts, cinnamon and beaten eggs; bake until firm and fully cooked, then cut into squares.

011 / BREAKFAST



WARM CHICKPEA & TOMATO RYE TOASTS

Chunky chickpeas and warm tomatoes spooned over rye with wilted spinach.

Ingredients: cooked chickpeas · tomato · spinach · baked rye bread · garlic · extra virgin oil

Make it: Warm cooked chickpeas with chopped tomato, garlic and spinach; roughly mash and spoon over toasted rye.

012 / BREAKFAST



POTATO, KALE & GOUDA FRITTATA

A thick golden frittata filled with tender potato, kale and melting Gouda.

Ingredients: red potato · kale · Gouda · eggs · red onion · extra virgin oil

Make it: Parboil potato pieces, soften onion and kale, then combine with eggs and Gouda; bake until the eggs are fully set.

013 / BREAKFAST

**CARROT & RED LENTIL BREAKFAST SOUP**

A warm, softly textured lentil soup with sweet carrot and rye fingers.

Ingredients: carrot · red lentils · red onion · garlic · unsalted butter · baked rye bread

Make it: Simmer lentils, carrots, onion and garlic in water until soft; partially mash, stir in butter and serve with toasted rye fingers.

014 / BREAKFAST

**CUCUMBER, GOAT CHEESE & WALNUT RYE STACK**

Cool cucumber and soft goat cheese on rye, finished with crushed walnuts.

Ingredients: baked rye bread · cucumber · goat cheese · walnuts

Make it: Toast rye, spread with goat cheese and layer with thin cucumber ribbons and crushed walnuts.

015 / BREAKFAST

**TOMATO EGG CUPS WITH GREEN ONION**

Roasted tomatoes holding fully set eggs and tender spinach.

Ingredients: tomato · eggs · spinach · green onion · extra virgin oil

Make it: Hollow tomatoes, line with wilted spinach and fill with eggs; bake until fully cooked, then scatter green onion.

016 / BREAKFAST

**POMEGRANATE, PEAR & QUINOA BREAKFAST SALAD**

A cool grain salad with crisp pear, tart pomegranate and toasted hazelnuts.

Ingredients: quinoa · pomegranate · pear · hazelnuts · apple cider vinegar

Make it: Cool water-cooked quinoa, then toss with diced pear, pomegranate seeds, chopped hazelnuts and a little apple cider vinegar.

017 / BREAKFAST



SOFT MILLET WITH ROASTED BEETS & GOAT CHEESE

Creamy water-cooked millet beneath sweet roasted beets and tangy goat cheese.

Ingredients: proso millet · red beet · goat cheese · garlic · extra virgin oil

Make it: Roast diced beets and garlic; simmer millet in water until creamy, then spoon into bowls and top with beets and goat cheese.

018 / BREAKFAST



BAKED APPLES WITH CHIA-DATE FILLING

Warm whole apples filled with cinnamon, soft dates, chia and walnuts.

Ingredients: apple · chia seeds · pitted Medjool dates · walnuts · Ceylon cinnamon

Make it: Hydrate chia in water; combine with chopped dates, walnuts and cinnamon, fill cored apples and bake until the apples are tender.

019 / BREAKFAST



CHANTERELLE & POTATO BREAKFAST HASH

Tender chanterelles and roasted potatoes with soft onion and ribbons of kale.

Ingredients: commercially sold chanterelles · red potato · kale · red onion · garlic · extra virgin oil

Make it: Parboil potatoes, then roast with onion and oil; fold through thoroughly cooked commercial chanterelles, garlic and wilted kale.

020 / BREAKFAST



STEAMED BROCCOLI EGG CUSTARDS

Delicate, fully set egg custards with broccoli and a little Gouda.

Ingredients: eggs · broccoli · Gouda

Make it: Blend eggs with water, pour over tender broccoli and Gouda in ramekins, and steam gently until the eggs are fully cooked.

021 / FISH



ROASTED SOCKEYE SALMON, QUINOA & BROCCOLI

Roasted salmon and lightly browned broccoli over fluffy quinoa.

Ingredients: sockeye salmon · quinoa · broccoli · garlic · extra virgin oil · Himalayan salt

Make it: Roast salmon with garlic and oil until fully cooked; roast broccoli alongside and serve over water-cooked quinoa.

022 / FISH



SARDINE, RED POTATO, CUCUMBER & TOMATO BOWL

Warm red potatoes, rich sardines and crisp vegetables with a little oil and vinegar.

Ingredients: ready-to-eat canned sardines · red potato · cucumber · tomato · red onion · extra virgin oil · apple cider vinegar

Make it: Boil red potatoes until tender; combine with ready-to-eat sardines, cucumber, tomato and thin red onion, then add oil and apple cider vinegar.

023 / FISH



SALMON & CABBAGE PARCELS

Salmon steamed inside tender cabbage with fine carrot and green onion.

Ingredients: sockeye salmon · cabbage · carrot · green onion · extra virgin oil

Make it: Wrap salmon, shredded carrot and green onion in softened cabbage leaves; bake covered with a little water and oil until the fish is fully cooked.

024 / FISH



TOMATO SARDINE MILLET BAKE

A crisp-topped millet bake with tomatoes, sardines and melting Gouda.

Ingredients: ready-to-eat canned sardines · proso millet · tomato · garlic · Gouda · extra virgin oil

Make it: Combine cooked millet, tomatoes, garlic and ready-to-eat sardines; top with Gouda and bake until hot with a lightly browned surface.

025 / FISH



SALMON, ROASTED BEET & APPLE PLATE

Roasted salmon with sweet beets, crisp apple and a handful of watercress.

Ingredients: sockeye salmon · red beet · apple · watercress · walnuts · extra virgin oil · apple cider vinegar

Make it: Roast salmon and beets until fish is fully cooked and beets tender; plate with sliced apple, watercress, walnuts, oil and vinegar.

026 / FISH



SARDINE & AVOCADO RYE TOASTS

Creamy avocado and savoury sardines on rye with cool cucumber.

Ingredients: ready-to-eat canned sardines · baked rye bread · avocado · cucumber · green onion

Make it: Spread mashed avocado on rye toast; add ready-to-eat sardines, thin cucumber and sliced green onion.

027 / FISH



SALMON & RED LENTIL SOUP

Tender salmon pieces in a thick red lentil and tomato soup.

Ingredients: sockeye salmon · red lentils · carrot · tomato · red onion · garlic

Make it: Simmer lentils, carrot, tomato, onion and garlic in water until soft; add salmon pieces and cook gently until the fish is fully cooked.

028 / FISH



SARDINE & QUINOA STUFFED TOMATOES

Juicy baked tomatoes filled with quinoa, sardines and spinach.

Ingredients: ready-to-eat canned sardines · quinoa · tomato · spinach · garlic · extra virgin oil

Make it: Fill hollowed tomatoes with cooked quinoa, ready-to-eat sardines, spinach and garlic; drizzle with oil and bake until the tomatoes soften and filling is hot.

029 / FISH



SALMON & SWEET POTATO TRAY ROAST

Roasted salmon with caramelised sweet potato, red onion and crisp-edged kale.

Ingredients: sockeye salmon · sweet potato · red onion · kale · extra virgin oil · garlic

Make it: Roast sweet potato and onion with oil; add salmon, garlic and kale, continuing until the fish is fully cooked and vegetables tender.

030 / FISH



SARDINE & BLACK BEAN CABBAGE BOATS

Crisp cabbage leaves holding sardines, black beans and fresh vegetables.

Ingredients: ready-to-eat canned sardines · cooked black beans · cabbage · tomato · cucumber · avocado

Make it: Fill clean cabbage leaves with cooked black beans, ready-to-eat sardines, diced tomato and cucumber; finish with avocado.

031 / FISH



SALMON, BUCKWHEAT & SHIITAKE BOWL

Flaky salmon over nutty buckwheat with tender shiitake and spinach.

Ingredients: sockeye salmon · buckwheat · commercially sold shiitake · spinach · garlic · extra virgin oil

Make it: Cook buckwheat in water; roast salmon until fully cooked, and serve with thoroughly cooked shiitake, garlic and wilted spinach.

032 / FISH



SARDINE, ROASTED BEET & CHICKPEA SALAD

Earthy roasted beets and chickpeas with sardines, radish and watercress.

Ingredients: ready-to-eat canned sardines · red beet · cooked chickpeas · radish · watercress · extra virgin oil · apple cider vinegar

Make it: Roast beets until tender; combine with cooked chickpeas, ready-to-eat sardines, sliced radish and watercress, then add oil and vinegar.

033 / FISH



SALMON & BROCCOLI EGG BAKE

A golden egg bake with flaked salmon, broccoli and a light Gouda crust.

Ingredients: sockeye salmon · broccoli · eggs · Gouda · extra virgin oil

Make it: Combine fully cooked salmon and tender broccoli with beaten eggs and Gouda; bake until the eggs are fully set.

034 / FISH



BAKED SARDINE & POTATO PATTIES

Golden baked potato patties with sardines and green onion, served with brined cucumber.

Ingredients: ready-to-eat canned sardines · red potato · eggs · green onion · extra virgin oil · brined cucumber

Make it: Mix mashed cooked potatoes, ready-to-eat sardines, egg and green onion; shape patties and bake until eggs fully cook, then serve with brined cucumber.

035 / FISH



SALMON-STUFFED BAKED RED POTATOES

Fluffy baked potatoes filled with salmon, spinach and soft goat cheese.

Ingredients: sockeye salmon · red potato · spinach · goat cheese · extra virgin oil

Make it: Bake red potatoes; fill with fully cooked flaked salmon, wilted spinach and goat cheese, then return to the oven until hot.

036 / CHICKEN



CHICKEN, RED LENTIL, CARROT & KALE STEW

A comforting stew of tender shredded chicken, soft lentils, carrot and kale.

Ingredients: chicken from a whole bird · red lentils · carrot · kale · red onion · garlic · Himalayan salt

Make it: Simmer chicken with red lentils, carrots, onion and garlic until fully cooked; stir in kale, lightly shred the chicken and return it to the stew.

037 / CHICKEN



GARLIC ROAST CHICKEN WITH POTATOES & CARROTS

Golden roast chicken with tender red potatoes, sweet carrots and soft garlic.

Ingredients: chicken from a whole bird · red potato · carrot · garlic · extra virgin oil

Make it: Roast chicken pieces with red potatoes, carrots, garlic and oil until the chicken is fully cooked and vegetables are tender.

038 / CHICKEN



CHICKEN & MILLET CABBAGE ROLLS

Tender cabbage rolls packed with chicken and millet in a simple tomato sauce.

Ingredients: chicken from a whole bird · proso millet · cabbage · tomato · red onion · garlic · extra virgin oil

Make it: Wrap cooked shredded chicken, cooked millet and onion in softened cabbage leaves; bake covered in tomato and garlic sauce until hot.

039 / CHICKEN



CHICKEN & SHIITAKE BUCKWHEAT POT

A savoury one-pot supper of chicken, buckwheat, shiitake and kale.

Ingredients: chicken from a whole bird · buckwheat · commercially sold shiitake · kale · red onion · garlic · extra virgin oil

Make it: Brown chicken lightly in oil, add onion, garlic, shiitake, buckwheat and water; simmer until chicken fully cooks, then stir in kale.

040 / CHICKEN



CHICKEN & BLACK BEAN SWEET POTATO BOATS

Split sweet potatoes filled with chicken, black beans and a fresh avocado finish.

Ingredients: chicken from a whole bird · sweet potato · cooked black beans · tomato · avocado · green onion · extra virgin oil

Make it: Bake sweet potatoes; fill with fully cooked shredded chicken, warm black beans and tomato, then top with avocado and green onion.

041 / CHICKEN

**CHICKEN, QUINOA & BROCCOLI BAKE**

A bubbling quinoa bake with chicken, broccoli and a golden Gouda top.

Ingredients: chicken from a whole bird · quinoa · broccoli · Gouda · garlic · extra virgin oil

Make it: Combine fully cooked chicken, cooked quinoa, tender broccoli and garlic; scatter Gouda over the top and bake until thoroughly hot.

042 / CHICKEN

**CHICKEN, TURNIP & CARROT BROTH**

Clear chicken broth with tender turnip, carrot and sliced green onion.

Ingredients: chicken from a whole bird · turnip · carrot · green onion · Himalayan salt

Make it: Gently simmer bone-in chicken, turnip and carrot in water until chicken fully cooks; remove bones and finish with sliced green onion.

043 / CHICKEN

**ROAST CHICKEN, BEET & WATERCRESS PLATE**

Sliced roast chicken with sweet beets, tangy goat cheese and crunchy walnuts.

Ingredients: chicken from a whole bird · red beet · watercress · goat cheese · walnuts · extra virgin oil

Make it: Roast chicken and beets until the chicken is fully cooked; slice and serve with watercress, goat cheese and walnuts.

044 / CHICKEN

**CHICKEN & CHICKPEA TOMATO POT**

Braised chicken and chickpeas in a thick tomato sauce with tender kale.

Ingredients: chicken from a whole bird · cooked chickpeas · tomato · red onion · garlic · kale · extra virgin oil

Make it: Braise chicken pieces with tomato, onion, garlic and water until fully cooked; add cooked chickpeas and kale and simmer until hot and tender.

045 / CHICKEN

**CHICKEN & AVOCADO RYE OPEN SANDWICHES**

Rye topped with roast chicken, avocado, tomato and sharp brined cucumber.

Ingredients: chicken from a whole bird · baked rye bread · avocado · brined cucumber · tomato · green onion

Make it: Layer fully cooked sliced chicken, mashed avocado, tomato and brined cucumber over toasted rye; finish with sliced green onion.

046 / CHICKEN

**CHICKEN & BUCKWHEAT STUFFED TOMATOES**

Baked tomatoes filled with chicken, buckwheat and mushrooms under soft goat cheese.

Ingredients: chicken from a whole bird · buckwheat · tomato · commercially sold shiitake · goat cheese · garlic · extra virgin oil

Make it: Fill hollowed tomatoes with fully cooked chicken, cooked buckwheat, thoroughly cooked shiitake and garlic; add goat cheese and bake until hot.

047 / CHICKEN

**CHICKEN FEET, CABBAGE & CARROT SOUP**

A slow-simmered chicken-foot soup with soft cabbage, carrot and garlic.

Ingredients: cleaned chicken feet · cabbage · carrot · garlic · green onion · Himalayan salt

Make it: Simmer cleaned chicken feet with carrot, cabbage and garlic until fully cooked and tender; finish with sliced green onion.

048 / CHICKEN

**CHICKEN, APPLE & CABBAGE BRAISE**

Gently braised chicken with soft apple, cabbage and a bright vinegar finish.

Ingredients: chicken from a whole bird · apple · cabbage · red onion · apple cider vinegar · extra virgin oil

Make it: Lightly brown chicken in oil, add cabbage, apple, onion, water and vinegar; cover and braise until chicken fully cooks and vegetables soften.

049 / CHICKEN



CHICKEN, BLACK BEAN & PURPLE POTATO BOWL

A colourful bowl of chicken, black beans, purple potato and fresh tomato.

Ingredients: chicken from a whole bird · cooked black beans · purple potato · tomato · avocado · green onion · extra virgin oil

Make it: Roast chicken and purple potato until chicken fully cooks; arrange with warm cooked black beans, tomato, avocado and green onion.

050 / CHICKEN



CHICKEN, CHANTERELLE & SPINACH PARCELS

Juicy baked chicken parcels with golden chanterelles, spinach and tender potatoes.

Ingredients: chicken from a whole bird · commercially sold chanterelles · spinach · green onion · red potato · extra virgin oil

Make it: Enclose chicken, thoroughly cooked commercial chanterelles, spinach and green onion in parchment; bake until chicken fully cooks and serve with boiled red potatoes.

051 / MEAT



SLOW BEEF-SHIN & MUSHROOM STEW WITH BUCKWHEAT

Tender beef shin, shiitake and carrots in rich cooking juices beside nutty buckwheat.

Ingredients: Beef shin/shank · Buckwheat groats · Commercially sold shiitake · Carrots · Red onion · Garlic · Kolymvari extra virgin oil · Himalayan salt, optional

Make it: Gently braise beef with onion and garlic; add carrots and shiitake until tender. Serve with separately cooked buckwheat.

052 / MEAT



TOMATO-BRAISED BEEF SHANK WITH TURNIPS

Beef shank and pale turnip wedges soften together in a deep red tomato braise.

Ingredients: Beef shin/shank · Tomato · Turnip · Red onion · Garlic · Kolymvari extra virgin oil

Make it: Cover beef shank, chopped tomatoes, turnips, onion and garlic with a little water and oil; braise gently until the meat separates easily.

053 / MEAT



BEEF & MILLET CABBAGE PARCELS

Soft cabbage leaves wrap shredded beef and millet beneath a spoonful of tomato juices.

Ingredients: Beef shin/shank · Proso millet · Red or green cabbage · Tomato · Red onion · Garlic · Kolymvari extra virgin oil

Make it: Braise beef until tender and shred. Wrap with cooked millet in softened cabbage leaves; bake covered over chopped tomatoes, onion and a splash of water.

054 / MEAT



GARLIC ROAST BEEF WITH PURPLE POTATOES

Carved roast beef meets purple potatoes and broccoli with golden roasted garlic.

Ingredients: Grass-fed beef · Purple potatoes · Broccoli · Garlic · Kolymvari extra virgin oil

Make it: Roast a small beef joint with garlic and oiled purple potatoes; add broccoli near the end. Rest, then slice the fully cooked beef.

055 / MEAT



WARM BEEF, ONION & WATERCRESS RYE

Tender sliced beef and sweet roasted onion cover thick rye with a fresh watercress finish.

Ingredients: Grass-fed beef · Rye bread baked from the mix · Red onion · Watercress · Kolymvari extra virgin oil

Make it: Oven-roast beef and oiled onion wedges. Rest and slice the cooked beef; layer on toasted, already-baked rye with onion and watercress.

056 / MEAT



BEEF & SWEET POTATO COTTAGE BAKE

A golden sweet potato lid covers shredded beef, carrots and soft onion.

Ingredients: Beef shin/shank · Sweet potatoes · Carrots · Red onion · Garlic · Kolymvari extra virgin oil

Make it: Braise beef with carrots, onion and garlic; shred into its reduced juices. Cover with mashed cooked sweet potato and bake until the top browns.

057 / MEAT



LAMB, CHICKPEA & TOMATO STEW

Slow-cooked lamb and chickpeas fill a thick, garlicky tomato stew.

Ingredients: Lamb · Cooked chickpeas · Tomato · Red onion · Garlic · Kolymvari extra virgin oil

Make it: Braise lamb pieces with tomatoes, onion, garlic and water until tender. Stir in fully cooked chickpeas and simmer until the juices thicken.

058 / MEAT



SLOW LAMB SHOULDER WITH SWEET POTATOES

Pull-apart lamb shoulder rests beside sweet potato chunks and deeply roasted red onion.

Ingredients: Lamb · Sweet potatoes · Red onion · Garlic · Kolymvari extra virgin oil

Make it: Slow-roast lamb shoulder, garlic and onion covered with a splash of water; add sweet potato chunks, then uncover to brown once everything is tender.

059 / MEAT



LAMB & QUINOA STUFFED TOMATOES

Roasted tomatoes hold tender lamb, fluffy quinoa and wilted spinach.

Ingredients: Lamb · Quinoa · Tomato · Spinach · Red onion · Kolymvari extra virgin oil

Make it: Braise lamb and onion until tender, chop, and combine with cooked quinoa and spinach. Fill hollowed tomatoes and bake until the tomato walls soften.

060 / MEAT



LAMB, RED LENTIL & TURNIP POT

Tender lamb, soft red lentils and turnip make a thick, comforting pot of stew.

Ingredients: Lamb · Red lentils · Turnip · Carrots · Red onion · Garlic

Make it: Simmer lamb with onion and garlic until tender. Add turnip, carrot and rinsed red lentils, then cook gently until the vegetables and lentils soften.

061 / MEAT

**BEET-BRAISED LAMB WITH MILLET**

Beets tint slow-braised lamb ruby red, with millet and a bright pomegranate finish.

Ingredients: Lamb · Red beets · Proso millet · Red onion · Pomegranate seeds · Kolymvari extra virgin oil

Make it: Braise lamb, beet wedges and onion until tender. Serve beside cooked millet and finish with fresh pomegranate seeds.

062 / MEAT

**VENISON ROAST WITH BEETS & BUCKWHEAT**

Sliced venison roast, earthy beets and buckwheat share a spoonful of warm roasting juices.

Ingredients: Venison · Red beets · Buckwheat groats · Garlic · Kolymvari extra virgin oil

Make it: Roast venison with oiled beet wedges and garlic. Rest the cooked meat, slice, and serve with separately simmered buckwheat and roasting juices.

063 / MEAT

**PLUM-BRAISED VENISON OVER TURNIP MASH**

Soft plums and red onion enrich tender venison over smooth turnip mash.

Ingredients: Venison · Plums · Red onion · Turnip · Kolymvari extra virgin oil

Make it: Braise venison and red onion until tender, adding pitted plums toward the end. Serve over cooked turnip mashed with oil and a little cooking water.

064 / MEAT

**VENISON, CABBAGE & RED POTATO BAKE**

Tender venison lies beneath soft cabbage and a golden layer of red-skinned potatoes.

Ingredients: Venison · Red or green cabbage · Red potatoes · Carrots · Red onion · Garlic · Kolymvari extra virgin oil

Make it: Braise venison with carrots, onion and garlic. Layer with softened cabbage and thin red potato slices; bake covered until tender, then uncover to brown.

065 / MEAT



VENISON & SHIITAKE STUFFED SWEET POTATOES

Baked sweet potatoes cradle tender venison, shiitake and fluffy quinoa.

Ingredients: Venison · Commercially sold shiitake · Sweet potatoes · Quinoa · Red onion · Garlic · Kolymvari extra virgin oil

Make it: Braise diced venison with onion, garlic and shiitake until tender. Mix with cooked quinoa and spoon into split, fully baked sweet potatoes.

066 / PLANT DISHES



CHICKPEA, ROASTED BEET & AVOCADO BOWL

Sweet roasted beets, creamy avocado and chickpeas meet crisp cucumber, spinach and red onion.

Ingredients: Cooked chickpeas · Red beets · Avocado · Cucumber · Spinach · Red onion · Kolymvari extra virgin oil · Organic apple cider vinegar · Himalayan salt, optional

Make it: Roast oiled beet pieces until tender. Arrange with fully cooked chickpeas, spinach, cucumber, sliced avocado and onion; finish with oil and apple cider vinegar.

067 / PLANT DISHES



BLACK BEAN & AVOCADO SWEET POTATOES

Soft baked sweet potatoes hold warm black beans, juicy tomato and creamy avocado.

Ingredients: Cooked black beans · Sweet potatoes · Avocado · Tomato · Green onion · Kolymvari extra virgin oil

Make it: Bake sweet potatoes until soft. Warm fully cooked black beans with chopped tomato and a splash of water; spoon inside and add avocado and green onion.

068 / PLANT DISHES



LENTIL & QUINOA CABBAGE ROLLS

Tender cabbage rolls carry red lentils and quinoa through a chunky tomato braise.

Ingredients: Red lentils · Quinoa · Red or green cabbage · Tomato · Carrots · Red onion · Kolymvari extra virgin oil

Make it: Cook lentils and quinoa separately. Mix with finely chopped carrot and onion, wrap in softened cabbage leaves, and bake covered in chopped tomatoes and water.

069 / PLANT DISHES



MILLET & SHIITAKE BAKED TOMATOES

Roasted tomato shells hold fluffy millet, earthy shiitake and soft spinach.

Ingredients: Proso millet · Commercially sold shiitake · Tomato · Spinach · Garlic · Kolymvari extra virgin oil

Make it: Cook millet. Roast chopped shiitake with garlic and oil, combine with millet and wilted spinach, then fill hollowed tomatoes and bake until tender.

070 / PLANT DISHES



BLACK BEAN & RED POTATO LAYERED BAKE

Black beans and tomato tuck beneath a lightly browned red potato topping.

Ingredients: Cooked black beans · Red potatoes · Tomato · Red onion · Garlic · Kolymvari extra virgin oil

Make it: Simmer fully cooked black beans with tomato, onion and garlic. Cover with thin red potato slices, brush with oil, and bake covered until tender.

071 / PLANT DISHES



RED LENTIL, CARROT & SPINACH SOUP

Soft carrots and red lentils make a thick soup streaked with tender spinach.

Ingredients: Red lentils · Carrots · Spinach · Red onion · Garlic · Kolymvari extra virgin oil

Make it: Simmer rinsed lentils, carrots, onion and garlic in water until soft. Stir in spinach and a little oil, then cook until the leaves wilt.

072 / PLANT DISHES



CHICKPEA, TURNIP & CABBAGE STEW

Whole chickpeas, sweet carrots and turnip simmer with ribbons of tender cabbage.

Ingredients: Cooked chickpeas · Turnip · Red or green cabbage · Carrots · Red onion · Garlic · Kolymvari extra virgin oil

Make it: Braise turnip, carrots, onion, garlic and cabbage in water with oil. Add fully cooked chickpeas and simmer until the vegetables are soft.

073 / PLANT DISHES



ROASTED BROCCOLI & QUINOA AVOCADO BOATS

Creamy avocado halves hold quinoa and roasted broccoli with a sharp vinegar finish.

Ingredients: Avocado · Broccoli · Quinoa · Green onion · Kolymvari extra virgin oil · Organic apple cider vinegar

Make it: Cook quinoa and roast oiled broccoli. Let them cool slightly, combine with green onion and vinegar, then spoon into halved, pitted avocados.

074 / PLANT DISHES



BUCKWHEAT WITH CHANTERELLES & KALE

Golden chanterelles and tender kale fold through nutty buckwheat with roasted garlic.

Ingredients: Buckwheat groats · Commercially sold golden chanterelles · Kale · Garlic · Kolymvari extra virgin oil

Make it: Roast commercially sold chanterelles and garlic with oil until cooked. Fold into cooked buckwheat with steamed kale and a splash of cooking water.

075 / PLANT DISHES



BAKED BEET, BLACK BEAN & MILLET PATTIES

Ruby beet and black bean patties bake until firm, with millet and a crisp cucumber side.

Ingredients: Red beets · Cooked black beans · Proso millet · Cucumber · Red onion · Garlic · Kolymvari extra virgin oil

Make it: Mash cooked beets and black beans with thick cooked millet, onion and garlic. Shape small patties, chill, then bake until firm; serve with cucumber.

076 / PLANT DISHES



SMASHED CHICKPEA & CUCUMBER RYE

Chunky chickpeas and cool cucumber sit on rye with radish and green onion.

Ingredients: Cooked chickpeas · Rye bread baked from the mix · Cucumber · Radish · Green onion · Kolymvari extra virgin oil · Organic apple cider vinegar

Make it: Mash fully cooked chickpeas with oil and vinegar. Spread on toasted, already-baked rye and top with cucumber, thin radish and green onion.

077 / PLANT DISHES



SWEET POTATO & LENTIL CASSEROLE

Tender sweet potato rounds top a thick lentil filling with tomato and kale.

Ingredients: Sweet potatoes · Red lentils · Tomato · Kale · Red onion · Garlic · Kolymvari extra virgin oil

Make it: Simmer lentils with tomato, onion and garlic until thick; fold in kale. Cover with thin sweet potato rounds and bake covered until tender.

078 / PLANT DISHES



PURPLE POTATO, QUINOA & WATERCRESS BOWL

Roasted purple potatoes and quinoa meet peppery watercress, tomato and creamy avocado.

Ingredients: Purple potatoes · Quinoa · Watercress · Tomato · Avocado · Kolymvari extra virgin oil · Organic apple cider vinegar

Make it: Roast oiled purple potato chunks and cook quinoa. Combine while warm with watercress and tomato; add avocado and finish with apple cider vinegar.

079 / PLANT DISHES



ROAST CABBAGE WITH CHICKPEA & WALNUT CRUMBLE

Caramelized cabbage wedges carry rough chickpea mash and warm, crunchy walnuts.

Ingredients: Red or green cabbage · Cooked chickpeas · Walnuts · Garlic · Kolymvari extra virgin oil

Make it: Roast oiled cabbage wedges until tender. Roughly mash cooked chickpeas with garlic and water; spoon over, add chopped walnuts, and bake briefly to warm.

080 / PLANT DISHES



BLACK BEAN, TOMATO & KALE SOUP

Whole black beans and soft kale give this rich tomato soup plenty of texture.

Ingredients: Cooked black beans · Tomato · Kale · Carrots · Red onion · Garlic · Kolymvari extra virgin oil

Make it: Simmer tomato, carrot, onion and garlic in water until soft. Add fully cooked black beans and kale, then simmer until the leaves are tender.

081 / PLANT DISHES

**LENTIL & SPINACH STUFFED BEETS**

Roasted beet cups hold soft red lentils and spinach with a walnut finish.

Ingredients: Red beets · Red lentils · Spinach · Walnuts · Garlic · Kolymvari extra virgin oil

Make it: Roast large beets until tender and scoop shallow centres. Fill with cooked lentils, garlic and spinach; add chopped walnuts and return briefly to the oven.

082 / PLANT DISHES

**MILLET & BLACK BEAN STUFFED TURNIPS**

Tender baked turnips surround a savory filling of millet, black beans and tomato.

Ingredients: Turnip · Proso millet · Cooked black beans · Tomato · Red onion · Garlic · Kolymvari extra virgin oil

Make it: Bake large turnips until tender and hollow them. Fill with cooked millet, cooked black beans, tomato, onion and garlic; bake again until everything is hot.

083 / PLANT DISHES

**BROCCOLI, CHICKPEA & QUINOA BAKE**

Broccoli florets rise through a firm chickpea and quinoa bake with a golden top.

Ingredients: Broccoli · Cooked chickpeas · Quinoa · Garlic · Kolymvari extra virgin oil

Make it: Mash cooked chickpeas with garlic, oil and water. Combine with cooked quinoa and steamed broccoli; press into a baking dish and bake until set.

084 / PLANT DISHES

**SAVORY MILLET WITH SWEET POTATO & SPINACH**

Soft millet porridge folds around sweet potato cubes and tender spinach.

Ingredients: Proso millet · Sweet potatoes · Spinach · Red onion · Garlic · Kolymvari extra virgin oil

Make it: Simmer millet, small sweet potato cubes, onion and garlic in water until soft and creamy. Stir in spinach and oil, and cook until wilted.

085 / PLANT DISHES

**CHICKPEA, APPLE & RED CABBAGE BRAISE**

Sweet apple wedges and red cabbage soften around chickpeas with a gentle vinegar tang.

Ingredients: Cooked chickpeas · Apple · Red or green cabbage · Red onion · Kolymvari extra virgin oil · Organic apple cider vinegar

Make it: Braise shredded red cabbage, apple wedges and onion with water, oil and vinegar. Add fully cooked chickpeas and cook until the cabbage becomes tender.

086 / SNACKS & SWEETS

**ORCHARD FRUIT & NUT PLATE**

Crisp apple, juicy pear and groundcherries share a simple plate with walnuts and hazelnuts.

Ingredients: Apple · Pears · Peruvian groundcherries · Walnuts · Hazelnuts

Make it: Slice apple and pear, remove the papery husks from groundcherries, and arrange with shelled walnuts and hazelnuts.

087 / SNACKS & SWEETS

**WALNUT-STUFFED CINNAMON DATES**

Soft Medjool dates open around crunchy walnuts with a light touch of cinnamon.

Ingredients: Medjool dates · Walnuts · Ceylon cinnamon

Make it: Slit and pit Medjool dates, tuck walnut pieces inside, and finish with a light dusting of Ceylon cinnamon.

088 / SNACKS & SWEETS

**PECAN-STUFFED BAKED APPLES**

Tender baked apples hold warm pecans, honey and fragrant cinnamon.

Ingredients: Apple · Pecans · Raw honey · Ceylon cinnamon

Make it: Core apples without cutting through their bases. Fill with chopped pecans, honey and cinnamon; bake with a splash of water until tender.

089 / SNACKS & SWEETS



TEA-POACHED PEARS WITH BLACKBERRIES

Soft pears soak up black tea while warm blackberries add a deep purple finish.

Ingredients: Pears · Blackberries · Brewed black tea · Ceylon cinnamon

Make it: Brew black tea, remove the leaves, and gently poach peeled pear halves with cinnamon. Add blackberries near the end and serve with the warm juices.

090 / SNACKS & SWEETS



APPLE & CINNAMON CHIA CUP

Chia thickens apple and water into a cool, softly textured cinnamon spoonful.

Ingredients: Chia seeds · Apple · Ceylon cinnamon

Make it: Blend peeled apple with water and cinnamon, stir in chia, and refrigerate until fully hydrated and spoonable, stirring again during thickening.

091 / SNACKS & SWEETS



MANGO TAPIOCA WATER PUDDING

Tender tapioca pearls sit in a glossy mango pudding with a touch of maple.

Ingredients: Tapioca pearls · Mango · Maple syrup

Make it: Cook tapioca pearls in water according to their package until translucent. Fold in mashed mango and maple syrup, then chill and add diced mango.

092 / SNACKS & SWEETS



GOAT CHEESE & CUCUMBER RYE BITES

Cool cucumber and soft goat cheese cover small pieces of toasted rye.

Ingredients: Rye bread baked from the mix · Goat cheese, if tolerated · Cucumber · Green onion

Make it: Toast already-baked rye and cut into small pieces. Add goat cheese, if tolerated, then cucumber slices and finely cut green onion.

093 / SNACKS & SWEETS

**ROASTED CARROT & WALNUT DIP WITH RYE**

Sweet roasted carrots and walnuts blend into a rustic dip for crisp rye toast.

Ingredients: Carrots · Walnuts · Rye bread baked from the mix · Garlic · Kolymvari extra virgin oil

Make it: Roast carrots and garlic with oil, then blend with walnuts and water into a thick dip. Serve with toasted slices of already-baked rye.

094 / SNACKS & SWEETS

**CHICKPEA-FILLED CUCUMBER BOATS**

Crunchy cucumber boats hold rough chickpea mash, chopped tomato and green onion.

Ingredients: Cucumber · Cooked chickpeas · Tomato · Green onion · Kolymvari extra virgin oil · Organic apple cider vinegar

Make it: Halve cucumber lengths and scoop shallow channels. Mash fully cooked chickpeas with oil and vinegar, spoon inside, and top with tomato and green onion.

095 / SNACKS & SWEETS

**BAKED PLUMS WITH ALMOND TOPPING**

Warm plum halves release ruby juices beneath a simple chopped-almond topping.

Ingredients: Plums · Almonds · Maple syrup · Ceylon cinnamon

Make it: Halve and pit plums. Add chopped almonds, maple syrup and cinnamon, then bake with a splash of water until the fruit softens.

096 / SNACKS & SWEETS

**DARK CHOCOLATE, RASPBERRY & HAZELNUT PLATE**

Fresh raspberries and toasted hazelnuts accompany a few pieces of dark chocolate.

Ingredients: Dark chocolate · Raspberries · Hazelnuts

Make it: Oven-toast shelled hazelnuts and let them cool. Arrange beside fresh raspberries and broken pieces of dark chocolate.

097 / SNACKS & SWEETS

**AVOCADO & RADISH RYE ROUNDS**

Creamy avocado meets crisp radish and watercress on small rye rounds.

Ingredients: Avocado · Radish · Watercress · Rye bread baked from the mix · Organic apple cider vinegar

Make it: Cut already-baked rye into small rounds and toast. Mash avocado with a little vinegar, spread on top, and add radish slices and watercress.

098 / SNACKS & SWEETS

**DATE & ALMOND SPREAD ON WARM RYE**

A coarse date and almond spread softens over warm slices of rye.

Ingredients: Medjool dates · Almonds · Rye bread baked from the mix · Ceylon cinnamon

Make it: Soften pitted dates in hot water, then blend with almonds and cinnamon into a coarse spread. Spoon onto warm, already-baked rye toast.

099 / SNACKS & SWEETS

**CINNAMON OVEN-ROASTED CHICKPEAS**

Oven-roasted chickpeas turn crisp at the edges with a warm cinnamon finish.

Ingredients: Cooked chickpeas · Ceylon cinnamon · Kolymvari extra virgin oil

Make it: Dry fully cooked chickpeas thoroughly, toss with a little oil, and oven-roast until crisp at the edges. Toss with cinnamon while warm.

100 / SNACKS & SWEETS

**SWEET POTATO ROUNDS WITH HONEY & PECANS**

Soft roasted sweet potato rounds carry warm honey and roughly chopped pecans.

Ingredients: Sweet potatoes · Pecans · Raw honey · Ceylon cinnamon · Kolymvari extra virgin oil

Make it: Slice sweet potatoes into thick rounds, brush with oil and roast until tender. Add honey, cinnamon and chopped pecans for the final few minutes.