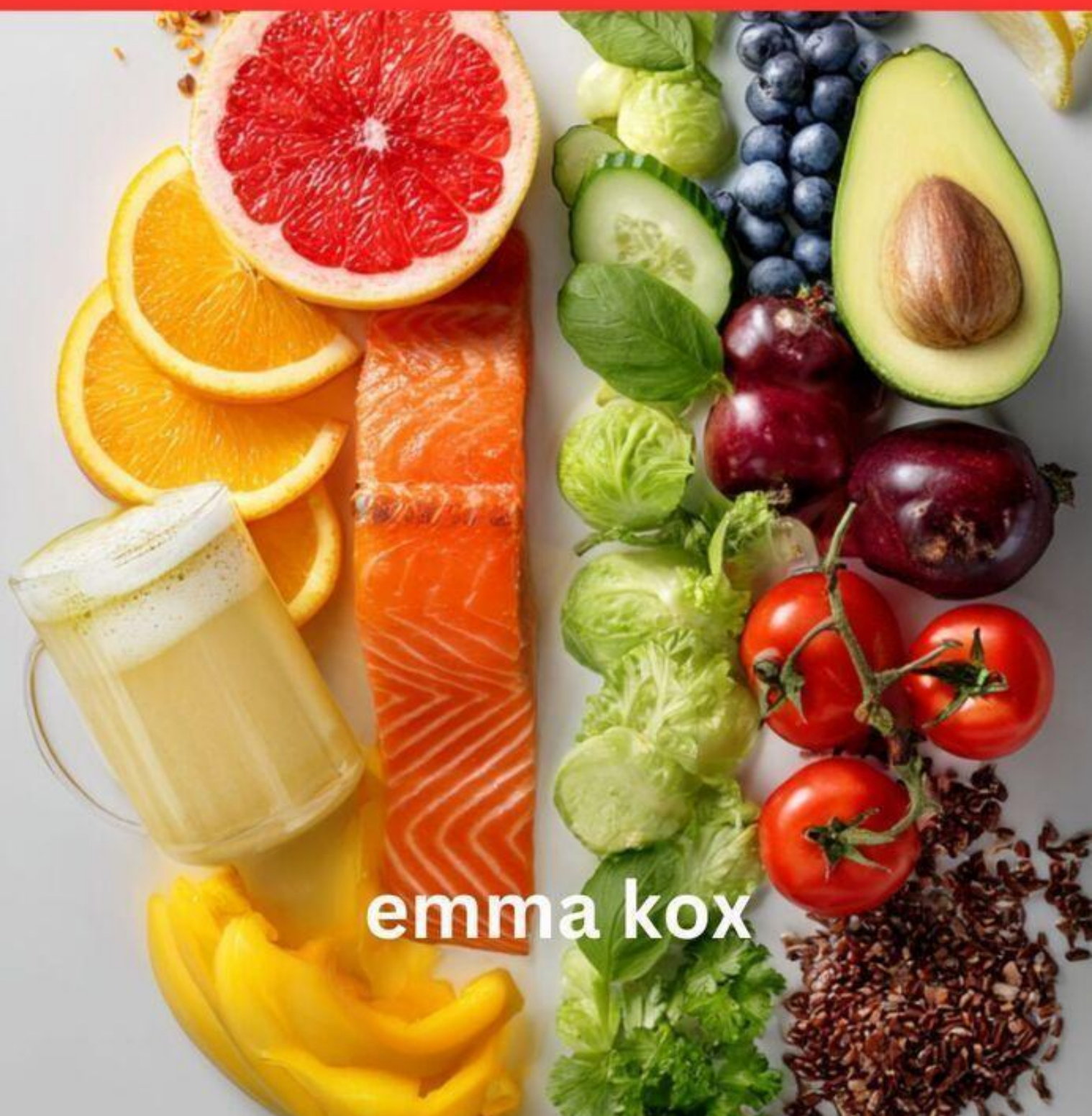


18+

Healthy Eating Recipes



emma kox

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Healthy eating recipies

«Издательские решения»

Kox E.

Healthy eating recipies / E. Kox — «Издательские решения»,

A book about healthy eating and a long, healthy life without pills or illness. Secrets of proper nutrition, diets for improving health or your figure, delicious recipes for a variety of healthy dishes from around the world. Tips and recipes from celebrities. A healthy eating culture accessible to everyone.

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Healthy eating recipies

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A healthy diet is a rational and balanced diet that provides the body with all the necessary nutrients in the right amount. It involves eating a variety of foods that include proteins, fats, carbohydrates, vitamins, minerals and other nutrients. Proteins are the building material for the tissues and cells of the body. They are involved in the processes of tissue growth and repair, and also serve as a source of energy. Proteins can be obtained from meat, fish, dairy products, eggs, legumes and nuts.

Fats are an important source of energy for the body and are necessary for the absorption of certain vitamins. They help maintain the health of the skin and hair, and are also involved in many processes occurring in the body. Fats can be obtained from fish, nuts, avocados, olive oil and other products. Carbohydrates are the main source of energy for the body. They are essential for the proper functioning of the brain and muscles, and also help maintain the health of the digestive system. Carbohydrates can be obtained from fruits, vegetables, grains, bread, pasta and other products.

Vitamins and minerals are micronutrients that are necessary for the proper functioning of the body. Vitamins are involved in many processes in the body, such as immune defense, regulation of metabolism and tissue growth. Minerals are involved in bone formation, balanced metabolism and other important functions. They can be obtained from fruits, vegetables, green leaves, nuts and grains. They can be obtained from fruits, vegetables, green leaves, nuts and grains. A healthy diet also involves moderate consumption of sweet, fatty and salty foods. The diet should be varied and balanced, taking into account the needs of the body depending on. A healthy diet is the basis for a healthy lifestyle. It provides the body with essential nutrients that help maintain health and prevent the development of many diseases. In this chapter, we will talk about what a healthy diet is, what nutrients the body needs and how they affect our health.



Definition of a healthy diet

First of all, a healthy diet is a rational, balanced diet that provides the body with all the necessary nutrients in the right amount. A healthy diet does not mean giving up your favorite foods, but rather means moderation and diversity in nutrition.

Nutrients

Nutrients are certain substances that are necessary for the growth, development and maintenance of the body's health. They include proteins, fats, carbohydrates, vitamins, minerals and other important substances. Each nutrient plays its role in the body, and it is necessary to get them in the right ratio.

Squirrels

Proteins are the main building blocks of our body. They consist of amino acids and are necessary for the growth, repair and maintenance of body tissues. Proteins can be obtained from various foods such as meat, fish, eggs, legumes and nuts.

Fats

Fats are a source of energy for the body, necessary for the absorption of vitamins, maintaining healthy skin and hair, as well as for the functioning of the brain. Although fats are necessary for the body, it is important to consume them in moderation. Fats can be obtained from fish, nuts, avocados, olive oil and other products.

Carbohydrates

Carbohydrates are the main source of energy for the body. They are also necessary for the proper functioning of the brain

Vitamins and minerals

Vitamins and minerals are micronutrients that are necessary for the proper functioning of the body. Vitamins are involved in many processes in the body, such as immune defense, regulation of metabolism and tissue growth.



Minerals are involved in bone formation, balanced metabolism and other important functions. They can be obtained from fruits, vegetables, green leaves, nuts and grains.

Rational nutrition

Rational nutrition is a diet that takes into account the needs of the body for nutrients. It should be balanced, including a variety of foods, and meet the needs of the body depending on gender, age and physical activity. Rational nutrition also means eating in moderation and controlling the calorie content of food.

A rational and balanced diet is one of the main principles of a healthy diet. It involves eating a varied and balanced diet containing all the necessary nutrients.

Every day we need to get enough protein, fat, carbohydrates, vitamins and minerals to maintain health and well-being.

A balanced diet also means eating food in the right proportions. For example, carbohydrates should make up about 50% of total calories, fats

— about 30%, and proteins — about 20%. The specific proportions may vary depending on individual needs.

THE MOST (Balanced, Adequate, Optimal, Diverse, Natural) is another approach to healthy eating. This approach assumes that food should be balanced, i.e. contain all the necessary nutrients, adequate, i.e. meet the body's needs for food, optimal, i.e. meet the needs of a particular person, diverse, i.e. include various foods and dishes, and natural, i.e. be natural and not processed.

It is also important to take into account the calorie content of food and control its consumption. Overeating can lead to weight gain and the occurrence of various diseases, such as obesity, diabetes and cardiovascular diseases.

In general, a rational and balanced diet is the basis for a healthy lifestyle. This helps not only to maintain health, but also to improve mood and increase energy levels.



Healthy eating is the key to a healthy lifestyle. The nutrients we get from food play an important role in our body and affect our health. Rational nutrition, which includes a varied and balanced diet, helps to maintain health and prevent the development of many diseases. In the following chapters, we will learn more about specific nutrients, healthy eating strategies, and diets for specific diseases.

Chapter 1: Healthy Menu

A healthy diet is not only the right choice of products, but also their correct combination in the diet throughout the day. In this chapter, we will look at how to make a healthy menu to get all the necessary nutrients and vitamins, as well as present several recipes for healthy dishes.

Proper nutrition during the day Proper nutrition during the day includes 3 main meals — breakfast, lunch and dinner, as well as 2—3

snacks. Breakfast should be substantial and contain carbohydrates, proteins and fats. Lunch is the main meal, which should contain all the necessary nutrients.

Dinner should be light and best of all consist of vegetables, proteins and complex carbohydrates.

Snacks between main meals should be light, but nutritious, for example, fruits, nuts, yogurt.

A healthy diet.

A healthy diet should be balanced and contain all the necessary nutrients. It should include various foods such as vegetables, fruits, grains, protein products and dairy products. Meat and fish

consumption should be moderate. It is best to choose low-fat types of meat and fish, and also prefer boiled or baked dishes. It is also recommended to drink enough water and avoid excessive consumption of salt and sugar.

Healthy Food Recipes 1. Vegetable stew with chicken breast and rice Ingredients:

2 chicken breasts

2 onions

2 carrots

2 peppers

1 eggplant

1 cup of rice

2 cups of water

salt, pepper, herbs

Preparation:

Cut the chicken breast into cubes and fry in a frying pan until golden brown.

Cut onion into half rings, carrot and pepper Add lemon juice, olive oil, salt and pepper to taste.

Serve vegetable salad with couscous and chilled feta

Place the lid on the pan and cook over medium heat for about 15—20 minutes, until the rice is soft and absorbs all the liquid.

When ready, sprinkle with herbs and serve hot.

2. Baked salmon with vegetables Ingredients:

2 salmon fillets

2 zucchini

2 carrots

1 red pepper

1 yellow pepper

2 tablespoons olive oil

salt, pepper, lemon juice, herbs

Preparation:

Preheat the oven to 200 degrees.

Cut the zucchini, carrots and peppers into strips.

Rub the salmon fillet with salt, pepper and lemon juice.

Arrange the vegetables on a baking sheet, put the salmon fillet on top.

Drizzle with olive oil.

Bake in a preheated oven for about 20—25 minutes until cooked.

Serve the dish, sprinkle with herbs and add lemon slices.

Green salad with couscous and avocado Ingredients:

1/2 cup couscous

1 large cucumber

1 large tomato

1 avocado

1 lemon

2 tablespoons olive oil

1/4 cup fresh mint

salt and pepper to taste

Preparation:

Prepare the couscous according to the instructions on the package.

Cut the cucumber, tomatoes and avocado into small pieces.

Mix all the ingredients in a large bowl and season with lemon juice, olive oil, salt and pepper.

3. Quinoa salad with tuna and vegetables Ingredients:

1/2 cup quinoa
1 can of tuna in its own juice
1 red pepper
1 yellow pepper
1 cucumber
1/2 red onion
2 tablespoons olive oil
1 tablespoon red wine vinegar
salt and pepper to taste

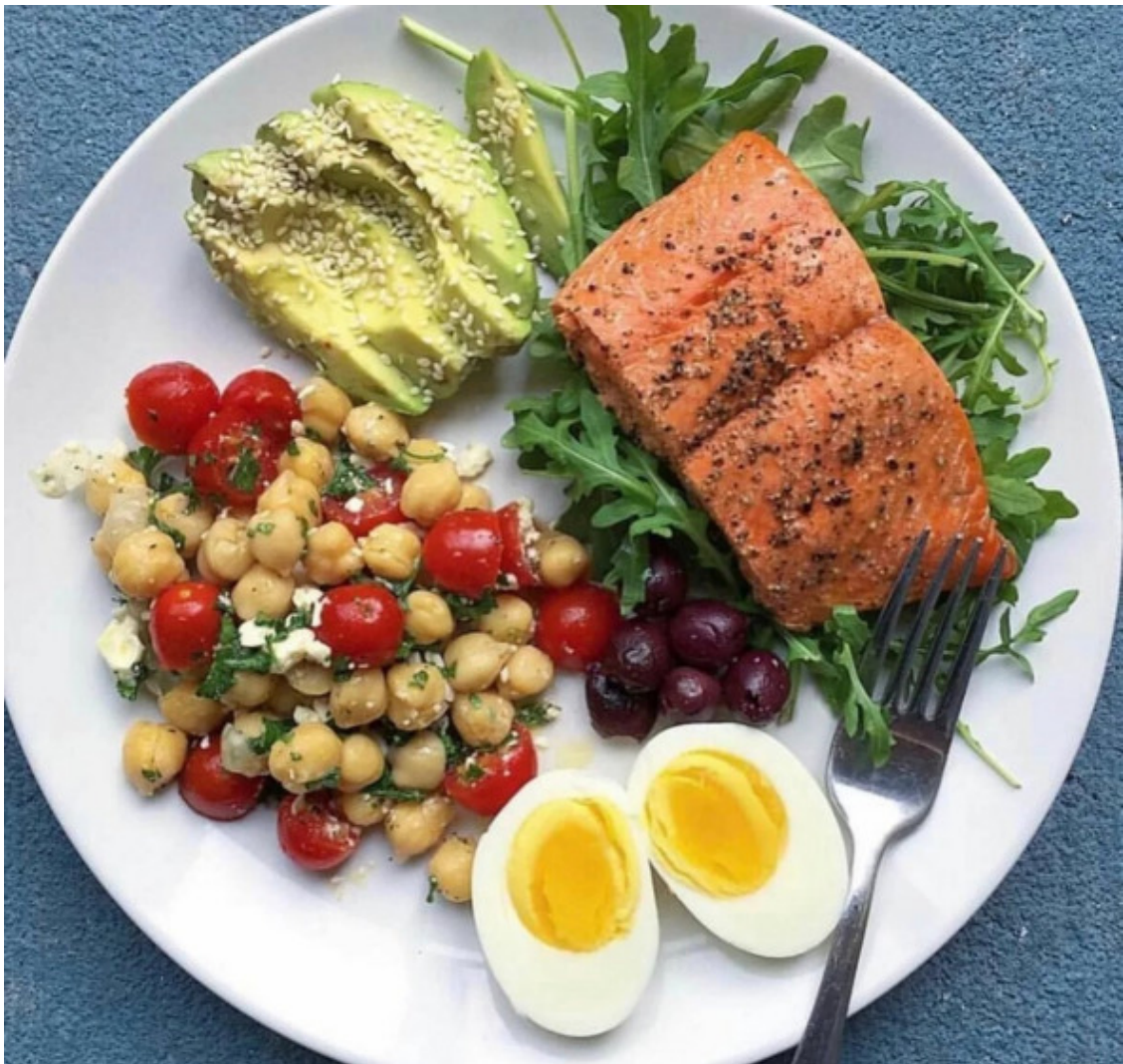
Preparation:

Prepare the quinoa according to the instructions on the package.

Cut the pepper, cucumber and onion into small pieces.

Mix quinoa, vegetables and tuna in a large bowl.

Season with olive oil, red wine vinegar, salt and pepper.



4. Tuna kebabs with vegetables

Ingredients:

500 grams of tuna
1 red pepper
1 yellow pepper

1 zucchini
1 red onion
2 tablespoons olive oil
2 tablespoons soy sauce
1 tablespoon lemon juice
1 tablespoon honey
salt and pepper to taste



5. Салат из кинуга и курицы с авокадо и грейпфрутом:

Ингредиенты:

Кинуга

Курица

Авокадо

Грейпфрут

Красный лук

Оливковое масло, лимонный сок, соль, перец

Приготовление:

Кинуга залейте кипятком и варите на медленном огне 15—20 минут.

Обжарьте куриное филе на гриле или на сковороде до золотистой корочки и нарежьте его на полоски.

Авокадо очистите и нарежьте кубиками.

Грейпфрут очистите и разделите на дольки.

Красный лук нарежьте кольцами.

Смешайте

все

ингредиенты,

добавьте

оливковое масло, лимонный сок, соль и перец по вкусу.



6. Рыбный пирог с овощами:

Ингредиенты:

Филе рыбы

Брокколи

Морковь

Лук

Сливки

Яйца

Соль, перец, зелень

Приготовление:

Филе рыбы нарежьте на кусочки и обжарьте на сковороде до золотистой корочки.

Брокколи, морковь и лук нарежьте кубиками и обжарьте на сковороде до мягкости.

Смешайте обжаренную рыбу и овощи в форме для запекания.

Смешайте яйца и сливки в миске, добавьте соль и перец по вкусу.

Залейте яичную смесь поверх рыбы и овощей.

Запекайте в разогретой до 180 градусов духовке примерно 20—25 минут до готовности.

Подавайте, посыпав свежей зеленью.



7. Soup with chicken breast and vegetables: Ingredients:

Chicken breast

Carrot

Onion

Potato

Broccoli

Garlic

Salt, pepper, herbs

Preparation:

Chicken fillet

Cut the chicken fillet into small pieces and fry in a frying pan until golden brown.

Cut carrots, onions and potatoes into cubes and fry in a frying pan until soft.

Add the vegetables and fried chicken to a pot of hot water.

Add garlic and salt and pepper to taste.

Bring to a boil and simmer for 20—30 minutes, until the vegetables are soft.

Serve hot, sprinkled with fresh herbs.



8. Vegetable lasagna:

Ingredients:

Lasagna Sheets

Carrot

Zucchini

Eggplant

Onion

Tomatoes

Cheese

Olive oil, salt, pepper

Preparation:

Cut carrots, zucchini, eggplant, onion and tomatoes into cubes.

Fry the vegetables in a frying pan until soft, add salt and pepper to taste.

In a saucepan over medium heat, cook the lasagna sheets in salted water for 8—10 minutes.

Put some fried vegetables on the bottom of the baking dish, then lasagna sheets, on top of the sheets — another layer of vegetables.

Sprinkle grated cheese on top and bake



9. Tuna with buckwheat and vegetables: Ingredients:

Tuna Fillet

Buckwheat

Carrot

Zucchini

Onion

Salt, pepper, olive oil

Preparation:

Cook buckwheat in salted water for 20—25 minutes.

Carrot

Cut carrots, zucchini and onions into cubes and fry in a frying pan until soft.

Fry the tuna fillet in a frying pan until golden brown, leaving a little pinkish meat inside.

Mix the fried vegetables and buckwheat in a saucepan, add salt, pepper and olive oil to taste.

Serve tuna with buckwheat and vegetables hot.



10. Chicken kebab with vegetables: Ingredients:

Chicken fillet

Zucchini

Eggplant

Pepper

Onion

Oil, salt, pepper

Preparation:

Cut the chicken fillet into pieces and pour the marinade (mix oil, salt, pepper).

Cut zucchini, eggplant and pepper into cubes.

String fillets and vegetables on a skewer, alternating them.

Fry the kebabs on the grill or in a frying pan until cooked, turning them over from time to time.

Serve hot, sprinkled with fresh herbs.



11. Vegetable salad with couscous and feta: Ingredients:

Couscous

Cucumber

Tomatoes

Red Onion

Feta

Lemon juice, olive oil, salt, pepper

Preparation:

Pour boiling water over the couscous and simmer for 10—15 minutes.

Cut the cucumber and tomatoes into cubes, cut the red onion into rings.

Mix the couscous, cucumber, tomatoes and red onion in a large bowl.

Add the feta and mix.

Add lemon juice, olive oil, salt and pepper to taste. Serve vegetable salad with couscous and chilled feta



12. Salmon tartare with avocado:

Ingredients:

Salmon fillet

Avocado

Leek

Lemon juice, olive oil, salt, pepper

Preparation:

Cut the salmon fillet into small cubes and put it in a bowl.

Peel the avocado and cut into cubes. Add to the salmon.

Cut the leeks into rings and add to the salmon and avocado.

Add lemon juice, olive oil, salt and pepper to taste.

Mix all the ingredients, leave in the refrigerator for 15—20 minutes before serving.

Serve salmon tartare with avocado in glasses, sprinkled with fresh herbs.



13. Broccoli puree soup:

Ingredients:

Broccoli

Onion

Garlic

Cream

Salt, pepper

Preparation:

Cut the broccoli into pieces, chop the onion and garlic finely.

Fry the onion and garlic in a frying pan until golden brown.

Add the broccoli to a saucepan, pour hot water and simmer for 15—20 minutes.

Drain the water, add cream, salt and pepper to taste.

Using a blender, turn the soup into a puree.

Serve hot, sprinkled with fresh herbs.



14. Курица с кускусом и овощами:

Ингредиенты:

Куриное филе

Кускус

Морковь

Лук

Перец

Чеснок

Оливковое масло, соль, перец

Приготовление:

Куриное филе нарежьте на кусочки и обжарьте на сковороде до золотистой корочки.

Куску Курица с кускусом и овощами
(продолжение):

Кускус сварите в подсоленной воде 10—15 минут.

Морковь и лук нарежьте кубиками и обжарьте на сковороде до мягкости.

Добавьте в сковороду обжаренную курицу, чеснок, соль и перец по вкусу.

Смешайте обжаренные овощи и кускус в большой миске.

Подайте курицу с кускусом и овощами горячим.



15. Zucchini fritters:

Ingredients:

Zucchini

Eggs

Flour

Salt, pepper, olive oil

Preparation:

Grate the zucchini on a coarse grater, add the eggs and flour.

Add salt and pepper to taste and mix well.

Heat the olive oil in a frying pan.

Spoon the portions of pancakes into the pan and fry until golden brown on both sides.

Put the pancakes on a paper towel to remove excess fat.

Serve hot, sprinkled with fresh herbs.



16. Buckwheat porridge with vegetables and feta: Ingredients:

Buckwheat porridge

Carrot

Onion

Garlic

Feta

Olive oil, salt, pepper

Preparation:

Cook buckwheat porridge in salted water for 20—25 minutes.

Cut the carrots and onions into cubes and fry in a frying pan until soft.

Add garlic, salt and pepper to the pan to taste.

Mix buckwheat, fried vegetables and feta in a large bowl.

Serve buckwheat porridge with vegetables and feta hot.



17. Томатный суп с креветками:

Ингредиенты:

Томаты

Креветки

Лук

Чеснок

Сливки

Оливковое масло, соль, перец

Приготовление:

Лук и чеснок нарежьте мелко и обжарьте на сковороде до золотистой корочки.

Добавьте
нарезанные

томаты,

залейте

горячей водой и варите на медленном огне
20—25 минут.

Креветки очистите, обжарьте на сковороде до
розового цвета.

Слейте воду из супа и добавьте сливки, соль и
перец по вкусу.

Используя блендер, превратите суп в пюре.

Подавайте

горячим

с

обжаренными

креветками.



18. Stuffed peppers with rice and vegetables: Ingredients:

Peppers

Rice

Carrot

Onion

Garlic

Salt, pepper, olive oil

Preparation:

Cut the peppers into halves, remove the seeds and stems.

Cook the rice in salted water for 20—25 minutes.

Cut the carrots and onions into cubes and fry in a frying pan until soft.

Add garlic, salt and pepper to the pan to taste.

Mix the rice and fried vegetables in a large bowl.

Fill the peppers with rice an



19. Couscous with vegetables and feta: Ingredients:

Couscous

Zucchini

Eggplant

Red Onion

Feta

Lemon juice, olive oil, salt, pepper

Preparation:

Cook couscous in salted water for 10—15 minutes.

Cut zucchini and eggplant into cubes

Couscous with vegetables and feta (continued): Cut the red onion into rings.

Fry zucchini, eggplant and onion in a frying pan until soft.

Add feta, lemon juice, olive oil, salt and pepper to the vegetables to taste.

Mix the fried vegetables and couscous in a large bowl.

Serve hot or cold, sprinkled with fresh herbs.



20. Salad with arugula, artichokes and parmesan:

Ingredients:

Arugula

Artichokes

Parmesan

Olive oil, lemon juice, salt, pepper

Preparation:

Wash the arugula and cut it into pieces.

Cut the artichokes into pieces.

Mix arugula and artichokes in a large bowl.

Add chopped parmesan, olive oil, lemon juice, salt and pepper to taste.

Mix the salad well.

Serve the finished salad with arugula, artichokes and parmesan.

21. Rice cakes with vegetables: Ingredients:

Rice

Carrot

Onion

Garlic

Egg

Flour

Olive oil, salt, pepper

Preparation:

Cook the rice in salted water for 20—25 minutes.

Cut the carrots and onions into cubes and fry in a frying pan until soft.
Add garlic, salt and pepper to the pan to taste.
Mix rice, fried vegetables, egg and flour in a bowl until smooth.
Form tortillas from the rice mass.
Heat the olive oil in a frying pan and fry the tortillas until golden brown on both sides.
Put the finished tortillas on a paper towel to remove excess fat.
Serve hot, sprinkled with fresh herbs.



22. Salad with chicken, apples and walnuts: Ingredients:

Chicken fillet

Apple

Walnut

Arugula

Olive oil, lemon juice, salt, pepper

Preparation:

Fry the chicken fillet in a frying pan until golden brown and cut into pieces.

Cut the apple into cubes, chop the walnut.

Wash the arugula and cut it into pieces.

Mix all the ingredients in a large bowl.

Add olive oil, lemon juice, salt and pepper to taste.

Mix the salad well.

Serve the finished salad with chicken, apples and walnuts.



23. Potato soup with seafood:

Ingredients:

Potato

Seafood

Onion

Cream

Olive oil, salt, pepper

Preparation:

Cut the potatoes into cubes and cook in salted water for 20—25 minutes.

Fry the seafood in a frying pan until pink.

Chop the onion finely and fry in a frying pan until golden brown.

Mix potatoes, fried seafood and onions in a large bowl.

Add cream, salt and pepper to taste.

Using a blender, turn the soup into a puree.

Serve hot.



24. Stuffed salmon with vegetables and lemon: Ingredients:

Salmon

Carrot

Onion

Stuffed salmon with vegetables and lemon (continued): Garlic

Lemon

Olive oil, salt, pepper

Preparation:

Cut the salmon crosswise into two halves.

Cut the carrots and onions into cubes and fry in a frying pan until soft.

Add garlic, salt and pepper to the pan to taste.

Mix the fried vegetables and chopped lemon in a large bowl.

Fill the salmon with minced vegetables.

Bake the salmon in the oven at 180 degrees for 25—30 minutes.

Serve the finished stuffed salmon with vegetables and lemon, sprinkled with fresh herbs.



25. Chicken cutlets with vegetables:

Ingredients:

Chicken fillet

Carrot

Onion

Egg

Flour

Olive oil, salt, pepper

Preparation:

Chop the chicken fillet in a blender or meat grinder.

Cut the carrots and onions into cubes and fry in a frying pan until soft.

Mix chicken fillet, fried vegetables, egg and flour in a bowl until smooth.

Form the cutlets from the mass and fry in a frying pan until golden brown on both sides.

Serve hot, sprinkled with fresh herbs.

26. Ratatouille with vegetables and mozzarella: Ingredients:

Eggplant

Zucchini

Pepper

Onion

Garlic

Tomatoes

Mozzarella

Olive oil, salt, pepper

Preparation:

Cut the eggplant and zucchini into cubes, cut the pepper into thin strips.

Chop the onion finely and fry in a frying pan until golden brown.

Add garlic, eggplant, zucchini and pepper to the pan.

Fry the vegetables over medium heat until soft.

Cut the tomatoes into cubes and add them to the pan.

Cook the vegetables for another 5—7 minutes, stirring.

Put the vegetables in a deep baking dish.

Place the diced mozzarella on top of the vegetables.

Bake in the oven at 180 degrees until the mozzarella melts.

Serve hot, sprinkled with fresh herbs.



27. Zucchini cutlets:

Ingredients:

Zucchini

Onion

Egg

Flour

Olive oil, salt, pepper

Preparation:

Grate the zucchini on a coarse grater.

Chop the onion finely and add to the zucchini.

Add egg, flour, salt and pepper to taste to a bowl.

Mix all the ingredients well until a homogeneous mass is formed.

Form the cutlets from the mass and fry in a frying pan until golden brown on both sides.

Serve hot, sprinkled with fresh herbs.



28. Vegetable stew with chicken breast: Ingredients:

Chicken breast

Carrot

Onion

Garlic

Tomatoes

Bulgarian pepper

Corn

Fresh greens

Olive oil, salt, pepper

Preparation:

Cut the chicken breast into pieces and fry in a frying pan until golden brown.

Cut the carrots and onions into cubes and fry in a frying pan until soft.

Chop the garlic finely and add it to the pan.

Cut tomatoes into cubes, cut bell peppers into strips, add corn.

Add all the vegetables to the pan and cook them over medium heat until soft.

Add salt and pepper to taste.

Serve vegetable stew with chicken breast, sprinkled with fresh herbs.



29. Risotto with champignons and spinach: Ingredients:

Rice

Champignons

Spinach

Onion

Garlic

Cream

Parmesan

Olive oil, salt, pepper

Preparation:

Cook the rice in salted water until tender.

Cut the champignons into cubes, chop the onion finely, cut the garlic into cubes.

Fry the onion and garlic in a frying pan until golden brown.

Add the mushrooms to the pan and cook them until soft.

Add spinach to the pan and cook it until soft.

Add cream, salt and pepper to taste to the pan.

Add the cooked rice to the pan and mix all the ingredients.

Sprinkle grated parmesan on top.

Bake in the oven at 180 degrees until golden brown.

Serve hot.



30. Grilled salmon with vegetables: Ingredients:

Salmon

Zucchini

Pepper

Onion

Garlic

Lemon

Olive oil, salt, pepper

Preparation:

Cut the salmon into portions.

Cut the zucchini into circles, cut the pepper into thin strips

Cut the onion into rings, chop the garlic finely.

Mix olive oil, salt, pepper in a bowl and add chopped vegetables.

Fry the vegetables on the grill until soft.

Add the salmon to the grill and cook it until tender.

Put the finished salmon on a plate, put the vegetables on top, sprinkle with chopped lemon.

Serve hot.



31. Fresh vegetable salad with tuna: Ingredients:

Mixed vegetables (tomatoes, cucumbers, carrots, onions, lettuce, radishes)

Canned tuna

Olive oil, vinegar, salt, pepper

Preparation:

Cut the vegetables into cubes or rings.

Open the tuna and put it on a plate.

Mix olive oil, vinegar, salt and pepper to taste in a bowl.

Put the vegetables on a plate with fresh tuna.

Pour the cooked sauce over the top.

Serve a ready-made salad of fresh vegetables with tuna.



32. Mushroom soup with chicken:

Ingredients:

Chicken

Champignons

Onion

Potato

Cream

Greens

Salt, pepper

Preparation:

Boil the chicken in salted water until tender.

Cut the champignons into small cubes, chop the onion finely.

Fry the mushrooms and onions in a frying pan until golden brown.

Cut the potatoes into cubes and add them to the pan with the chicken.

Add the chopped champignons and onions to the pan.

Fill the pan with water and cook until the potatoes are ready.

Add cream, salt and pepper to taste to the pan.

Cook the soup for another 5—7 minutes, stirring.

Serve hot, sprinkled with fresh herbs



33. Couscous salad with chicken and vegetables:

Ingredients:

Couscous

Chicken breast

Tomatoes

Cucumbers

Onion

Greens

Lemon juice, olive oil, salt, pepper

Preparation:

Cut the chicken breast into cubes and fry in a frying pan until golden brown.

Cook the couscous in salted water until tender.

Cut the vegetables into cubes or rings.

Mix olive oil, lemon juice, salt and pepper to taste in a bowl.

Mix couscous, chicken and vegetables in a large bowl.

Pour the prepared sauce over the top.

Serve ready-made couscous salad with chicken and vegetables.



34. Tomato soup with seafood:

Ingredients:

Seafood (shrimp, mussels)

Tomatoes

Onion

Garlic

Cream

Greens

Salt, pepper

Preparation:

Defrost the seafood and put it in a frying pan.

Fry the seafood over medium heat until tender.

Cut tomatoes into cubes, chop onions finely, cut garlic into cubes.

Fry the onion and garlic in a frying pan until golden brown.

Add tomatoes to the pan and cook them over medium heat until soft.

Add cream, salt and pepper to taste to the pan.

Add ready-made seafood
products to the pan and mix.

Cook the soup over medium heat for another 5—7 minutes, stirring.

Serve hot, sprinkled with fresh herbs.



35. Chicken steak with grilled vegetables: Ingredients:

Chicken fillet

Zucchini

Pepper

Onion

Garlic

Olive oil, salt, pepper

Preparation:

Cut the chicken fillet into portions.

Cut the zucchini into circles, cut the pepper into thin strips.

Cut the onion into rings, chop the garlic finely.

Mix olive oil, salt, pepper in a bowl and add chopped vegetables.

Fry the vegetables on the grill until soft.

Add the chicken fillet to the grill and cook it until tender.

Put the finished chicken steak on a plate, put the vegetables on top.

Serve hot.

36. Fish pie with vegetables: Ingredients:

Fish fillet

Potatoes
Carrots
Onions
Garlic
Sheet dough
Eggs
Milk
Salt, pepper

Preparation:

Cut the fish fillet into portions.

Dice the potatoes and carrots, finely chop the onions, dice the garlic.

Fry the onions and garlic in a pan until golden brown.

Add the potatoes and carrots to the pan and cook until soft.

Add the fish to the pan and cook until cooked.

Fold the sheet dough into a baking dish.

Top with the cooked vegetables and fish.

Mix the eggs in a bowl
and milk, add salt and pepper to taste and mix.

Pour the egg mixture on top of the cake.

Bake the cake in the oven at 180 degrees Selsia for 30—40
minutes until the egg mixture hardens and the cake browns.

Remove the cake from the oven and leave to cool slightly. Serve hot or warm, sliced into portions.



37. Beetroot salad with walnuts:

Ingredients:

Beetroot
Walnut
Salad
Onion
Apple
Olive oil, vinegar, salt, pepper

Preparation:

Cook the beets until tender and cut into cubes.

Chop the walnut.

Cut the salad into large leaves, cut the onion into rings, cut the apple into small cubes.

Mix olive oil, vinegar, salt and pepper to taste in a bowl.

Mix all the ingredients in a large bowl and pour the prepared sauce over the top.

Serve ready-made beetroot salad with walnuts.

38. Potato soup with mushrooms:

Ingredients:

Potatoes

Champignons

Onion

Garlic

Cream

Greens

Salt, pepper

Preparation:

Cut the potatoes into cubes and add them to the pan.

Cut the champignons into small cubes, chop the onion finely.

Fry the mushrooms and onions in a frying pan until golden brown.

Add the chopped garlic to the pan and cook it for another minute.

Add the chopped mushrooms, onion

and garlic to the pot with the potatoes.

Fill the pot with water to the level of the potatoes and cook over medium heat until the potatoes are soft.

Add cream, salt and pepper to taste to the pan.

Cook the soup for another 5—7 minutes, stirring.

Serve hot, sprinkled with fresh herbs.

39. Vegetable stew with couscous: Ingredients:

Couscous

Eggplant

Zucchini

Pepper

Onion

Garlic

Tomatoes

Tomato sauce

Olive oil, salt, pepper

Preparation:

Cut the eggplant into cubes and sprinkle with salt so that it draws out the bitterness.

Cut the zucchini into cubes, cut the pepper into strips, chop the onion and garlic finely.

Fry the onion and garlic in a frying pan until golden brown.

Add eggplant and zucchini to the pan and cook them until soft.

Add the peppers and tomatoes to the pan and cook them over medium heat until soft.

Add tomato sauce, salt and pepper to taste to the pan.

Cook the stew for another 5—7 minutes, stirring.

Cook the couscous in salted water until tender.

Put the couscous on a plate and pour the cooked vegetable stew on top.

Serve hot.



40. Chicken cutlets with zucchini: Ingredients:

Chicken fillet

Zucchini

Onion

Garlic

Eggs

Flour

Salt, pepper

Olive oil

Preparation:

Cut the chicken fillet into cubes and grind in a meat grinder.

Cut the zucchini into small cubes, cut the onion into rings, chop the garlic finely.

Fry the onion and garlic in a frying pan until golden brown.

Add the sliced zucchini to the pan and cook it until soft.

Add the resulting mass of chicken fillet to the pan and cook it until ready.

Mix eggs, flour, salt and pepper to taste in a bowl.

Form cutlets from the resulting mass.

Fry the cutlets in a frying pan on both sides until golden brown.

Serve hot, sprinkled with fresh herbs on top.



41. Seaweed salad:

Ingredients:

Sea cabbage

Carrot

Onion

Garlic

Lemon

Olive oil, salt, pepper

Preparation:

Cut the carrots into thin slices, chop the onion finely, cut the garlic into cubes.

Mix olive oil, lemon juice, salt and pepper to taste in a bowl.

Add the chopped carrots, onions and garlic to the bowl with the sauce and mix.

Add the chopped seaweed and stir.

Serve ready-made seaweed salad.

42. Beef in sweet and sour sauce: Ingredients:

Beef

Onion

Garlic

Honey

Soy sauce

Vinegar

Starch

Oil

Preparation:

Cut the beef into portions and fry in a frying pan until golden brown.

Cut the onion into half rings, chop the garlic finely.

Fry the onion and garlic in a frying pan until golden

brown. Add honey, soy sauce, vinegar and 1 cup of water to the pan.

Add starch diluted in 2 tablespoons of water to the sauce.

Cook the sauce over medium heat, stirring until it thickens.

Add the finished beef to the sauce and stir.

Cook for another 2—3 minutes, stirring.

Serve hot with a side dish if desired.



43. Omelet with vegetables:

Ingredients:

Eggs

Onion

Pepper

Zucchini

Champignons

Olive oil, salt, pepper

Preparation:

Chop onion and pepper finely, zucchini and champignons cut into cubes.

Fry the onion and pepper in a frying pan until golden brown.

Add the chopped zucchini and champignons to the pan and cook them until soft.

Mix eggs, salt and pepper to taste in a bowl.

Pour the egg mixture into a frying pan with vegetables and cook over medium heat until tender.

Serve the finished omelet with vegetables hot.



44. Fish soup with potatoes:

Ingredients:

Fish (salmon, cod or other)

Potato

Onion

Garlic

Carrot

Peppercorns

Bay leaf

Cream

Herbs, salt, pepper

Preparation:

Cut the fish into portions.

Cut potatoes, onions, garlic and carrots into cubes.

Pour water into a saucepan and add onion, garlic, carrot, pepper and bay leaf. Bring to a boil and cook over medium heat for 20 minutes

Healthy food is a food that has a high nutritional value and has a positive effect on the health of the body. They contain the necessary micro- and micronutrients, vitamins and minerals that help maintain the normal functioning of the body, strengthen the immune system, reduce the risk of developing various diseases and improve general well-being.

Healthy food and food include a variety of foods such as fresh fruits and vegetables, healthy fats, proteins and carbohydrates, healthy sources of protein such as fish, seafood, poultry meat, eggs,

legumes, nuts and seeds. It is also important to consume enough water to maintain normal hydration of the body.

Healthy food and food should be part of a balanced diet that meets each person's individual needs.

Diets should take into account factors such as age, sex, level of physical activity, health status and other factors that may influence nutrient needs.

Scientific research suggests that eating the right diet can help reduce the risk of many chronic diseases,

such

as

diabetes,

obesity,

cardiovascular disease and some cancers, which can significantly reduce life expectancy.

However, life expectancy is also influenced by other factors such as genetics, lifestyle, environment, air quality, pollution levels and ecology. For example, genetic factors can influence the rate of aging and the vulnerability of the body to various diseases, while the quality of the environment can have a negative impact on health and life expectancy.

Thus, good nutrition can promote health and increase life expectancy, but is not the only factor determining life expectancy. To achieve the best results, all factors must be taken into account, including a healthy diet, physical activity, hygiene, environment and heredity.

Healthy eating and a healthy lifestyle are becoming fashionable and ubiquitous. A lot of people also strive to adhere to a healthy diet and lifestyle.



Among these famous people you can find Dwayne Johnson, an actor and professional wrestler known as “The Rock”. He eats a healthy diet that includes proteins, vegetables and fruits, and also conducts regular workouts in the gym.

Gwyneth Paltrow is an actress and entrepreneur, founder of the Goop website. She adheres to a diet based on plant products and uses only organic products.

Chris Hemsworth is an actor best known for playing Thor in the Marvel cinematic universe. He adheres to a diet based on proteins and vegetables, and regularly exercises.

Naomi Campbell is a supermodel who eats healthy foods, including vegetable proteins, vegetables and fruits, and consumes a lot of water.

Linda Evangelista is a supermodel who follows a plant-based diet and does yoga and Pilates.

Cristiano Ronaldo is a professional football player who adheres to a diet based on proteins and vegetables, and regularly exercises.

Michael Phelps is a professional swimmer and Olympic champion who adheres to a healthy lifestyle, including regular workouts and a healthy diet, including lots of vegetables and proteins.

Angela Bassett is an actress who eats a healthy diet, including a lot of plant foods and proteins, and pays special attention to physical activity and yoga.

Tom Brady is a professional football player who adheres to a healthy diet, based on plant products and proteins, and actively engaged in sports and fitness.

Olivia Wilde is an actress who eats a healthy diet, including lots of vegetables, fruits and proteins, and regularly does yoga and cardio.

Kate Hudson is an actress and entrepreneur who eats a healthy diet, including lots of fruits, vegetables and proteins, and pays attention to physical activity and yoga.

Meghan Markle is the Duchess of Sussex and a former actress who adheres to a healthy lifestyle, including healthy eating, yoga and other physical activities.



Hugh Jackman is an actor who eats a healthy diet, including lots of vegetables, fruits, proteins and healthy fats, and regularly does sports and physical activity.

Michelle Obama is a former First Lady of the United States who promotes a healthy lifestyle, including healthy eating, physical activity and mental health care.

David Beckham is a former professional football player who adheres to a healthy diet, including lots of fruits, vegetables, proteins and healthy fats, and pays special attention to physical activity.

Now many people already adhere to organic products, paying more and more attention to the issue of nutrition. What are organic products?

Organic products are food products that are produced without the use of synthetic fertilizers, pesticides, growth hormones and other chemicals that are commonly used in industrial agriculture. Instead, organic products are grown using natural methods, such as composting, increased biodiversity, and the use of natural fertilizers and plant protection products, such as manual pest collection and the use of biological preparations.

Organic products must meet certain standards set in different countries and must be certified by the appropriate authority. Certification involves checking the entire production process, from cultivation to packaging and labeling of the product.

Organic products are considered to be more environmentally friendly, rich in nutrients and have a better taste than products grown using synthetic chemicals. They are also considered safer for health, since the absence of chemicals reduces the risk of exposure to the human body.

However, organic products can be more expensive than conventional products, as they require a more labor-intensive production process. In addition, not all organic products can be available all year round, as they are grown seasonally.

POPULAR DIETS

There are many different healthy diets, each of which has its advantages and disadvantages.

Some of the healthiest diets include: The Mediterranean diet is a diet based on the traditional cuisine of Mediterranean countries such as Italy, Greece, Spain. It includes a lot of vegetables, fruits, olive oil, fish, nuts, seeds and cut — meat and dairy products. The Mediterranean diet is associated with a reduced risk of cardiovascular disease, stroke and diabetes.

The basic principles of the Mediterranean Diet include:

Consumption of large amounts of vegetables and fruits. You need to eat at least 5 servings of vegetables and fruits per day.

Consumption of healthy fats. Olive oil, fish oil and nuts are the main sources of fat in this diet.

Moderate consumption of protein products. Fish, eggs, shellfish, chicken and turkey meat are consumed no more than 2 times a week.

Consumption of foods rich in fiber. This group of products includes vegetables, fruits, whole grains and legumes.

Limiting the consumption of animal fats and foods rich in saturated fats, such as butter, butter, cheese, cream and meat.

Moderate
alcohol
consumption.

It is recommended to consume no more than 1 glass of wine per day.

The Mediterranean diet is associated with many health benefits, including reducing the risk of cardiovascular disease, stroke, diabetes, arthritis, etc. A rich diet of vegetables and fruits provides the body with vitamins, minerals and antioxidants, and the consumption of healthy fats helps to reduce cholesterol levels in the blood. Limiting the consumption of saturated fats and animal products

helps to reduce the risk of developing obesity, diabetes and cancer.

In addition, the Mediterranean diet is also associated with improved cognitive function, improved mood and reduced risk of depression.

Diet can also help improve sleep quality, reduce the risk of developing Alzheimer's and Parkinson's disease.

Despite all its advantages, the Mediterranean diet may not be available to those who live outside the Mediterranean countries, where products and food culture may vary greatly. In addition, the diet may not be suitable for those who are allergic to seafood or nuts.

In general, the Mediterranean diet is a healthy and delicious way of eating that can help improve your health and reduce the risk of developing various diseases. However, as with any diet, it is best to consult a doctor or nutritionist before starting it.

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