



Free Guide · 10 Recipes

Ten **filling** recipes low in calories, with calculated numbers.

Recipe pages exactly as they appear on EEINA: calories, macros, and Glycemic Index per serving, calculated from the ingredients themselves.



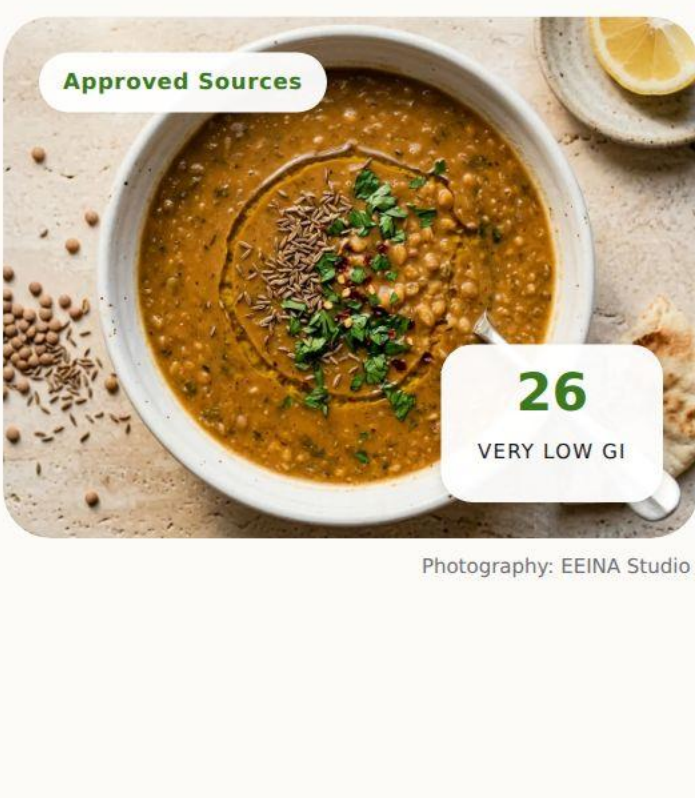
Satiety first, then the calories.

The number one reason weight-loss attempts fail is hunger, not a lack of willpower. We picked these dishes because their Glycemic Index runs low to moderate, so you get longer-lasting fullness for every calorie.



A word from EEINA: We started from a simple question: why is every cuisine in the world calculated, while ours is only ever estimated? So we calculated Kabsa, soup, and fattoush from their ingredients, one by one. This guide is a sample of that work.

This guide is educational and does not replace advice from your doctor or a registered dietitian. Full methodology: eeina.com/en/method.html



DINNER · LEVANTINE CUISINE · MIDDLE EASTERN

Cumin Lentil Soup

The best soup for weight loss — only 180 calories with 14 g protein and 12 g fiber. Keeps you full for 4 hours, with a very low GI of 28. Ideal for people with diabetes and anyone starting a diet.



Cook Time
30 min



Servings
4



Calories
271



Protein
13 g

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INGREDIENTS (4 SERVINGS)

Red lentils, rinsed — 1 cup

Onion, chopped — 1

Garlic, minced — 2 cloves

Carrot, diced — 1

Celery stalk, sliced — 1

Cumin — 1 tsp

Turmeric — 1/2 tsp

Vegetable or chicken broth — 4 cups

Olive oil — 2 tbsp

Lemon — 1

Salt — to taste

Cilantro and toasted bread to garnish (optional)

Add ingredients to my shopping list →

The Story Behind This Recipe

Lentil soup is one of the oldest Arab dishes — it is mentioned in the Holy Quran in the story of the Prophet Jacob.

It is found across the Levant and the Gulf in many forms. Its health benefits are exceptional: red lentils are a high source of plant protein, soluble fiber that lowers cholesterol, iron, magnesium, and B vitamins.

Blood Sugar Impact

The glycemic index (**GI**) measures how quickly a food raises blood sugar, while the glycemic load (**GL**) measures how much a full serving raises it. Together they give the complete picture.

Glycemic Index

GI

26

Low

Low

0-55

Medium

56-69

High

70+

A low value (≤ 55) means a gradual rise in blood sugar — the most suitable range for diabetes and insulin resistance.

Glycemic Load

GL

8

Low

Low

0-10

Medium

11-19

High

20+

Glycemic load reflects the impact of the full serving. To lower it: take half a serving, or pair the recipe with a source of protein and fiber.

Preparation Steps

 Start Cook Mode

Step by step, full screen

- 1

Chop and prep the vegetables

Start by getting everything ready and within reach: finely chop the onion, mince the garlic, dice the carrot into small cubes, and slice the celery thin so it cooks quickly and blends into the texture. Cutting the vegetables to a similar size lets them cook through at the same time.
- 2

Rinse the lentils

Rinse the red lentils in a sieve under running water, turning them with your fingers until the water runs clear. This step washes away the excess starch, so there is less foam while cooking and the soup ends up cleaner in texture.
- 3

Prepare the broth

Get four cups of broth ready: use ready vegetable or chicken broth if you have it, or dissolve a stock cube in four cups of hot water, stirring until it fully melts. If you want it lighter, use water alone and make up for the flavor with a little extra cumin and salt later.
- 4

Sauté the onion and garlic

Heat the olive oil in a pot over medium heat, then add the chopped onion and stir until it softens and turns translucent. Add the garlic and sauté for one minute until fragrant. Watch that the garlic does not brown too much, or its taste turns sharp.
- 5

Add the carrot, celery, and spices

Add the carrot and celery along with the cumin and turmeric, and stir for about two minutes until the vegetables are coated in the spices and the warm aroma rises — this is the first layer that builds the soup's flavor.
- 6

Add the lentils and broth and let it simmer

Add the rinsed lentils and the broth you prepared, raise the heat until it boils, then lower it, cover the pot, and leave the soup on a gentle simmer for about twenty minutes until the lentils break down and turn fully tender. Skim off the foam that rises at the start so the broth stays clear, and stir now and then so the lentils do not stick to the bottom.
- 7

Blend it and adjust the texture and salt

Blend the soup with a hand whisk or an immersion blender until it turns creamy, leaving a few whole lentils for a softer texture. Then season with salt to taste, and if you find it heavy, add a little broth or hot water until you reach the consistency you love.
- 8

Serve with a touch of lemon

Add the lemon juice right before serving — it lifts the flavor and balances the richness of the lentils — then scatter fresh cilantro and serve hot with the toasted bread.

Nutritional Information

Per Serving

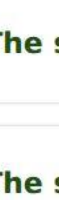
Makes 4 servings · one serving is about 365 g of raw ingredients



Calories

271 kcal

14% of Daily Value*



Protein

13 g

26% of Daily Value*



Carbohydrates

38 g

14% of Daily Value*



Fat

8 g

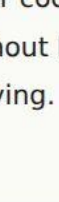
10% of Daily Value*



Fiber

7 g

25% of Daily Value*



Sodium

1122 mg

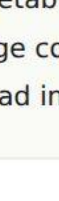
49% of Daily Value*



Potassium

528 mg

11% of Daily Value*



Phosphorus

166 mg

13% of Daily Value*

* Percent Daily Values are based on a 2,000-calorie diet per FDA food-label reference values — your daily needs may be higher or lower. Values are derived from the recipe's ingredients via the USDA database.

 Allergens

Contains: Celery, Gluten.

Free of: Crustaceans, Dairy, Egg, Fish, Molluscs, Mustard, Peanuts, Sesame, Soy, Tree nuts.

Allergen list follows the Gulf Standardization Organization regulation GSO 9/2013 for packaged food labels. Always check the label of every product you buy, as ingredients vary between brands.

Troubleshooting

The most common problems when preparing Cumin Lentil Soup, and how to fix them:

> The lentils stayed hard and did not break down

> The soup tastes flat and lacks depth

> The soup is too thick, like a paste

> The soup has a strange bitter or sour taste

> The texture is grainy, not smooth

> The soup separates when reheated

Storage and Make-Ahead



Refrigerator (4°C)

Whole soup: four days in an airtight container after cooling to room temperature. Blended soup without lemon: five days — add the lemon when serving.



Freezer (-18°C)

Soup: three months in a freezer container, leaving a centimeter of headspace for expansion. Thaw a full night in the fridge before reheating. Single portions: in silicone cups or small containers to thaw servings as needed.



Make-ahead

Rinsing the lentils and sorting out debris: an hour ahead in a fine sieve. Chopping the vegetables (onion, garlic, carrot): a day ahead in fridge containers. Measuring the spices: an hour ahead in a small cup.

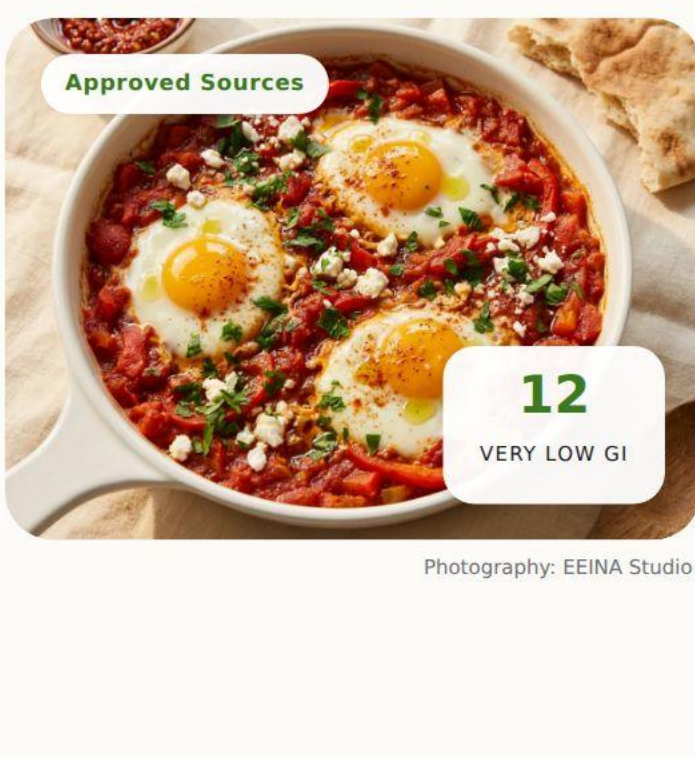


Reheating

Over low heat with constant stirring, or in the microwave in short bursts. Do not leave it out more than two hours after reheating, per USDA guidance [1].

Tested Ingredient Substitutions

Original Ingredient	Tested Substitute	Ratio	Flavor Difference
Split red lentils	Split yellow lentils	Same amount	A more yellow color, similar taste, similar texture
Red lentils	Brown lentils with chickpeas (for complete protein)	Half the weight in lentils and half a cup of soaked chickpeas	A heartier texture, and excellent complete protein from combining the legumes [2]
Ground cumin	Whole toasted cumin seeds	A quarter of the ground amount	Deeper, smokier flavor
Olive oil	Authentic local ghee (non-hydrogenated)	Half the amount	A deeper, traditional Saudi taste
Fresh lemon	Pomegranate molasses	Half a spoon of molasses → a spoon of lemon	Deeper tartness, a darker color, a classic Levantine taste



Photography: EEINA Studio

BREAKFAST · SAUDI CUISINE

Shakshuka (eggs in tomato)

A warm breakfast shakshuka — eggs in a sauce of tomato, pepper, and onion, cooked to the doneness you choose, served with Arabic bread or oat bread. 16 g of protein keeps you full for four hours. Perfect for a calm start to the day.

Cook Time

15 min

Servings

2

Calories

381

Protein

18 g

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INGREDIENTS (2 SERVINGS)

4 eggs

4 ripe tomatoes

1 red bell pepper

1 green bell pepper

1 small onion

2 garlic cloves

1 tsp cumin

1 tsp paprika

2 tbsp olive oil

Parsley and feta cheese for garnish

1 g Salt

to taste Black pepper

Add ingredients to my shopping list →

The Story Behind This Recipe

Shakshuka is a North African dish that has spread across the entire Middle East. Its name means 'mixture' in Berber — because it truly is a simple and delicious mix of tomatoes and eggs.

Its nutritional value is excellent: eggs = complete protein, tomatoes = lycopene (a powerful antioxidant), olive oil = healthy fats. A meal everyone loves.

Blood Sugar Impact

The glycemic index (**GI**) measures how quickly a food raises blood sugar, while the glycemic load (**GL**) measures how much a full serving raises it. Together they give the complete picture.

Glycemic Index GI

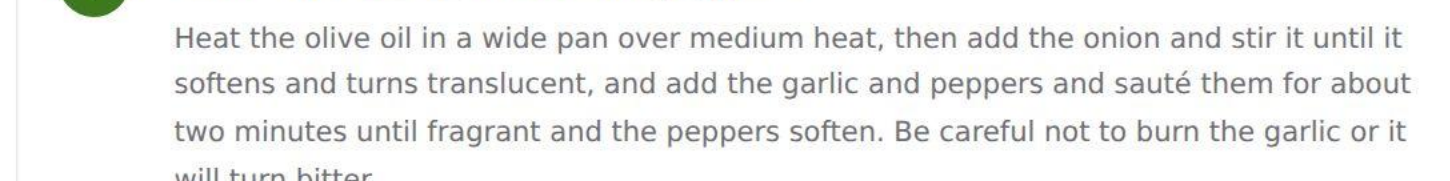
12 Low



A low value (≤ 55) means a gradual rise in blood sugar — the most suitable range for diabetes and insulin resistance.

Glycemic Load GL

2 Low



Glycemic load reflects the impact of the full serving. To lower it: take half a serving, or pair the recipe with a source of protein and fiber.

Preparation Steps

Start Cook Mode Step by step, full screen

1 Chop the vegetables and prepare them

Start by preparing the ingredients so they are ready at hand: finely dice the onion, mince the garlic, cut the red and green peppers into small cubes, and grate or dice the tomatoes. Having everything prepped in advance makes the cooking smooth and fast.

2 Sauté the onion, garlic, and peppers

Heat the olive oil in a wide pan over medium heat, then add the onion and stir it until it softens and turns translucent, and add the garlic and peppers and sauté them for about two minutes until fragrant and the peppers soften. Be careful not to burn the garlic or it will turn bitter.

3 Cook the sauce

Add the tomatoes, cumin, and paprika with a pinch of salt and black pepper, and let the sauce cook for about seven to ten minutes until it thickens, deepens in color, and the oil separates on the surface. This is shakshuka in the moderate Saudi style; if you like it spicy, add a finely chopped hot green chili. Note: if it dries out before it is cooked, add a little warm water.

4 Add the eggs to your liking

Make four wells in the sauce and crack an egg into each one, then cover the pan over low heat. The egg doneness is up to you: for a runny yolk leave it about three minutes, and for those who prefer it fully set leave it six to eight minutes until both the white and the yolk are firm.

5 Serve it hot

Scatter the chopped parsley and, for those who like it, a sprinkle of crumbled feta cheese, then serve it hot in the pan itself with Arabic bread or oat bread as the case may be, since oat bread is higher in fiber and better suited for those watching their blood sugar or weight.

Nutritional Information

Per Serving

Makes 2 servings · one serving is about 535 g of raw ingredients

Calories 381 kcal 19% of Daily Value*

Protein 18 g 36% of Daily Value*

Carbohydrates 25 g 9% of Daily Value*

Fat 24 g 31% of Daily Value*

Fiber 6 g 21% of Daily Value*

Sodium 358 mg 16% of Daily Value*

Potassium 961 mg 20% of Daily Value*

Phosphorus 315 mg 25% of Daily Value*

* Percent Daily Values are based on a 2,000-calorie diet per FDA food-label reference values — your daily needs may be higher or lower. Values are derived from the recipe's ingredients via the USDA database.

Documented Scientific Reference

Bahrain Food Composition Tables 2025 (Ministry of Health + WHO/EMRO + KISR)

Lab value per 100 g · Reference dish: Eggs with tomato

Calories: 54.9 Protein: 4.1 g Carbs: 3 g

Published lab-measured nutrition value for a comparable traditional dish (per 100 g); EEINA's per-serving recipe figures are computed for our own quantities and may differ. This reference was added to increase reader trust and let them consult the source. · [Source](#)

Allergens

Contains: Dairy, Egg.

Free of: Celery, Crustaceans, Fish, Gluten, Molluscs, Mustard, Peanuts, Sesame, Soy, Tree nuts.

Allergen list follows the Gulf Standardization Organization GSO 9/2013 for packaged food labels. Always check the label of every product you buy, as ingredients vary between brands.

Troubleshooting

The most common problems when preparing Shakshuka (eggs in tomato), and how to fix them:

> The egg doneness is not what you wanted (too runny or too firm)

> The sauce is watery and will not thicken

> The white spread out and sank into the sauce

> The flavor is bland without pepper sharpness

> The bottom burned and the sauce is bitter

> The eggs taste undercooked and there is a safety concern

Storage and Make-Ahead

Refrigerator (4°C)
Shakshuka with eggs: two days maximum in an airtight container. The eggs lose their texture after 24 hours. The sauce alone without eggs: five days, add fresh eggs when preparing.

Freezer (-18°C)
Sauce only (without eggs): three months in a freezer container. Thaw in the refrigerator, reheat, then crack fresh eggs over it. With eggs: not suitable, cooked eggs change texture after thawing.

Advance preparation
The sauce: a day or two ahead, kept in the refrigerator in an airtight container. Chopping the vegetables (onion, pepper, garlic): a day ahead. Cracking the eggs: at the moment of cooking only, eggs are cracked fresh.

Reheating
In a dry pan over very gentle heat covered, or in a moderate oven for 10 minutes. Avoid the microwave, since it dries the eggs and separates the sauce.

Tested Ingredient Substitutions

Original Ingredient	Tested Substitute	Ratio	Flavor Difference
Fresh tomatoes	Ready-made canned tomato sauce	a 400 g can ≈ 4 medium tomatoes	Less varied flavor, a big time saving
Red bell pepper	Yellow or orange bell pepper	same amount	Higher sweetness, a lighter color for the dish
Sweet paprika	Smoked paprika	half the amount	A rich smoky taste, a deep flavor similar to grilled food
Eggs	Soft tofu pieces (for vegetarians)	each egg ≈ 50 g tofu	Similar texture, cholesterol-free, neutral flavor
Olive oil	Local ghee (samn)	half the amount	A warm Saudi flavor, better suited to a winter breakfast

EEINA NUTRITION TIP

The egg doneness is up to your taste: for a runny yolk about three minutes, and for fully set six to eight minutes. Serve it with Arabic bread, or oat bread if you are watching your blood sugar or weight, since it is higher in fiber and slower to absorb. And to reduce sodium, cut back the salt and rely on cumin, paprika, and parsley for flavor.

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Frequently Asked Questions

Is it safe during pregnancy?

+

Egg substitute for vegetarians?

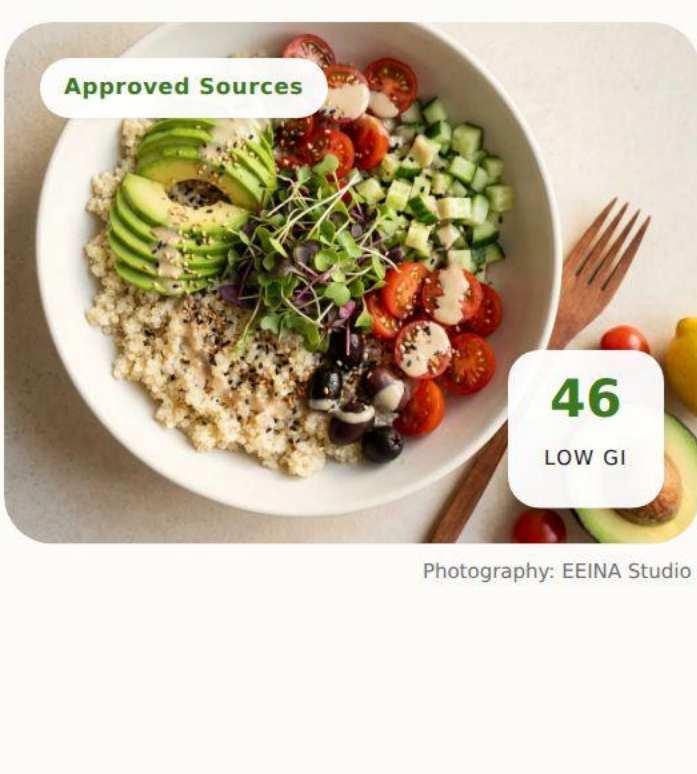
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How do I increase the protein?

+

Is it good for dinner?

+



Photography: EEINA Studio

LUNCH · INTERNATIONAL CUISINE · HEALTHY

Quinoa and Avocado Salad

Quinoa = a complete plant protein · it contains all 9 essential amino acids. With avocado rich in healthy fats = a complete meal without meat.



Cook Time

30 min



Servings

2



Calories

635



Protein

16 g

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INGREDIENTS (2 SERVINGS)

1 cup quinoa (rinsed)

2 cups light vegetable broth

1 ripe avocado

10 cherry tomatoes

Half a cucumber, chopped

A quarter of a red onion, thinly sliced

Half a cup of parsley and cilantro

1 lemon (juice and zest)

2 tbsp extra virgin olive oil

For garnish, 2 tbsp ground pistachios

1 g Salt

to taste Black pepper and a pinch of cumin

Add ingredients to my shopping list →

The Story Behind This Recipe

Quinoa is an ancient grain from the Inca mountains of Peru. It is called "the gold grain" because its nutritional value far exceeds that of wheat and rice.

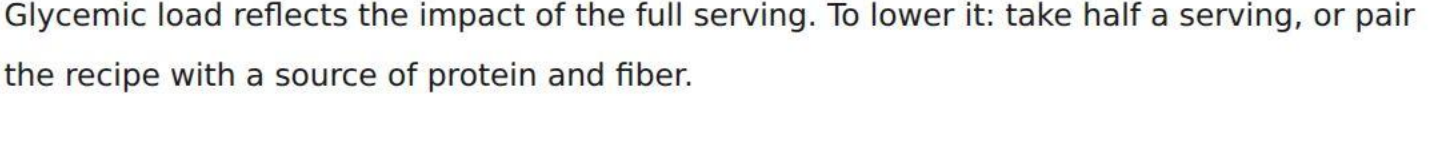
NASA considered it an ideal food for space travel. Unlike rice and wheat, quinoa contains a complete protein (it does not need to be combined with anything else). With avocado rich in MUFA = a very balanced meal.

Blood Sugar Impact

The glycemic index **(GI)** measures how quickly a food raises blood sugar, while the glycemic load **(GL)** measures how much a full serving raises it. Together they give the complete picture.

Glycemic Index **GI**

46 **Low**



A low value (≤ 55) means a gradual rise in blood sugar — the most suitable range for diabetes and insulin resistance.

Glycemic Load **GL**

27 **High**



Glycemic load reflects the impact of the full serving. To lower it: take half a serving, or pair the recipe with a source of protein and fiber.

Preparation Steps

Start Cook Mode Step by step, full screen

1 Rinse the quinoa

Rinse the quinoa well under cold water for about thirty seconds, as this step is important to remove the bitter layer on its surface (saponin).

2 Cook the quinoa

In a small pot, put the quinoa, broth, and a pinch of salt, bring it to a boil, then lower the heat to its minimum, and cover it for twelve to fifteen minutes until it absorbs all the liquid. Leave it for five minutes without opening so it finishes cooking with the steam.

3 Prepare the avocado

Open the avocado, remove the pit, and cut it into cubes, then sprinkle it with lemon juice right away so its color does not change.

4 Chop the vegetables

Chop the cherry tomatoes, cucumber, and onion, and finely chop the herbs, and put them all in a large bowl.

5 Assemble and serve

Add the warm—not hot—quinoa to the vegetables, season it with the mix of olive oil, lemon and its zest, cumin, salt, and pepper, then add the avocado at the end carefully so it does not get mashed, and sprinkle the ground pistachios.

Nutritional Information

Per Serving Makes 2 servings · one serving is about 545 g of raw ingredients

Calories 635 kcal 32% of Daily Value*

Protein 16 g 32% of Daily Value*

Carbohydrates 73 g 27% of Daily Value*

Fat 35 g 45% of Daily Value*

Fiber 15 g 54% of Daily Value*

Sodium 926 mg 40% of Daily Value*

Potassium 1248 mg 27% of Daily Value*

Phosphorus 479 mg 38% of Daily Value*

* Percent Daily Values are based on a 2,000-calorie diet per FDA food-label reference values — your daily needs may be higher or lower. Values are derived from the recipe's ingredients via the USDA database.

Allergens

Contains: Tree nuts.

Free of: Celery, Crustaceans, Dairy, Egg, Fish, Gluten, Molluscs, Mustard, Peanuts, Sesame, Soy.

Allergen list follows the Gulf Standardization Organization regulation GSO 9/2013 for packaged food labels. Always check the label of every product you buy, as ingredients vary between brands.

Troubleshooting

The most common problems when preparing Quinoa and Avocado Salad, and how to fix them:

> The quinoa tastes bitter or earthy

> The quinoa is doughy and clumped

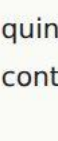
> The avocado blackened quickly after cutting

> The avocado is not ripe and the salad failed

> The salad is bland with no flavor

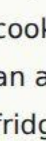
> The salad is watery at the bottom of the bowl

Storage and Make-Ahead



Refrigerator (4°C)

The mixed salad: one day only, the vegetables wilt and the avocado oxidizes. The cooked quinoa separately: four days in an airtight container.



Freezer (-18°C)

The salad: not suitable. The avocado and vegetables turn into a paste after thawing. The cooked quinoa separately: up to two months in an airtight container, thawed overnight in the fridge.



Make ahead

Cooking the quinoa: a day ahead in a container in the fridge. Chopping the firm vegetables (cucumber, tomato): two hours ahead, covered in the fridge. The avocado: cut only minutes before serving, with an immediate sprinkle of lemon. The final mix: five minutes before serving.



Serving

A cold dish that is not heated. Do not leave it out of the fridge for more than two hours per the general USDA recommendation for cold foods [2].

Tested Ingredient Substitutions

Original Ingredient	Tested Substitute	Ratio	Flavor Difference
Quinoa	Fine green bulgur	Same cooked amount	A deeper wheat flavor, cheaper, contains gluten
Quinoa	Cooked freekeh	Same amount	A light smoky flavor, a stronger texture
Avocado	Low-fat feta cheese	Half the amount	A creamy salty texture, higher protein, less fat
Extra virgin olive oil	Avocado oil	Same amount	A neutral taste, a higher smoke point, better for those who like neutral
Fresh lemon	Lime	Same amount	A softer aroma, less acidity, a Caribbean flavor

EEINA NUTRITION TIP

To preserve the avocado: add it at the end and sprinkle it with lemon. If you are storing leftovers, leave the pit in the salad (it slows oxidation for 24 hours).

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Frequently Asked Questions

Where do I buy quinoa?

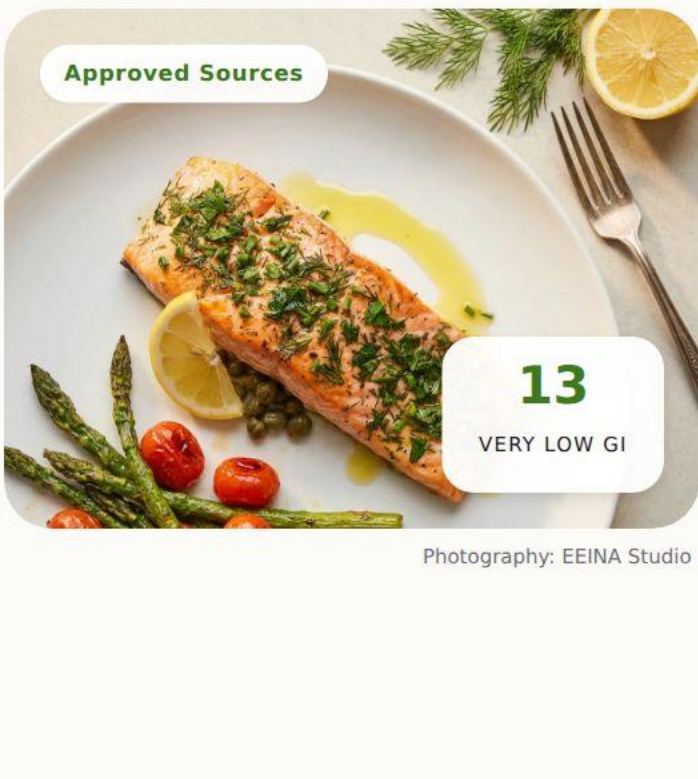


Is it suitable during pregnancy?



An avocado substitute?

How long does it keep?



Photography: EEINA Studio

DINNER · INTERNATIONAL CUISINE · HEALTHY

Herb-Roasted Salmon

2 grams of Omega-3 per serving · equal to 4 fish oil capsules. 34 g of complete protein, almost no carbs. The best dinner for heart and brain health.



Cook Time

27 min



Servings

2



Calories

473



Protein

32 g

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INGREDIENTS (2 SERVINGS)

300 g fresh salmon (2 fillets, with or without skin)

1 lemon (juice and grated zest)

2 tablespoons olive oil

3 cloves garlic, finely minced

3 tablespoons fresh parsley, chopped

2 tablespoons fresh dill

1 tablespoon fresh thyme

Lemon slices for serving

2 g Salt

to taste Freshly ground black pepper

Add ingredients to my shopping list →

The Story Behind This Recipe

Salmon is one of the best sources of omega-3 on the planet. The American Heart Association recommends eating it twice a week to prevent arterial disease.

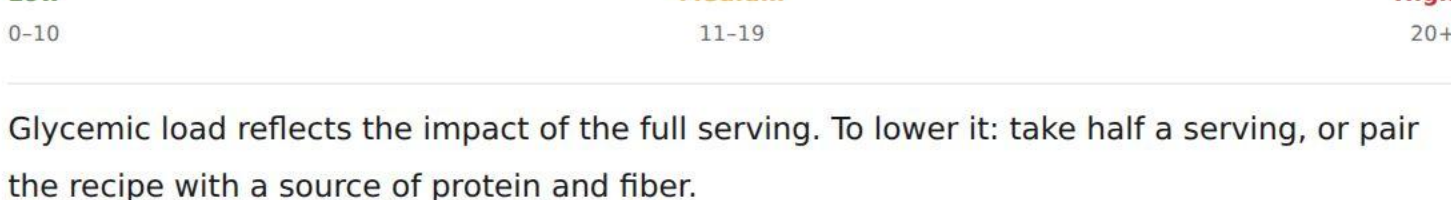
Fresh herbs, lemon, and its zest turn the fish from "boring healthy" into a connoisseur's meal. The slow-oven technique preserves its internal moisture.

Blood Sugar Impact

The glycemic index **(GI)** measures how quickly a food raises blood sugar, while the glycemic load **(GL)** measures how much a full serving raises it. Together they give the complete picture.

Glycemic Index GI

13 Low



A low value (≤ 55) means a gradual rise in blood sugar — the most suitable range for diabetes and insulin resistance.

Glycemic Load GL

1 Low



Glycemic load reflects the impact of the full serving. To lower it: take half a serving, or pair the recipe with a source of protein and fiber.

Preparation Steps

Start Cook Mode Step by step, full screen

1

Prepare the aromatic marinade

Start by preparing the marinade: finely mince the garlic, chop the parsley, dill, and thyme, squeeze the lemon, and grate its zest. Combine them in a bowl with the olive oil and a pinch of salt and pepper, and mix well until they blend and become fragrant.

2

Marinate the salmon

Pat the two salmon fillets dry with a paper towel so the marinade clings to them, then coat them with the mixture on every side until an even layer covers them, and leave them for fifteen minutes so the fish absorbs the flavor. Be careful not to exceed half an hour, as the lemon's acidity starts to cook the surface and soften the texture.

3

Prepare the oven

While the fish rests, heat the oven to two hundred degrees with the top broiler off, then line a tray with foil and brush it with a little oil so the skin does not stick during cooking.

4

Put it in the oven

Place the salmon in the tray skin-side down if it has skin, and put it in the oven for ten to twelve minutes depending on its thickness. Be careful: if the fillet is thin, check on it from the eighth minute so it does not dry out.

5

Check its doneness

You know the salmon is done when it flakes easily at a touch of the fork and its color turns a soft, calm light in the center. Do not leave it longer than that, and if its surface dries out, take it out immediately and sprinkle drops of lemon over it to bring back its moisture.

6

Serve it warm

Serve it right away with a lemon slice and a light salad of spinach, avocado, or roasted vegetables, and you can add quinoa to make the meal complete and filling.

Nutritional Information

Per Serving

Makes 2 servings · one serving is about 255 g of raw ingredients



Calories

473 kcal

24% of Daily Value*



Protein

32 g

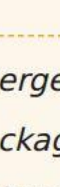
64% of Daily Value*



Carbohydrates

10 g

4% of Daily Value*



Fat

35 g

45% of Daily Value*



Fiber

3 g

11% of Daily Value*



Sodium

489 mg

21% of Daily Value*



Potassium

799 mg

17% of Daily Value*



Phosphorus

394 mg

32% of Daily Value*

* Percent Daily Values are based on a 2,000-calorie diet per FDA food-label reference values — your daily needs may be higher or lower. Values are derived from the recipe's ingredients via the USDA database.

Allergens

Contains: Fish.

Free of: Celery, Crustaceans, Dairy, Egg, Gluten, Molluscs, Mustard, Peanuts, Sesame, Soy, Tree nuts.

Allergen list follows the Gulf Standardization Organization regulation GSO 9/2013 for packaged food labels. Always check the label of every product you buy, as ingredients vary between brands.

Troubleshooting

The most common problems when preparing Herb-Roasted Salmon, and how to fix them:

> The salmon is dry and crumbly

> The skin was not crispy

> The herbs burned before the salmon was done

> The salmon's taste is strong with an unpleasant fishy flavor

> The salmon stuck to the pan

> The salmon releases a white liquid on the surface

Storage and Make-Ahead



Fridge (4°)

Raw salmon: two days maximum on the bottom shelf in the coldest part of the fridge [2]. Cooked salmon: three days in an airtight container, reheated gently to avoid drying out.



Freezer (-18°)

Fresh raw salmon: two to three months tightly wrapped in a freezer bag. Thawed frozen salmon: is not refrozen. Thawing is in the fridge overnight, not at room temperature.



Make ahead

The marinade: only 30 minutes to an hour before cooking (more than that softens the flesh). Chopping the herbs: 15 minutes before cooking to preserve the aromatic oils. Cooking: at the moment of serving, salmon is a dish of its day.



Reheating

In a medium oven (150°C) covered with foil for only 10 minutes. Avoid the microwave, as it dries out the salmon and ruins its texture. Do not leave it more than two hours out of the fridge after reheating [3].

Tested Ingredient Substitutions

Original Ingredient	Tested Substitute	Ratio	Flavor Difference
Salmon	Fresh tuna (steak)	same weight	Leaner, a deeper and more marine flavor, needs shorter cooking
Salmon	Grouper or naqis (Gulf fish)	same weight	A local Saudi flavor, white-fleshed, needs a stronger marinade
Fresh thyme	Dried Saudi thyme	one third of the amount	A deeper, stronger flavor, added with the oil before cooking
Dill	Green coriander	same amount	A beloved Eastern flavor, added right after cooking
Fresh lemon	Green lime	same amount	A softer aroma, lighter acidity, a distinctive fruity flavor

EEINA NUTRITION TIP

How do you choose fresh salmon? A bright pink color (not faded), a neutral smell (not strong), firm flesh (springs back after a light press). Its skin is shiny.

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Frequently Asked Questions

Fresh salmon or frozen?

+

How many times a week?

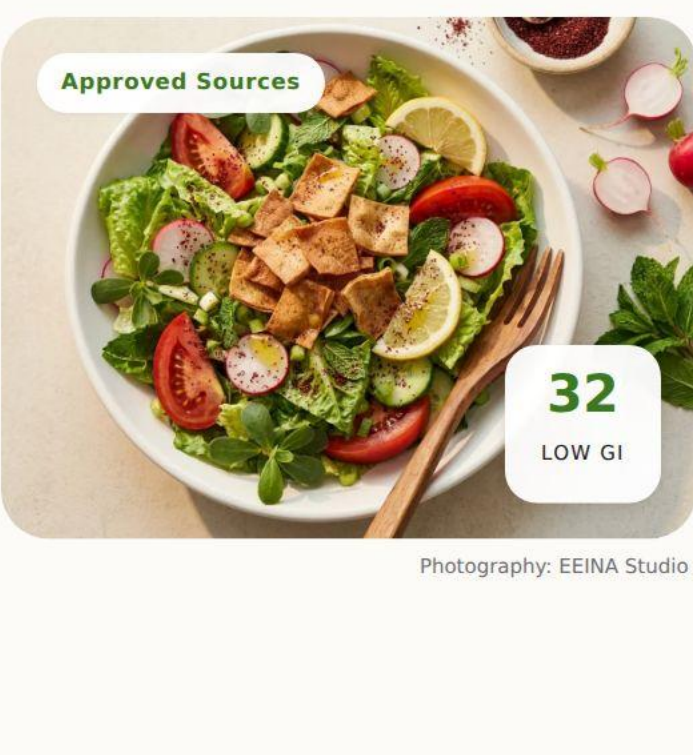
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Is it suitable for children?

+

A cheaper alternative?

+



Photography: EEINA Studio

LUNCH · LEBANESE CUISINE · LEVANTINE

Light Lebanese Fattoush (toasted-bread salad)

The lightest of Levantine salads — Fattoush (toasted-bread salad) · only 160 calories and 6 g fiber. The secret is whole-wheat bread toasted (not fried) and genuine pomegranate molasses.



Cook Time

15 min



Servings

4



Calories

283



Protein

9 g

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INGREDIENTS (4 SERVINGS)

- 1 large romaine lettuce
- 1 bunch rocket (arugula)
- ½ cup chopped flat-leaf parsley
- 3 cucumbers, chopped
- 3 tomatoes
- 4 radishes, sliced
- 1 green bell pepper
- 3 spring onion stalks
- 1 cup fresh mint
- 2 slices whole-wheat bread
- 1 tbsp sumac (tart purple spice)
- 2 tbsp pomegranate molasses
- 3 tbsp extra-virgin olive oil
- 1 lemon (juice)

Add ingredients to my shopping list →

The Story Behind This Recipe

Fattoush (toasted-bread salad) is a Lebanese village dish — born from the idea of 'never waste stale bread.' Toast it, toss it with seasonal vegetables, and add pomegranate molasses for its sweet-sour flavour.

The classic version uses fried bread (which adds 120 calories). Our version toasts it in the oven — same crunch, minus 120 calories.

Blood Sugar Impact

The glycemic index (**GI**) measures how quickly a food raises blood sugar, while the glycemic load (**GL**) measures how much a full serving raises it. Together they give the complete picture.

Glycemic Index GI

32 Low



A low value (≤ 55) means a gradual rise in blood sugar — the most suitable range for diabetes and insulin resistance.

Glycemic Load GL

9 Low



Glycemic load reflects the impact of the full serving. To lower it: take half a serving, or pair the recipe with a source of protein and fiber.

Preparation Steps

Start Cook Mode Step by step, full screen

1

Toast the bread

Cut the bread into cubes and place in an oven at 180°C for 5–7 minutes until crisp — no oil needed.

2

Chop the vegetables

Cut all the vegetables into medium — not tiny — pieces. Fattoush (toasted-bread salad) likes big chunks that keep their crunch.

3

Chop the herbs

Finely chop the parsley and mint so they release their aromatic oils.

4

Make the dressing

In a small bowl, whisk together the olive oil, lemon juice, pomegranate molasses, and sumac (tart purple spice) with a pinch of salt and pepper until emulsified.

5

Assemble the Fattoush

In a large bowl, place the lettuce first, then the vegetables, then the herbs. Pour over the dressing and add the toasted bread at the very last moment before serving to keep it crunchy. Toss gently and scatter extra sumac on top.

Nutritional Information

Per Serving

Makes 4 servings · one serving is about 565 g of raw ingredients



Calories

283 kcal

14% of Daily Value*



Protein

9 g

18% of Daily Value*



Carbohydrates

40 g

15% of Daily Value*



Fat

12 g

15% of Daily Value*



Fiber

12 g

43% of Daily Value*



Sodium

123 mg

5% of Daily Value*

* Percent Daily Values are based on a 2,000-calorie diet per FDA food-label reference values — your daily needs may be higher or lower. Values are derived from the recipe's ingredients via the USDA database.

Documented Scientific Reference

Hoteit et al. 2021 — Lebanese composite-dish tables · Lebanese University + WHO · F1000Research (CC BY)

Lab value per 100 g · Reference dish: Light Lebanese Fattoush (toasted-bread salad)

Calories: 52 Protein: 1.5 g Carbs: 7.2 g Fat: 1.9 g

Published lab-measured nutrition for a comparable traditional dish (per 100 g); EEINA's per-serving figures are computed for our own quantities and may differ. This reference is added to increase reader trust and let them consult the source. · [Source](#)

Allergens

Contains: Gluten.

Free of: Celery, Crustaceans, Dairy, Egg, Fish, Molluscs, Mustard, Peanuts, Sesame, Soy, Tree nuts.

Allergen list follows the Gulf Standardization Organization regulation GSO 9/2013 for packaged food labels. Always check the label of every product you buy, as ingredients vary between brands.

Troubleshooting

The most common problems when preparing Light Lebanese Fattoush (toasted-bread salad), and how to fix them:

> Toasted bread lost its crunch quickly

> Sumac flavour disappeared and left no trace

> Vegetables wilted before reaching the table

> Fattoush looks pale without its signature pink

> Dressing separates and pools at the bottom

> Bread is hard and burnt outside but soft inside

Storage and Make-Ahead



Refrigerator (4°C)

Cut vegetables without dressing: 2 days in an airtight container on the middle shelf. Fattoush tossed with dressing: 1 day only — loses crunch but remains safe.



Freezer (–18°C)

Not suitable. Leafy greens, cucumber and tomato turn to watery mush after thawing. Fattoush is a same-day dish.



Make-ahead

Cut vegetables: up to 2 hours before serving, stored covered in the refrigerator. Toast the bread: hours or a day ahead in a dry airtight container. Dressing: up to 1 hour ahead in a sealed jar. Final toss: only 5 minutes before serving.



Serving

Serve cold — do not reheat. Do not leave outside the refrigerator for more than 2 hours, per USDA general cold-food guidance [2].

Tested Ingredient Substitutions

Original Ingredient	Tested Substitute	Ratio	Flavor Difference
Toasted Levantine pita	Toasted whole-wheat baladi saj flatbread	same amount	Thinner, deeper wheat flavour
Toasted bread (for a gluten-free version)	Baked corn tortilla chips with a little oil	same amount	Similar crunch, neutral flavour
Pomegranate molasses	Lemon juice and a spoonful of honey	1 spoon molasses → 2 spoons lemon and half spoon honey	Sour without the red colour
Romaine lettuce	Rocket or baby spinach	same amount	Slight bitterness, more distinctive flavour
Red radish	Daikon radish, thinly sliced	same weight	Slightly sharper, similar crunch

How Much Does It Make? Scaling Guide

Servings	Pita bread	Romaine lettuce	Tomatoes	Cucumbers
2 (individual × 2)	½ round	Small head	1 medium	1 small
4 (base recipe)	1 full round	1 full head	2 medium	2 small
8 (large family)	2 rounds	2 heads	4 medium	4 medium
12 (guests)	3 rounds	3 heads	6 medium	6 medium

EEINA NUTRITION TIP

The flavour secret: genuine Lebanese pomegranate molasses (low sugar content, richly sour). Avoid sweetened substitutes. Two small tablespoons make a big difference in taste.

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Frequently Asked Questions

Can I have Fattoush as a full dinner?

+

Substitute for pomegranate molasses?

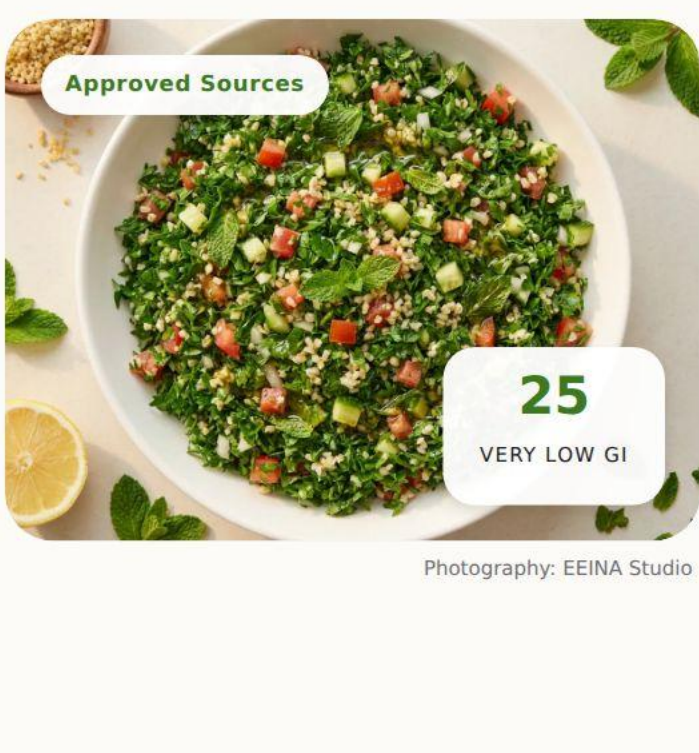
+

Is it good for weight loss?

+

Substitute for whole-wheat bread?

+



Photography: EEINA Studio

LUNCH · LEBANESE CUISINE · LEVANTINE

Tabbouleh with Green Bulgur

The original Lebanese tabbouleh · 3/4 parsley and 1/4 bulgur (not the other way around). The most famous herb salad, GI 26, rich in vitamin K and iron.



Cook Time

20 min



Servings

4



Calories

206



Protein

5 g

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INGREDIENTS (4 SERVINGS)

2 cups very finely chopped parsley (~2 large bunches)

4 tablespoons fresh chopped mint

3 tbsp fine green bulgur (#1)

3 medium tomatoes, finely diced

3 stalks green onion, chopped

2 lemons (juice)

3 tbsp extra virgin olive oil

1 tsp sumac

4 g Salt

to taste Black pepper

Add ingredients to my shopping list →

The Story Behind This Recipe

True tabbouleh is a parsley salad, not a bulgur salad. The Lebanese take pride in this — in Lebanon bulgur is merely an addition that gives texture, not the base.

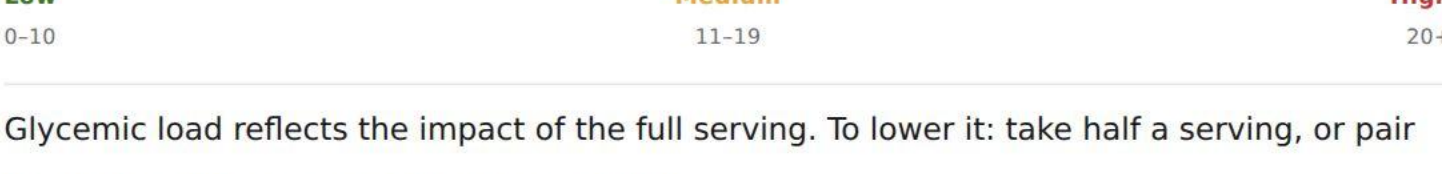
Its nutritional value is remarkable: a cup of parsley = twice the vitamin C of an orange and 3 spoonfuls of vitamin K (for bone health). With whole bulgur = high fiber.

Blood Sugar Impact

The glycemic index (**GI**) measures how quickly a food raises blood sugar, while the glycemic load (**GL**) measures how much a full serving raises it. Together they give the complete picture.

Glycemic Index GI

25 Low



A low value (≤ 55) means a gradual rise in blood sugar — the most suitable range for diabetes and insulin resistance.

Glycemic Load GL

4 Low



Glycemic load reflects the impact of the full serving. To lower it: take half a serving, or pair the recipe with a source of protein and fiber.

Preparation Steps

Start Cook Mode Step by step, full screen

1

Soak the bulgur

Soak the bulgur in lukewarm water for ten minutes, then drain it well so no water remains, because excess water ruins the texture of the tabbouleh.

2

Chop the parsley

This is the most important step: chop the parsley very finely with a sharp knife, not in a blender, so it does not release its bitterness, and leave no thick stems.

3

Chop the mint

Chop the mint finely, and keep it less than the parsley at a ratio of one to four so it stays refreshing rather than overpowering.

4

Dice the tomatoes

Cut the tomatoes into very small pieces about five millimeters, and leave them in a strainer for two minutes to drain their excess water.

5

Mix and season

In a wide bowl combine the parsley, mint, green onion, bulgur, and tomatoes, then season them with the mixture of olive oil, lemon, sumac, and salt, and toss gently. Leave it for ten minutes before serving so the flavors meld.

Nutritional Information

Per Serving

Makes 4 servings · one serving is about 260 g of raw ingredients



Calories

206 kcal
10% of Daily Value*



Protein

5 g
10% of Daily Value*



Carbohydrates

25 g
9% of Daily Value*



Fat

11 g
14% of Daily Value*



Fiber

7 g
25% of Daily Value*



Sodium

417 mg
18% of Daily Value*

* Percent Daily Values are based on a 2,000-calorie diet per FDA food-label reference values — your daily needs may be higher or lower. Values are derived from the recipe's ingredients via the USDA database.

Allergens

Contains: Gluten.

Free of: Celery, Crustaceans, Dairy, Egg, Fish, Molluscs, Mustard, Peanuts, Sesame, Soy, Tree nuts.

Allergen list follows the Gulf Standardization Organization regulation GSO 9/2013 for packaged food labels. Always check the label of every product you buy, as ingredients vary between brands.

Troubleshooting

The most common problems when preparing Tabbouleh with Green Bulgur, and how to fix them:

> The tabbouleh came out brown, not green

> The tabbouleh is watery at the bottom

> The bulgur did not soften and stayed hard under the tooth

> The taste is very salty even though the salt is little

> The dressing is flat with no sour edge

> The parsley wilted after an hour in the fridge

Storage and Make-Ahead



Refrigerator (4°)

Mixed tabbouleh: two days maximum in a sealed container. It loses its crunch after twenty-four hours but stays safe to eat. Unmixed vegetables: three days in the fridge, wrapped in a paper bag that absorbs moisture.



Freezer (-18°)

Not suitable at all. The parsley, mint, and tomatoes turn into a watery paste after thawing. Tabbouleh is a same-day dish only.



Make ahead

Chopping the parsley and mint: two hours before serving, kept in a paper bag in the fridge (not plastic, as it traps moisture). Soaking and squeezing the bulgur: an hour before, kept in a dry container. The dressing: an hour before in a glass, shaken before adding. The final mixing: only ten minutes before serving.



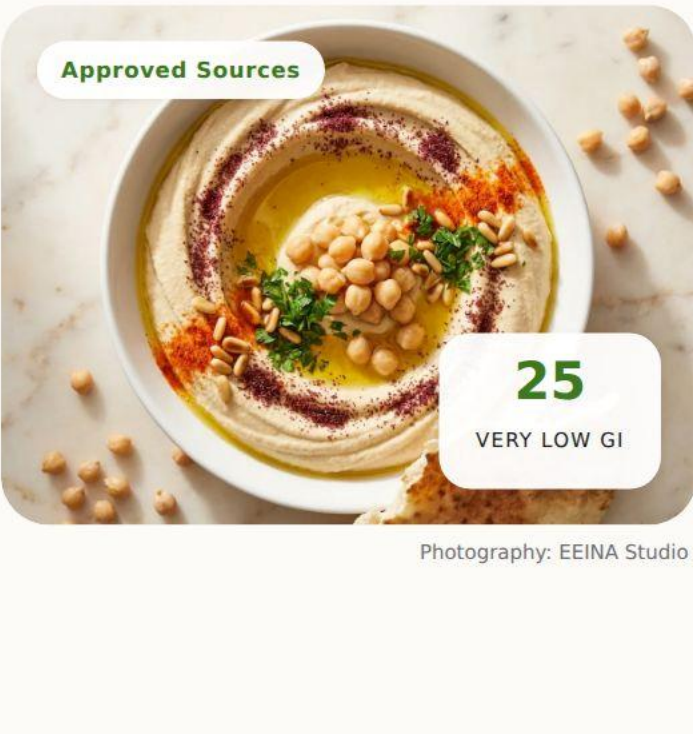
Serving

A cold dish that is not heated. For late meals: leave it on the table five minutes before serving to let the excess chill go. Do not leave it out of the fridge for more than two hours.

Tested Ingredient Substitutions

Original Ingredient	Tested Substitute	Ratio	Flavor Difference
Fine green bulgur	Cooked and cooled quinoa	same amount	Gluten-free [2], finer texture, neutral flavor
Parsley alone	Parsley and cilantro with more parsley	same total amount	Deeper and sharper flavor than parsley alone
Sumac	Extra lemon juice	Add a little more lemon juice	Clearer sourness, loses the light pink color
Green onion	Finely chopped small red onion	half the amount	Sharper, more intense, needs a pinch of sugar to soften it
Regular tomatoes	Cherry tomatoes halved	same weight	Higher sweetness, less water, nicer look for hosting

Sources: [Gulf GSO](#) · [Our methodology](#) · Updated on May 20, 2026



Photography: EEINA Studio

SNACK · HEJAZI CUISINE · LEVANTINE

Hijazi Hummus with Tahini

Hummus — nearly complete plant protein. A satisfying snack, GI 30 very low, suitable for all dietary plans. The secret is authentic Saudi sesame tahini and fresh lemon.



Cook Time

10

min



Servings

6



Calories

202



Protein

7

g

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INGREDIENTS (6 SERVINGS)

2 cups cooked Hummus (drained)

3 tbsp sesame tahini

2 cloves garlic

1 lemon (juice)

1/2 tsp ground cumin

1/4 cup cold water (added gradually)

2 tbsp extra-virgin olive oil for garnish

Chopped parsley, smoked paprika, and whole chickpeas for garnish

Salt to taste

Add ingredients to my shopping list →

The Story Behind This Recipe

Hummus with tahini is a Levantine-Hijazi dish older than many nations. It merges plant protein (chickpeas) with healthy fats (tahini) to deliver a balanced meal in two tablespoons.

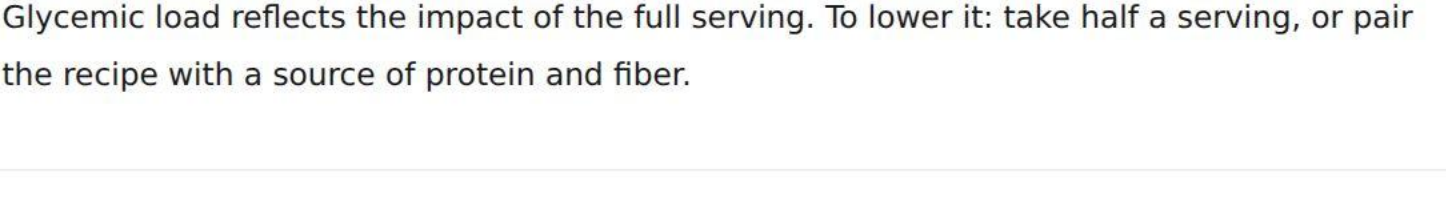
In the Hijaz especially — Mecca, Jeddah, Taif — Hummus is served in almost every home for breakfast or as a starter. The Jeddawi version uses more tahini than the Lebanese.

Blood Sugar Impact

The glycemic index (**GI**) measures how quickly a food raises blood sugar, while the glycemic load (**GL**) measures how much a full serving raises it. Together they give the complete picture.

Glycemic Index GI

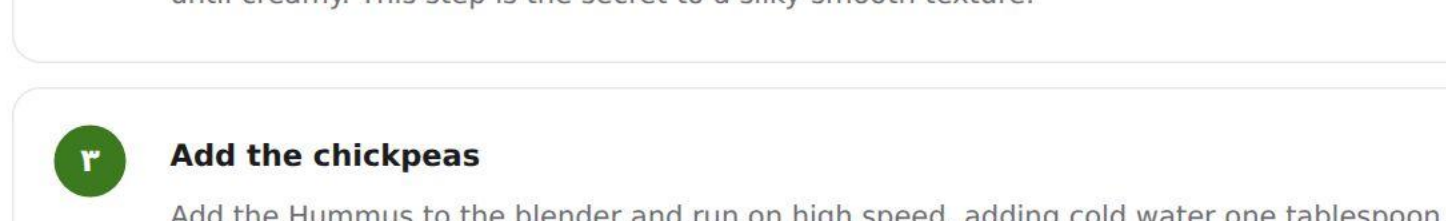
25 Low



A low value (≤ 55) means a gradual rise in blood sugar — the most suitable range for diabetes and insulin resistance.

Glycemic Load GL

4 Low



Glycemic load reflects the impact of the full serving. To lower it: take half a serving, or pair the recipe with a source of protein and fiber.

Preparation Steps

Start Cook Mode Step by step, full screen

1 Prepare the chickpeas

If using canned, rinse them thoroughly under water to reduce sodium significantly. If using dried, boil for about an hour with half a teaspoon of baking soda until completely tender.

2 Blend the tahini first

In the blender, combine the tahini, garlic, lemon, and cumin, and blend for one minute until creamy. This step is the secret to a silky-smooth texture.

3 Add the chickpeas

Add the Hummus to the blender and run on high speed, adding cold water one tablespoon at a time until the Hummus is smooth and creamy.

4 Taste and adjust

Taste and add salt, lemon, or tahini to preference. The ideal texture is creamy but holds its shape.

5 Serve

Scoop into a deep dish and swirl the surface with the back of a spoon, then drizzle with olive oil and top with whole chickpeas, parsley, and smoked paprika. Serve with Arabic flatbread.

Nutritional Information

Per Serving Makes 6 servings · one serving is about 115 g of raw ingredients

Calories 202 kcal 10% of Daily Value*

Protein 7 g 14% of Daily Value*

Carbohydrates 21 g 8% of Daily Value*

Fat 11 g 14% of Daily Value*

Fiber 6 g 21% of Daily Value*

Sodium 459 mg 20% of Daily Value*

Potassium 156 mg 3% of Daily Value*

Phosphorus 131 mg 10% of Daily Value*

* Percent Daily Values are based on a 2,000-calorie diet per FDA food-label reference values — your daily needs may be higher or lower. Values are derived from the recipe's ingredients via the USDA database.

Documented Scientific Reference

Hoteit et al. 2021 — Lebanese composite-dish tables · Lebanese University + WHO · F1000Research (CC BY)

Lab value per 100 g · Reference dish: Hijazi Hummus with Tahini

Calories: 146 Protein: 7.5 g Carbs: 17.2 g Fat: 5.2 g

Published lab-measured nutrition for a comparable traditional dish (per 100 g); EEINA's per-serving figures are computed for our own quantities and may differ. This reference is added to increase reader trust and let them consult the source. [Source](#)

Allergens

Contains: Gluten, Sesame.

Free of: Celery, Crustaceans, Dairy, Egg, Fish, Molluscs, Mustard, Peanuts, Soy, Tree nuts.

Allergen list follows the Gulf Standardization Organization regulation GSO 9/2013 for packaged food labels. Always check the label of every product you buy, as ingredients vary between brands.

Troubleshooting

The most common problems when preparing Hijazi Hummus with Tahini, and how to fix them:

> Hummus is grainy, not smooth

> Bitter, heavy tahini flavor

> Texture is dry or separated

> Flat flavor with no depth

> Surface lost its sheen after serving

> Hummus feels heavy on the stomach

Storage and Make-Ahead



Refrigerator (4°C)

Finished Hummus: four to five days in an airtight container with a thin layer of olive oil on top.

Cooked chickpeas without blending: three days covered in their cooking liquid in an airtight container.



Freezer (-18°C)

Blended Hummus: up to two months in an airtight container. Thaw overnight in the refrigerator, then stir with a tablespoon of cold water to restore texture. Cooked chickpeas: six months in a freezer bag spread as individual grains.



Meal prep

Soaking: overnight (8-12 hours) in cold water on the counter. Cooking: one to two days ahead, stored in their liquid in the refrigerator. Final blending: up to one hour before serving at most to maintain the fresh texture.



Serving

Serve at room temperature — very cold Hummus suppresses the tahini and lemon flavors. Remove from the refrigerator 20 minutes before serving. Do not leave out for more than two hours per USDA recommendation [2].

Tested Ingredient Substitutions

Original Ingredient	Tested Substitute	Ratio	Flavor Difference
Soaked dried chickpeas	Ready-to-use canned chickpeas	2 cups soaked dried ≈ 3 small cans	Less dense texture, needs longer blending, less depth of flavor
Tahini	Almond butter and a little sesame oil	Each tbsp tahini → 2 tbsp almond butter + 1/2 tsp sesame oil	Nutty flavor, better for those who dislike tahini's bitterness
Fresh lemon	White vinegar	Each tbsp lemon → 1.5 tbsp vinegar	Sharper without the lemon fragrance — better for those who prefer less citrus
Ground cumin	Ground coriander	Same amount	Lighter, less earthy flavor — a variation for Hummus enthusiasts
Raw garlic	Roasted garlic	1 roasted clove ≈ 1/2 raw clove	Sweeter and mellow, without raw garlic's sharpness — better for entertaining

EEINA NUTRITION TIP

The secret to a silky texture: 1) Cold water (not warm) makes it smoother. 2) Long blending (3-4 minutes) matters more than the ingredients. 3) Add the chickpeas last (after the tahini) — it blends better.

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Frequently Asked Questions

Is it safe for diabetics?

+

Alternative to tahini?

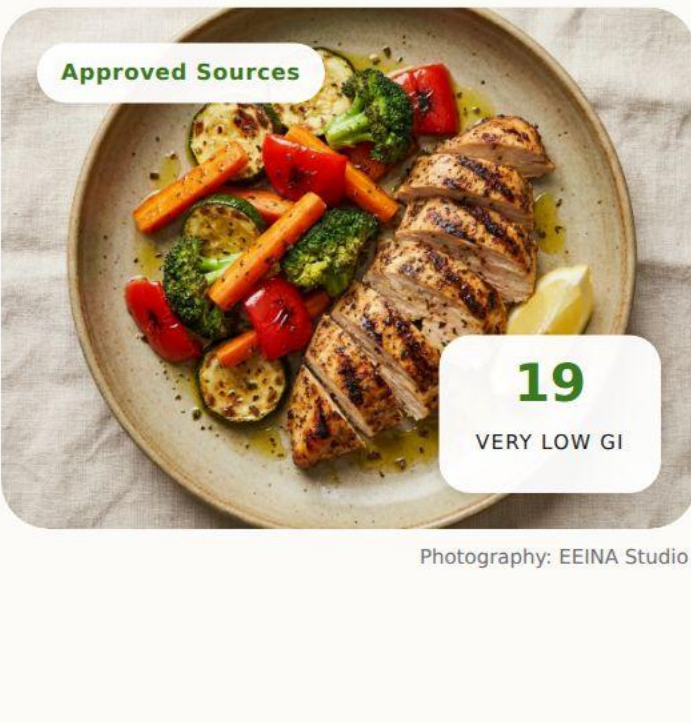
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How long does it keep?

+

Healthier alternatives to bread?

+



Photography: EEINA Studio

LUNCH · HEALTHY CUISINE

Grilled Chicken Breast with Roasted Vegetables

Tender grilled chicken breasts over colorful roasted vegetables. A high-protein, low-carb dish, GI 25, 50 g protein per serving, suitable for diabetes, heart, weight loss, and PCOS.

Cook Time
40
min

Servings
2

Calories
381

Protein
38 g

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INGREDIENTS (2 SERVINGS)

300 g skinless boneless chicken breasts (2 pieces)

1 medium zucchini, sliced (~150 g)

1 bell pepper, mixed colors, chopped (~120 g)

1 small carrot, cut into sticks (~70 g)

150 g broccoli florets

2 tablespoons extra virgin olive oil (~24 g)

2 tablespoons fresh lemon juice

2 cloves garlic, crushed

1 g Salt

to taste Herbs (thyme, rosemary, parsley), black pepper, and paprika

Add ingredients to my shopping list →

The Story Behind This Recipe

This dish is the definition of a balanced healthy meal: high-quality lean protein from chicken breast, over non-starchy vegetables roasted to concentrate their flavor with dry heat rather than water. No rice and no bread, so the carbs are very low and all from the vegetables.

The secret of the flavor is roasting, not boiling: at two hundred degrees the vegetables' natural sugars caramelize, gaining sweetness and golden edges, while the chicken stays tender because it is grilled separately and rested before slicing. The result is a long-satisfying meal at moderate calories, suitable for anyone watching their weight or blood sugar.

Blood Sugar Impact

The glycemic index (**GI**) measures how quickly a food raises blood sugar, while the glycemic load (**GL**) measures how much a full serving raises it. Together they give the complete picture.

Glycemic Index

GI

19

Low

Low

0-55

Medium

56-69

High

70+

A low value (≤ 55) means a gradual rise in blood sugar — the most suitable range for diabetes and insulin resistance.

Glycemic Load

GL

2

Low

Low

0-10

Medium

11-19

High

20+

Glycemic load reflects the impact of the full serving. To lower it: take half a serving, or pair the recipe with a source of protein and fiber.

Preparation Steps

Start Cook Mode

Step by step, full screen

- 1

Marinate the chicken

Marinate the chicken breasts with half the olive oil, the lemon juice, the crushed garlic, the herbs, salt, pepper, and paprika, and leave them to soak up the marinade for twenty to thirty minutes (or up to an hour in the fridge for a deeper flavor).
- 2

Heat the oven

Heat the oven to two hundred degrees Celsius, or heat a griddle or grill over medium to high heat.
- 3

Season the vegetables

Cut the zucchini, pepper, carrot, and broccoli into similar sizes, and toss them with the remaining olive oil and a pinch of salt and pepper so the seasoning is distributed.
- 4

Roast the vegetables

Spread the vegetables in a single tray in one layer without piling them so they roast rather than steam, and put them in the oven for twenty to twenty-five minutes, turning them once halfway through.
- 5

Grill the chicken

Grill the chicken breasts five to seven minutes per side until the internal temperature reaches seventy-four degrees Celsius (recommended by USDA for poultry safety) and the color is golden and the juices run clear.
- 6

Rest the chicken

Rest the chicken for five minutes before slicing so it keeps its juices, then slice it.
- 7

Serve

Arrange the roasted vegetables on the plate with the chicken slices on top, and finish with a fresh squeeze of lemon and a sprinkle of green herbs before serving.

Nutritional Information

Per Serving		Makes 2 servings · one serving is about 420 g of raw ingredients
Calories	381	kcal
	19% of Daily Value*	
Protein	38	g
	76% of Daily Value*	
Carbohydrates	16	g
	6% of Daily Value*	
Fat	18	g
	23% of Daily Value*	
Fiber	5	g
	18% of Daily Value*	
Sodium	316	mg
	14% of Daily Value*	

* Percent Daily Values are based on a 2,000-calorie diet per FDA food-label reference values — your daily needs may be higher or lower. Values are derived from the recipe's ingredients via the USDA database.

Allergens

Contains: None of the common allergens.

Free of: .

Allergen list follows the Gulf Standardization Organization regulation GSO 9/2013 for packaged food labels. Always check the label of every product you buy, as ingredients vary between brands.

Troubleshooting

The most common problems when preparing Grilled Chicken Breast with Roasted Vegetables, and how to fix them:

- > The chicken came out dry and tough
- > The vegetables came out boiled and soft, not roasted
- > Some vegetables burned and some are raw
- > The dish is flavorless and flat-tasting
- > The chicken stuck to the grill or griddle
- > The chicken did not cook through inside while the surface browned

Storage and Make-Ahead

Fridge (4°)

The grilled chicken and vegetables: three to four days in an airtight container, per USDA recommendation for cooked leftovers. Do not leave the dish out of the fridge for more than two hours (the danger zone rule).

Freezer (-18°)

The chicken: freezes well for up to two to three months. The roasted vegetables: lose their texture after thawing and become soft, so it is best to freeze the chicken alone.

Make ahead

Marinating: the chicken can be marinated and kept raw in the fridge for up to twenty-four hours before cooking. Cutting the vegetables: a day ahead, kept in an airtight container in the fridge ready to roast.

Reheating

Reheat the chicken gently in the oven at one hundred sixty degrees or on a covered pan with a splash of water so it does not dry out. The microwave dries out the breast, so use it briefly on medium power if needed.

Tested Ingredient Substitutions

Original Ingredient	Tested Substitute	Ratio	Flavor Difference
Chicken breasts	Skinless boneless chicken thighs	same weight	More tender and richer, slightly higher calories, hard to dry out
Chicken breasts	Turkey breast or turkey slices	same weight	Similar protein, lighter flavor, needs a stronger marinade
Chicken (vegetarian option)	Firm pressed tofu	same weight	Meat-free, needs longer marinating and high heat to brown
Broccoli	Cauliflower or green beans	same weight	Milder flavor, roasts well, a different look for the dish
Olive oil	Avocado oil	same amount	Higher smoke point, neutral flavor, suitable for high heat

EEINA NUTRITION TIP

Protein first is the secret of satiety: this dish provides about 50 g of protein per serving, which supports satiety and preserving muscle mass during weight loss. Start your meal with the chicken and vegetables before any starches, as this order lessens the post-meal blood sugar rise and prolongs the feeling of fullness.

Add This Recipe to Your Plan

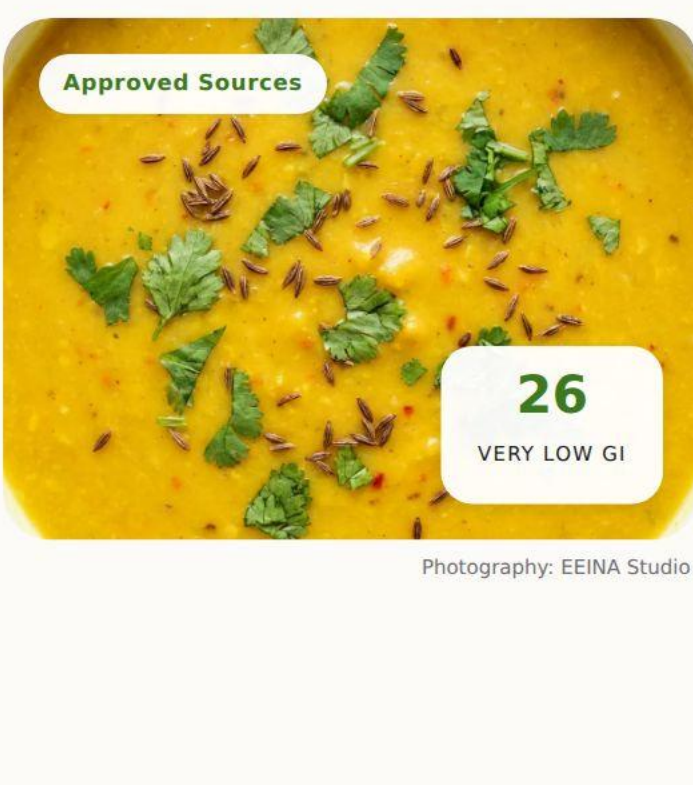
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Frequently Asked Questions

- Is this recipe suitable for diabetics? +
- Does it help with weight loss? +
- Can I make it without an oven? +
- How long does it keep in the fridge? +



Photography: EEINA Studio

DINNER · HEALTHY CUISINE

Yellow Lentil Shorba with Turmeric

Blended yellow lentil soup with turmeric and cumin, a traditional Levantine-Gulf recipe on the Ramadan table. GI 30 low, rich in plant protein, fibre, and iron.

Cook Time

40 min

Servings

5

Calories

298

Protein

16 g

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INGREDIENTS (5 SERVINGS)

1.5 cups yellow/red split lentils (300 g)

1 medium onion, chopped

3 cloves garlic, crushed

1 carrot, grated (optional, for a smoother texture)

1 tsp ground turmeric

1.5 tsp ground cumin

2 tbsp olive oil

6 cups vegetable stock or water (1.4 litres)

Juice of 1 fresh lemon (for serving)

5 g Salt

to taste Black pepper

Add ingredients to my shopping list →

The Story Behind This Recipe

Lentil soup is among the most time-honoured dishes the Arab table offers, stretching across the Levant, Egypt, Jordan, and the Gulf, and appearing as a main dish on the iftar spread in Ramadan. The blended version made from peeled yellow or red lentils with turmeric, cumin, and onion is its most widespread classic form.

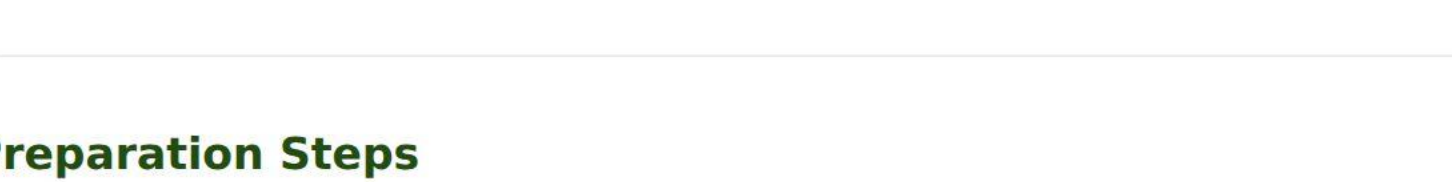
Its secret is that it is simple in ingredients and deep in flavour at once: the lentils dissolve to give a creamy texture without any need for cream, the turmeric gives it its warm golden colour, and the cumin gives it its well-known depth. And it is always finished with lemon juice, which balances its light richness and raises the absorption of its plant iron.

Blood Sugar Impact

The glycemic index (**GI**) measures how quickly a food raises blood sugar, while the glycemic load (**GL**) measures how much a full serving raises it. Together they give the complete picture.

Glycemic Index GI

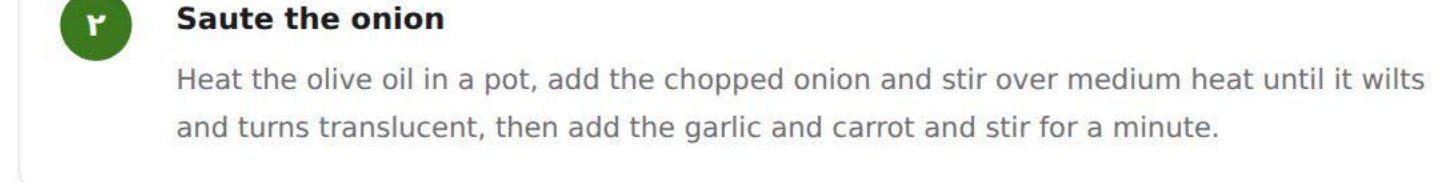
26 **Low**



A low value (≤ 55) means a gradual rise in blood sugar — the most suitable range for diabetes and insulin resistance.

Glycemic Load GL

9 **Low**



Glycemic load reflects the impact of the full serving. To lower it: take half a serving, or pair the recipe with a source of protein and fiber.

Preparation Steps

Start Cook Mode Step by step, full screen

1 Rinse the lentils
Rinse the lentils well under cold water several times until the water runs clear, then drain them.

2 Saute the onion
Heat the olive oil in a pot, add the chopped onion and stir over medium heat until it wilts and turns translucent, then add the garlic and carrot and stir for a minute.

3 Toast the spices
Add the turmeric and cumin and stir for a second until the spices become fragrant, as toasting the spices brings out their flavour.

4 Add the lentils and stock
Add the lentils and the stock or water, raise the heat to a boil then lower it, and cover the pot.

5 Simmer over low heat
Leave the soup to cook over low heat for twenty-five to thirty minutes until the lentils break down completely and soften, stirring occasionally and skimming the foam.

6 Blend
Blend the soup with an immersion blender until it becomes smooth and creamy, and adjust the thickness by adding hot water if needed.

7 Season
Season with salt and pepper, and leave it on low heat for a few extra minutes.

8 Serve
Serve it hot with lemon slices, traditionally garnished with fried onion or toasted bread pieces.

Nutritional Information

Per Serving Makes 5 servings · one serving is about 400 g of raw ingredients

Calories 298 kcal
15% of Daily Value*

Protein 16 g
32% of Daily Value*

Carbohydrates 44 g
16% of Daily Value*

Fat 7 g
9% of Daily Value*

Fiber 8 g
29% of Daily Value*

Sodium 1255 mg
55% of Daily Value*

Potassium 572 mg
12% of Daily Value*

Phosphorus 196 mg
16% of Daily Value*

* Percent Daily Values are based on a 2,000-calorie diet per FDA food-label reference values — your daily needs may be higher or lower. Values are derived from the recipe's ingredients via the USDA database.

Allergens
Contains: None of the common allergens.
Free of: Celery, Crustaceans, Dairy, Egg, Fish, Gluten, Molluscs, Mustard, Peanuts, Sesame, Soy, Tree nuts.

Allergen list follows the Gulf Standardization Organization regulation GSO 9/2013 for packaged food labels. Always check the label of every product you buy, as ingredients vary between brands.

Troubleshooting

The most common problems when preparing Yellow Lentil Shorba with Turmeric, and how to fix them:

> The soup is very thick like dough

> The soup is watery with no body

> A raw taste or slight bitterness from the turmeric

> The soup is flavourless and bland

> Thick foam floating during boiling

> The lentils did not break down and stayed whole

Storage and Make-Ahead

Refrigerator (4°)
Keep in an airtight container for up to three to four days. It thickens during chilling, so thin it with hot water when reheating. Reheat it to a full boil before serving per USDA recommendations.

Freezer (-18°)
Very suitable for freezing for up to three months. Let it cool then portion it into containers or bags in single servings, leaving space for expansion. Thaw it in the refrigerator overnight then reheat it with a little water.

Advance preparation
It is cooked fully and stored, and is one of the best soups for make-ahead cooking in Ramadan. Prepare it during the day and reheat it at iftar time. Add the lemon juice at serving only, not before storing, so its flavour stays fresh.

Serving
Served hot. Do not leave it at room temperature more than two hours per the USDA food safety rule, and reduce it to one hour in hot weather.

Tested Ingredient Substitutions

Original Ingredient	Tested Substitute	Ratio	Flavor Difference
Peeled yellow lentils	Peeled red lentils	Same amount	Nearly identical, a more orange colour and the same smooth texture
Vegetable stock	Plain water	Same amount	Lighter flavour, make up for it with more cumin, garlic, and a pinch of salt
Cumin	Cumin and a pinch of ground coriander	Keep cumin as the base	Extra aromatic depth and a clearer Levantine character
Carrot	A small piece of potato	A small piece	A thicker, creamier texture, with a slight increase in carbohydrates
Fresh lemon	Boiled black lemon juice or mild vinegar	To taste	Deeper, earthier acidity, a distinctive Gulf character

🌱 **EEINA NUTRITION TIP**
Pair the soup with whole-grain bread, not white: lentil soup has a low glycemic index and is rich in protein and fibre, so it is an ideal start to iftar after fasting. To stabilise blood sugar more, serve it with whole-wheat bread instead of white, and finish with lemon juice, which raises the absorption of the lentil's plant iron.

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Frequently Asked Questions

What is the difference between yellow and red lentils here?

+

Is it suitable for people with diabetes?

+

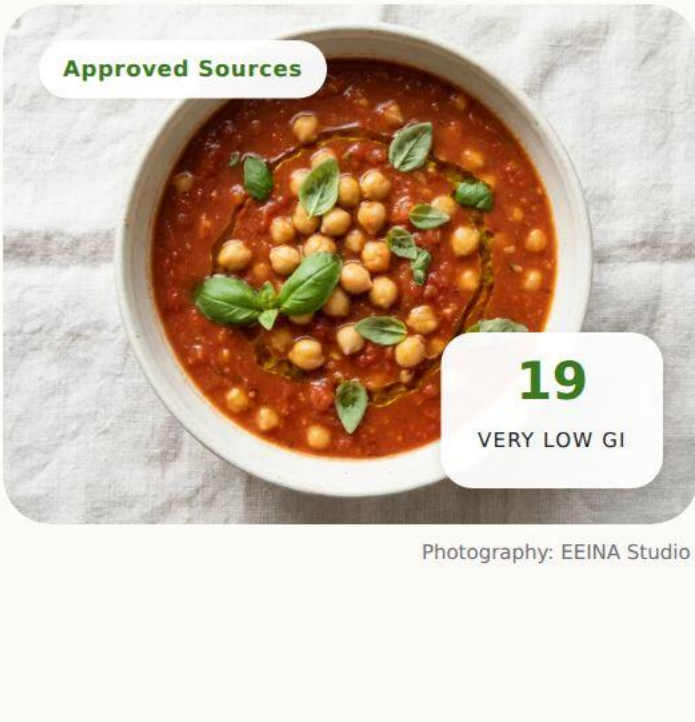
Is it suitable for vegetarians?

+

Why do I blend it completely?

+

Sources: **USDA** · **University of Sydney** · **Gulf GSO** · **Our methodology** · Updated on May 31, 2026



Photography: EEINA Studio

DINNER · MEDITERRANEAN CUISINE

Tomato Chickpea Soup

A warm, plant-based soup of tomatoes and chickpeas, GI 30 — low, rich in fiber, plant protein, and lycopene. Ideal for people with diabetes and heart health.



Cook Time

35 min



Servings

4



Calories

205



Protein

7 g

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INGREDIENTS (4 SERVINGS)

11/2 cups (245 g) cooked chickpeas (or canned, drained and rinsed)

700 g ripe tomatoes, grated or canned chopped (about 4 large tomatoes)

1 medium onion, chopped

3 cloves garlic, crushed

2 tablespoons extra-virgin olive oil

3 cups (720 ml) low-sodium vegetable broth

A handful (~15 g) fresh basil or cilantro, chopped

1/2 teaspoon ground cumin

4 g Salt

to taste Black pepper

Juice of half a lemon (optional, for serving)

Add ingredients to my shopping list →

The Story Behind This Recipe

Tomato and chickpea soup is a simple Mediterranean dish that brings two humble ingredients together into a warm, satisfying meal. The tomatoes provide acidity and color, and the chickpeas provide texture and plant protein — the two complement each other in a single bowl that is light on the stomach and rich in value.

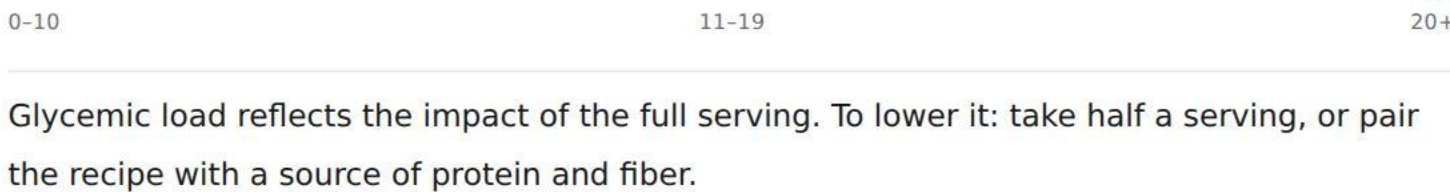
The secret to its depth is cooking the tomatoes over gentle heat before adding the broth: heat together with olive oil raises the bioavailability of lycopene, an antioxidant whose absorption increases with cooking and fat — not with raw tomatoes [4]. The chickpeas add fiber that slows sugar absorption and prolongs satiety, so the dish stays low on the glycemic index despite its warmth and fullness.

Blood Sugar Impact

The glycemic index (**GI**) measures how quickly a food raises blood sugar, while the glycemic load (**GL**) measures how much a full serving raises it. Together they give the complete picture.

Glycemic Index GI

19 Low



A low value (≤ 55) means a gradual rise in blood sugar — the most suitable range for diabetes and insulin resistance.

Glycemic Load GL

4 Low



Glycemic load reflects the impact of the full serving. To lower it: take half a serving, or pair the recipe with a source of protein and fiber.

Preparation Steps

Start Cook Mode Step by step, full screen

1

Sauté the onion

Heat the olive oil in a pot over medium heat. Add the chopped onion and stir until wilted and translucent (about 5 minutes).

2

Add the garlic and cumin

Add the crushed garlic and cumin and stir for one minute until fragrant — do not let the garlic burn.

3

Cook the tomatoes

Add the grated tomatoes and let them cook over low heat for 8 to 10 minutes until thickened and slightly darkened — this slow cooking increases the bioavailability of lycopene.

4

Add the chickpeas and broth

Add the cooked chickpeas and vegetable broth. Raise the heat until it begins to boil, then lower to a gentle simmer for 15 minutes.

5

Adjust the consistency

For a creamy texture, blend half the quantity with a hand blender and return to the pot, leaving the other half as whole chickpeas for texture.

6

Season and add herbs

Season with salt and pepper, then turn off the heat and add the chopped basil or cilantro.

7

Serve

Serve warm with a drizzle of olive oil and a squeeze of lemon. Add wholemeal bread on the side if desired.

Nutritional Information

Per Serving

Makes 4 servings · one serving is about 470 g of raw ingredients



Calories

205 kcal

10% of Daily Value*



Protein

7 g

14% of Daily Value*



Carbohydrates

27 g

10% of Daily Value*



Fat

9 g

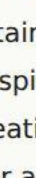
12% of Daily Value*



Fiber

6 g

21% of Daily Value*



Sodium

1082 mg

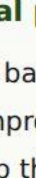
47% of Daily Value*



Potassium

534 mg

11% of Daily Value*



Phosphorus

120 mg

10% of Daily Value*

* Percent Daily Values are based on a 2,000-calorie diet per FDA food-label reference values — your daily needs may be higher or lower. Values are derived from the recipe's ingredients via the USDA database.

Allergens

Contains: None of the common allergens.

Free of: Celery, Crustaceans, Dairy, Egg, Fish, Gluten, Molluscs, Mustard, Peanuts, Sesame, Soy, Tree nuts.

Allergen list follows the Gulf Standardization Organization regulation GSO 9/2013 for packaged food labels. Always check the label of every product you buy, as ingredients vary between brands.

Troubleshooting

The most common problems when preparing Tomato Chickpea Soup, and how to fix them:

> Soup is too sour

> Consistency is too thin and watery

> Consistency is thick like paste

> Garlic tastes sharp and bitter

> Chickpeas remained hard in the soup

> Basil blackened and wilted after adding

Storage and Make-Ahead



Refrigerator (4°C)

Cooked soup: three to four days in an airtight container. The flavor improves the next day as the spices meld. Add fresh herbs when reheating, not before storing, to preserve their color and aroma.



Freezer (-18°C)

Suitable for freezing for up to three months in an airtight container, leaving space for expansion. The blended soup freezes better than the chunky version which may soften slightly.



Meal prep

The base: prepare the full soup and let it cool — it improves with resting. Separate components: chop the onion, garlic, and grate the tomatoes a day ahead and store in the refrigerator. Herbs: chop and add only at the moment of serving.



Reheating

Heat gently on the stovetop while stirring. Add a splash of water or broth if the consistency has thickened. Do not leave out of the refrigerator for more than two hours following food safety guidelines [1].

Tested Ingredient Substitutions

Original Ingredient	Tested Substitute	Ratio	Flavor Difference
Chickpeas	Split red lentils	same quantity	Smoother consistency, faster to cook, gentler earthy flavor
Fresh tomatoes	Canned chopped tomatoes	same weight	Faster, deeper color, consistent acidity year-round
Basil	Cilantro or parsley	same quantity	Cilantro is sharper; parsley is fresher — both suit the dish
Vegetable broth	Water and a low-sodium stock cube	same quantity	Simpler; watch the salt as cubes are higher in sodium
Cumin	Sweet paprika or dried thyme	same quantity	Paprika gives color and warmth; thyme adds a Mediterranean touch

EEINA NUTRITION TIP

Fat is the key to lycopene: add the olive oil with the tomatoes — not only after cooking — because lycopene is a fat-soluble antioxidant, and cooking it with olive oil raises the body's absorption compared to raw tomatoes [4].

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Frequently Asked Questions

Is it suitable for people with diabetes?

+

Can I use canned chickpeas?

+

How do I make it a complete meal?

+

Should I blend it fully or leave it chunky?

+



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