

*Meal Plan*  
& GROCERY LIST  
*Low Carb*

MONDAY



EGGPLANT LASAGNA  
WITH SPINACH FETA

TUESDAY



CHILE CON CHICKEN

WEDNESDAY



MEDITERRANEAN  
CHICKEN KABOBS

THURSDAY



ASIAN SALMON &  
BROCCOLI

FRIDAY



CHICKEN PESTO SKILLET

PRODUCE

Eggplants	4
Spinach	26 oz
Onions	3
Garlic Heads	2
Red Bell Peppers	2
Yellow Bell Peppers	2
Lemons	4
Jalepenos	2
Zucchini	2
Broccoli	2lbs
Cherry Tomatoes	1 cup



REFRIGERATED

Halloumi Cheese	8 oz
Feta Cheese	8 oz
Cream Cheese	8 oz
Shredded Mozzarella	1 cup

SEASONINGS

Dried Oregano
Salt & Pepper
Red Pepper Flakes
Fresh Parsley
Coriander
Chili Powder
Smoked Paprika
Ground Cumin



PROTEIN

Skin-On Salmon	2 lbs
Chicken Breast	1.5 lbs
Boneless Skinless Chicken Thighs	2 lbs
Ground Chicken Thighs	1 lb



PANTRY

Marinara Sauce	24 oz
Harissa Sauce	5 oz
Worcestershire	2 tbs
Chicken Broth	2 cups
Coco Aminos	3/4 cups
Sesame Oil	3 tbs
Sriracha	3 tbs
Honey	9 tbs
Rice Vinegar	3 tbs
Pesto	1/2 cup
Wooden Skewers	
Olive Oil	

CANNED GOODS

Canned Tomatoes	28 oz
Tomato Paste	2 tbs

# Meal Plan

## & GROCERY LIST

### BREAKFAST IDEAS

- Zucchini, Feta, Egg Casserole
- Green Eggs, No Ham

### LUNCH IDEAS

- Tuna Patties
- Greek Stuffed Peppers with Cheese & Olives

### SNACK IDEAS

- Spinach, Feta & Artichoke Dip
- Baked Feta & Tomatoes

MONDAY



#### Eggplant Lasagna with Spinach Feta

- Make this dish more hearty by adding veggies like asparagus, cauliflower, or mushrooms.

TEUESDAY



#### Chile con Chicken

- I always make a double batch and freeze the left overs which will stay fresh in a freezer-safe container up to 3 months.

WEDNESDAY



#### Mediterranean Chicken Kebabs

- To speed up the process on a busy week night, pre-chop veggies and arrange on a kebab.

THURSDAY



#### Asian Salmon and Broccoli Sheet Pan

- Turn on the broiler close to the end of cooking to charr the broccoli.

FRIDAY



#### Chicken Pesto Skillet

- This skillet is ready in just 30 minutes and is filled with delicious flavor!