

*Meal Plan*  
**& GROCERY LIST**  
*Eat Healthy*

MONDAY



BEEF SOUVLAKI SKEWERS

TUESDAY



ROASTED SEA BASS

WEDNESDAY



ROASTED TOMATO & RED PEPPER SOUP

THURSDAY



GREEK CABBAGE ROLLS

FRIDAY



KAKAVIA: FISHERMAN'S SOUP

**PRODUCE**

Bell Peppers	6
Tomatoes	2 lbs
Onions	4
Garlic Heads	4
Celery	1
Potatoes	3
Lemons	3
Cabbage	1 head
Spinach	8 oz



**SEASONINGS**

Dried Oregano
Salt & Pepper
Red Pepper Flakes
Basil
Fresh Parsley
Cumin
Coriander
Cinnamon
Dried Dill



**PANTRY**

Olive Oil	
Balsamic Vinegar	
Tzatziki Sauce	
Mustard	
Croissants	
Pureed Tomatoes	3 can
Bastami Rice	1/2 cup
Chicken Broth	4 cups
Granulated Sugar	2 lbs

**PROTEIN**

Sirloin Steak	3 lbs
Sea Bass	2 lbs
White fish	2 lbs
Ground Beef	1 lb

**REFRIGERATED**

Greek Yogurt
Sour Cream

# Healthy Meal Plan

## & GROCERY LIST

### BREAKFAST IDEAS

- Eggs & Pasturma
- Shakshuka

### LUNCH IDEAS

- Cretan Dakos Salad
- Lemony White Bean Salad

### SNACK IDEAS

- Marinated Olives & Feta
- Greek Sesame & Honey Bar

MONDAY



#### Beef Souvlaki Skewers

- Skewers are a great option when you are cooking for a group. Add an optional side of carbs like rice!

TEUESDAY



#### Roasted Mediterranean Sea Bass

- **Choose your side!** Try sautéed greens or a fresh salad with extra ladolemono dressing for a light veggie side.

WEDNESDAY



#### Roasted Tomato & Red Pepper Soup

- This is an elevated take on a classic tomato soup richened by the flavor of roasted vegetables.

THURSDAY



#### Greek Cabbage Rolls

- These rolls are filled with rice, ground beef, and herbs and are so hearty, healthy, and comforting.

FRIDAY



#### Kakavia: Fisherman's Soup

- Feel free to add clams, shrimp, mussels, squid, or your favorite vegetables.