

*Meal Plan*  
**& GROCERY LIST**  
*For Hosts*

MONDAY



CROWN ROAST RACK OF LAMB

TUESDAY



CHICKEN MEATBALLS IN SPINACH FETA CREAM

WEDNESDAY



CHICKEN POT PIE SOUP

THURSDAY



CLASSIC SHEPARD'S PIE

FRIDAY



CREAMY CHICKEN SCAMPI

**PRODUCE**

Bell Peppers	6
Tomatoes	2 lbs
Onions	5
Garlic Heads	4
Spinach	12 oz
Potatoes	3 lbs
Lemons	2
Carrots	2
Frozen Green Peas	1.5 cups
Frozen Corn	1.5 cups

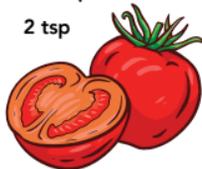
**PROTEIN**

Rack of Lamb	2 racks
Ground Chicken Thigh	1 lb
Boneless Chicken Thighs	3.5 lbs
Ground Beef	2 lbs



**PANTRY**

Olive Oil	
Worcestershire Sauce	
Balsamic Vinegar	
Tzatziki Sauce	
Pasta of Choice	2 lbs
Rice Pilaf	
All Purpose Flower	2 cups
Greek Honey	1 tbs
Chicken Broth	10 cups
Bread Crumbs	1/2 cup
Tomato Paste	2 tsp



**SEASONINGS**

Dried Oregano
Salt & Pepper
Red Pepper Flakes
Rosemary
Fresh Parsley
Cumin
Garlic Powder
Dried Thyme

**REFRIGERATED**

Puff Pastry	1 pack
Shredded Parmesan	3 cups
Grated Parmesan	
Feta	4 oz
Egg	1
Butter	
Heavy Cream	2 cups
Half and Half	1 cup

# Host Meal Plan

## & GROCERY LIST

### BREAKFAST IDEAS

- Freezer Egg Sandwiches
- Cheesy Beef & Potato Hash

### LUNCH IDEAS

- Spinach & Feta Galette
- Greek Fasolada

### SNACK IDEAS

- Italian Butter Cookies
- Bread Dipping Oil with Garlic

MONDAY



#### Crown Roast Rack of Lamb

- This is a show stopping main course that I like to serve alongside a bed of rice pilaf.

TEUESDAY



#### Chicken Meatballs in a Spinach Feta Cream

- This delicious spinach and feta cream combines the right about of bright lemon and heat. Serve with pasta.

WEDNESDAY



#### Chicken Pot Pie

- The same ingredients as chicken pot pie are tossed into a soup, served alongside puff pastries.

THURSDAY



#### Classic Shepard's Pie

- Shepard's Pie is a great dish to satisfy groups from 4-20 and evokes a cheery holiday feeling!

FRIDAY



#### Creamy Chicken Scampi Pasta

- This scampi comes together in just about 30 minutes and is filling for a large dinner table!