

Meal Plan
& GROCERY LIST
Eat Well

MONDAY



MEDITERRANEAN FISH & CHICKPEA SKILLET

TUESDAY



GREEK LAMB & CABBAGE STEW

WEDNESDAY



CHICKEN & BECHAMEL

THURSDAY



GREEK SAUSAGE & PEPPERS

FRIDAY



RED LENTIL & ZUCCHINI SOUP

PRODUCE

Bell Peppers	10
Grape Tomatoes	
Onions	5
Garlic Heads	3
Zucchini	4
Potatoes	3
Lemons	3
Scallions	
Cabbage	1 head
Spinach	8 oz

SEASONINGS

Dried Oregano	
Salt & Pepper	
Red Pepper Flakes	
Dried Dill	
Fresh Parsley	
Cumin	
Coriander	
Nutmeg	
Thyme	
Bay Leaf	

PROTEIN

Cod Fsh	1 lb
Chicken Breasts	2
Sausage	1 lb
Lamb	3.5 lbs

PANTRY

Olive Oil	
Tomato Paste	1 tbs
Capers	2 tbs
Red Lentils	2 cups
Kalamata Olives	22
Chickpeas	1 can
All-Purpose Flower	1/2 cup
Crushed Tomatoes	45 oz
Granulated Sugar	1 tsp

REFRIGERATED

Whole Milk	4 cups
Feta Cheese	12 oz
Shredded Mozzarella	4 oz
Shredded Gouda	1 cup
Sour Cream	

Meal Plan

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BREAKFAST IDEAS

- [Breakfast Gyro](#)
- [Cheesy Beef Potato Hash](#)

LUNCH IDEAS

- [Balsamic Chicken Drumsticks](#)
- [Chickpea Patties](#)

SNACK IDEAS

- [Stuffed Zucchini Boats](#)
- [Shrimp Saganaki](#)

MONDAY



Mediterranean Fish & Chickpea Skillet

- This week-night dish takes only 30 minutes to make and even less time to clean!

TEUESDAY



Greek Lamb & Cabbage Stew

- This comforting soup is perfect for cold weather and takes just a few minutes to put together.

WEDNESDAY



Chicken & Bechamel

- Bechamel is like the ultimate white sauce and pairs perfectly with chicken & veggies!

THURSDAY



Greek Sausage & Peppers

- Spetzofai is a classic Greek dish filled with spicy sausage and colorful peppers ready under 1 hour.

FRIDAY



Red Lentil and Zucchini Soup

- The spinach and zucchini are cooked until tender and blended into a puree.