

Meal Plan
& GROCERY LIST
Eat Well

MONDAY



MEDITERRANEAN SHRIMP
 & ORZO SKILLET

TUESDAY



ONE-PAN CHICKEN WITH
 CABBAGE & RICE

WEDNESDAY



BULGAR & LENTILS:
 MUJADARA

THURSDAY



CHICKEN DRUMSTICKS &
 POTATO SHEET PAN

FRIDAY



CREAMY ROASTED
 CAULIFLOWER SOUP

PRODUCE

Potatoes	2 lbs
Shredded Cabbage	14 oz
Onions	6
Garlic Heads	3
Cauliflower Hearts	2
Carrot	1
Lemons	5
Scallions	2



SEASONINGS

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



PANTRY

Olive Oil	
Chicken Stock	2 cups
Lentils	1 cup
Bulgur Wheat	1 cup
Bastami Rice	1 cup
Orzo	1 cup

PROTEIN

Peeled Shrimp	1 lb
Bone-In Skin-On Chicken	3 lbs
Chicken Drumsticks	10-12

REFRIGERATED

Heavy Cream	
Feta Cheese	4 oz
Parmesan	5 cups

Meal Plan & GROCERY LIST

BREAKFAST IDEAS

- Eggs & Pasturma
- Cretan Kalitsounia filled with Beef

LUNCH IDEAS

- Cheesy Beef & Potato Hash
- Cretan Dakos Salad

SNACK IDEAS

- Cretan Kalitsounia filled with Beef
- Lebanese Fatteteh with Chickpeas

MONDAY



Mediterranean Shrimp & Orzo Skillet

- Take baking pan out of oven and stir in 1 cup ice to stop the orzo from over cooking.

TUESDAY



One-Pan Chicken with Cabbage & Rice

- The skin on ensures the chicken comes out crispy amidst the soft and fluffy rice. Perfection!

WEDNESDAY



Bulgur & Lentils: Mujadara

- Choose green or brown lentils for this nutritious dish with spiced, caramelized onions, lentils, and bulgur.

THURSDAY



Greek Chicken Drumsticks & Potatoes Sheet Pan Dinner

- For extra flavor, toss the chicken in marinade and let marinate for 30 minutes before adding the potatoes.

FRIDAY



Creamy Roasted Cauliflower Soup

- I like to serve this creamy soup with sumac, a tangy, lemony middle eastern spice.