

Vegetarian Meal Plan #2

& GROCERY LIST

MONDAY



Vegetarian Greek Stuffed Cabbage Rolls

TUESDAY



Roasted Red Pepper & Feta Salad

WEDNESDAY



Express Greek White Bean Soup

THURSDAY



Lahanorizo: Greek Cabbage With Rice

FRIDAY



Classic Falafel

PRODUCE

Cabbage	2
Onion	4
Red peppers	4
Garlic Cloves	6
Carrots	4
Tomatoes	4
Celery Stalks	3
Leeks	1



SEASONINGS

Salt & Pepper
Ground Cumin
Baking soda
Dried Oregano
Ground Coriander
Fresh Parsley
Mint
Dried Dill
Red Pepper Flakes



PANTRY

Basmati rice or any long grain rice 3 cups
Cornstarch
Olive Oil
Lemon juice 1/2 cup
Pine nuts 3 tbsps
Olives 12
Balsamic Dressing
Dry Chick Peas 1/2 lb
Vegetable Oil For frying



PROTEIN

Mushrooms 1 Cup

REFRIGERATED

Feta Cheese 4 oz

CANNED GOODS

Crushed Tomatoes 1 - 28 oz can
Cooked White Beans 2 - 15 oz cans
Pureed Tomatoes 1 - 15 oz can
Vegetable Broth 14 cups

Optional

Tzatziki, Tahini or Shawarma sauce



Meal Plan

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BREAKFAST IDEAS

- [Zucchini & Feta Omelette From Crete](#)
- [Stafidopsoma: Cinnamon Raisin Bread Rolls](#)

LUNCH IDEAS

- [Tiropita Horiatiki: Greek Cheese Pie](#)
- [Spanakopita Salad](#)

SNACK IDEAS

- [Portokalopita: Greek Orange Phyllo Cake](#)
- [Fig Crumble Bar](#)

MONDAY



Vegetarian Greek Stuffed Cabbage Rolls

- They taste so good the following day. Make a big batch and enjoy it all week long.

TEUESDAY



Roasted Red Pepper & Feta Salad

- This salad is so delicious and versatile

WEDNESDAY



Express Greek White Bean Soup: Fasolada

- A classic Greek white bean soup with all the traditional flavors in 30 minutes!

THURSDAY



Lahanorizo: Greek Cabbage With Rice

- Greek comfort food that is perfect for the cooler weather

FRIDAY



Classic Falafel

- So delicious! Serve them with tzatziki or shawarma sauce. They're great over a salad bowl or stuffed in pitas