

Vegetarian
Meal Plan
& GROCERY LIST
#3

MONDAY



Mediterranean Stuffed
Artichoke Bottoms

TUESDAY



Greek Black-eyed Peas
Salad

WEDNESDAY



Manestra: Greek Tomato
& Orzo Soup

THURSDAY



Vegetarian Pastitsio
With leeks

FRIDAY



Crinkle Phyllo
Spanakopita

PRODUCE

Onion	2
Garlic cloves	5
Spinach leaves	1 lb 8 ounces
Red Bell pepper	4
Lemons	1
Black-eyed Peas	250 g
Grapes Tomatoes	15
Leeks	2 lb
Roma tomatoes	6



SEASONINGS

Salt & Pepper
Butter
Scallions
Fresh Parsley
Fresh dill
Dried oregano
Red Pepper Flakes
Mint
Basil



PANTRY

Olive Oil
Kalamata Olives 30
All purpose flour
Dijon mustard
Red Wine Vinegar
Orzo pasta 1 cup
Pastitsio noodles 1 lb



Optional

Sun-dried tomatoes	1 can
Pitted olives	1 can

CANNED GOODS

Vegetable broth 2 cups
Capers 1 tsp
Roasted Red Peppers 1 can
Pureed tomatoes 1- 30 oz can
Tomato paste 1 can

REFRIGERATED

Feta cheese 1 lb 9 ounces
Parmesan cheese 1 cup
Mozzarella cheese 6 ounces
Phyllo pastry (#4 or #7) 1 box
Cream cheese 8 ounces
Eggs 3



Vegetarian Meal Plan #3 & GROCERY LIST

BREAKFAST IDEAS

- [Egg & Cheese Breakfast Wrap With Potatoes](#)
- [Pear & Cardamom Loaf Cake](#)

LUNCH IDEAS

- [Zucchini & Feta Puff Pastry Tart](#)
- [Easy Briam Roasted Veggies](#)

SNACK IDEAS

- [Kokakia: Greek Mini Cream Puff Cakes](#)
- [Politiko Thessalonikis: Greek Semolina Cake](#)

MONDAY



Mediterranean Stuffed Artichoke Bottoms

- These stuffed artichoke bottoms are loaded with bright and fresh flavors and ready in 1 hour!

TUESDAY



Greek Black-eyed Peas Salad

- Serve this delicious heart-healthy main dish often.

WEDNESDAY



Manestra: Greek Tomato & Orzo Soup

- Toast some hearty bread to soak up this delicious tomato & orzo soup

THURSDAY



Vegetarian Pastitsio With Leeks

- The leeks add lots of mild onion flavor and the cheese make it rich and filling. Perfect easy dinner.

FRIDAY



Crinkle Phyllo Spanakopita

- Easier than ever, crisp, buttery phyllo layers filled with juicy flavorful spinach and cheese.