

Vegetarian
Meal Plan
& GROCERY LIST
#4

MONDAY



Bourani: Greek Rice Pilaf with Bell Peppers & Tomatoes

TUESDAY



Creamed Spinach & Halloumi

WEDNESDAY



Greek Couscous Salad

THURSDAY



Vegetarian Moussaka

FRIDAY



Greek Mushroom & Feta Phyllo Spirals

PRODUCE

Onion	4
Garlic cloves	16
Red Bell pepper	2
Tomatoes	3
Lemon	3
Broccoli florets	1 lb
Mustard greens	2 lb
Spinach leaves	2 lb
Jalapenos	3
English cucumber	1
Red onions	1
Avocado	1
Eggplants	3
Russet Potatoes	10
Zucchini	3
Mushrooms	2.5 lb
Grape tomatoes	1 pint



SEASONINGS

Salt & Pepper
Dried oregano
Fresh parsley
Butter
Mint
Nutmeg

CANNED GOODS

Vegetable broth	4 cups
Crushed tomatoes	28 ounces



Optional

Heavy Cream	1/2 cup
Cream cheese	8 ounces
Cooked chickpeas or other beans	

PANTRY

Olive Oil	
Basmati rice	2 cups
All-Purpose flour	
Couscous	1 cup
Red Wine Vinegar	
Kalamata Olives	10
Unseasoned bread crumbs	



REFRIGERATED

Halloumi Cheese	8 ounces
Parmesan cheese	2 cups
Whole milk	5 cups
Eggs	4
Phyllo sheets (#4)	1 box
Feta cheese	8 ounces



Vegetarian Meal Plan #4 & GROCERY LIST

BREAKFAST IDEAS

- [Stafidopsoma:
Cinnamon Raisin
Bread Rolls](#)
- [Zucchini and feta
omelette from
Crete](#)

LUNCH IDEAS

- [Greek Kasseri
Cheese Pie](#)
- [Easy Crispy
Skillet Potatoes](#)

SNACK IDEAS

- [Ladokouloura:
Greek-style olive
oil cookies](#)
- [Greek
lemonopita:
lemon cream
cake](#)

MONDAY



[Bourani: Greek Rice Pilaf with Bell Peppers & Tomatoes](#)

- This delicious rice pilaf is full of fresh flavor. Serve this rice along with a salad and tzatziki.

TUESDAY



[Creamed Spinach & Halloumi](#)

- Spicy creamed greens are traditionally an [Indian and Pakistani dish](#), but I switch it up a bit to use the flavors I typically cook with.

WEDNESDAY



[Greek Couscous Salad](#)

- A delicious couscous salad is loaded with robust Greek flavors that comes together in 15 minutes. Quick, easy, healthy and delicious!

THURSDAY



[Vegetarian Moussaka](#)

- Moussaka is classic Greek comfort food. It's one of the most popular dishes in Greece and one of my all-time favorites.

FRIDAY



[Greek Mushroom & Feta Phyllo Spirals](#)

- You can make these tasty phyllo spirals ahead of time, freeze them, and even cook from frozen.