

#10
Meal Plan
& GROCERY LIST
Comfort Food

MONDAY



Chicken Meatballs in a Spinach & Feta Cream sauce

TUESDAY



Greek Salad Potato Salad From Tarpon Springs

WEDNESDAY



Ancient Greek Pizza: Ladena Kimolou

THURSDAY



Greek-style Beef Stew with Roasted Red Pepper

FRIDAY



Spanakopita Grilled Cheese Sandwich

PRODUCE

Onion	5 1/2
Red onion	1
Garlic cloves	14
Spinach leaves	1 lb 12 ounces
Russet potatoes	1.5 lb
Romaine lettuce	1
English cucumber	1
Red bell peppers	4
Grapes Tomatoes	15
Peperocini peppers	3
Tomatoes	2
Bell pepper	1



SEASONINGS

Salt & Pepper
Fresh Parsley
Dried thyme
Red Pepper Flakes
Dried dill
Scallions
Dried oregano
Bay leaf
Butter
Good quality bread



PANTRY

Unseasoned bread crumbs	
Vinegar	
Olive Oil	
Olives	12
active dry yeast	
All purpose flour	
Bread flour	



PROTEIN

Ground Chicken	1 lb
Boneless beef cubes	2 lb
Mushrooms	8 ounces

CANNED GOODS

Chicken broth	1/2 cup
Canned tomatoes, pureed	14-oz can

REFRIGERATED

Egg	1
Heavy cream	1/2 cup
Plain yogurt	1/4 cup
Mayonaise	3/4 cup
Parmesan cheese	1/4 cup
Feta cheese	20 ounces
slices of mozzarella, provolone or gruyere cheese	



Meal Plan #10

& GROCERY LIST

BREAKFAST IDEAS

- [Greek Egg & Pasturma](#)
- [Tsoureki Danish Bread With Cream Cheese](#)

LUNCH IDEAS

- [Chicken Shawarma Pita](#)
- [Lemony Chicken & Tortellini Soup](#)

SNACK IDEAS

- [Kataifi Nests](#)
- [Cherry Cheesecake Turnovers](#)

MONDAY



Chicken Meatballs in a Spinach & Feta Cream Sauce

- A decadent and delicious quick weeknight meal!

TUESDAY



Greek Salad Potato Salad From Tarpon Springs

- The famous creamy potato salad on top of traditional Greek salad. A delicious flavor combo.

WEDNESDAY



Ancient Greek Pizza: Ladena Kimolou

- This easy homemade pizza is better than takeout! So flavorful, delicious, and easy to make!

THURSDAY



Greek-style Beef Stew With Roasted Red Peppers

- Greek comfort food that is perfect for the cooler weather

FRIDAY



Spanakopita Grilled Cheese Sandwich

- Spanakopita just met a grilled cheese sandwich and it doesn't get much better than this! Kids and adults alike love it.