

#11
Meal Plan
& GROCERY LIST
One Pan Meals

MONDAY



One Pan Greek Roasted Chicken with Chickpeas

TUESDAY



Orzo with Olives and Feta Skillet

WEDNESDAY



Lemon & Dill Roasted Salmon Sheet Pan Meal

THURSDAY



Deconstructed Greek Cabbage Rolls Skillet

FRIDAY



Instant Pot Lamb and Onion Stew

PRODUCE

Onion	4
Red bell peppers	6
Garlic cloves	20
Grapes Tomatoes	15
Lemon	4
Red onion	1
Carrots	2
Green cabbage	1



SEASONINGS

Salt & Pepper
Rosemary
Parsley
Dried oregano
Coriander
Cumin
Paprika
Red pepper flakes
Dried dill
Bay leaves
Cinnamon stick
Peppercorns
All spice berries



PANTRY

Olive Oil
Kalamata Olives
Spicy mustard
Orzo pasta 2 cups
Capers
Rice
Balsamic vinegar
Honey



PROTEIN

Bone in chicken thighs	10-12
Salmon	2 lb
Lamb cuts	4-5 lb
Ground beef/ chicken	1 lb

CANNED GOODS

Cooked chickpeas	3 (15-oz) cans
Chicken stock / broth	5 cup
Crushed Tomatoes	3 (15-oz) cans
Tomato paste	1 can

REFRIGERATED

Feta cheese	1 lb
Frozen green peas	1/2 cup



Meal Plan #11

& GROCERY LIST

BREAKFAST IDEAS

- Tiganites: Greek-Style Pancakes with Greek Honey & Baklava Nuts
- Greek-style French Fry Omelette

LUNCH IDEAS

- Mediterranean Black Lentil Salad
- Greek-style chicken gyro bowl

SNACK IDEAS

- Greek Honey Cake
- Baklava Crinkle Cake

MONDAY



One Pan Greek Roasted Chicken with Chickpeas

- This roasted chicken and chickpeas create a hearty and healthy main course. It comes together in one pan and feeds a crowd.

TUESDAY



Orzo with Olives & Feta Skillet: Greek Kritharoto

- This is the Greek version of Italian risotto made with orzo pasta. Feel free to swap out any of the ingredients to your family's liking.

WEDNESDAY



Lemon & Dill Roasted Salmon Sheet Pan Meal

- Ready for an easy and impressive salmon dish? You'll have this tender, flavorful salmon on the table in 30 minutes.

THURSDAY



Deconstructed Greek Cabbage Rolls Skillet

- This unstuffed Lahanodolmades is like lazy one-pot cabbage rolls. It's so easy and has all the flavors of the traditional rolls.

FRIDAY



Instant Pot Lamb Stifado: Lamb & Onion Stew

- This lamb stifado is a rich, cozy stew that's very aromatic. It will warm you up from the inside out!