



MONDAY



Creamy Shrimp Alfredo Pasta

TUESDAY



Mediterranean Lemon White Bean Salad

WEDNESDAY



Greek Baked Chicken & String Beans Skillet

THURSDAY



Lemon Cod & Potato Stew

FRIDAY



Artichoke Phyllo Tart

PRODUCE

Onion	6
Garlic cloves	15
Lemon	6
Scallions	11
Red onion	1
Red bell peppers	2
String beans	1 lb
Grape tomatoes	1 pint
Medium Potatoes	6



PROTEIN

Shrimp	1 lb
Boneless chicken thighs	3 lbs
Cod fillets	2 lbs

SEASONINGS

- Salt & Pepper
- Red pepper flakes
- Fresh Parsley
- Dried oregano
- Dried dill
- Dried thyme



CANNED GOODS

Canned Cannellini Or Great Northern beans	30 ounces
Chicken stock / broth	3 3/4 cups
Canned artichoke hearts	14 ounces
Sundried tomatoes	

PANTRY

- Olive Oil
- Pasta noodles 1 lb
- Kalamata olives
- White vinegar
- Mustard
- Cornstarch
- Capers



REFRIGERATED

Feta cheese	8 ounces
Heavy Whipping Cream	4 cups
Parmesan cheese or gruyere	10 ounces
Phyllo #4	1/2 lb
Butter	



Meal Plan #12

& GROCERY LIST



dimitra's dishes



BREAKFAST IDEAS

- Greek Eggs & Pasturma
- Koulouria
Thessaloniki's:
Greek Bread Rings

LUNCH IDEAS

- Air Fryer Beef Shawarma & Briam Vegetables
- Calzones Made with Leftovers

SNACK IDEAS

- Lemon Layer Cake
- Fig Cookies



MONDAY



Creamy Shrimp Alfredo Pasta

- Shrimp and pasta tossed in a creamy homemade Alfredo sauce. It's so much better than the restaurant version!

TEUSDAY



Mediterranean Lemony White Bean Salad

- A fresh, healthy and easy-to-prepare salad with tons of flavors.

WEDNESDAY



Baked Chicken and String Beans Skillet

- This juicy baked chicken and crisp-tender green beans skillet comes together in under 1 hour.

THURSDAY



Lemony Cod and Potato Stew

- Lightly poached cod and melt in your mouth potatoes in a luscious lemony herb sauce. A perfect one pot meal.

FRIDAY



Artichoke Phyllo Tart

- You won't believe how easy it is to make this beautiful, crispy, flaky artichoke phyllo tart!

