

*Vegetarian*  
Meal Plan  
& GROCERY LIST  
#5

MONDAY



Zucchini and Feta  
Omelette From Crete

TUESDAY



Spanakopita Salad

WEDNESDAY



Hearty Vegetables  
Soup

THURSDAY



Greek Leeks & Rice  
Pilaf

FRIDAY



Greek Gigantes  
Giant Bean Casserole

PRODUCE

Onion	3
Garlic cloves	12
Zucchini	2
Baby Spinach leaves	10 ounces
Head of Cabbage	1
Potatoes	4
String beans	8 ounces
Fresh Leeks	7
Lemons	2

Optional

Walnuts	
Canned Beans	15 ounces



SEASONINGS

Salt & Pepper
Dried oregano
Fresh parsley
Scallions
Mint
Red Pepper Flakes
Paprika
Dill

CANNED GOODS

Vegetable broth	13 cups
Pureed tomatoes	2- 28 ounces

PANTRY

Olive Oil	
Balsamic Vinegar	
Honey	
Arborio Rice	2 cups
Giant Butter or Lima Beans	1 lb

REFRIGERATED

Eggs	6
Feta cheese	1 lb
Phyllo sheets (#4)	1 box
Frozen Veggies	4 cups
Cauliflower, broccoli, carrots	
(or Fresh Veggies)	



# Vegetarian Meal Plan #5 & GROCERY LIST

## BREAKFAST IDEAS

- [Homemade Greek Olive Bread](#)
- [Egg & Cheese Breakfast Wrap With Roasted Potatoes](#)

## LUNCH IDEAS

- [Greek-style Egg Salad](#)
- [Mediterranean Stuffed Tomatoes](#)

## SNACK IDEAS

- [Greek Lemon & Phyllo Custard Pie](#)
- [Fig & Walnut Cake \(Vegan\)](#)

MONDAY



### Zucchini and Feta Omelette From Crete

- This zucchini and feta omelet is very popular in Crete. It's made with simple ingredients and comes together in about 15 minutes.

TUESDAY



### Spanakopita Salad

- Sometimes salad can get a little boring, so ramp it up with this delicious and fun spanakopita salad.

WEDNESDAY



### Hearty Vegetables Soup

- This soup is easy to make, super delicious, and a great way to incorporate more veggies into your diet.

THURSDAY



### Greek Leeks & Rice Pilaf

- A quick and simple Greek classic packed with veggies and comes together in no time!

FRIDAY



### Greek Gigantes: Baked Giant Bean Casserole

- This gigantes (giant bean) casserole is too delicious to pass up. All of the Greek flavors are in this dish.