

#14
Meal Plan
& GROCERY LIST
Around the World
Dinners

MONDAY



Peruvian Chicken
Fried Rice

TUESDAY



Greek-style
Fattoush Salad

WEDNESDAY



Asian Shrimp and
Broccoli Stir-fry

THURSDAY



Creamy Tuscan
Chicken

FRIDAY



Moroccan Harira

PRODUCE

Onion	3
Garlic cloves	19
Red bell pepper	1
Scallions	8
English cucumber	1
Grape Tomatoes	1 pint
Baby lettuce leaves	4 cups
Radishes	5-6
Lemons	
Baby spinach leaves	6 ounces
Broccoli Florets	1.5 lbs
Celery	



PROTEIN

Boneless chicken breasts	4
Boneless chicken thighs	1.5 lbs
Boneless lamb, chicken, or beef	12 ounces
Shrimp	1 lb

SEASONINGS

Salt & Pepper
Dried oregano
Cumin
Fresh mint
Fresh parsley
Garlic powder
Sumac
Ground turmeric
Ground cinnamon
Red pepper flakes
Dried thyme
Sriracha sauce
Ground dried ginger



CANNED GOODS

Crushed Tomatoes	28 ounces
Tomato paste	2 tbsps
Chicken broth	17 cups
Cooked chickpeas	1 (15 ounces) can
Sundried tomatoes in oil	1/2 cup

PANTRY

Olive oil	
White rice	
Coco amino	
Sesame oil	
Pita bread	2 loaves
Kalamata olives	1 cup
Uncooked green lentils	1 cup
Cornstarch	
Oyster sauce	
Vermicelli noodles	
Rice wine vinegar	
All purpose flour	
Light brown sugar	

REFRIGERATED

Feta cheese	7 ounces
Eggs	4
Heavy whipping cream	1 cup
Parmesan cheese	1/2 cup



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BREAKFAST IDEAS

- Tsoureki French Toast
- Shaksuka with Spinach & Feta

LUNCH IDEAS

- Lebanese Chickpea Fatteh
- Artichoke & Feta Risotto

SNACK IDEAS

- Italian Rainbow Cake
- Strawberry Napoleon Cake

MONDAY



Peruvian Chicken Fried Rice (No Soy)

- Can be served on its own or serve with roasted green beans or briam roasted veggies

TEUSDAY



Greek-style Fattoush Salad

- Make it healthier with baked pita chips instead of fried pita chips

WEDNESDAY



Asian Shrimp and Broccoli (No Soy)

- Serve by itself or over white rice, vegetable rice or noodles. Better than takeout!

THURSDAY



Creamy Tuscan Chicken

- Juicy chicken in a sumptuous creamy sauce with sundried tomatoes, parmesan cheese and spinach

FRIDAY



Moroccan Harira Soup

- Make it in instant pot for easy dinner on busy weeknights