

#15
Meal Plan
& GROCERY LIST
One Hour Dinners

MONDAY



Skillet Chicken in
Tomato & Red
Pepper Sauce

TUESDAY



Steak Gyros With
Mediterranean
Rice

WEDNESDAY



Greek Spanakorizo
Salmon

THURSDAY



Lemony Chicken &
Tortellini Soup

FRIDAY



Cheesy Beef &
Potato Hash

PRODUCE

Onion	2
Garlic cloves	19
Spinach leaves	2 lbs
Asparagus	2 bunches
Bell Peppers	2
Carrots	2
Large potatoes	3
Lemons	



PROTEIN

Bone-in Chicken Thighs	8
Salmon Fillet	12 ounces
Flap Steak (or Flank or Skirt steak)	1 lb
Boneless Chicken Thighs	6
Ground Beef	1 lb

SEASONINGS

Salt & Pepper
Dried oregano
Dried thyme
Fresh Dill
Ground cumin
Garlic powder
Oregano Sprigs
Red pepper flakes
Ground tumeric
Fresh parsley



CANNED GOODS

Pasta Sauce	1 (25 ounces) jar
Chicken stock	10 cups
Roasted Red peppers	1 (16 ounces) jar
Sundried tomatoes in oil	

PANTRY

Basmati rice
Kalamata olives
Olive oil
Capers
Red Wine Vinegar
Vermicelli noodles



OPTIONAL

Pita Bread
Tzatziki sauce
Pickled Red Onion

REFRIGERATED

Feta cheese	
Mozzarella cheese	
Tortellini Pasta	1 lb
Eggs	6
Butter	



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BREAKFAST IDEAS

- Greek-style Eggs in a hole
- Pear & Cardamom Loaf Cake

LUNCH IDEAS

- Meat-filled Pita Bread
- Homemade Caesar Chicken Salad

SNACK IDEAS

- Blueberry Streusel Muffins
- Lemon Ricotta Cake

MONDAY



Skillet Chicken in Tomato & Red Pepper Sauce

- Serve with Pasta, rice pilaf, mashed potatoes or toasted bread

TUESDAY



Steak Gyros with Mediterranean Rice

- Put the steak gyros in a bowl with pita on the side or build a gyro sandwich

WEDNESDAY



Greek Spanakorizo Salmon

- A classic Greek spinach and rice pilaf with roasted salmon topped with lodolemono dressing, feta and olives.

THURSDAY



Lemony Chicken & Tortellini Soup

- Lemony Greek Avgolemono soup never disappoints, and this fun addition of the cheesy tortellini pasta takes it to the next level

FRIDAY



Cheesy Beef & Potato Hash

- Serve with Greek lettuce salad. Add any additional veggies to the hash that you love: green peas, carrots, etc.