

MONDAY



Pasta in Yogurt Sauce

Tip or Side dish ideas:

For the best taste and consistency, use whole milk yogurt and heat on low.

TUESDAY



Ground Beef and Rice

Side dish ideas:

- Greek Yogurt Sauce
- Lebanese Cabbage Salad

WEDNESDAY



Lentil Chicken Soup

Tip:

Use precooked shredded chicken, either homemade or from a rotisserie!

THURSDAY



Chicken Shawarma

Side dish ideas:

- Mediterranean Rice Salad
- Shirazi Salad

FRIDAY



Sayadieh

Side dish ideas:

- Fattoush Salad
- Tabbouleh Salad

SNACK/DESSERT



Date Bread

Tip:

If your bread is browning too quickly, tent it with aluminum foil while it finishes baking.

Produce

- onions (6 large)
- garlic bulb (3)
- carrots (2 large)
- lemon (1)
- Medjool dates (16 oz)

Fresh Herbs *optional*

- parsley (2 sm bunches)
- mint (1 sm pack)
- cilantro (1 sm bunch)

Refrigerated

Dairy

- Greek yogurt (32 oz tub)
- egg (1 large)

Toum (1 sm container)

Frozen

n/a

Meat/Seafood

- boneless skinless chicken thighs (1½ lb)
- boneless skinless chicken breasts (1 lb)
or 2 cups shredded chicken
- cod fillets (1½ lb)
- lean ground beef (1 lb)

Pantry

- olive oil (1 cup)
- spaghetti (8 oz)
- basmati rice (2 lb bag)
- dry red lentils (1 lb bag)
- chickpeas (15 oz can)
- chicken broth (2 - 32 oz boxes)
- tomato paste (6 oz can)
- pine nuts (1 sm bag)
- chopped walnuts (1 sm bag)
- slivered almonds (1 sm bag)
- all-purpose flour (2 cups)
- baking powder (1 tsp)
- baking soda (1 tsp)
- light brown sugar (½ cup)
- vanilla extract (1 sm bottle)

Bakery

- Arabic-style pita (1 package)

Spices

- smoked paprika
- paprika
- ground cumin
- ground cinnamon
- ground ginger
- ground turmeric
- ground cardamom
- 7 Spice
- crushed red pepper flakes

Ingredient notes

* This ingredient can be used for many more recipes!
 ** You may have this staple on hand