

MONDAY



Lebanese Lentils & Rice

Tip:
Cook onions over high heat, stirring constantly so they caramelize and crisp up.

TUESDAY



Meat Stuffed Pita

Tip:
Use 80-85% fat ground beef for this recipe so the meat stays nice and juicy.

WEDNESDAY



Lentil Soup

Tip:
Green lentils work best in soups because they stay firm whereas red become soggy.

THURSDAY



Lebanese Chicken & Rice

Tip:
Make sure to rinse the rice well before cooking so it stays fluffy and doesn't clump.

FRIDAY



Grilled Harissa Chicken

Side dish ideas:

- [Lemon Rice](#)
- [Shirazi Salad](#)

SNACK/DESSERT



Stuffed Dates

Tip:
I included 4 different filling options in the grocery list to pick and choose from.

Produce

- yellow onions (6 large)
- garlic bulb (1)
- carrots (3 medium)
- celery (1 bunch)
- Roma tomatoes (2)
- lemons (4)

Fresh Herbs *optional*

- fresh dill (1 bunch)
- fresh parsley (1 bunch)

Refrigerated

Dairy

- butter (1 stick)

Frozen

na

Meat/Seafood

- boneless skinless chicken thighs (3 lb)
- lean ground beef (1 lb)
- ground beef 80–85% lean (1 lb)

Pantry

- olive oil (1 bottle, 16 oz)
- vegetable broth (6 cups)
- long grain white rice (1 bag)
- brown lentils (1 lb bag)
- green lentils (1 lb bag)
- harissa paste (8 oz jar)
- honey (sm bottle)
- slivered almonds (4 oz bag)
- pine nuts (4 oz bag)
- cashews (4 oz bag)
- medjool dates (1 lb container)

Stuffed Date add-in ideas

- ricotta + shredded coconut + almonds
- goat cheese + pistachio + honey
- cashew butter + cacao nibs + cardamom
- peanut butter + dark chocolate + cinnamon

Bakery

- medium pita bread (1 package, 6 count)

Spices

- paprika
- ground cumin
- ground coriander
- ground cinnamon
- dried thyme
- 7 Spice
- sumac
- bay leaves
- cinnamon sticks

Ingredient notes

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