

MONDAY



28g

Vegetarian Gyro Bowl

**Tip:**

Instead of bites, divide the mixture into 6 portions and flatten into patties.

TUESDAY



27g

One Pan Shrimp Rice

**Tip:**

Avoid lifting the lid or stirring after adding shrimp to avoid uneven cooking.

WEDNESDAY



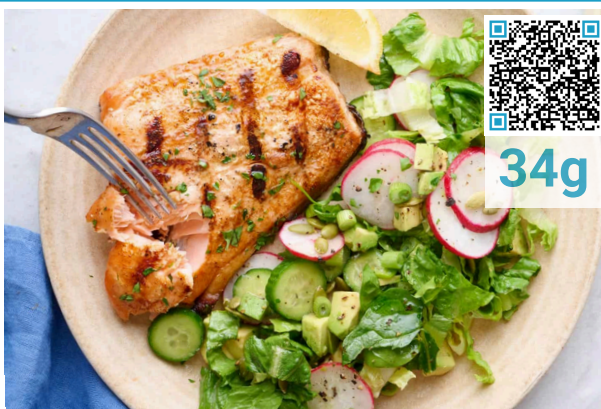
47g

Chicken Quinoa Bowl

**Tip:**

Make sure to rinse the quinoa until the water runs clear to remove any residue.

THURSDAY



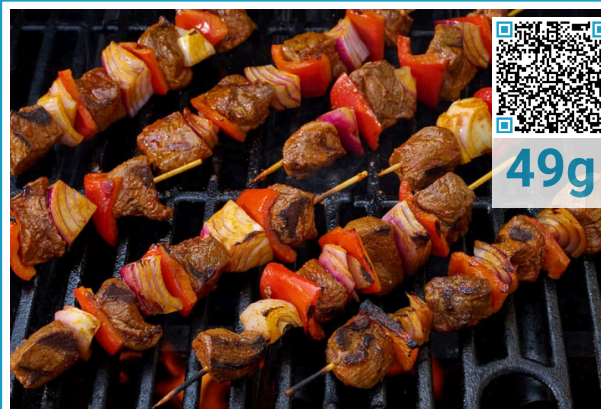
34g

Grilled Salmon

**Tip:**

Skin on salmon is best for grilling; it helps hold the fish together and prevents sticking.

FRIDAY



49g

Beef Shish Kabobs

**Side dish ideas:**

- [Crispy Persian Rice](#)
- [Cucumber Tomato Avocado Salad](#)

SNACK/DESSERT



12g

Cottage Cheese Ice Cream

**Tip:**

3 flavors to try: pb chocolate chip, strawberry cheesecake, and banana cream!

**Produce**

- red onion (1)
- yellow onions (1 sm/1 lg)
- garlic (1 bulb)
- bell peppers (2 green, 1 red)
- mushrooms (8 oz package)
- kale (1 bunch or 10 oz bag)
- romaine lettuce (1 head or 10 oz bag)
- cherry tomatoes (1 pint)
- lemons (3)

**Fresh Herbs** *optional*

- parsley (1 bunch)

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**Refrigerated**

**Dairy**

- feta cheese (4 oz container)
- tzatziki sauce *for serving*
- whole milk cottage cheese (16 oz container)

**Frozen**

n/a

**Meat/Seafood**

- shrimp, peeled and deveined (1 lb)
- salmon fillets with skin (4 6-oz fillets)
- sirloin steak (2 lbs)
- chicken tenders (1 ½ pounds)

**Pantry**

- olive oil
- soy sauce
- basmati rice (1 lb bag)
- quinoa (1 lb bag)
- chickpeas (1 15-oz can)
- Dijon mustard\*\*
- honey\*\*
- all-purpose flour\*\*
- slivered almonds (6 oz bag)

**Ice Cream Flavor Options:**

- peanut butter + chocolate chips*
- strawberries + crushed graham crackers*
- banana+vanilla extract*

**Bakery**

- pita bread (1 package)

**Spices**

- oregano
- garlic powder
- paprika
- coriander
- onion powder
- turmeric
- cumin
- cardamom

**Ingredient notes**

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