

MONDAY



One Pan Pasta

Tip:

Stir the pasta constantly while cooking to keep it from sticking and create a silky sauce!

TUESDAY



Chicken Gyros

Side dish ideas:

- Air Fryer Sweet Potato Fries
- Greek Salad

WEDNESDAY

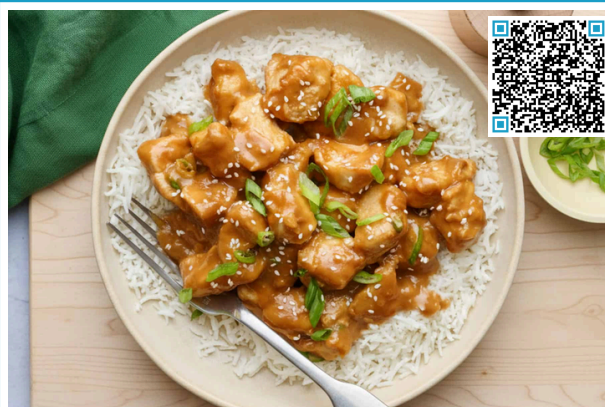


Grilled Lamb Kabobs

Tip:

If lamb isn't your thing, try my chicken, beef, or salmon kabobs & update the grocery list.

THURSDAY



Peanut Butter Chicken

Side dish ideas:

- Basmati Rice
- Sautéed Broccoli

FRIDAY



Salmon Burgers

Side dish ideas:

- Grilled Sweet Potato Wedges
- Corn Avocado & Tomato Salad

SNACK/DESSERT



Dubai Chocolate Strawberries

Tip:

Let the pistachio mixture cool before assembling or use pre-toasted kataifi to save a step.

Produce

yellow onions (2)
 red onion (1)
 garlic (2 bulbs)
 ginger root (1 small piece)
 Persian cucumber (1)
 cherry tomatoes (1 pint)
 tomatoes (2 medium)
 romaine lettuce (1 head)
 baby spinach (5 oz container)
 lemons (4)
 strawberries (2 lbs)

Fresh Herbs *optional*

green onions (1 bunch)
 fresh basil (1 bunch)
 fresh dill (1 bunch)
 fresh mint (1 bunch)

Refrigerated**Dairy**

2% Greek yogurt (5.3 oz container)
 grated Parmesan cheese (5 oz container)
 unsalted butter (1 stick)

Frozen

n/a

Meat/Seafood

boneless skinless chicken thighs (1½ lb)
 boneless skinless chicken breasts (1½ lb)
 boneless lamb loin or leg of lamb (1½ lb)
 salmon fillets (1 lb)
or canned salmon (3 6-oz cans)

Pantry

olive oil or avocado oil
 rice vinegar*
 low-sodium soy sauce*
 spaghetti (16 oz box)
 white rice (2 lb bag)
 creamy natural peanut butter (16 oz jar)
 pistachio butter or cream (11 oz jar)
 tahini (16 oz jar, optional)
 Dijon mustard (8 oz jar)
 sriracha (9 oz bottle)
 tartar sauce
 honey (12 oz bottle)
 panko breadcrumbs (8 oz container)
 cornstarch (16 oz container)
 chocolate chips (12 oz bag)
 coconut oil (14 oz jar)
 shelled pistachios (4 oz bag)
 kataifi shredded pastry (16 oz package)

Bakery

pita bread (6-count package)
 hamburger buns (8-count package)

Spices

Italian seasoning
 crushed red pepper
 oregano
 paprika
 cumin
 cinnamon

Ingredient notes

* This ingredient can be used for many more recipes!

** You may have this staple on hand