

MONDAY

**Grilled Yogurt Chicken Burger****Side dish ideas:**

- [Dijon Potato Salad](#)
- [Baked Beans](#)

->Best Burger Sides

TUESDAY

**Black Bean Quesadilla****Side dish ideas:**

- [Simple Guacamole](#)
- [Taco Pasta Salad](#)

WEDNESDAY

**Chicken Fritters****Side dish ideas:**

- [Lebanese Rice](#)
- [Cucumber Tomato Salad](#)

THURSDAY

**Green Feta Pasta****Tip:**

Use block feta instead of crumbles, which are drier & don't melt into the sauce as smoothly.

FRIDAY

**Mediterranean Shrimp Couscous****Tip:**

Shrimp cooks fast, so as soon as you see it turn from gray to pink, remove from the heat.

SNACK/DESSERT

**Banana Cake****Tip:**

Cream the butter and sugars for 3-4 minutes to add air and improve texture.

Produce

red onion (1 medium)
yellow onion (1 small)
sweet onion (1 small)
garlic (2 bulbs)
jalapeño (1)
lettuce (1 head)
tomato (1 large)
cherry tomatoes (1 pint)
lemon (1)
bananas (3)

Fresh Herbs *optional*

green onions (1 bunch)
fresh parsley (1 bunch)
fresh basil (1 bunch)

Refrigerated**Dairy**

Greek yogurt (16 oz container)
Mexican cheese blend (8 oz bag)
mozzarella cheese (8 oz block or shredded)
feta cheese (8 oz block + 4 oz crumbled container)
unsalted butter (1 lb box)
cream cheese (8 oz block)
milk
eggs

Frozen

frozen peas (12 oz bag)

Meat/Seafood

chicken breast (2 lb)
large shrimp, peeled and deveined (1 lb)

Pantry

olive oil or avocado oil
Carbe Diem rotini (12 oz box) *for low carb, or pasta of choice*
pearl couscous (12 oz box)
black beans (15 oz can)
low-sodium vegetable broth (16 oz carton)
kalamata olives (6 oz jar)
capers (4 oz jar)
Italian breadcrumbs (15 oz canister)
yellow mustard
ketchup
sweet pickle relish
all-purpose flour
granulated sugar
brown sugar
powdered sugar
vanilla extract
baking powder
baking soda

Bakery

burger buns (8-count package)
flour tortillas (8-inch, 8-count package)

Spices

paprika
garlic powder
taco seasoning
cinnamon

Ingredient notes

* This ingredient can be used for many more recipes!

** You may have this staple on hand