

MONDAY

**Marry Me Chickpeas****Side dish ideas:**

- [Basmati Rice](#)
- [Sauteed Green Beans](#)

TUESDAY

**Taco Stuffed Peppers****Tip:**

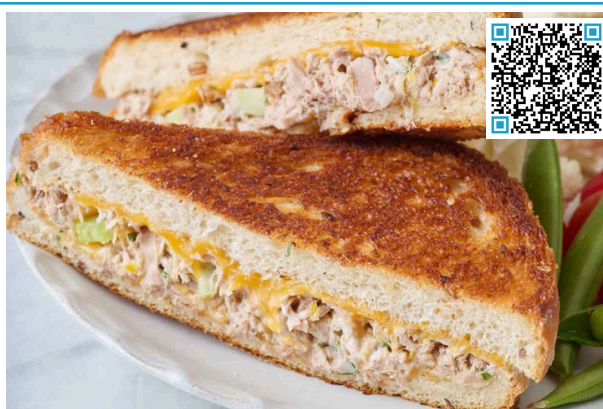
For super tender peppers, bake the halves empty for 10 minutes before stuffing them.

WEDNESDAY

**Greek Chicken Bowl****Tip:**

Use a large skillet to give the chicken room in the skillet to brown instead of steaming.

THURSDAY

**Tuna Melt Sandwich****Side dish ideas:**

- [Red Cabbage Slaw](#)
- [French Fries](#)

FRIDAY

**Rosemary Chicken Thighs****Side dish ideas:**

- [Lemon Rice](#)
- [Roasted Asparagus](#)

SNACK/DESSERT

**Greek Yogurt Brownies****Tip:**

Use full-fat Greek yogurt instead of some of the butter for rich, moist brownies.

Produce

yellow onion (1 medium)
red onion (1 small)
shallot (1 small)
garlic (2 bulbs)
green bell peppers (4)
Persian cucumbers (4)
celery (1 bunch)
lettuce (1 head)
cherry tomatoes (1 pint)
lemons (3)

Fresh Herbs *optional*

basil (1 bunch)
parsley (1 bunch)
rosemary (1 package)

Refrigerated**Dairy**

plain whole milk Greek yogurt (16 oz)
whole milk (1 quart)
cheddar cheese (16 oz block or shredded)
Parmesan cheese (4 oz wedge)
feta cheese (4 oz)
tzatziki (8 oz)
sour cream (8 oz)
unsalted butter (2 sticks)
eggs

Frozen

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Meat/Seafood

chicken breasts (4 6-oz breasts)
chicken thighs, bone-in skin-on (4)
lean ground beef (1 lb)

Pantry

olive oil
sun-dried tomatoes, oil-packed julienned (7 oz jar)
chickpeas (2 15-oz cans)
black beans (15 oz can)
diced tomatoes, low sodium (15 oz can)
white albacore tuna in water (2 5-oz cans)
tomato paste (6 oz can)
pitted olives (6 oz jar)
rice (1 lb bag)
Dijon mustard (8 oz jar)
cooking spray (1 can)
unsweetened baking chocolate (4 oz bar)
chocolate chips (12 oz bag)
cane sugar
all-purpose flour
vanilla extract

Bakery

multigrain sandwich bread (1 loaf)

Spices

Italian seasoning
paprika
crushed red pepper flakes
taco seasoning
oregano

Ingredient notes

* This ingredient can be used for many more recipes!

** You may have this staple on hand