

MONDAY

**Chickpea Soup****Tip:**

Add lemon zest and juice after removing the soup from the heat.

TUESDAY

**Creamy Pesto Chicken****Side dish ideas:**

- Mashed Potatoes
- Green Beans with Almonds

WEDNESDAY

**Roasted Salmon in Butter****Side dish ideas:**

- Lebanese Rice
- Greek Lemon Potatoes

THURSDAY

**Cottage Cheese Baked Ziti****Tip:**

Cook the ziti al dente before layering it in the baking dish. It will finish cooking in the oven.

FRIDAY

**Tuna Melt Stuffed Bell Peppers****Tip:**

Bake the pepper halves first so they soften before filling.

SNACK/DESSERT

**Pumpkin Bars****Tip:**

Let the bars cool completely in the pan before cutting.

Produce

yellow onions (3: 1 medium, 2 small)
garlic bulbs (2)
carrots (2)
celery (1 bunch)
bell peppers (2)
cherry tomatoes (8 oz pack)
baby spinach (5 oz bag)
asparagus (½ lb)
lemons (3)

Fresh Herbs *optional*

green onions (1 bunch)
fresh parsley (1 bunch)
fresh oregano (1 small pack)
fresh basil (1 small pack)

Refrigerated**Dairy**

salted butter (1 stick)
milk (1 pint)
2% Greek yogurt (1 small tub)
cottage cheese (8 oz tub)
grated Parmesan cheese (4 oz tub)
shredded mozzarella cheese (8 oz bag)
cheddar cheese (4 oz block)
eggs (½ dozen)

Frozen

n/a

Meat/Seafood

boneless skinless chicken breast (1½ lb)
salmon fillets (4, 6 oz each)
lean ground beef (1 lb)

Pantry

olive oil
yellowfin tuna in extra virgin olive oil (2, 4.5 oz cans)
chickpeas (2, 15 oz cans)
crushed tomatoes (28 oz can)
low-sodium vegetable broth (32 oz carton)
chicken broth (14.5 oz can)
pesto (sm jar)
ziti pasta (16 oz box)
marinara sauce (24 oz jar)
Dijon mustard (1 small jar)
pumpkin puree (15 oz can)
unsweetened applesauce (8 oz jar)
all-purpose flour (3 cups)
cane sugar
dark brown sugar
baking powder
baking soda

Bakery

n/a

Spices

dried thyme
dried oregano
dried basil
cinnamon

Ingredient notes

* This ingredient can be used for many more recipes!

** You may have this staple on hand