

Rachel Cooks

MEAL PLAN #21

MONDAY



Greek Orzo Salad with Shrimp

- If you happen to have leftover salad, it makes a great lunch.

TUESDAY



Greek Meatballs with Tzatziki

- Serve meatballs as a wrap sandwich or on salad greens (5 meatballs per serving).
- Save leftover tzatziki to serve with the grilled chicken later on in the week.

WEDNESDAY



Red Lentil Soup

- Makes 8 servings. Lentil soup is delicious for lunch the next day or you can freeze leftovers for an easy meal in the future.
- Serve with flatbread, crackers, or bread, if desired.

THURSDAY



Grilled Chicken with Chopped Greek Salad

- A block of feta works best for this salad. The crumbled feta tends to disintegrate into the salad.
- The salad can be made a day or two ahead of time and refrigerated.
- Serve the chicken with a dollop of leftover tzatziki sauce.

FRIDAY



Chicken Quesadillas (with leftover chicken)

- Easy quesadillas: Chop leftover chicken into small pieces. Heat a skillet over medium heat. Melt a tablespoon of butter in the skillet. Put a tortilla in the skillet; quickly layer on chicken and shredded cheese. Top with another tortilla. Fry 2 to 3 minutes on each side or until golden. Serve with desired toppings.

BONUS



Flatbread

- Makes 8 flatbreads. Wrap them around Greek meatballs or sliced grilled chicken. Add a spoonful of tzatziki. Dip them into homemade hummus. Make a breakfast sandwich with eggs and cheese. Add toppings and bake them like a pizza.
- Flatbreads freeze well. Wrap securely and freeze for up to 3 months.

NOTES

- You probably noticed a theme to this week's meal plan. This is intentional; using the same ingredients for more than one meal saves you money and time.





GROCERY LIST FOR MEAL PLAN #21

HOW TO USE IT:

Decide if you're planning to make all the recipes. Check to see what you have already in your fridge or pantry and cross those items off the grocery list. Make any substitutions you want. You're ready to go!

PRODUCE

- garlic (4 cloves) - *M/Tu*
- red onion (2) - *M/Tu/Th*
- yellow onion (1 medium) - *W*
- english cucumbers (3) - *M/Tu/Th*
- grape tomatoes (2 pints) - *M/Th*
- yellow bell pepper (1) - *W*
- red bell pepper (1) - *Th*
- lemons (4) - *M/Tu/W*
- parsley (1 small bunch) - *M*
- mint (1 small bunch) - *M*
- dill (1 small bunch) - *Tu*

DAIRY / REFRIGERATED

- crumbled feta cheese (8 oz) - *M/Tu*
- block feta cheese (8 oz) - *Th*
- full-fat greek yogurt (15 oz) - *Tu/Th*
- shredded cheddar or Mexican blend cheese (16 oz) - *F*
- butter - *F*

SEASONINGS / OILS

- olive oil, kosher salt, black pepper
- dried oregano - *M/Tu/Th*
- garlic powder - *Tu/W/Th*
- dried dill weed - *Tu*
- dried parsley - *W*
- ground cumin - *W*
- dried thyme - *W*

BREAD / PASTA / GRAINS

- orzo pasta (16 oz) - *M*
- dried red lentils (16 oz) - *W*
- crackers or bread for serving with soup - *W*
- large flour tortillas (8) - *F*

PANTRY

- pitted kalamata olives (½ c) - *M/Th*
- dried apricots (½ c) - *W*
- red wine vinegar - *Th*
- all-purpose flour - *F*
- instant potato flakes (½ c) - *Bonus*
- vegetable oil - *Bonus*
- instant yeast (1 tsp) - *Bonus*

MEAT / FISH / PROTEIN

- 16 oz peeled, deveined shrimp, tail removed (size 31-40) - *M*
- 16 oz lean ground turkey - *Tu*
- boneless skinless chicken breast (3 lb) - *Th/F*

CANNED GOODS

- chicken or vegetable broth (32 oz) - *W*
- 14.5 oz can diced tomatoes (1) - *W*
- 15 oz can garbanzo or great northern beans (1) - *Th*

OTHER

- salad greens or pitas for meatballs - *Tu*
- quesadilla toppings (sour cream, salsa, guacamole) - *F*

NOTES

- Red lentils (*W*) are often found in the Middle Eastern section of the grocery store, not by the other dried beans and lentils. If you're unable to find them, substitute yellow lentils or yellow split peas.

