

MONDAY



BALSAMIC GARLIC CHICKEN

TUESDAY



STEAK FAJITAS

WEDNESDAY



MAHI MAHI WITH ROASTED TOMATOES AND FENNEL

THURSDAY



20-MINUTE SUN-DRIED TOMATO SHRIMP PASTA

FRIDAY



EASY GREEK TZATZIKI CHICKEN SALAD



GROCERY LIST

ITEMS YOU PROBABLY HAVE IN STOCK

- 8 tbs. olive oil
- 2 tbs. butter
- salt and pepper
- 1 tsp. dried thyme
- 1 bay leaf
- 1/2 tsp. dried thyme
- 1 tsp. cumin
- 2 tsp. red pepper flakes
- 1 tsp. dried oregano

PRODUCE

- 16 cloves garlic
- 16 oz. sliced mushrooms
- 1 lemon
- 1 cucumber
- 20 oz. grape tomatoes
- 2 onions
- 2 tbs. fresh dill
- 2 tbs. fresh parsley
- 1 red bell pepper
- 1 green bell pepper
- 1 yellow bell pepper
- 1 cup fresh fennel
- 1 cup + 4tbs. basil
- 1 shallot

DAIRY & REFRIGERATED ITEMS

- 3/4 cup Greek yogurt
- 3 oz. feta cheese
- 12 oz. shredded cheddar cheese
- 1/4 cup sour cream
- 1/4 cup pre-made guacamole (optional)
- 1/2 cup grated parmesan cheese

FROZEN FOOD ITEMS

MEAT, POULTRY, PORK & SEAFOOD

- 1 and 1/2 lbs. boneless chicken breasts
- 4 cups rotisserie chicken
- 1 lb. sirloin steak
- 4 Mahi Mahi filets
- 1 lb. shrimp

GRAINS, LEGUMES & PASTA

- 1 lb. linguine pasta

CANNED & JARRED GOODS

- 1/3 cup + 1 tbs. balsamic
- 3/4 cup chicken stock
- 1/4 cup kalamata olives
- 1 (8.5-oz.) jar sun-dried tomatoes in oil
- 1 tbs. tomato paste

MISCELLANEOUS ITEMS

- 6 pitas
- 3 tbs. fajita seasoning
- 8 flour tortillas
- 1 cup white wine (such as Pinot Grigio)
- 2 tbs. raw almonds