

SIMPLE EATS - "GREEK WEEK" GROCERY LIST



ON THE MENU THIS WEEK ...

- ❖ Mediterranean Chicken & Vegetable Bake
 - ❖ Greek Chopped Salad
 - ❖ Turkey Meatballs with Tzatziki
 - ❖ Cucumber Basil Gazpacho
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Protein:

- ☐ 4 Boneless Chicken Breasts
- ☐ 2 lbs Ground Turkey

Dairy:

- ☐ 1 large container of Plain Greek Yogurt
- ☐ 1 small container of Freshly Grated Parmesan
- ☐ 1 small container of Crumbled Feta
- ☐ 1 egg

Produce:

- ☐ 1 head of Romaine Lettuce
- ☐ 3 Roma Tomatoes
- ☐ 1 12 oz package of Grape Tomatoes
- ☐ 4 Cucumbers
- ☐ 2 Red Bell Peppers
- ☐ 1 Orange Bell Pepper
- ☐ 1 Yellow Bell Pepper
- ☐ 4 Red Onions
- ☐ 2 bulbs of Garlic
- ☐ 2 Zucchini
- ☐ 1 8 oz. package of Baby Bella Mushrooms
- ☐ 3 lemons
- ☐ 2 tbsp Fresh Basil
- ☐ 2 tbsp Fresh Parsley
- ☐ Chopped mint

Dry Goods:

- ☐ 1 jar of Balsamic Glaze
- ☐ 1 bottle of Extra-Virgin Olive Oil
- ☐ 1 bottle of Red Wine Vinegar
- ☐ 1 small jar of Mayonnaise
- ☐ 1 jar of Black Kalamata Olives
- ☐ 1 12 oz can of Artichoke Hearts
- ☐ 2 cans of Diced Tomatoes
- ☐ 1 24 oz can of Tomato-Based Vegetable Juice
- ☐ 1 package of Anchovy Paste
- ☐ 1 small canister or bag of Gluten-Free Oats
- ☐ 1 package of Parmesan Croutons or bread of your choice

Seasonings & Spices:

- ☐ Oregano
- ☐ Crushed Red Pepper Flakes
- ☐ Thyme
- ☐ Dill
- ☐ Salt
- ☐ Black Pepper