

Simple Eats - “Healthy Lunch Box” Grocery List



On The Menu This Week ...

BBQ Chicken Pita

Greek Pita

Chicken Caprese Salad

Chicken Salad

Sesame Stir Fry

Yields 4 servings per meal

(This week's recipe cards are doubled to create four servings)

All ingredients are color-coded to each recipe in case you'd prefer to make only *some* of the weekly options. For ingredients that in numerous recipes (ie. greens), check the colored amounts in parentheses to see how many are in the recipes you're interested in making - Happy Cooking!

Protein:

- ❑ 2 Rotisserie chickens (for all meals)

Produce:

- ❑ 1 (1 cup + 1 cup) bag of prepared slaw mix
- ❑ 2 (1 + 1) red onions, diced
- ❑ 1 (½ + ½) cucumber
- ❑ 1 large container (2 cups + 4 cups) of greens
- ❑ 1 medium head of lettuce
- ❑ 1 small container of cherry or grape tomatoes, sliced and roasted
- ❑ 1 - 9 oz pomegranate or 1 package of pomegranate seeds (¼ cup)
- ❑ 1 lemon or 2 tbsp lemon juice
- ❑ 1 bunch of fresh parsley
- ❑ 8 oz fresh or frozen vegetables (any variety - carrots, broccoli, mushrooms, etc.), steamed

Dry Goods & Bakery:

- ❑ 4 oz (½ cup) tangy BBQ sauce
- ❑ 6 - 8 (2 + 4) whole wheat pitas
- ❑ Balsamic glaze for drizzle
- ❑ 4 oz of green or kalamata olives
- ❑ 4 oz (¼ cup) of green olives
- ❑ 5 oz (¼ cup + 2 tbsp) of toasted sesame seeds
- ❑ 2 tbsp toasted sunflower seeds
- ❑ 4 oz (½ cup) mayonnaise
- ❑ 2 oz (¼ cup) soy sauce

Dairy & Refrigerated:

- ❑ 4 oz (½ cup) greek yogurt (or mayonnaise)
- ❑ 6 oz (¼ cup + ¼ cup) of grated feta cheese