



Weekly Meal Plan

MONDAY

Greek Chicken Salad

TUESDAY

Grilled Herb Chicken

WEDNESDAY

Grilled Sesame Shrimp and Veggies

THURSDAY

Slow Cooker Steak Fajtas

FRIDAY

Pizza Hot Dogs

BONUS RECIPES

Greek Potato Salad

Bean Salad

Lemon Blueberry Fluff



SIMPLY stacie

Shopping List

Meat

- ☐ 2 cups cooked chicken
- ☐ 6 boneless, skinless chicken breasts
- ☐ 1 package of raw shrimp
- ☐ 2 lbs flank steak
- ☐ 1 package of hot dogs

Produce

- ☐ 1 head of Romaine lettuce
- ☐ 1 pint of cherry tomatoes
- ☐ 1 English cucumber
- ☐ 1 red onion
- ☐ 3 green peppers
- ☐ 2 red peppers
- ☐ 1 package of mixed bell peppers
- ☐ 1 bunch of green onions
- ☐ 1 head of garlic
- ☐ 1 tomato
- ☐ 1 package of fresh thyme
- ☐ 1 package of fresh tarragon
- ☐ 1 bunch of fresh basil
- ☐ 1 bag of sugar snap peas
- ☐ 2 yellow onions
- ☐ 1 package of white button mushrooms
- ☐ 1 to 2 avocados (optional)

Dairy & Refrigerated

- ☐ 1 container of feta cheese
- ☐ 1 block of cheddar cheese
- ☐ 1 container of sour cream
- ☐ 1 block of mozzarella cheese
- ☐ 1 package of garlic butter

Bakery

- ☐ 1 package of soft tortilla shells
- ☐ 1 package of hot dog buns

Pantry

- ☐ 1 can of black olives
- ☐ 1 bottle of extra virgin olive oil
- ☐ 1 bottle of lemon juice
- ☐ 1 bottle of red wine vinegar
- ☐ 1 bottle of balsamic vinegar
- ☐ 1 bottle of sesame oil
- ☐ 1 bottle of rice vinegar
- ☐ 1 package of sesame seeds
- ☐ 1 can of Rotel
- ☐ 1 can of beef broth
- ☐ 1 package of fajita seasoning
- ☐ 1 can of pizza sauce
- ☐ 1 package of mini pepperoni
- ☐ 1 package of sugar
- ☐ 1 box of rice

Spices & Baking

- ☐ Dried oregano
- ☐ Cayenne pepper
- ☐ Salt and pepper