

# February 1 - 5 2026 Shopping List

## PRODUCE

- ☐ 7 Large Tomatoes (Greek Salad, Falafel Peppers)
- ☐ 2 Medium Cucumbers (Greek Salad)
- ☐ 6 Bell Peppers (Pepper Steak, Falafel Peppers)
- ☐ 1 Small Red Onion (Greek Salad)
- ☐ 1 Medium Red Onion (Chili-Lime Chicken)
- ☐ 1 Medium Onion (Pepper Steak)
- ☐ 1 Large Yellow Onion (Falafel Peppers)
- ☐ 1 Small Yellow Onion (Curried Soup)
- ☐ 7 Garlic Cloves (Greek Chicken, Pepper Steak)
- ☐ 8 oz Carrots (Curried Soup)
- ☐ 2 cups Baby Spinach (Curried Soup)
- ☐ ¼ cup Fresh Flat-Leaf Parsley (Falafel Peppers)
- ☐ 2 Tbsp Fresh Cilantro (Chili-Lime Chicken)
- ☐ ½ cup Fresh Basil (Greek Chicken)
- ☐ 2 Lemons (Greek Chicken, Falafel Peppers)
- ☐ 2 Limes (Chili-Lime Chicken)
- ☐ ¼ cup Lemon Juice (Greek Salad)
- ☐ 2 Tbsp Fresh Lemon Juice (Falafel Peppers)
- ☐ 2 Tbsp Fresh Lime Juice (Chili-Lime Chicken)

## MEAT & PROTEIN

- ☐ 1 Whole Chicken 4 lb (Greek Chicken)
- ☐ 1½ lb Flank Steak (Pepper Steak)
- ☐ 4 Bone-In Skin-On Chicken Thighs (Chili-Lime Chicken)
- ☐ 3 cups Cooked Shredded Chicken (Curried Soup)

## DAIRY

- ☐ 1 cup Crumbled Feta Cheese (Greek Salad)
- ☐ ½ cup Grated Parmesan Cheese (Greek Chicken)

## CANNED & JARRED

- ☐ 2 15 oz Cans Chickpeas (Falafel Peppers)
- ☐ 2 15 oz Cans Black Beans (Chili-Lime Chicken)
- ☐ 1 7 oz Can Chipotle Chiles in Adobo (Chili-Lime Chicken)

- ☐ 6 Black Greek Olives (Greek Salad)

## **GRAINS & DRY GOODS**

- ☐ 1 lb Dry Pasta (Greek Chicken)
- ☐ ½ cup Dry Gluten-Free Pasta or Rice (Curried Soup)
- ☐ Corn Tortillas (Chili-Lime Chicken)

## **PANTRY**

- ☐ 1¼ cups Olive Oil (Greek Chicken, Greek Salad, Pepper Steak, Falafel Peppers, Chili-Lime Chicken)
- ☐ ⅓ cup Soy Sauce (Pepper Steak)
- ☐ ⅓ cup Honey (Pepper Steak)
- ☐ ⅓ cup Red Wine Vinegar (Pepper Steak)
- ☐ 2 Tbsp Tahini (Falafel Peppers)
- ☐ ¼ cup Chicken Broth or Water (Chili-Lime Chicken)
- ☐ 2½ Tbsp Dried Oregano (Greek Chicken, Greek Salad)
- ☐ 2 tsp Kosher Salt (Falafel Peppers)
- ☐ 1½ tsp Kosher Salt (Chili-Lime Chicken)
- ☐ 2 tsp Salt (Greek Chicken, Curried Soup)
- ☐ ½ tsp Black Pepper (Greek Chicken, Chili-Lime Chicken)
- ☐ 2 tsp Curry Powder (Curried Soup)
- ☐ 1 tsp Ground Cumin (Falafel Peppers)