

MONDAY



Lebanese Lentils & Bulgur

Tip:
Caramelize the onions well - this is where all the flavor really develops!

TUESDAY



Ground Beef & Hummus

Tip:
My secret for smooth, creamy hummus? Peel the skins off and blend with ice cubes!

WEDNESDAY



Tomato Lentil Soup

Tip:
Make sure to rinse the lentil thoroughly and pick through to remove any debris.

THURSDAY



Chicken Kafta

Tip:
Use a food processor to mince the parsley and onions and remove any extra moisture.

FRIDAY



Pistachio Crusted Salmon

Side dish ideas:

- [Baked Asparagus](#)
- [Lemon Rice](#)

SNACK/DESSERT



Tahini Cookies

Tip:
Let the cookies cool on the sheet pan for 5 minutes after baking to fully set.

Produce

- yellow onions (3 large)
- garlic bulb (1)
- carrots (2 large)
- celery stalks (2)
- red bell pepper (1)
- lemon (1)
- celery stalk (1 heart)

Fresh Herbs *optional*

- parsley (1 bunch)
- fresh dill (1 small pack)
- green onions (1 bunch)

Refrigerated

Dairy

na

Frozen

na

Meat/Seafood

- ground chicken (1 lb)
- lean ground beef (1 lb)
- salmon fillets (1½ lb)

Pantry

- avocado oil (½ cup)
- extra virgin olive oil (½ cup)
- tahini (sm jar)
- dijon mustard
- low sodium vegetable broth (32 oz carton)
- chickpeas (1 - 15 oz can)
- diced tomatoes (2 - 15 oz cans)
- brown lentils (1 lb bag)
- green lentils (1 lb bag)
- coarse bulgur #3 (1 lb bag)
- pine nuts (4 oz bag)
- shelled pistachios (8 oz bag)
- sesame seeds (8 oz bag)
- honey (sm bottle)

Bakery

- almond flour (16 oz bag)
- baking soda (½ tsp)
- vanilla extract (2 oz bottle)

Spices

- cumin
- coriander
- paprika
- 7 spice
- cinnamon

Ingredient notes

* This ingredient can be used for many more recipes!
 ** You may have this staple on hand