

MONDAY



Falafel

Side dish ideas:

- [Tahini Sauce](#)
- [Mediterranean Couscous Salad](#)

TUESDAY



Beef Kafta

Side dish ideas:

- [Lebanese Rice](#)
- [Fattoush Salad](#)

WEDNESDAY

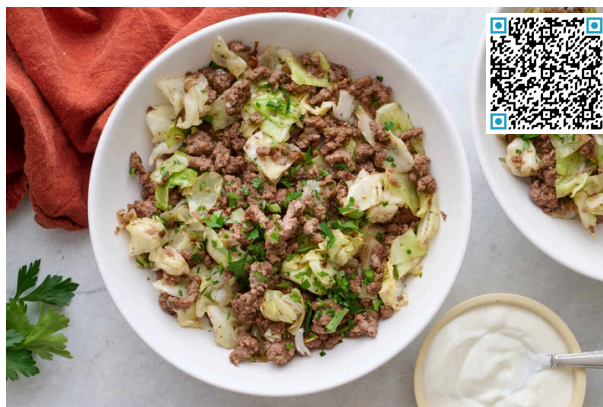


Freekeh Chicken Soup

Tip:

If you can't find freekeh in store, you can [order online](#), check local markets, or use barley.

THURSDAY



Ground Beef and Cabbage

Tip:

If you don't have [7 spice](#), make your own mix or use cinnamon and coriander.

FRIDAY



Lebanese Spicy Tahini Fish

Side dish ideas:

- [Lemon Rice](#)
- [Roasted Broccoli](#)

SNACK/DESSERT



Turmeric Cake

Tip:

The tahini replaces oil for coating the pan and adds a rich, nutty flavor!

Produce

- onions (4 large)
- garlic bulb (2)
- green cabbage (1 head)
- lemon (4)

Refrigerated

Dairy

- unsalted butter (1 stick)
- whole milk yogurt (32 oz tub)
- milk (½ gallon)

Frozen

n/a

Pantry

- olive oil (¼ cup)
- neutral oil (32 oz bottle)
- dry chickpeas (1 lb bag)
- cracked freekeh (1 lb bag)
- coarse semolina flour (1 lb bag)
- all-purpose flour (1/2 cup)
- white rice (2 lb bag)
- tomato paste (6 oz can)
- tahini paste (16 oz jar)
- cane sugar (1 cup)
- pine nuts (8 oz bag)
- baking powder

Fresh Herbs *optional*

- parsley (3 bunches)
- cilantro (1 bunch)

Meat/Seafood

- lean ground beef (2 lb)
- boneless skinless chicken breasts (1 lb)
- cod fillets (2 ½ lb)

Bakery

n/a

Spices

- ground cumin
- ground coriander
- ground cinnamon
- ground turmeric
- sumac
- 7 spice
- cayenne pepper

Ingredient notes

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