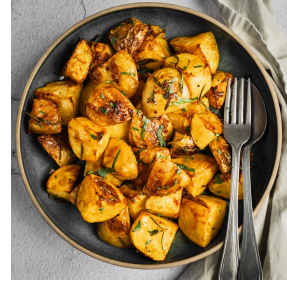


URBAN FARM & KITCHEN

Greek Meal Plan 1: Souvlaki Night



Greek Chicken Souvlaki Skewers
Recipe (with Sides)



Garlic and Rosemary Roasted
Potatoes



Traditional Greek Salad Recipe
(Horiatiki Salata)



Tzatziki Recipe (Greek Cucumber
Yogurt Dip)

URBAN FARM & KITCHEN

Grocery List

Produce

- Lemon Juice 5 tbsp
- Garlic 2 cloves
- Lemon Wedges 1 serving
- Yukon Gold Potatoes 2 lbs
- Fresh Parsley 1 bunch
- Tomatoes 3 cups
- Persian Cucumbers 5 each
- Green bell pepper 0.5 each
- Red onion 0.5 each
- Fresh Mint 2 tbsp
- Fresh Dill 2 tbsp
- Mint Leaves 1 count
- Dill Fronds 1 count

Other

- Homemade Tzatziki 1 serving
- Saffron Rice 1 serving
- Chopped Salad 1 serving
- Maroulosalata 1 serving
- Pickled Onions 1 serving
- Kalamata Olives 1.25 cup

Dairy & Eggs

- Feta Cheese 1.5 cup
- Greek Yogurt 1.5 cups

Spices & Seasonings

- Dried Oregano 2 tbsp
- Dried Thyme 1 tsp
- Black Pepper 1.75 tsp
- Fresh Rosemary 2 tsp
- Garlic Powder 1 tsp
- Paprika 1 tsp
- Chili Flakes 1 tsp

Pantry

- Extra Virgin Olive Oil 8 tbsp
- Kosher Salt 2.25 tsp
- Olive Oil 1 count

Meat & Seafood

- Boneless Skinless Chicken Breasts 3 each

Shop ingredients on 

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