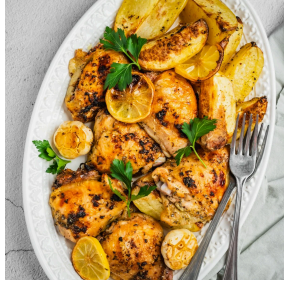


# URBAN FARM & KITCHEN

## Greek Meal Plan 2: Lemon Chicken and Potatoes



One Pan Greek Lemon Chicken and Potatoes Recipe



Maroulosalata (Classic Greek Lettuce Salad)



Spanakorizo Recipe (Greek Style Rice with Spinach)



Lemon Pistachio Pound Cake (with Lemon Glaze)

# URBAN FARM & KITCHEN

## Grocery List

### Pantry

<input type="checkbox"/> Extra virgin olive oil	0.75 cups
<input type="checkbox"/> Kosher salt	2.5 tsp
<input type="checkbox"/> Basmati Rice	1.5 cups
<input type="checkbox"/> All Purpose Flour	1.75 cups
<input type="checkbox"/> Baking Powder	0.25 tsp
<input type="checkbox"/> Salt	0.5 tsp
<input type="checkbox"/> Sugar	1.25 cups
<input type="checkbox"/> Olive Oil	2 tbsp
<input type="checkbox"/> Vanilla Extract	1 tsp
<input type="checkbox"/> Unsalted Pistachios	0.75 cups
<input type="checkbox"/> Powdered Sugar	1.5 cups

### Dairy & Eggs

<input type="checkbox"/> Greek Feta Cheese	0.5 cups
<input type="checkbox"/> Butter	0.5 cups
<input type="checkbox"/> Large Eggs	3 each
<input type="checkbox"/> Plain Greek Yogurt or Sour Cream	0.33 cups

### Meat & Seafood

<input type="checkbox"/> Chicken thighs	3 lbs
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### Other

<input type="checkbox"/> Water	2.5 cups
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### Produce


<input type="checkbox"/> Lemon juice	3.5 tbsp
<input type="checkbox"/> Garlic	6.5 cloves
<input type="checkbox"/> Yukon gold potatoes	4 pieces
<input type="checkbox"/> Lemon	1 pieces
<input type="checkbox"/> Fresh parsley	1 bunch
<input type="checkbox"/> Romaine Hearts	2 each
<input type="checkbox"/> Green Onions	11 count
<input type="checkbox"/> Fresh Dill	0.5 cups
<input type="checkbox"/> Fresh Mint	0.25 cups
<input type="checkbox"/> Onion	1 count
<input type="checkbox"/> Lemon Zest	2 tbsp


### Spices & Seasonings

<input type="checkbox"/> Dried oregano	2 tsp
<input type="checkbox"/> Dried thyme	1 tsp
<input type="checkbox"/> Black pepper	1 tsp

### Frozen Foods

<input type="checkbox"/> Frozen Spinach	10 oz
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Shop ingredients on amazonfresh

Shop ingredients on instacart