

# GROCERY LIST - YOUR MEDITERRANEAN WEEK

## PRODUCE

- 1 red onion
- 1 cucumber
- Tomatoes (whole, grape, or sundried)
- Baby spinach (~8-10 oz)
- 2 lemons
- 3-4 cloves of garlic

## DAIRY & PROTEIN

- 5 boneless, skinless chicken breasts
- Crumbled feta cheese (~3 oz)

## DRY GOODS

- 2 Pita pockets
- 2 cups quinoa
- 1 can of chickpeas (2-3 if going meatless)
- Slivered almonds (~1/2 cup)
- 1 jar of black or Kalamata olives
- 1 container of hummus
- 1 tsp Dijon mustard

## PANTRY & SEASONINGS

- 1 jar roasted red peppers
- ¼ cup + 3 tbsp olive oil
- 2 tbsp balsamic vinegar
- 2 tbsp honey
- Oregano
- Paprika
- Salt and pepper

## WHAT TO PREP ON SUNDAY

- Chicken breasts – Follow recipe for Lemon-Oregano Grilled Chicken Breasts.
- Balsamic dressing—Follow recipe for Quick Balsamic Vinaigrette.
- Chickpeas – Drain and rinse thoroughly, and store in a container in the fridge.
- Quinoa – Cook according to directions, cool, and store in a container in the fridge.
- Cut red onion into slices and store in an airtight container or bag (can be stored up to 7 days).
- Slice tomatoes and cucumbers for the first 2-3 days (cut the rest midweek to keep fresh for the remaining lunches).

# RECIPES TO PREP

## LEMON-OREGANO GRILLED CHICKEN BREASTS (RECIPE ADAPTED FROM MYRECIPES.COM)

### INGREDIENTS

- 3 tablespoons extra-virgin olive oil
- Finely grated zest and juice of 2 small lemons
- 1 tablespoon dried oregano
- 1 tablespoon minced garlic
- 2 teaspoons paprika
- 1 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 5 boneless, skinless chicken breast halves

### STEPS

1. In a medium bowl whisk the marinade ingredients.
2. Place the breasts in a large, rimmed plate or 9 x 13 casserole dish. Spoon or brush the marinade over the breasts, turning to coat them evenly. Cover with plastic wrap and refrigerate for 1 to 2 hours.
3. Prepare the grill for direct cooking over medium heat, or heat a grill pan on the stove and brush lightly with oil.
4. Grill the chicken, smooth side down, over direct medium heat, until the meat is firm to the touch and opaque all the way to the center, 8 to 12 minutes, turning once or twice.
5. Cool cooked chicken breasts, slice into strips, and store in the fridge.

\*\*For a meatless option, use extra chickpeas in place of chicken.

## QUICK BALSAMIC VINAIGRETTE

### INGREDIENTS

- 1/4 cup extra virgin olive oil
- 2 tablespoons balsamic vinegar
- 2 tablespoons honey
- 1 teaspoon Dijon mustard
- 1 small clove garlic, minced

- Squeeze of lemon
- Fine grain sea salt
- Freshly ground pepper

### STEPS

In a medium size bowl, whisk all ingredients together and store in an airtight container in the fridge.

CHECK OUT [ASWEATLIFE.COM](https://www.asweatlifecom.com) FOR MORE HEALTHY & TASTY MEAL IDEAS

# DAILY MEALS

## MONDAY

### MEDITERRANEAN PITA

½ pita pocket +  
2 Tbsp hummus +  
1/4 c quinoa +  
4-6oz chicken breast +  
red onion slices to taste +  
4 slices cucumber +  
handful of spinach +  
2 slices tomato +  
1 oz olives +  
drizzle of vinaigrette

## TUESDAY

### MEDITERRANEAN BOWL

1 c quinoa +  
4-6oz chicken breast +  
1 oz feta +  
1/4 c roasted red peppers+  
1/4 c diced tomatoes +  
1 oz slivered almonds +  
drizzle of vinaigrette

## WEDNESDAY

### MEDITERRANEAN SALAD

2-3 c spinach +  
1 4-6oz chicken breast +  
1/4 c chickpeas +  
6-8 slices cucumbers +  
red onion slices to taste +  
1 oz feta +  
1 oz olives +  
1/4 c tomatoes +  
1-2 Tbsp vinaigrette +  
1 oz slivered almonds

## THURSDAY

### MEDITERRANEAN FLATBREAD

whole pita pocket +  
2 Tbsp hummus +  
1 oz feta +  
1/4 c tomatoes +  
1/8 c roasted red peppers +  
2-6 oz chicken breast +  
top with handful spinach

## FRIDAY

### MEDITERRANEAN MIX UP

Use leftovers to make a repeat  
of one of the 4 previous meals

## NOTES:

### LIKES/DISLIKES:

Meals in this guide are meant for one person. This is a general guide prepared by a Registered Dietitian. Your unique lifestyle and body may require that you adjust the quantities of ingredients to fit your personal needs.

## PLAN BY CATHERINE BORKOWSKI, RD, LDN

Catherine Borkowski, RD, LDN is a Chicago-based Registered Dietitian, yoga lover and nutrition nerd. As a self-proclaimed “flexitarian,” Catherine’s nutrition philosophy promotes living a plant-based powered life, practicing moderation, not deprivation and cultivating a healthy relationship with food. Catherine has focused much of her career working in the field of behavior change, helping others develop healthy, sustainable lifestyle changes. She directs a team of health coaches at EngagementHealth, a corporate wellness company in the West Loop. Outside of her passion for yoga, Catherine loves to tone with Pilates and dance it up in cardio hip hop.