

Sunday Prep

Start Rice Pudding

While rice is cooking start your Pop Corn

Next make ciabatta sandwiches

Finish rice pudding

Wash and chop vegetables for salads. Assemble salads.

Make Dressing

Make pop corn and kebbabs

Soak Chickpeas

Prep Wednesday

Start the Tsoureki

Boil eggs for Lunch Salads

Wash and chop vegetables for salads

Make theTsoureki

Assemble Salads and make dressing

Defrost minced meat





Ingredients

35gr goat butter
35gr cow butter
100gr milk
160gr powdered sugar
4 eggs, separated
5 gr mahlep
100gr lukewarm water
40 gr wet yeast
800 gr bread flour
Slivered almonds

Tsoureki

3h	Prep Time
20'	Cook Time
3h20'	Total Time
2 loaves	Serves

Instructions

fourth egg and surface roll each third into a long stick. Braid the sticks and place the dough on a lined baking sheet. Do the same with the remaining dough. Beat the fourth egg and brush the braids. Next sprinkle them with the slivered back if you apply pressure. Form a ball and let the dough rise in a bowl until it doubles inside your oven (approximately 20min). The oven should be cold. dough hook kneat for approximately 10 min. Add a little more flour if your dough is very wet. Dough should be on the firm side but should also bounce boil. Beat 3 eggs and add them to the mixture. In the bowl of your stand mixer almonds. Let the braids rise for another 20-30 min in a draft free place. Next divide the dough in half and each half in three. On a lightly floured disolve wet yeast in lukewarm water. Add butter mixture and flour. Using the In a small sauce pan heat both butters, milk and mahlep. Be careful not to

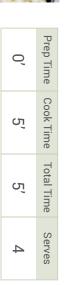
removed from the pan. Cool on a cooling rack. Preheat your oven at 180C. Bake for 30 min or until the tsoureki can easily be

Notes

Tsoureki can be frozen for up to 3 months.



Pop Corn





Ingredients

1 T vegetable oil
1/2 cup corn kernels
Salt

Instructions

Add oil and corn kernels In a small pot over medium heat. Place the lid on top. Soon you will be able to hear the corn pop! Once you can not hear it any longer, carefully open the lid and pour the pop corn in a big bowl. Add salt and stir.

Notes

You can store pop corn once it has completely cooled

Vegetable Kebbabs

20'	Prep Time
0'	Cook Time
20'	Total Time
4	Serves

Instructions

Wash and dry the vegetables. Using a paring knife cut your cucumber in coins. Now it's time to assemble the kebbabs.



Ingredients

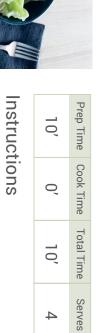
250gr cherry tomatoes 1 large cucumbers Small kebbab skewers

Notes

young children why not have them help you? But be worned that there might not be any leftovers! You can easily double this recipe to make enough for a crowd. If you have



Lettuce salad





Ingredients

pour all ingredients in a jar and shake well.

Cut, wash and dry the lettuce leaves. Wash, dry and chop peppers, cuccumbers and tomatoes if using. Divide into four bowls. For the dressing,

Salad 2 green peppers 2 cuccumers 1 romaine lettuce

cherry tomatoes (optional)

2 T cider vinegar Salt & white pepper 2T lemon juice

4 T olive oil Dressing

Notes

If you are packing the salads it is best to put a piece of papper towel on top to absorb moisture. This way they will remain fresh a little longer. It is also suggested to store the dressing separately so the salad won't wilt.

Simple Cabbage Salad

10'	Prep Time
0′	Cook Time
10'	Total Time
4	Serves



Instructions

Start by removing the outer cabbage leaves. Using a sharp knife or a mandolin shread the cabbage. Wash and peel the carrot and cut in small pieces. Make the dressing by shaking all the ingredients in a small jar. You can add purple cabbage too or shred the carrot in a box grater.



Ingredients

Salad

1/2 head medium white cabbage

1 big carrot

Dressing

4 T olive oil

2 T red wine vinegar

Salt & white pepper 1T white wine vinegar

Notes

to absorb moisture. This way they will stay fresh a little longer. It is also suggested to store the dressing separately so the salad won't wilt. If you are packing the salads it is best to put a piece of papper towel on top



Ingredients

2 T olive oil, divided 250 ml crushed tomatoes 1 T tomato puree 1 small yellow onion diced 350gr pasta 1 clove garlic, minced

T dried Basil

Red Sauce Pasta

Prep Time
Cook Time
Total Time
Serves



Instructions

Meanwhile, cook pasta using the package instructions. When pasta is ready, minute. Add tomato puree and stir. Now add tomatoes, sugar, salt & pepper well. Serve pasta hot and top it with sauce. drain and pour it back in the hot pot along with the rest of the oil. Toss to coat and dried basil. Stir well and let the sauce simmer on low for 15-20 min. medium heat for 2-3 minutes and add garlic. Stir and sizzle for another In a sauce pan add 1 T olive oil and when it's hot add the onion. Cook on

Notes

You can use dried garlic powder and any aromatics you have in hand. You can optioanally top the dish with grated cheese.

Stuffed Vegetables

Olive Tree

20'	Prep Time
50'	Cook Time
60'	Total Time
4	Serves



Instructions

Start by washing your vegetables. Then arrange them in a 9×13 inch pan. Using a paring knife cut the top of each pepper, remove and discard the seeds. Next cut the top of the tomatoes and spoon out the flesh and seeds into a medium bowl. Using a box grater grate the flesh of the tomatoes and the zucchinis in the same bowl.

minute. Add the grated tomato and zucchini mixture and stir to combine. Let it come to a simmer and add the rice. Simmer until most of the tomato juice evaporates and the rice is almost cooked. Iti is preferable if the mixture is juicy but not runny since it will be baked. translucent, In a medium sized pot heat the olive oil over medium heat and saute onions until approx. 5 min. Add the minced garlic and stir until fragrant, approx. one

the potatoes and cut them in 2 inch cubes and place them in between the tomatoes tomatoes and peppers. If you have some rice left just spread it in the baking dish. Peel Add parsley, salt and pepper. Let it stand for 2-3 minutes and using a spoon fill the Drizzle remaining olive oil all over the pan. Add half a cup of water, salt and pepper. 45 min at 200C



- 4 large tomatoes
- 4 large green bell peppers
- 1 medium onion diced
- 2 cloves garlic minced
- 1/2 cup parsley chopped
- 2 medium potatoes 2 medium zucchinis
- 12 Tablespoons white rice
- 1/4 of a cup olive oil, divided

even better on the next day because flavors had time to mingle! You can easily double this recipe to make enough for two days. It tastes





Roasted Chicken w/ Potatoes & Carrots



10'	rep Time
50'	Cook Time
60'	Total Time
5	Serves

Pr



Instructions

Preheat the oven at 200C.

en. Massage the bird inside and outside and don't forget to go under the skin oil, salt and pepper and honey in a small bowl. Whisk and pour on the chick-Wash chicken and place in a Dutch oven or pan. Combine lemon juice, olive

bake for 40 min. along with water. Vegetables should be covered by at least 3 cm. Cover and With clean hands wash, peel and chop potatoes and carrots. Add to the pan

if the chicken is fully cooked and when it is, let it rest for 10 min until you At the 40 min mark, uncover food and bake for an addiotional 10 min. Check

Ingredients

1 T Honey Salt and pepper juice from one lemon 4 medium potatoes 1 whole chicken approx.2 kg 2 large carrots

Notes

Resting the chicken is totaly optional, but we think it makes the meat more juicy. All ovens are different so please check if your bird is fully cooked before you serving.

Stew w/ Cous Cous

Olive Tree

10'	Prep Time
50'	Cook Time
60'	Total Time
7-8	Serves
60'	Cook Time Total Time



Instructions

release naturally or add 5 min and turn the vent to release pressure setting to "Pressure Cook" and cook on Normal for 25 min. Let the pressure tomatoes. Stir to combine. Add water and let it come to boil. Change your come to temprature. Sheer for 5-7 min. Add tomato paste and the crushed Wash and cut the meat in small pieces. Using paper towels pat it dry being carefull not to leave any paper on it. Set your cooker to "sautee" and let it

minutes stirring once or twice in-between. Take the lid off and add 1 T butter one minute and then turn the heat off. Put the lid on and let it steam for 6-8 pan bring to boil 2 cups water. Add a pinch of salt and the cous cous. Boil for While your meat is cooking start preparing the Cous Cous. In a small sauce



Ingredients

3 saffron threads 125ml Water 250gr crushed tomatoes 1 T Tomato Paste 4 T Olive Oil 750gr beef

3 pearls allspice 1 Cinnamon stick

1/2 t sugar

1 cup Cous Cous

Notes



Chickpea Stew



12h	Prep Time
40'	Cook Time
12h40'	Total Time
4	Serves





Instructions

Soak the chikpeas for 12 hours in water and baking soda. Strain and rinse. Place the chikpeas in a pressure cooker and fill it with 1.5 It of water. Bring to boil and skim the foam. Add olive oil, carrots, onions and the bay leaf. Bring to boil and then cook on "High Pressure" for 30 min. Open the pressure cooker using the vent method. Add lemon stir and enjoy!

Ingredients

2/3 cup olive oil 500gr dry chikpeas 1 lemon 1 Tbns Baking Soda

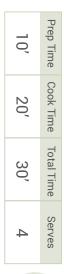
1 bay leaf

1.5 lt water

Notes

You can use dried parsley if you don't have fresh.

Baked











Bake at 180C for 20 min. Add olive oil and water Spread the tomato paste and chopped parsley Grate the garlic on top Add salt and pepper Place fish fillets in an oven proof dish



Ingredients

800 gr sole fillets, defrosted if frozen.

- 4 Tbsn crushed tomatoes
- 1 garlic clove
- 2 T chopped parsley
- 2 T olive oil
- 30ml water
- Salt and pepper



You can use dried parsley if you don't have fresh.



Baguette w/ mayo and smoked salmon





Instructions

enjoy! Cut the baguette loaf in half lengthwise. Spread the mayonnaise and top with salmon. Sprinkle with fresh dill (optional). Cut the loaf in four crosswise and

Ingredients

Fresh dill (optional) 2 tsns mayonnaise 100gr smoked salmon 1 loaf baguette

Notes

If you pack your lunch you can make more loafs and pack the sandwiches to enjoy later in the week. They will keep up to 3 days refriget\rated.

ettuce Salad w/ Eggs

Olive

10'	Prep Time
15'	Cook Time
15'	Total Time
4	Serves



Instructions

lettuce. Dry and divide between four bowls. Wash, slice and divide the rest of the ingredients. In a small glass jar put all the dressing ingredients and shake well. Pour over your salad and enjoy. Place the eggs in a sauce pan and cover with water. Bring to boil and boil for 1 min. Place the lid on top and let sit for 9 min. Meanwhile cut and wash



Ingredients

Salad

1 romain lettuce

3 spring onions or 1 large red onion

4 eggs

2 red bell peppers

2 lebanese cucumbers

120gr haloumi cheese

Dressing

6 Tbsn Olive Oil

2 Tbsn Apple cider vinegar Salt & Pepper

1 Tsbn Lemon juice

Notes

otherwise the salad might wilt. If you are packing this lunch it is best to store the dressing separately



Rice Pudding

,	Prep Time
45'	Cook Time
45'	Total Time
ΟΊ	Serve



Ingredients

4 cups milk (1 litter)
½ cup Carnaroli rice
½ cup white sugar
1 tsp vanilla extract
2 tsp corn starch
Cinnamon

Instructions

As soon as the rice becomes tender add three cups of milk and sugar. Bring 4 cups of water to a boil in a sauce pan. Then add rice and salt.

Reduce heat to medium and let boil for 10-15 min stirring occasionally.

starch. Once it starts to transform into a pudding texture stir it in the rice mixture until you have a thicker mixture of rice and milk. can see a light stream of steam incorporate the vanilla extract and corn Meanwhile heat the remaining milk in another small sauce pan. When you

with cool water first Divide into bowls depending on desired size. Make sure you wet the bowls

Notes

Rice pudding can be served warm or cold for breakfast or as a snack.

Grilled cheese sandwich

Prep Time
Cook Time
Total Time
Serves



Instructions

the other slice. Pre-heat the grill. Butter one slice of bread. Place cheese ontop. Cover with

Grill for 2-5 min.



Olive Tree



Ingredients

2 slices bread
1.5 slices cheese
10gr butter (optional)

Notes

a slice of deli meat for more protein. Some prefer to spread the butter on the outer side of the bread. You can add

GROCERY



Olive Tree

Can / Dry

Frozen

Sole 800gr

Misc

Pepper Slices of Bread (32) White Pepper Salt Saffron Threads (3 threads) Chickpeas (500gr - 18oz) Olive oil (1 lt) Smoked Salmon (200gr) Ciabatta Bread (6 Loaves) Carnaroli Rice (180 gr) Dried Basil (1 T) Pasta (350gr) Cous Cous (4/3 cup) Nutmeg (pinch) Sugar (1 T) Cinnamon Sticks (1) Dry Mustard (1 T) Honey (2 T) Bay Leaf (1) Baking Soda (1T) Crushed tomatoes (1 lt) Tomato Paste (1T

GROCERY





Produce

Dairy

+Milk 3,5% 1 lt +Feta Cheese 200gr +Cheese Slices (16) ~Mayonnaise ~Eggs (16)

Parsley (1 bunch)
Garlic (3 cloves)
Lemon (1)
Potatoes (8 medium)
Carrots (5 large)
Yellow Onions (2)
Large Tomatoes (4)
Large Peppers (4)
Courgettes (2 medium)
*Lettuce (4 heads)
*Cabbage White (1 head)
*Cabbage Red (1 head)
*Cherry Tomatoes (500 gr)
~ Mushrooms (250gr)

Meat / fish

Whole Chicken (1) Beef (600gr)



Free Weekly Meal Plan

	Breakfast	Lunch	Dinner	Salad	Snacks	
Mon	Rice Pudding	Baguette w/mayo and smoked salmon	Chickpea Stew	Pickles	Pop Corn	
Tue			Sole w/ rice	Lettuce Salad	Cherry Tomatoes & Cucumber	
Wed			Roasted Chicken w/ potatoes & carrots	Mixed Cabbage Salad	Kebabs	
Thu	Grilled cheese sandwiches	Salad w/ hard boiled eggs	Beef Stew w/ Cous Cous	Mixed Cabbage Salad	Gatherings	
Fri			Pasta w/ Red Sause	Lettuce Salad	Tee &	
Sat			Stuffed Tomatoes and Peppers	Lettuce Salad	Tsoureki	
Sun			Buffet	-		