



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 kebabs

Soak Chickpeas

Prep Wednesday

Start the Tsoureki

Boil eggs for Lunch Salads

Wash and chop vegetables for salads

Make the Tsoureki

Assemble Salads and make dressing

Defrost minced meat

Tsoureki



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

Instructions

In a small sauce pan heat both butters, milk and mahlep. Be careful not to boil. Beat 3 eggs and add them to the mixture. In the bowl of your stand mixer dissolve wet yeast in lukewarm water. Add butter mixture and flour. Using the 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 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. Next divide the dough in half and each half in three. On a lightly floured 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 almonds. Let the braids rise for another 20-30 min in a draft free place.

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

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

Notes

Tsoureki can be frozen for up to 3 months.

Pop Corn



Prep Time	Cook Time	Total Time	Serves
0'	5'	5'	4

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.



Ingredients

1 T vegetable oil
1/2 cup corn kernels
Salt

Notes

You can store pop corn once it has completely cooled.

Vegetable Kebbabs

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

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 kebab skewers

Notes

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



Lettuce salad

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



Instructions

Cut, wash and dry the lettuce leaves. Wash, dry and chop peppers, cucumbers and tomatoes if using. Divide into four bowls. For the dressing, pour all ingredients in a jar and shake well.

Ingredients

- Salad
- 1 romaine lettuce
 - 2 green peppers
 - 2 cucumbers
 - cherry tomatoes (optional)

- Dressing
- 4 T olive oil
 - 2 T cider vinegar
 - 2T lemon juice
 - Salt & white pepper

Notes

If you are packing the salads it is best to put a piece of paper 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

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



Instructions

Start by removing the outer cabbage leaves. Using a sharp knife or a mandolin shred 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
 - 1 T white wine vinegar
 - Salt & white pepper

Notes

If you are packing the salads it is best to put a piece of paper towel on top 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.



Ingredients

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

Red Sauce Pasta

Prep Time	Cook Time	Total Time	Serves
1'	20'	20'	4



Instructions

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

Notes

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

Stuffed Vegetables

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



Instructions

Start by washing your vegetables. Then arrange them in a 9x13 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.

In a medium sized pot heat the olive oil over medium heat and saute onions until translucent, approx. 5 min. Add the minced garlic and stir until fragrant, approx. one 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. It is preferable if the mixture is juicy but not runny since it will be baked.

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

Notes

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



Ingredients

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

Roasted Chicken w/ Potatoes & Carrots



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



Instructions

Preheat the oven at 200C.

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

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

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

Ingredients

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

Notes

Resting the chicken is totally 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.

Beef Stew w/ Cous Cous

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



Instructions

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

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



Ingredients

- 750gr beef
- 4 T Olive Oil
- 1 T Tomato Paste
- 250gr crushed tomatoes
- 125ml Water
- 3 saffron threads
- 3 pearls allspice
- 1 Cinnamon stick
- 1/2 t sugar
- 1 cup Cous Cous
- 1 T butter

Notes

Meat can freeze well for up to 3 months.



Chickpea Stew

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



Instructions

Soak the chickpeas for 12 hours in water and baking soda. Strain and rinse. Place the chickpeas in a pressure cooker and fill it with 1.5 lt 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

500gr dry chickpeas
1Tbsn Baking Soda
1 lemon
2/3 cup olive oil
1 bay leaf
1.5 lt water

Notes

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

Baked Sole

Prep Time	Cook Time	Total Time	Serves
10'	20'	30'	4



Instructions

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



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

Notes

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



Ingredients

1 loaf baguette
100gr smoked salmon
2 tsns mayonnaise
Fresh dill {optional}

Instructions

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 enjoy!



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 refrigerated.

Lettuce Salad w/ Eggs

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



Instructions

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 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.



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
Salt & Pepper
2 Tbsn Apple cider vinegar
1 Tbsn Lemon juice

Notes

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

Rice Pudding



Prep Time	Cook Time	Total Time	Serves
'	45'	45'	5

Instructions

Bring 4 cups of water to a boil in a sauce pan. Then add rice and salt. As soon as the rice becomes tender add three cups of milk and sugar. Reduce heat to medium and let boil for 10 -15 min stirring occasionally. Meanwhile heat the remaining milk in another small sauce pan. When you can see a light stream of steam incorporate the vanilla extract and corn 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. Divide into bowls depending on desired size. Make sure you wet the bowls with cool water first.

Ingredients

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

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
1'	5'	6'	1

Instructions

Pre-heat the grill. Butter one slice of bread. Place cheese ontop. Cover with the other slice.
Grill for 2-5 min.



Ingredients

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

Notes

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

GROCERY



Olive Tree
meals

Frozen

Can / Dry

Sole 800gr

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

Misc

GROCERY



Olive Tree
meals

Dairy

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

Produce

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 Kebabs
Wed			Roasted Chicken w/ potatoes & carrots	Mixed Cabbage Salad	
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	
Sat			Stuffed Tomatoes and Peppers	Lettuce Salad	
Sun			Buffet	-	