

Mediterranean Dinner Menu

Shared Ingredients, Simpler Dinners

Five Mediterranean-inspired dinners built around lemon, garlic, olive oil, fresh herbs, feta, yogurt, rice, and orzo. The ingredients overlap enough to simplify shopping, but each dinner still feels distinct.

INGREDIENTS USED THROUGHOUT THE WEEK			
Lemon	5 dinners	Garlic	5 dinners
Olive oil	4 dinners	Fresh herbs	5 dinners
Oregano	3 dinners	Feta	2 dinners
Greek yogurt	dinner + dessert	White wine	2 dinners

PREP ONCE

Optional shortcuts: make tzatziki; cook rice for bowls or sides; wash and dry herbs; peel several garlic cloves; make the Turkish yogurt cake ahead.

Wait to prep: chop cucumber, tomatoes, red onion, and fresh herb garnishes closer to serving so they stay crisp and bright.

5-DAY ACTION PLAN

MONDAY	Greek Lemon Chicken	Cook extra chicken. Make enough Greek Lemon Chicken for tonight plus Tuesday's bowls.	Save: Refrigerate the extra chicken for tomorrow.
TUESDAY	Greek Chicken Bowls	Use Monday's chicken. Prep cucumber, tomatoes, red onion, and fresh toppings close to serving.	Shortcut: use cooked rice and tzatziki if you made them ahead.
WEDNESDAY	One Pot Lemon Shrimp and Orzo	Keep it fresh and quick. No major advance prep or planned leftovers needed.	
THURSDAY	Greek Chicken Meatballs	Mix or shape ahead if desired. Shape the meatballs earlier in the day and refrigerate until you're ready to cook.	Serve with: Greek lemon rice, zucchini, roasted vegetables, tzatziki, or another side.
FRIDAY	Pan-Seared Lamb Chops	Cook fresh and fast. Have your sides ready first—the lamb chops cook quickly.	Serve with: Greek lemon rice, zucchini, roasted baby potatoes, or any leftover side.

USE IT UP

Have extras to use up? Turn leftover feta, herbs, and vegetables into a salad; serve extra tzatziki with homemade pita; or add hummus and pita for an easy snack or side.