

## MONDAY



Sweet-Chili Salmon with  
Blackberries

## WEDNESDAY



Buffalo Chicken Lettuce  
Wraps

## FRIDAY



Cod with Bacon and  
Balsamic Tomatoes

## GROCERIES

12 Bibb or Boston lettuce leaves  
4 salmon fillets (6 ounces each)  
4 center-cut bacon strips, chopped  
4 cod fillets (5 ounces each)  
1 1/2 pounds lean ground chicken  
1 celery rib, diced  
1 green onion, finely chopped  
2 cups grape tomatoes, halved  
1 cup fresh or frozen blackberries, thawed  
1 cup finely chopped English cucumber  
1/3 cup Ketchup  
1/4 cup Louisiana-style hot sauce  
3 tbsp. brown sugar

2 tbsp. balsamic vinegar  
2 tbsp. sweet chili sauce, divided  
1 tbsp. cider vinegar  
2 tsp. yellow mustard  
Salt  
Pepper  
Cooked green beans (optional)  
Crumbled blue cheese (optional)

TUESDAY, THURSDAY  
AND THE WEEKEND

- Use your leftovers to create these meals
- Try creating a super salad or a Buddha bowl using your leftovers