

## MONDAY



Cedar Plank Salmon  
With Blackberry Sauce

## WEDNESDAY



Tuna and White Bean  
Lettuce Wraps

## FRIDAY



Summer  
Steak Kabobs

## GROCERIES

12 Bibb or Boston lettuce leaves (about 1 medium head)  
6 salmon fillets (5 ounces each)  
2 cedar grilling planks  
2 medium onions  
1 red onion  
1 medium sweet red pepper  
1 medium green pepper  
1 medium yellow summer squash  
1 garlic clove  
1 medium ripe avocado  
1 1/2 pounds beef top sirloin steak  
1/2 pound whole fresh mushrooms  
1 can (15 ounces) cannellini beans

1 can (12 ounces) light tuna in water  
2 cups fresh blackberries  
1/4 cup finely chopped shallots  
1/4 cup soy sauce  
2 tablespoons white vinegar  
2 tablespoons white wine  
1 tablespoons brown sugar  
1 tablespoon minced fresh parsley  
1 1/2 teaspoons chipotle hot pepper sauce  
1/2 teaspoon ground ginger  
1/2 teaspoon garlic powder  
Honey  
Olive oil  
Canola oil  
Cooked brown rice  
Salt  
Pepper

TUESDAY, THURSDAY  
AND THE WEEKEND

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