

MONDAY



Pork Tenderloin With
Three-berry Salsa

WEDNESDAY



Classic Cobb Salad

FRIDAY



Apple-marinated
Chicken and Veggies

GROCERIES

6 boneless, skinless
chicken breasts
4 large carrots
3 garlic cloves, minced
2 medium zucchini
2 medium yellow
summer squash
2 pork tenderloins
(3/4 pound each), cut
into 3/4-inch slices
2 medium tomatoes,
chopped
2 hard-boiled eggs,
chopped
2 shallots, thinly sliced
1 ripe medium
avocado, peeled and
chopped
1 medium sweet red
pepper, finely chopped
1 jalapeno pepper,

seeded and minced
1/2 medium red onion,
finely chopped
6 cups torn
iceberg lettuce
1 1/4 cups sliced
fresh mushrooms
1 1/4 cups fresh or
frozen blackberries,
thawed and drained
1 1/4 cups fresh or
frozen raspberries,
thawed and drained
1 cup fresh or frozen
blueberries, thawed
1 cup apple juice
3/4 cup diced fully
cooked ham
3/4 cup diced
cooked turkey
1/2 cup crumbled
blue cheese
1/2 cup white wine or

chicken stock
1/2 cup chicken stock
1/2 cup canola oil
1/4 cup packed
brown sugar
1/4 cup reduced-
sodium soy sauce
1/4 cup lime juice
3 tablespoons minced
fresh cilantro
3 tablespoons
lemon juice
2 tablespoons
minced fresh parsley
2 tablespoons
olive oil, divided
Salt
Pepper
Salad dressing of choice
Optional: sliced ripe
olives and lemon
wedges

TUESDAY, THURSDAY
AND THE WEEKEND

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