

5-Day Hearty Salads

Vegetarian Meal Plan



MONDAY

Everyday Kale Salad

Serves 4

TUESDAY

Lemony Arugula Bowls

Serves 4

WEDNESDAY

Zucchini Corn Salad

Serves 4

THURSDAY

Curried Melon Salad

Serves 3

FRIDAY

Buddha Bowls

Serves 4

PRODUCE	COLD	PANTRY
<input type="checkbox"/> Kale (5 cups) <input type="checkbox"/> Arugula (4 cups) <input type="checkbox"/> Spring Mix Salad (3 cups) <input type="checkbox"/> Any type of leafy green for Buddha Bowls (2 cups) <input type="checkbox"/> Avocado (2) <input type="checkbox"/> Apple (1) <input type="checkbox"/> Blueberries (1 cup) <input type="checkbox"/> Mandarin Oranges (4) <input type="checkbox"/> Lemon (1) <input type="checkbox"/> Garlic (6 cloves) <input type="checkbox"/> Corn (2 ears, can sub cans) <input type="checkbox"/> Zucchini (3 large) <input type="checkbox"/> Honeydew Melon (1) <input type="checkbox"/> Green Bell Pepper (1) <input type="checkbox"/> Red Onion (1) <input type="checkbox"/> Carrots (2)	<input type="checkbox"/> Plain Greek Yogurt (½ cup) <input type="checkbox"/> Parmesan (¼ cup grated) <input type="checkbox"/> Feta (1 to 1½ cups cubed or crumbled) <input type="checkbox"/> Hummus (½ cup) <input type="checkbox"/> Orange Juice (¼ cup) <input type="checkbox"/> Quorn Meatless Pieces	<input type="checkbox"/> Croutons (2 cups) - or pick up a loaf of French bread and make them yourself <input type="checkbox"/> Quinoa (1 cup dry) <input type="checkbox"/> Any type of grain for Buddha Bowls (1 cup cooked, such as quinoa, rice, or couscous) <input type="checkbox"/> Navy Beans (1 can) <input type="checkbox"/> Chickpeas (1 can) <input type="checkbox"/> Shelled Pistachios (¼ cup) <input type="checkbox"/> Sliced Almonds (2 Tbsp) <input type="checkbox"/> French Bread (1 loaf, for a side) <input type="checkbox"/> Lemon Juice (3 Tbsp)
		SPICES <input type="checkbox"/> Crushed Red Pepper Flakes <input type="checkbox"/> Smoked Paprika <input type="checkbox"/> Curry Powder <input type="checkbox"/> Cinnamon

YOU PROBABLY ALREADY HAVE

Extra virgin olive oil, Dijon mustard, Mayonnaise, Salt, Pepper, Honey