



Healthy Meal Ideas from Love and Zest

Mediterranean Quinoa Chicken Salad

Skillet Italian Herb Bruschetta Turkey

Sheet Pan Chicken Nachos

Strawberry Balsamic Grilled Chicken Salad

Cobb Salad with Zesty Greek Yogurt Dressing

Produce

- red onion (1/2) (1/4 C) (1/4) (1 small)
- mushrooms (1/2 C)
- red bell pepper (1/2 C)
- green bell pepper (1 small)
- English Cucumber (1/2 C)
- spinach (2 C)
- arugula (2 C)
- lemon (1)
- tomatoes (1 C heirloom) (topping) (1 C)
- garlic (1 t)
- shallot (1 medium)
- avocado (topping) (1/4) (1)
- shredded lettuce (topping)
- salad greens (2 C)
- strawberries (3+)
- butter lettuce (4 C)
- romaine lettuce (4 C)

Herbs

- minced herbs of choice (1 t)
- basil (2 T)

Spices

- Italian seasoning (1 T)

Dairy

- Parmesan cheese (1/4 C)
- Mexican cheese blend (1 1/2 C)
- sour cream (topping)
- Greek yogurt (1/4 C + 2 T)
- shredded cheddar cheese (1/2 C)

Pasta & Grains

- quinoa (1/2 C)

Nuts

- walnuts (1/4 C)
- pecans (2 T)

Meat

- chicken breast (8 oz, cooked) (1.5 lbs) (16 oz, shredded) (6 oz)
- turkey breast deli slices (12 oz)
- center cut bacon (4 slices)

Beans

- chickpeas (1/2 C)
- black beans (1/2 C)
- corn, canned (1/2 C)

Pantry Items

- olive oil (3 t) (3 t) (1/2 t) (1/4 C)
- honey (1 t) (1 t)
- thick balsamic vinegar (2 T) (1 T)
- tortilla chips (12-16 oz)
- apple cider vinegar (2 T)
- dijon mustard (2 t)
- mayo (1 T)