

## 7 Nights of Salads

### Sunday



Just in time for strawberry season: [Chef Meg's Spinach-Berry Salad Top](#) with [Chef Meg's Perfect Grilled Chicken](#)



### Monday



[Turkey Taco Salad](#)

**Tip:** Choose fat-free, protein-packed Greek yogurt instead of sour cream!

### Tuesday



[Chicken Citrus Salad](#)

**Wrap it up!** Serve in a whole-wheat tortilla and take this salad to go

### Wednesday



[Spinach and Pear Salad with Dijon Mustard Vinaigrette](#)

How good would this be alongside [pork tenderloin?](#)



### Thursday



[Steak Caesar Salad](#)

"Beef" it up by adding fresh tomatoes.

### Friday



[Tuna and White Bean Salad](#)

served in a wrap or over greens with whole-wheat crackers on the side

### Saturday



[Parmesan Chicken with Tomato-Basil Salad \(Chef Meg's Makeover\)](#)

A light, summery version of the Italian classic.