# SparkRecipes® meal plans 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



# Monda



#### 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

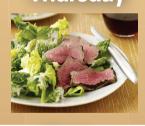
# Wednesday



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.

#### Fridav



## 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.