



Meal Prep Monday

Salmon Avocado Wrap ● BBQ Ribs and Zucchini ● Southwestern Eggs with Avocado
Mediterranean Chickpea Wrap ● Spicy Avocado and Walnut Tuna Salad



Grocery List

Canned pink salmon

Mayonnaise

Celery

Avocado

Pecans

Fresh dill

Lettuce

Pork ribs

Barbecue sauce

Vinegar

Olive oil

Zucchini

Eggs

Salsa

Cayenne pepper

Greek yogurt

Red wine vinegar

Oregano

Garlic powder

Baby spinach

Canned chickpeas

Cucumber

Red onion

Feta cheese chopped

Tomato

Pitted olives

Whole wheat tortilla

Colby jack cheese

Canned tuna

Walnuts

Salmon Avocado Wrap

1/4 (16 oz) canned pink salmon
1 tablespoon mayonnaise
1/4 cup chopped celery
1/4 cup diced avocado
1 tablespoon chopped pecans
1 teaspoon chopped fresh dill
1 large lettuce leaf, in tact
Salt and pepper

1. Combine all ingredients except the lettuce leaf in a bowl. Mix well and season with salt and pepper. Serve the salmon salad in the lettuce leaf.

BBQ Ribs & Zucchini

1/2 pound pork ribs
1 tablespoons barbecue sauce
2 tablespoons vinegar
1 tablespoon olive oil
1/4 cup diced zucchini

1. Preheat oven to 350 degrees F. Toss the ribs with the barbecue sauce, vinegar, and olive oil and lay in a small casserole dish.
2. Cover and bake for 20 minutes. Uncover, add the diced zucchini and bake 10 more minutes, until ribs are tender.

Southwestern Eggs with Avocado

2 jumbo eggs
1 tbsp salsa
1 oz. Colby jack cheese
1/2 cup avocado, cubes
1 tsp olive oil

1. Spray a pan with oil. Allow it to warm up on medium heat. Put the eggs in the pan and scramble, then lower the heat. Add the salsa and crumble cheese. Stir until firm and remove from heat.
2. Top with the avocado and serve.

Mediterranean Chickpea Wrap

For each sandwich:

2 tablespoons Greek yogurt
1 teaspoon red wine vinegar
1 tablespoon olive oil
1/4 teaspoon oregano
1 pinch garlic powder
kosher salt to taste
black pepper to taste
1/2 cup baby spinach or other baby greens
1/4 cup cooked chickpeas drained and rinsed
1/4 cup chopped cucumber
2 slices red onion
1/4 cup feta cheese chopped
1/4 cup tomato chopped
1/4 cup pitted olives chopped
1 large whole wheat tortilla wrap

1. In a medium mixing bowl, whisk together yogurt, vinegar, olive oil, oregano, garlic powder, salt, and pepper. Taste and adjust seasonings if needed.
2. Add remaining ingredients except tortilla; mix to coat evenly in dressing.
3. Add mixture to the tortilla, wrap like a burrito. Eat!

Spicy Avocado and Walnut Tuna Salad

1/2 can tuna, drained
1 tablespoon mayonnaise
1 tablespoon chopped celery
1 tablespoon chopped walnuts
1/2 cup diced avocado
1/4 teaspoon cayenne pepper
1/2 tablespoon olive oil
1 large lettuce leaf, in tact

1. In a small bowl, combine all ingredients except lettuce. Mix well and serve the tuna salad in the lettuce.