

Apple Dijon Kale Salad Meal Prep

GROCERY ITEMS	
Cheddar Cheese, 8 ounces	
Garlic, 1 clove	
Kale, about one bunch or 1/2 lb	
Granny smith apple, 1 medium	
Dijon mustard, 1 1/2 Tbsp	
Raisins, 1/4 cup	
Walnut halves, 1/2 cup	
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PANTRY ITEMS

Olive oil, 1/2 cup

Apple cider vinegar, 1/4 cup

Salt, 3/4 Tbsp

Pepper, 1/2 tsp

All purpose flour, 4 cups

Instant yeast, 1/4 tsp

Italian seasoning, 2 Tbsp

*Remember: Shop your pantry before you shop the store so you know what needs to be restocked and what you already have on hand.