

Apple Dijon Kale Salad Meal Prep

| GROCERY ITEMS | |
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| 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.