

wholefully GRILLING

MONDAY



GRILLED SALMON
WITH MANGO SALSA

TUESDAY



GRILLED BUFFALO BLUE
CHEESE CHICKEN SALAD

WEDNESDAY



GREEK TURKEY BURGERS WITH
GRILLED PARMESAN ZUCCHINI

THURSDAY



BEER CAN CHICKEN WITH GRILLED
GARLIC GREEN BEANS

FRIDAY



GRILLED SHRIMP KEBABS WITH
MEXICAN STREET CORN SALAD

DESSERT



GRILLED WATERMELON

[click the images to get the full recipe](#)

PRODUCE

- 4-5 ears fresh corn on the cob (street corn salad)
- 1 lb fresh green beans (green beans)
- 3 zucchini (grilled zucchini)
- 1 medium cucumber (turkey burgers)
- 2 romaine hearts (buffalo chicken salad)
- 1 pint cherry tomatoes (buffalo chicken salad)
- 2 medium tomatoes (turkey burgers)
- 1 large red onion (salmon, turkey burgers, street corn salad)
- 1 bunch green onions (buffalo chicken salad, street corn salad)
- 4 celery ribs (buffalo chicken salad)
- 2 jalapeños (salmon, street corn salad)
- 2 red bell peppers (salmon, street corn salad)
- 1 mango (salmon)
- 1 small seedless watermelon (grilled watermelon)
- 1 large bunch fresh cilantro (salmon, buffalo chicken salad, street corn salad)
- 1 small bunch fresh basil (grilled zucchini)
- 1 small bunch fresh dill (turkey burgers)
- 8 garlic cloves (turkey burgers, green beans)
- 4-5 limes (salmon, shrimp kabobs, street corn salad, grilled watermelon)
- 1 lemon (green beans)

DAIRY & REFRIGERATED

- 1 cup plain Greek yogurt (buffalo chicken salad, turkey burgers)
- 4 oz crumbled feta cheese (turkey burgers)
- 4 oz cotija cheese (street corn salad)
- 1/3 cup blue cheese crumbles (buffalo chicken salad)
- 1/2 cup shredded Parmesan cheese (grilled zucchini)
- 4 hamburger buns (turkey burgers)

FROM YOUR PANTRY

- Mayonnaise (buffalo chicken salad, street corn salad)
- Hot sauce (buffalo chicken salad, street corn salad)
- Sriracha (shrimp kabobs)
- Soy sauce or coconut aminos (shrimp kabobs)
- Honey (grilled zucchini, shrimp kabobs)
- Balsamic vinegar (grilled zucchini)
- Avocado oil (salmon, grilled zucchini, green beans, street corn salad)
- Smoked paprika (beer can chicken, street corn salad)
- Chili powder (beer can chicken, street corn salad)
- Cumin (salmon)
- Cayenne pepper (salmon)
- Italian seasoning (grilled zucchini)
- Garlic powder (salmon, grilled zucchini, beer can chicken, green beans)
- Onion powder (beer can chicken, green beans)
- Salt & pepper (everything)
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MEAT & SEAFOOD

- 4 wild-caught salmon filets (salmon)
- 4 boneless skinless chicken breasts (buffalo chicken salad)
- 1 lb ground turkey (turkey burgers)
- 1 whole chicken, 4-5 lbs (beer can chicken)
- 1 1/2 lbs large shrimp, peeled and deveined (shrimp kabobs)

DRY GOODS

- 1 can (13.5 oz) coconut milk (shrimp kabobs)
- Buffalo wing sauce (buffalo chicken salad)
- 1 can beer (beer can chicken)
- Tajin seasoning - optional (grilled watermelon)