



1-Week Fit Meal Planner: Chef Salad

- **2 large handfuls spinach salad mix**
- **1/2 cup ground turkey**
- **1/2 avocado**
- **1 cup chopped veggies (bell pepper, broccoli, mushrooms)**
- **2 tbsp homemade dressing**

Directions:

Mix the above ingredients in a salad bowl.