

Pear and Blue Cheese Salad and Steaks

Shopping List

Cooking Oils

- ☐ 3 tablespoons olive oil

Pantry

- ☐ 1 ½ tablespoons apple cider vinegar
- ☐ ½ teaspoon honey
- ☐ ½ teaspoon Dijon mustard
- ☐ ½ teaspoon oregano
- ☐ Salt and pepper to taste

Produce

- ☐ Squeeze of lemon juice
- ☐ 2 cups chopped romaine lettuce
- ☐ 3 cups arugula
- ☐ 1 ripe diced pear

Nuts & Dried Fruit

- ☐ 2 tablespoons toasted chopped walnuts
- ☐ 2 tablespoons dried cherries

Dairy

- ☐ 3 tablespoons diced blue cheese or Gorgonzola

Protein

- ☐ Steaks