

## PROTEIN

- 1 beef Tri-Tip Roast (1½ - 2 lbs)
- 1 lb Ground Beef (96% lean)

## PRODUCE

- 1 ½ lbs sweet potatoes, cut into 2" pieces
- 2 red bell peppers, cut into 2" pieces
- ½ cup diced bell pepper
- 1 medium tomato, chopped (about 1 cup)
- ¼ cup thinly sliced red onion
- 8 cups mixed salad greens
- 1 Tbsp fresh parsley

## DRY GOODS/PANTRY

- ½ cup Italian dressing
- 2/3 cup salsa
- ¼ cup sun-dried tomatoes
- Sliced ripe olives (optional topping)
- Ranch or French dressing (optional topping)
- 1 tsp salt

## REFRIGERATOR

- 2 Tbsp grated Parmesan cheese
- ½ cup low-fat shredded Cheddar cheese

## FULL RECIPES

[Roasted Sun-Dried Tomato Beef Tri-Tip with Peppers & Sweet Potatoes](#)

[Beef Confetti Taco Salad](#)