

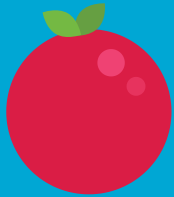
BUILD YOUR OWN SALAD

A SIMPLE GUIDE



STEP 1: START WITH A BASE

Salads don't always have to start with leaves. Try one or more of these protein packed options as a base instead:



Chickpeas
Lentils
Quinoa
Peas
Edamame



STEP 2: ADD INS

Anything goes! Add any of your favorite vegetables, fruit, nuts etc. Here are some good pairings:

- Black beans, corn, tomato, red onion, avocado
- Chickpeas, cucumber, tomato, feta cheese, red onion
- Lentils, tomato, red onion, corn
- Quinoa, strawberries, walnuts, raisins

Don't be afraid to experiment to find your favorite combination!

- Additional add ins:
 - Carrot, Parsley, Cilantro, Bell Pepper, Jalapeno, Cabbage, Dill, Olives or any nuts of choice.



STEP 3: DRESS IT

Use your favorite, or make your own! Here is how:

Classic Vinaigrette:

- 1/4 Cup olive oil
- 2 tablespoons balsamic vinegar or red wine vinegar
- 1 teaspoon Dijon mustard
- 1 clove garlic, minced (optional)
- Salt and Pepper to taste

Whisk all ingredients together until well combined.

Lemon Herb Dressing

- 1/4 Cup olive oil
- 2 tablespoons of fresh lemon juice
- 1 teaspoon of honey or maple syrup
- 1 teaspoon fresh thyme, chopped
- 1 teaspoon fresh parsley, chopped
- Salt and Pepper to taste

Whisk all ingredients together until well combined.

Creamy Avocado Dressing:

- 1 ripe avocado
- 1/4 cup plain Greek yogurt
- 2 tablespoons lime juice
- 1 clove garlic, minced
- 2 tablespoons olive oil
- Salt and Pepper to taste
- Add water as needed

Whisk all ingredients together until well combined.

BONUS!

Top your salad with extra protein to help you feel more satisfied:

- Boiled egg
- Grilled Chicken
- Ground Beef
- Salmon

