



## How to Make Healthy SALAD and Not get Bored!

Choose from the following categories to create numerous salad options.

GREENS	PROTEIN	VEGGIES	FRUITS	DRESSINGS	SPICES
1.5-2 cups	1 svg of meat is the size of your palm;	1 svg fits in one cupped hand	1 svg fits in one cupped hand	approximately 1 TBS	add amount to desired taste
	1/4 cup of nuts; 1/2 cup beans;				
	1oz cheese				
Romaine	chicken (not fried)	peppers-red, green, yellow, orange	mango	oil and vinegar	Pepper
Spinach	steak/ground beef	broccoli	strawberries	balsamic vinegar	Cayenne Pepper
Mescaline	shrimp	beets	pineapple	Rice Vinegar	Cumin
Mixed	refried beans-no lard	radishes	cranberries	Cider Vinegar	Curry
Arugula	black beans	peas	apple	soy sauce/teriyaki	Wasabi
Dandelion	garbanzo beans	cucumber	orange	pumpkin seed oil	Ginger
Mache	Edamame	zucchini	tangerine	Lemon juice	Garlic
Bibb	Hard Boiled Egg	yellow squash	grapefruit	Lime Juice	Sesame
Endive	Feta	asparagus	raisins	orange juice	Cinnamon
Watercress	Parmesan	carrots	grapes	Italian-lite	Cilantro
cabbage	Cheddar	tomatoes	kiwi	lite-oil based dressings	Jerk Seasoning

### Sample Ideas:

Diced Chicken, walnut, apple, Cucumber and Cherry tomato on mixed greens sprinkled with cinnamon and lemon juice; drizzled with 1TBS of Raspberry Vinaigrette.
Spinach or Mache topped with strawberry, walnut, feta, jicama and raisins topped with Balsamic vinaigrette.
Mix mango, red onion, red pepper, cayenne pepper, cilantro, 1 Tbsp EVOO; toss with shrimp or grilled chicken; serve on mixed greens (add tomatoes, red pepper and cucumbers to salad for extra veggies).
Bibb lettuce cups filled with ground beef (cooked with 1TBS EVOO, cayenne pepper, pepper, cumin and garlic), black beans, red onion, diced tomatoes, corn, cucumber, topped with 1TBS each of salsa and plain Greek yogurt.
Mixed Greens, shredded red cabbage, Jerk Seasoned Chicken, mango, cherry tomatoes, pine nuts, edamame, avocado, crumbled bleu cheese with citrus based dressing.
Spinach topped with hard boiled egg, red pepper, onion, parmesan and lite oil based dressing.