

# HOW TO BUILD A PERFECT SALAD



- Keep basic ingredients on hand for a quick addition to any meal
- Create a salad bar in your refrigerator or create salad in a jar for easy prep
- Mix & match ingredients by choosing one or more foods from each category below.
- Toss salad with your favorite salad dressing

## Choose your **Greens:**

Lettuce: Boston, Bibb, Green or Red Leaf, Romaine, Ice Berg  
Kale  
Mixed Field Greens  
Spinach  
Cabbage  
Swiss Chard  
Arugula

## Add Colorful **Vegetables** of choice

(Eat the Rainbow):

Chopped, diced, shredded or sliced:

Artichoke hearts  
Avocado  
Bean sprouts  
Beets  
Bell pepper  
Broccoli  
Cauliflower  
Carrots  
Celery  
Corn  
Cucumbers  
Onion  
Peas  
Radishes  
Sugar snap peas  
Tomatoes  
Water chestnuts  
Zucchini  
Sweet or white potato

## Add a **Protein:**

Tofu  
Quinoa  
Faro  
Beans: Black, Garbanzo, Kidney Beans, White Beans  
Hard Boiled Eggs

## Add a **fruit:**

Dried: cranberries, raisins, dates  
Fresh: Apples, Grapes, Oranges, Pears, Strawberries

## Top it off: **Nuts or Seeds**

Almonds  
Cashews  
Peanuts  
Pecans  
Walnuts  
Sunflower Seeds  
Pumpkin Seeds  
Flax Seeds  
Sesame Seeds  
Hemp Seeds

Optional: Add your favorite cheese

