



How To Build A Satisfying Entree Salad

A Comprehensive Guide

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1 Select Your Base

LEAFY GREENS

Choose 1 or more
2-3 cups



lettuce

kale



arugula

frisee



baby spinach

Others: watercress, mesclun mix, endive, sorrel.

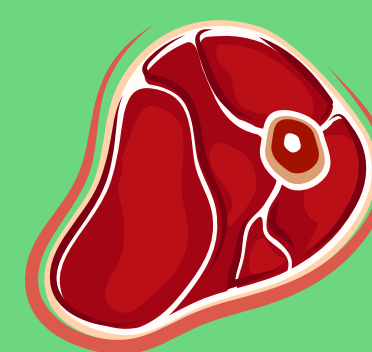
PROTEIN

Choose 1-2
Keeps you feeling full!



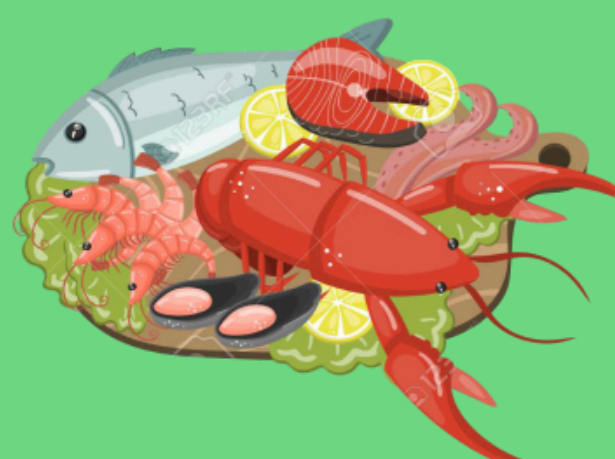
chicken (~2.5 oz)

steak (~2.5 oz)



85g tofu / tempeh /
paneer / halloumi

Beans / Lentils
(1 cup cooked)



seafood (2.5 oz)

Others: 2 eggs, $\frac{3}{4}$ cup cottage cheese, edamame.

FAT

Choose 1-2
Helps your body absorb
vitamins A, D, E & K!

avocado ($\frac{1}{2}$)



1 tbsp olive oil
1 oz olives

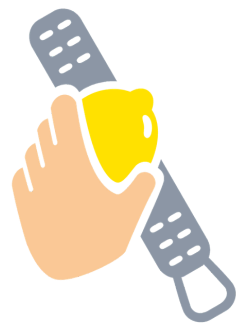
2 tbsp nuts /
1 tbsp nut oil /
1 tbsp nut butter



1 oz cheese

2 tbsp seeds /
1 tbsp seed oil /
1 tbsp seed butter





Wellness Simplified



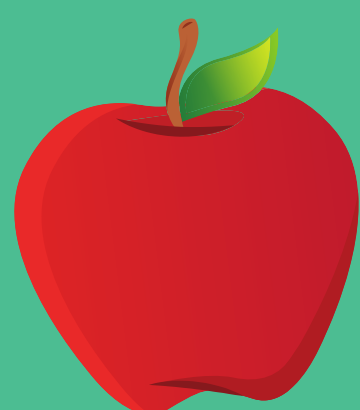
2

Select Your Add-ons

CRUNCH FACTOR

Choose 1 or more
 $\frac{1}{4}$ - $\frac{1}{2}$ cup

carrot



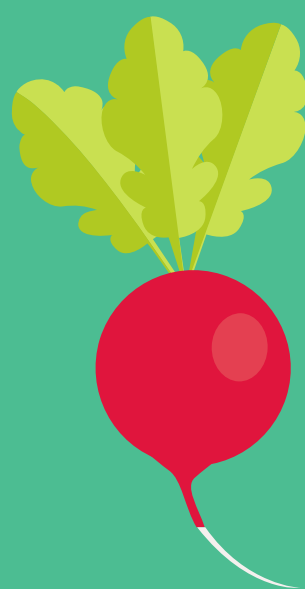
apple

cucumber



bell pepper

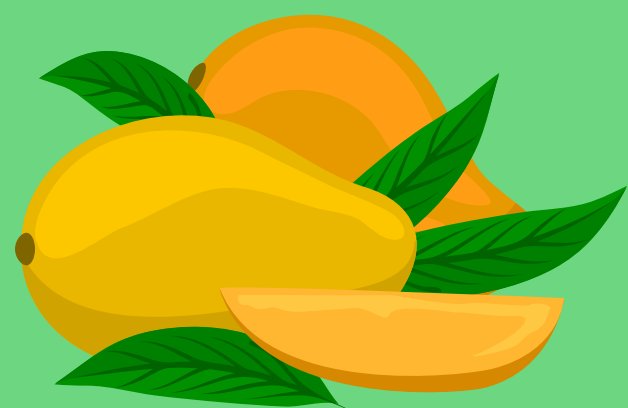
radish



Others: fennel, jicama, daikon, cabbage, onions, crispy garlic, roasted seaweed/lentils/chickpeas.

SWEETNESS

Optional
 $\frac{1}{4}$ - $\frac{1}{2}$ cup



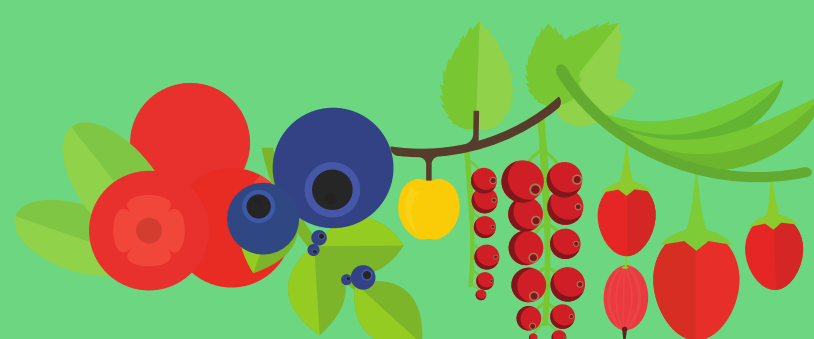
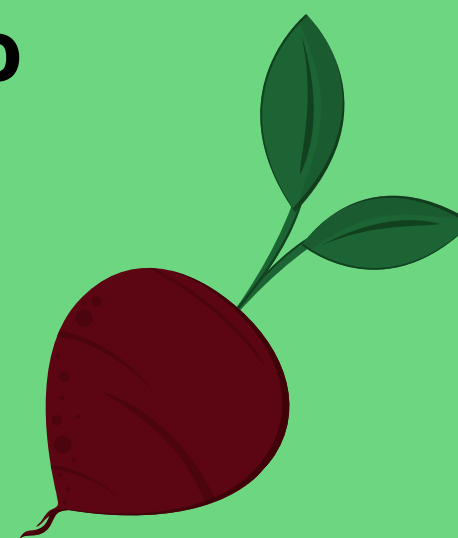
mango

figs



tomato

roasted beets



berries

Others: grapes, roasted red peppers, dried fruit.

STARCH

Optional
 $\frac{1}{2}$ - $1 \frac{1}{2}$ cups



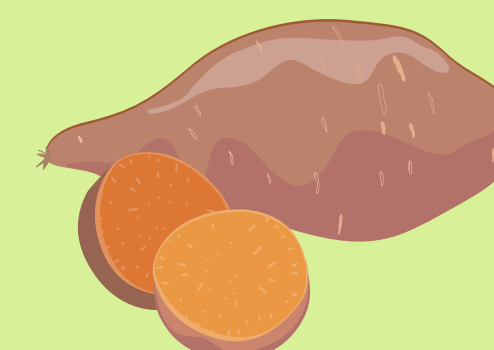
pasta

corn



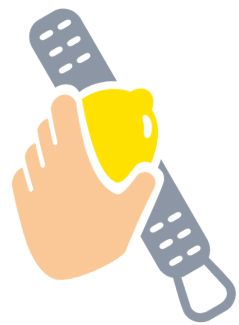
quinoa

barley



sweet potato

Others: rice, farro, wheat berries, couscous, potato, turnip, plantain, squash, croutons.



Wellness Simplified



3

Finishing Touches

ACIDS

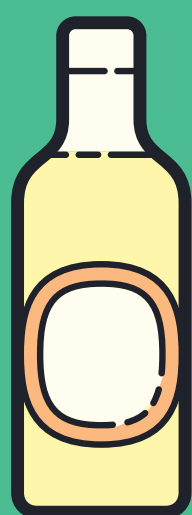
Choose 1
1-2 tbsp

apple cider
vinegar



citrus juice

rice vinegar



red wine vinegar



balsamic vinegar /
white balsamic



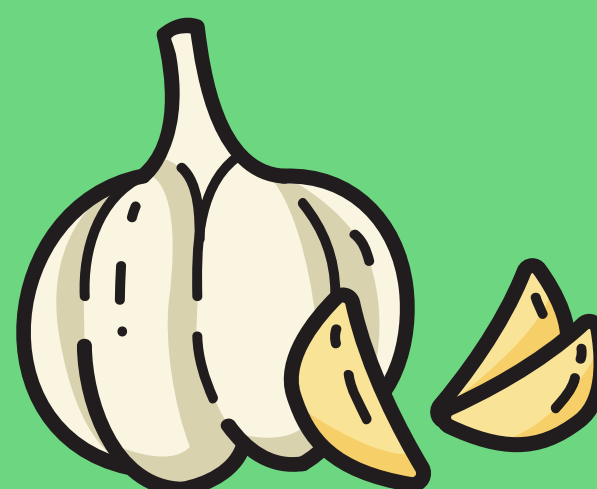
FLAVOUR BOOSTERS

add as much as you want :)



chili

fresh/dried herbs
(basil, cilantro, mint)



garlic

ginger / turmeric



mustard

ASSEMBLE, TOSS & ENJOY!





Spinach

Smoked Salmon

Radish

Lemon Juice

Pomegranate

Thyme

Olive Oil



Sweet Potato

Mache Greens

Orange

Avocado

Kidney Beans

Radicchio

Quinoa