CONSCIOUS REWIRE

Evidence-Based Functional Nutrition

Kale, Beet, and Candied Pecan Salad

Training-Day Greens & Carbohydrates

www.consciousrewire.com

Kale, Beet, and Candied Pecan Salad

Training-Day Greens & Carbohydrates

What This Supports

Supports carbohydrate intake, antioxidant exposure, and training recovery.

Why It Works

Beets contribute nitrates linked to circulation, while kale and nuts provide fiber, fats, and micronutrients.

Ingredients

Kale, Beet, and Candied Pecan Salad

Ingredients:

Salad

lb top sirloin steak

25 cups broth

tbsp ghee

bunch kale

bunch beets + beet greens

25-.5 cups feta or goat cheese

5 cups pecan halves

25 cup real maple syrup

Dressing

25 cups olive oil

tbsp balsamic vinegar

tbsp real maple syrup

Salt and pepper

Directions

. Roast beets (whole) in covered dish at 450 for 45-90 minutes. Set aside, then peel and slice.

. Place steak in frying pan on low heat with broth and ghee. Cook on low until desired doneness, spooning juices onto top every 30-60 seconds. Set aside to rest when done.

. Toast pecans on medium heat in skillet for 2-4 minutes then add in .25 cups maple syrup. Let simmer for few minutes until syrup thickens. Transfer to plate or parchment.

. Place kale, greens, toasted pecans, cheese, and beets in salad bowl. Slice meat and add.

. Add dressing ingredients to a bowl and whisk until combined. Top salad with it.

Best Use

Well suited for pre- or post-training meals.

Food Notes & Safety

Handle roasted vegetables and meats safely.

Storage

Refrigerate components separately up to three days.