

## **Building your own Salad**

**Prep your own salad for an easy lunch or dinner option. In a rush in the mornings? Salads can easily be made the night before or even prepped at the beginning of the week to enjoy throughout the week.**

**Here's how to build your own salad:**

*Step 1:* Start with base, such as spinach, kale, bok choy, arugula, romaine lettuce, cabbage or a variety of any of your favorite lettuce.

*Step 2:* Bulk up your salad with vegetables. Pick your favorites, ideas include: bell peppers, onions, tomatoes, carrots, radishes, cucumber, zucchini, etc.

*Step 3:* Add a healthy source of carbohydrates. Beans, peas or lentils work great in salads. Other ideas include adding whole grains in your salad like brown rice, quinoa, barley, whole wheat pasta, spelt or farro. You could even make your own croutons using 100% whole-wheat or 100% whole grain bread. Fruit is also a great flavor addition to your salad; have you ever tried adding strawberries or mango to your salad?

*Step 4:* Bring on the protein. Baked, broiled, grilled or roasted skinless chicken and turkey breasts are common favorites. Other options include baked, broiled, grilled or roasted fish and seafood, such as salmon or shrimp. Other foods that contain protein: soy-based products such as tofu and tempeh, nuts and seeds, beans, peas and lentils, fat-free cottage cheese, and eggs (choose egg whites if you are watching your cholesterol intake).

*Step 5:* Don't forget a healthy source of fat. Top your salad with a tablespoon of sesame seeds, toasted sunflower seeds, roasted pecans, or add an avocado wedge. If you are using a dressing, this can count as your fat intake as well.

Ideas for dressing:

Creamy Avocado dressing, serves 4:

Ingredients:

1 ripe avocado, pitted and peeled

1 tablespoon extra-virgin olive oil

2 tablespoons lemon juice

1 teaspoon sherry vinegar

Freshly ground black pepper

1/4 cup Greek yogurt

Directions:

1. Blend all ingredients together in a food processor or blender.

Lemon and maple dressing, serves 4:

Ingredients:

- 1 lemon, juiced
- 1 ½ Tablespoon of Extra Virgin Olive Oil
- 2 teaspoons of pure maple syrup
- Freshly ground pepper
- Dash of cayenne pepper

Directions:

1. Mix together all ingredients in a small bowl.

Apple Dressing, serves 4:

Ingredients:

- Half of an apple
- 1 Tablespoon of cilantro
- 1 Tablespoon of rice vinegar
- Half of lemon, juiced
- 1 Tablespoon of Extra Virgin olive oil
- Freshly ground pepper
- 1 Tablespoon of minced shallot

Directions:

1. Blend all ingredients together in a food processor or blender.

Tangy Orange dressing, serves 4:

- ¼ cup plain, fat-free Greek yogurt
- Zest of an orange, minced
- 2 T of orange juice, preferably freshly squeezed
- 1 teaspoon of honey

Directions:

1. Mix all ingredients together in a small bowl.

Other lower fat options for dressings:

- Hummus
- Drizzle of balsamic or red wine vinegar
- Lemon or lime juice

## **FORMULA FOR A PERFECT GRAIN BOWL**

PICK A GRAIN // 1/3- ½ cup brown rice, quinoa, farro, black rice, barley, millet, spelt, wheat berries, rye berries

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PROTEIN // 1/3 – ½ cup tofu or tempeh, 1/3-1/2 cup beans or lentils, 3-4 ounces wild fish, 3-4 ounces meat or poultry, 1-2 hard boiled pastured or organic eggs or egg whites, 1 ounce nuts or seeds

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ROASTED VEGETABLES\* // zucchini, winter squash, asparagus, cherry tomatoes, Brussels sprouts, broccoli, cauliflower, beets, bell peppers, green beans, mushrooms, bell peppers

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RAW VEGETABLES // radish, tomatoes, cherry tomatoes, carrots, cucumber, bell pepper, fennel, corn, cucumber, snap peas, sprouts, salad greens

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FAT // 2 tablespoons nuts or seeds, 5-6 olives (low-sodium), ¼ avocado, 2 tablespoons guacamole, 2 tablespoons hummus, 1 tablespoon tahini, 1 teaspoon extra-virgin olive oil or other plant-based oil

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DRESSING // lemon juice, lime juice, vinegar

\*To roast vegetables, simply toss them with about a tablespoon of olive oil, season with salt and pepper, spread evenly over a large baking sheet and roast at 400 degrees until lightly browned and tender. Most vegetables take 20-30 minutes, but smaller, thinner ones may take less time while denser vegetables may take longer.



**FAVORITE COMBINATIONS:**

MEXICAN MILLET BOWL // Millet (or brown rice) + black beans + roasted zucchini + cherry tomatoes + radish + guacamole + salsa + chili powder + chia seeds + lime juice

SUSHI BOWL // Brown rice + smoked salmon + roasted mushrooms + snap peas + carrots + sesame oil + soy sauce (low-sodium) + nori + rice vinegar

NISCOISE BOWL // Farro + tuna + roasted haricot verts + cherry tomatoes + olives + capers + parsley + lemon juice

CALIFORNIA BOWL // Quinoa + chickpeas + roasted Brussels sprouts + shredded carrot + avocado + hummus + black olives + sauerkraut + flax seeds + lemon juice (optional- add grilled chicken breast)

## **NOURISH BOWL INGREDIENTS**

**Greens** | spinach, romaine, arugula, kale, micro greens, sprouts, mustard greens, swiss chard, etc.

**Proteins** | skinless chicken and turkey, fish and seafood, select choices of beef and pork, egg or egg whites, tempeh, beans, quinoa and lentils (starchy-proteins), hemp seeds, nuts/seeds (nuts and seeds will also count as a fat source)

**Healthy fats** | avocado, olive oil, olives, nuts, seeds, hummus

**Veggies** | carrots, bell peppers, cucumbers, zucchini, snap peas, peas, radish, green beans, broccoli, cauliflower; any and all veggies you enjoy!

**Carbohydrates** | sweet potatoes, quinoa, millet, brown rice, wild rice, beans (starchy-protein), corn and peas (starchy veggie).

**Fruits:** strawberries, pears, banana, papaya, mango, grapes, raspberries, apples, etc.

**Dressings** | 2 tablespoons hummus, homemade dressing out of oil/vinegar, or just use lemon or lime juice or vinegar such as apple cider vinegar

Directions: Mix together and enjoy! This salad can easily be prepped ahead of time and enjoyed the next day, or prep at the beginning of the week and have lunch or dinner already made for the entire week!

