

Build a Better Salad

1. START WITH GREENS

Go for **dark leafy greens** like spinach, kale, arugula, romaine, and spring mix. Iceberg lettuce adds some nice crunch but doesn't have much nutrition.

2. ADD COLOR WITH VEGGIES

Red – beets, bell peppers, radishes

Orange – bell peppers, carrots, sweet potatoes

Yellow – corn, bell peppers, summer squash

Green – broccoli, peas, asparagus, green beans, bell peppers

Blue/Indigo/Violet – cabbage, eggplant, potatoes

White – cauliflower, potatoes, onions (thinly sliced), mushrooms

3. ADD SOME PROTEIN

- **Plant-Based:** 1/2 cup beans (black beans, chickpeas, white beans, kidney beans, etc.), hummus, lentils, edamame, tempeh, tofu, handful nuts and seeds
- **Animal-Based:** 3-4 oz meat and fish, 3/4 cup chicken, egg, or tuna salad, 2 hard boiled eggs, 1/4 cup cheese

4. TOSS IN SOME WHOLE GRAINS

- 1 cup cooked: quinoa, brown rice, couscous, whole wheat pasta, orzo

5. DRESS IT UP

- Olive oil & vinegar or Olive oil & lemon juice
- A store bought brand with minimal added ingredients
- Tahini mixed with lemon juice, salt, pepper

Salad Ideas

WINTER SALAD BOWL

- **Salad:** 2 cups mixed greens topped with 1/2 cup chickpeas, 1 small chopped apple, 1/2 cup *roasted sweet potato, 1/2 cup sprouts, 1 handful almonds.
- **Tahini Dressing:** 1/4 cup tahini mixed with juice of 1/2 lemon, salt and pepper.

*QUICK TIPS

- Roast your sweet potatoes and make a batch of tahini dressing for the week to
- ensure that you can quickly throw this together and take it to work.

MEXICAN BLACK BEAN SALAD

- **Salad:** 2 cups mixed greens topped with 1/2 cup black beans, 1/2 cup corn (frozen or canned), 1/2 cup chopped bell peppers, 1/2 avocado sliced, 1/4 cup salsa.
- **Dressing:** Drizzle 1 tablespoon olive oil, juice from 1 lime, and a dash of cumin spice.

THE BEST KALE SALAD EVER

- **Salad:** 2 cups *massaged kale topped with 1/4 cup raisins, 1/4 cup feta cheese, handful of almonds
- **Dressing:** Drizzle of olive oil and lemon juice.

*QUICK TIP

- Make a batch of kale early in the week to have this prepped and ready to take to work: De-stem 1 bunch of kale and chop into bite-size peices. Place in a bowl and sprinkle with a dash of salt, drizzle of olive oil and juice from 1/2 large lemon. Massage until tender, about 2 minutes. Store in refrigerator.

SIMPLE HOMEMADE Salad Dressings

Honey Mustard Vinaigrette

- 2 TBS honey
- 2 TBS grainy mustard
- 1/4 olive oil
- 3 TBS apple cider vinegar

Blend all ingredients together in a blender and thin with water to desired consistency.

Creamy Balsamic Vinaigrette

- 1/4 olive oil
- 3 TBS balsamic vinegar
- salt to taste

Whisk all ingredients together in a bowl, use a blender, or vigorously shake in a mason jar.

Asiago Peppercorn Dressing

- 1 cup plain Greek yogurt
- 3 oz asiago cheese (or any other hard, salty cheese like parmesan)
- 2 small garlic cloves, peeled
- 2 scallion stalks, white part only
- Juice of 1/2 lemon
- 2 TBS cracked black pepper
- 1 hearty pinch of salt
- water to thin

Blend all ingredients together in a blender. Thin with water to desired consistency.

Avocado Green Goddess Dressing

- 1 large avocado, peeled, pit removed
- Juice of 1 lime
- 1 TBS white balsamic vinegar
- 1/4 cup water (more if you need to thin it out)
- 2 scallion stalks
- 1/2 cup fresh parsley and cilantro
- 1/4 cup olive oil
- salt and pepper to taste

Put all ingredients into a blender and puree.

Healthy Sandwich Tips & Recipes

THE BREAD

- Choose a **whole wheat** bread that has at least **4g fiber per slice**
- Or a whole wheat wrap with at least **6g fiber**
- *Choose bread over wraps - wraps often times have trans fats in them.*

THE SPREAD

Think outside of mayo to switch up your sandwich flavor:

- 2 Tablespoons of hummus or other bean spread
- Olive tapenade, sun-dried tomatoes, or pesto
- 1/2 of an avocado

THE MIDDLE

- Always pack it with **veggies**
- Choose **lean meats** like chicken, turkey, fish, and eggs. Serving sizes are 3-4 oz meat, 3/4 cup chicken, tuna, or egg salad.
- **Go meatless** using 2 Tablespoons of hummus or other bean spread on each slice of bread and load it up with veggies.

RECIPES

- 3/4 cup tuna salad on whole wheat with spinach, thin strips of onion, and pickles.
- 3 oz turkey on whole wheat spread with hummus and topped with spring mix, bell peppers, and sprouts.
- Whole wheat bread spread with 4 Tablespoons hummus, 1/2 avocado, sprouts, mixed greens, cucumber, bell peppers.



Wholesome Snack Ideas

CARB + PROTEIN



+



fruit with
peanut butter



+



fruit with
yogurt



+



whole grain
crackers with
hummus



+



fruit with
handful of
nuts



nut butter on whole
wheat topped with
fruit

HOMEMADE SNACKS



chocolate
oatmeal
banana bites



no-bake
granola bars



peanut butter
pumpkin dip

STORE BOUGHT

- KIND Bars
- Lara Bars
- RX Bars
- Nature's Valley Granola Bars

(Choose whole food snack options more frequently than store-bought.)