

The Ultimate Salad Guide

Salads get a bad reputation for being “boring” or “crummy diet food”. This guide will help you to transform an ordinary salad into an extraordinary meal! The portions below give you an idea of how much you should be adding to your bowl but always remember to eat mindfully and adjust your portion size based on your hunger level. The portions are for one meal-sized individual salad; scale up for more people or meal prep!

Base <i>(Choose 1-2)</i>	Fruit & Veggies <i>(Choose 2-3)</i>		Protein <i>(Choose 1)</i>	Fats <i>(Choose 1-2)</i>	Carbohydrate <i>(Choose 1)</i>	Extras/ Toppings <i>(Choose 1-3)</i>	Dressing <i>(Choose 1)</i>
2 cups total	¼ cup sliced, diced, chopped each		3-4 oz (animal pro) ½ cup (veg pro)	1-2 tbsp (nuts/seeds) 1.5 oz (cheese)	½ cup	1-2 tbsp	2-3 tbsp
Arugula	Artichoke	Apple	Beef	Almonds	Amaranth	Bacon Bits	Asian Sesame
Boston Lettuce	Bell Peppers	Blackberries	Black Beans	Avocado	Barley	Basil	Balsamic
Butterleaf Lettuce	Broccoli	Blueberries	Chicken	Blue Cheese	Brown/Wild Rice	Chives	Basil Balsamic
Cabbage	Brussel Sprouts	Cantaloupe	Chickpeas	Bocconcini Cheese	Buckwheat	Cilantro	Caesar
Collard Greens	Carrots	Figs	Falafels	Burrata Cheese	Bulgar	Croutons	Catalina
Curly Endive	Cauliflower	Grapes	Hard Boiled Eggs (2)	Cashews	Corn	Dates	Creamy Poppyseed
Dandelion	Celery	Honeydew Melon	Hemp Hearts (3 tbsp)	Cheddar Cheese	Couscous	Dill	Cucumber Dill
Endive	Cucumber	Kiwis	Lamb	Feta Cheese	Farro	Dried Apricots	Fig Balsamic
Iceberg Lettuce	Fennel	Mandarin Oranges	Lentils	Goat Cheese	Freekeh	Dried Cranberries	Greek
Kale	Mushrooms	Mangoes	Pork Loin	Halloumi Cheese	Millet	Goji Berries	Honey Dijon
Lolla Rosa Lettuce	Radish	Peaches	Salmon	Olives	Pasta	Green Onions	Italian Vinaigrette
Mixed Baby Greens	Red Onion	Pears	Scallops	Parmesan Cheese	Pita (on side)	Mint	Lemon/ Olive Oil
Radicchio	Roasted/ Pickled / Spiralized Beets	Persimmon	Shelled Edamame	Pecans	Quinoa	Nutritional Yeast	Pesto
Red Leaf Lettuce	Roasted/ Pickled Jalapenos	Pineapple	Shrimp	Pine Nuts	Roasted Acorn Squash	Parsley	Ranch
Romaine	Snow/ Sugar Snap Peas	Pomegranate Seeds	Tempeh	Pistachios	Roasted Butternut Squash	Raisins	Raspberry Vinaigrette
Spinach	Tomato	Raspberries	Tofu	Pumpkin Seeds	Roasted Pumpkin	Seaweed Crisps	Sundried Tomato
Swiss Chard	White Onion	Strawberries	Tuna	Sunflower Seeds	Roasted Sweet Potato Chunks	Sprouts	Sweet Onion
Watercress	Zucchini	Watermelon	Turkey	Walnuts	Whole Grain Bread (on side)	Tortilla Strips	Thousand Island

The Ultimate Salad Guide! | Inspiration Station

Look below for some suggested salad combinations; try a few out and get creative!

Asian: Romaine, Cabbage, Bell Pepper, Carrot, Mango, Edamame, Cashews, Brown Rice, Green Onions, Asian Sesame Dressing

Berry Bliss: Spinach, Mixed Greens, Strawberries, Blueberries, Blackberries, Roasted Turkey, Goat Cheese, Pecans, Quinoa, Dried Cranberries, Raspberry Vinaigrette

Caesar: Romaine, Tomato, Bell Pepper, Grilled Chicken, Parmesan Cheese, Bacon Bits, Whole Grain Bread (on side), Croutons, Caesar Dressing

Caribbean: Mixed Baby Greens, Mango, Pineapple, Jalapenos, Jerk Chicken, Avocado, Wild Rice, Cilantro, Lemon/ Olive Oil

Cobb: Romaine, Mixed Baby Greens, Tomato, Cucumber, Red Onion, Blue Cheese, Avocado, Hard Boiled Eggs, Corn, Bacon Bits, Ranch Dressing

Fall Fruit: Spinach, Radicchio, Persimmon, Pear, Pomegranate Seeds, Roasted Pork Loin, Avocado, Amaranth, Dried Cranberries, Creamy Poppy Seed Dressing

Feel-Good Fall: Kale, Brussel Sprouts, Roasted Carrots & Beets, Roasted Turkey, Goat Cheese, Walnuts, Roasted Butternut Squash, Dried Cranberries, Balsamic Dressing

Greek: Romaine, Tomato, Cucumber, Red Onion, Herb Grilled Chicken, Feta Cheese, Black Olives, Whole Grain Bread (on side), Parsley, Greek Dressing

Hearty Fall: Arugula, Caramelized Onions, Sautéed Mushrooms, Pomegranate Seeds, Spiced Lentils, Pistachios, Roasted Sweet Potato, Dried Apricots, Lemon/ Olive Oil

Italian: Lolla Rosa Lettuce, Endive, Tomato, Red Onion, Pepperoncini Peppers, Sundried Tomato, Chickpeas, Parmesan, Pine Nuts, Basil, Croutons, Italian Vinaigrette

Just Peachy: Butterleaf Lettuce, Arugula, Peaches, Blueberries, Pan Seared Scallops, Burrata, Bulgar, Dried Cranberries, Basil, Basil Balsamic Dressing

Mediterranean: Arugula, Artichoke, Cucumber, Pomegranate Seeds, Roasted Lamb, Halloumi, Pine Nuts, Freekeh, Dill, Cucumber Dill Dressing

Mexican: Romaine, Cabbage, Bell Peppers, Jalapenos, Tomato, Black Beans, Avocado, Cheddar Cheese, Millet, Tortilla Strips, Sweet Onion Dressing

Moroccan: Romaine, Spinach, Carrots, Bell Pepper, Spiced Chickpeas, Walnuts, Quinoa, Parsley, Dried Cranberries, Raisins, Lemon/ Olive Oil/ Honey

One in a Melon: Arugula, Cantaloupe, Spiralized Zucchini, Tofu (on side), Bocconcini, Pasta, Bacon Bits, Basil, Basil Balsamic Dressing

Paramount: Curly Endive, Dandelion, Roasted Cauliflower, Tomato, Cucumber, Falafels, Olives, Pita (on side), Parsley, Lemon Tahini Dressing

Pesto Paradise: Romaine, Curly Endive, Tomato, Cucumber, Pesto Shrimp, Parmesan Cheese, Pine Nuts, Couscous, Basil, Lemon/ Olive Oil

Summer Herb Salad: Red Leaf Lettuce, Romaine, Tomato, Cucumber, Grilled Salmon, Feta Cheese, Olives, Farro, Cilantro, Dill, Basil, Cucumber Dill Dressing

Taco: Romaine, Tomato, Bell Pepper, Jalapenos, Taco Spiced Ground Beef, Avocado, Cheddar Cheese, Corn, Tortilla Strips, Cilantro, Salsa, Catalina Dressing

Wedge Salad: Iceberg lettuce, Tomato, Cucumber, Grilled Chicken, Blue Cheese, Barley, Bacon Bits, Ranch Dressing

Winter Citrus: Spinach, Radicchio, Mandarin Oranges, Pomegranate Seeds, Hemp Hearts, Avocado, Sunflower Seeds, Pumpkin Seeds, Honey Dijon Dressing

Watermelon: Spinach, Watermelon, Spiralized Beets, Turkey, Avocado, Feta Cheese, Quinoa, Sprouts, Pumpkin Seeds, Mint, Balsamic Dressing

Additional Tips & Tricks

- Roast, Grill or Bake protein option(s) to have on hand for your salads. Cooked animal protein should be refrigerated and consumed within 3-4 days.
- Keep staples such as canned beans, legumes, lentils and tuna on hand for quick protein options
- Boil a few eggs at a time and store in the fridge for 3-4 days. Peel before adding to your salad.
- Buy pre-washed greens and pre-cut fruits/ veggies to save on preparation time if desired
- Your veggies do not always have to be raw! Try roasting and grilling some for added flavour and variety.
- Try roasting chickpeas or other legumes in the oven or sauteing on the stovetop with olive/ avocado oil and desired spices for extra flavour and crunch
- Prepare your salad in mason jars for an easy grab-and-go lunch (keep salad dressing separate until ready to eat)
- Use store-bought dressing or make your own salad dressing in larger portions to have on hand

Your turn! Brainstorm 2-3 salad combos below that you would like to try!