

Salad Mix & Match

Do you want to start using salads more in your diet, but don't know how to build appetizing and healthy options? Is the garden side salad getting a bit boring these days?

Try these mix and match options to add some variety! Start with unlimited vegetables and your choice of protein. Then add your fresh or dried fruits (optional) and healthy fats!

Vegetables



Protein



Fresh or Dried Fruit



Fats



Romaine

Chicken

Strawberries

Walnuts

Arugula

Shrimp

Mandarin oranges

Pecans

Spinach

Lean steak

Pineapple

Almonds

Kale

Ground beef

Sliced apples

Cashews

Herbs
(cilantro, parsley, etc)

Baked fish

Mango

Olives

Tuna

Sliced plums

Cheddar cheese

Bell peppers

Pulled pork

Sliced pears

Mozzarella cheese

Cucumbers

Sardines

Kiwi

Feta cheese

Carrots

Hard-boiled eggs

Grapes

Avocado

Tomatoes

Black beans

Raisins

Oil dressings

Roasted squash or
sweet potatoes

(regular, golden)

Yogurt dressings

Kidney beans

Dried cranberries

Beets

Chickpeas

Tahini

Radishes

Lentils

Dried apricots

Hummus

Ideas to Get You Started!



Tropical Steak Salad

Combine romaine lettuce with chopped bell peppers and thinly sliced red onion. Add chopped pineapple and mango. Top with grilled steak and a balsamic vinaigrette.



Autumn Bliss

Mix baby kale and arugula, and add in some roasted sweet potatoes and butternut squash. Top with grilled chicken, sliced apple, pecans, and a dressing of your choice.



Summer Vibes

Toss spring mix with sliced strawberries and dried cranberries. Add grilled chicken, feta cheese, and a raspberry vinaigrette dressing.



Southwestern Style

Combine romaine lettuce with chopped bell peppers, tomatoes, and corn. Add in black beans and pulled pork. Top with a yogurt-based dressing that's mixed with taco seasoning.

