

# 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

Arugula

Spinach

Kale

Herbs  
(cilantro, parsley, etc)

Bell peppers

Cucumbers

Carrots

Tomatoes

Roasted squash or  
sweet potatoes

Beets

Radishes

Chicken

Shrimp

Lean steak

Ground beef

Baked fish

Tuna

Pulled pork

Sardines

Hard-boiled eggs

Black beans

Kidney beans

Chickpeas

Lentils

Strawberries

Mandarin oranges

Pineapple

Sliced apples

Mango

Sliced plums

Sliced pears

Kiwi

Grapes

Raisins  
(regular, golden)

Dried cranberries

Dried apricots

Walnuts

Pecans

Almonds

Cashews

Olives

Cheddar cheese

Mozzarella cheese

Feta cheese

Avocado

Oil dressings

Yogurt dressings

Tahini

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.

