

# How to Build a Salad

## Leafy Greens

Arugula, butter lettuce, romaine lettuce, leaf lettuce, baby greens like spinach, kale, watercress, chard, micro greens, parsley

## Slow Low Carbs

Quinoa, roasted sweet potatoes, brown rice, cold white rice, wild rice, chickpeas, beans

## 2-3 Colorful Veggies

Carrots, beets, yellow squash, green, red & yellow peppers, cucumbers, celery, zucchini, cauliflower, artichokes

## Protein

Chicken, pork, steak, fish, shrimp, chickpeas, beans, quinoa, tofu, eggs

## Low Sugar, High Fiber Fruit

Green apples,  
Strawberries, Blueberries,  
Raspberries

## Healthy Fat

Avocado, almonds, walnuts, pistachios, cashews, sesame, pumpkin, sunflower seeds, sunflower seeds, eggs, olive, avocado, coconut oil

## Dressing:

Choose Oil & Vinaigrettes

Olive, Avocado, Macadamia Oils.

Rice, White, Apple Cider, Red Wine Vinegars