

Building a Balanced & Filling Mealtime Salad



Top your salad with a variety of vinegars, make your own oil free dressing, squeeze on some lime/lemon juice, and add any salt free herbs and spices! Add sriracha or salsa to kick up the heat!

GREENS

Greens are your base! Choose a variety or choose 1, just make sure its dark, fresh and in a large quantity. For a filling salad, you should have a minimum of 2-3 cups (handfuls) of greens.

IDEAS:

spinach, kale, spring mix, arugula, sprouts/micro greens, endive, collards, swiss chard, red/green cabbage, romaine, bok choy, broccoli, cauliflower, etc.

COLORS

Colors = antioxidants. Don't skimp, aim to have 3+ colors in your salad (one always being green). Vegetables are low in calories, high in nutrients. Don't skimp on the good stuff! Aim for 1-2 cups at least of chopped veg!

IDEAS:

Carrots, tomatoes, onion, peppers, avocado, mushrooms, fruit, bean sprouts, beets, radishes, cucumber, etc.

BEANS/LEGUMES

Choose 1/2-1 cup of a plant based protein source to make your salad filling and to also add additional iron, B vitamins, calcium and fiber!

IDEAS:

Beans (any kind), lentils (any kind), Tofu, Tempeh, Edamame, a homemade bean burger, etc.

GRAIN/POTATO

If extra hungry or have a higher activity level, choose 1 cooked cup of a whole grain or 1 standard sized potato (or 1 cup) to help bulk up your salad.

IDEAS:

Baked potato, sweet potato, baby red potatoes, rice, quinoa, faro, etc.