



LISA CHEPLAK

THE HEALTHY FAMILY

HOW TO BUILD A PERFECT SALAD

- Keep basic ingredients on hand for a quick addition to any meal
- Create a salad bar in your refrigerator for "Fast Food"
- Mix & match ingredients by choosing one or more foods from each category below.
- Toss salad with your favorite salad dressing

Choose your Greens:

Boston or Bibb Lettuce
Green or Red Leaf Lettuce
Kale
Mixed Greens
Spinach
Romaine
Cabbage
Swiss Chard

Add Vegetables of Choice:

Chopped, diced, shredded or sliced:
Artichoke Hearts
Avocado
Bean Spouts
Beets
Bell pepper
Bok Choy
Broccoli
Cauliflower
Carrots
Celery
Corn
Cucumbers
Onion
Peas
Radishes
Sugar Snap Peas
Tomatoes
Water Chestnuts
Zucchini
Sweet or White Potato

Protein

Tofu
Quinoa
Faro
Beans
Black Beans
Chickpeas
Kidney Beans
Navy or White Beans

Toppings: Nuts or Seeds

Nuts

Almonds
Cashews
Peanuts
Pecans
Walnuts

Seeds

Sunflower Seeds
Pumpkin Seeds
Flax Seeds
Sesame Seeds
Hemp Seeds

Fruits

Dried cranberries
Apple
Grapes
Oranges
Pears
Raisins
Strawberries