

# Build a POWER SALAD!

Mix and match from these categories to create sensational seasonal salads!

<b>Basic Salad</b>	GREEN BASE	Spring Greens	Spinach	Kale	Romaine	Red Leaf Lettuce
	ADD A RAINBOW	Radishes	Red/Yellow Pepper	Blueberries	Shredded Carrots	Tomatoes
	PLUS PROTEIN	Grilled Chicken/Beef	Tuna/Salmon/Sardines	Hard-Boiled Egg	Tofu	*Black/Pinto/White Beans
	INCLUDE QUALITY FAT	Avocado	Pumpkin Seeds, Sunflower Seeds	Walnut, Almond, other Nuts	Olives	Shredded Coconut
	DRESSING	Miso-Tahini Dressing	Honey Mustard	Olive Oil & Vinegar	Homemade Ranch	Green Goddess Dressing
<b>Add in for Variety</b>	SOMETHING CRUNCHY	Broccoli Florets	Chopped Cucumbers	Diced Celery	Chopped Cauliflower	Jicama
	TOSS IN TENDER	Beets	*Beans (kidney, cannellini, lentil, garbanzo, etc)	Mushrooms	Artichoke Hearts	Asparagus
	ADD A GRAIN	Quinoa	Corn	Whole Wheat Couscous	Brown Rice	Bulgar
	MAKE IT SPARKLE	Grated Ginger	Orange Wedges	Pickled Vegetables	Chopped Onion	Anaheim Pepper
	FUN WITH SPRINKLES	Kelp	Sesame Seeds	Feta Cheese, Blue Cheese	Nutritional Yeast	Cilantro, Parsley, other Fresh Herbs
<b>Power Up</b>	NUTRITION POWERHOUSE	Micro Greens	Kelp	Spirulina	Sprouts	Chia Seeds, Hemp Seeds
	FERMENTED	Sauerkraut	Tempeh, Miso	Kimchi	Fermented Vegetables	Yogurt, Kefir, Kombucha

