

Power Salad Combinations

Base: Lettuce

Plus:

- Red leaf lettuce
- Avocado
- Black beans
- Tomato
- Corn
- Salsa

Dressing:

- Green Goddess + cumin + lime +chili

Base: Kale

Plus:

- Garbanzo beans
- Cucumber
- Onion
- Red pepper
- Feta Cheese

Dressing:

- Olive oil & red wine vinegar

Base: Couscous or Bulgar

Plus:

- Garbanzo beans
- Tomatoes
- Basil
- Cucumber
- Feta cheese

Dressing:

- Olive oil & vinegar + Italian Seasonings (oregano, thyme, basil)

Base: Quinoa

Plus:

- Carrots
- Beets
- Sweet potatoes
- Pumpkin seeds

Dressing:

- Olive oil & feta cheese

Base: Brown Rice

Plus:

- Cabbage
- Mushroom
- Carrots
- Broccoli
- Hot peppers
- Cilantro
- Almonds
- Tofu
- Sesame seeds

Dressing:

- Rice vinegar & sesame oil

Base: Salad Green of Choice

Plus:

- Avocado
- Tofu
- Cucumber
- Freshly grated ginger sprinkle

Dressing:

- Miso-Tahini _____

Base: Romaine/Spinach Mix

Plus:

- Chicken
- Cauliflower
- Carrots
- Tomato
- Sunflower seeds

Dressing:

- Honey-Mustard

