

Power Salad

How To Make The Ultimate Tasty & Nutritious Salad

Follow these simple steps and you'll have a nutritious, healthy and filling meal ready in a few minutes. Remember, always choose organic, local options when possible!

<p style="text-align: center;">Base</p> <p>Use two cups of any of the following:</p> <ul style="list-style-type: none"> • baby spinach • romaine • spring mix • kale <p>Any other dark, leafy, green (ex. Arugula, collards, dandelion greens)</p> <p>Note: these bitter greens can be very strong, so use a mixture for best taste</p>	<p style="text-align: center;">Proteins</p> <p>Add 1/2 cup or 3 – 4 ounces of any of the below proteins:</p> <ul style="list-style-type: none"> • chicken breast pieces • salmon/tuna • beans (our favorites: black beans, garbanzo beans, or cannellini beans) • egg • tofu/ tempeh • hummus
<p style="text-align: center;">Fats</p> <p>Provide satiety and better absorption of nutrients. Try the following healthy fats:</p> <ul style="list-style-type: none"> • ¼ of an organic avocado • 1 Tbsp raw nuts (i.e. sliced almonds, chopped walnuts, or unsalted pistachios) • 1-2 tsp of extra virgin olive oil (great with a squeeze of fresh lemon or some balsamic vinegar for a homemade dressing) • 1 Tbsp raw seeds (i.e. sunflower, pumpkin chia, flax or sesame seeds) 	<p style="text-align: center;">Grain/ Carbohydrate</p> <p>1/4-1/2 cup of any of these grains or starchy vegetables can make your salad more of a well-rounded meal:</p> <ul style="list-style-type: none"> • quinoa • brown rice • barley • sweet potatoes/squash • A whole grain tortilla, toasted for tortilla “chips”
<p style="text-align: center;">Toppings</p> <p>To keep your salad spiced up, try adding in 3-4:</p> <ul style="list-style-type: none"> • fresh herbs • sliced cucumber • grated beets • grated carrots • scallions • caramelized onion • roasted bell pepper • broccoli • fresh berries • mandarin oranges • shredded coconut (one tsp) • sliced, rinsed olives (one tsp) 	<p style="text-align: center;">Dressing</p> <p>Try some of these simple means to boost flavor instead of using pre-packaged dressing!</p> <ul style="list-style-type: none"> • Creamy dressing: one Tbsp Greek yogurt thinned with a little water & fresh, diced herbs • If no fat on the salad already, mix 1-2 tsp olive oil with an acid like lemon or balsamic vinegar. • Flavored balsamic vinegars (try a raspberry balsamic, pear vinegar, or apple cider vinegar) • Citrus wedge • Home-made salsa • Hummus (thin out with a little water and add some fresh herbs) • Spicy Hummus (thin out one Tbsp of hummus with one Tbsp salsa for a zesty dressing)

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