

# HOW TO MAKE A FILLING SALAD

## 1 LEAFY GREENS

Start with a hefty base of leafy greens, 2 to 3 cups



Baby spinach, chopped kale, Swiss chard, arugula, shredded cabbage, lettuce, spring mix, shaved Brussels sprouts, etc.

## 2 VEGETABLES

Add texture and color with a variety of vegetables, raw, steamed or roasted, unlimited



Artichoke hearts, asparagus, bell peppers, broccoli, carrots, cauliflower, cucumber, microgreens, mushrooms, onion, snap peas, summer squash, tomatoes, etc.

## 3 SMART CARBS

Add filling fiber with whole grains, starchy vegetables, and/or fruit, ½ cup



Quinoa, brown or wild rice, farro, barley, potatoes, yams, winter squash, corn, peas, mango, apples, berries, citrus segments, pomegranate seeds

## 4 PROTEIN

Add hearty plant protein with beans and legumes, ½ cup



Chickpeas, black beans, kidney beans, white beans, green peas, lentils, edamame, organic tofu, organic tempeh

## 5 TOPPINGS

Add crunch & flavor with nuts, seeds, fresh herbs, and/or fermented foods, 1-2 tbsp



Almonds, walnuts, pistachios, pecans, pumpkin seeds, hemp seeds, nutritional yeast, sundried tomatoes, olives, basil, chives, cilantro, parsley, sauerkraut, kimchi, etc.

## 6 DRESSING

Add flavor with a squeeze of citrus, a dollop of dip, or a drizzle of dressing



A squeeze of lemon, lime or orange juice, guacamole, balsamic vinegar, white wine vinegar, salsa, hummus, oil-free dressing