



Build a Salad Cheat Sheet

Base

Arugula
 Beet greens
 Boston
 Dandelion greens
 Endive leaves
 Iceberg lettuce
 Kale
 Leaf lettuce
 Mustard greens
 Romaine lettuce
 Shredded Brussels sprouts
 Shredded cabbage
 Spinach

Protein

Bacon
 Beef
 Chicken
 Egg
 Salmon
 Shrimp
 Tempeh
 Tofu
 Tuna

Texture

Chickpeas
 Croutons
 Farro
 Lentils
 Quinoa
 Tortilla chips
 Brown rice
 White rice
 Wild rice

Veggies

Artichoke
 Avocado
 Beans
 Beets
 Carrots
 Celery
 Cherry tomatoes
 Corn
 Cucumber
 Edamame
 Kimchi
 Mushrooms
 Olives
 Onion
 Peas
 Radishes
 Pickled peppers
 Sweet potato

Cheese

Asiago
 Blue
 Bocconcini
 Cheddar
 Feta
 Halloumi
 Mozzarella
 Parmigiano reggiano
 Swiss

Toppings

Almonds
 Cashews
 Fried onions
 Peanuts
 Pecans
 Pine nuts
 Pumpkin seeds
 Sunflower seeds
 Walnuts

Fruits

Apple
 Apricot
 Blueberries
 Cranberries
 Figs
 Grapes
 Mandarin oranges
 Mango
 Oranges
 Peach
 Pomegranate
 Raisins
 Strawberries
 Watermelon

Dressings

Balsamic vinaigrette
 Cesar
 Cilantro lime
 Greek
 Green goddess
 Honey mustard
 Italian
 Lemon tahini
 Ranch
 Sesame ginger
 Thousand island

Tips for a better salad

- *Wash the greens
- *Use a mix of pickled & fresh veggies
- *Toast nuts
- *Add in dressing right before eating
- *Incorporate a variety of textures

