MAKING THE PERFECT SALAD

BASE
Lettuce
Spinach
Kale
Chard

Collards
Arugula
Pea Shoots
Cabbage

CRUNCH
Carrots
Sprouts
Cucumber
Croutons

Zucchini
Bell Pepper
Apple Seeds

SOFT
Sweet Potatoes
Cheese
Avocado

Tomatoes
Rice
Olives

UNEXPECTED
Watermelon
Cottage Cheese
Hummus
Bacon

Pickled Veggies
Herbs
Dried Fruit
Peanuts

PROTEIN
Beans
Eggs
Tuna
Chicken

Steak
Tofu
Quinoa
Peas

DRESSING
Mustard-Based
Tahini-Based
Dairy-Based

Vinaigrette
Pesto-Based
Fruity

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everyday recipes with a lighter twist

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