

Create a Salad

1

Choose a base



Salad Greens



Pasta



Rice



Potatoes

2

Choose a protein

2 CUPS



Cooked Beans



Chopped, Hard Boiled Eggs



Ham or Pork



Chicken



Turkey



Fish



Beef

1.5 CUPS DICED, COOKED OR CANNED

3

Add 2 cups fresh vegetables and fruits



Broccoli



Cucumber



Carrots



Corn



Green Beans



Peas



Apples

Other Ideas

Orange Berries Dried Fruit etc.

4

Choose flavors and toppings



Salad Dressing of Your Choice



Salsa



Herbs
Oregano, basil, cumin, thyme, rosemary, etc.



Shredded or Crumbled Cheese



Chopped Nuts



Tortilla Strips

