

# Create a Salad

1

## Choose a base



Salad Greens



Pasta



Rice



Potatoes

2

## Choose a protein

2 CUPS



Cooked Beans



Chopped,  
Hard Boiled  
Eggs

1.5 CUPS DICED, COOKED OR CANNED



Ham or Pork



Chicken



Turkey



Fish



Beef

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

