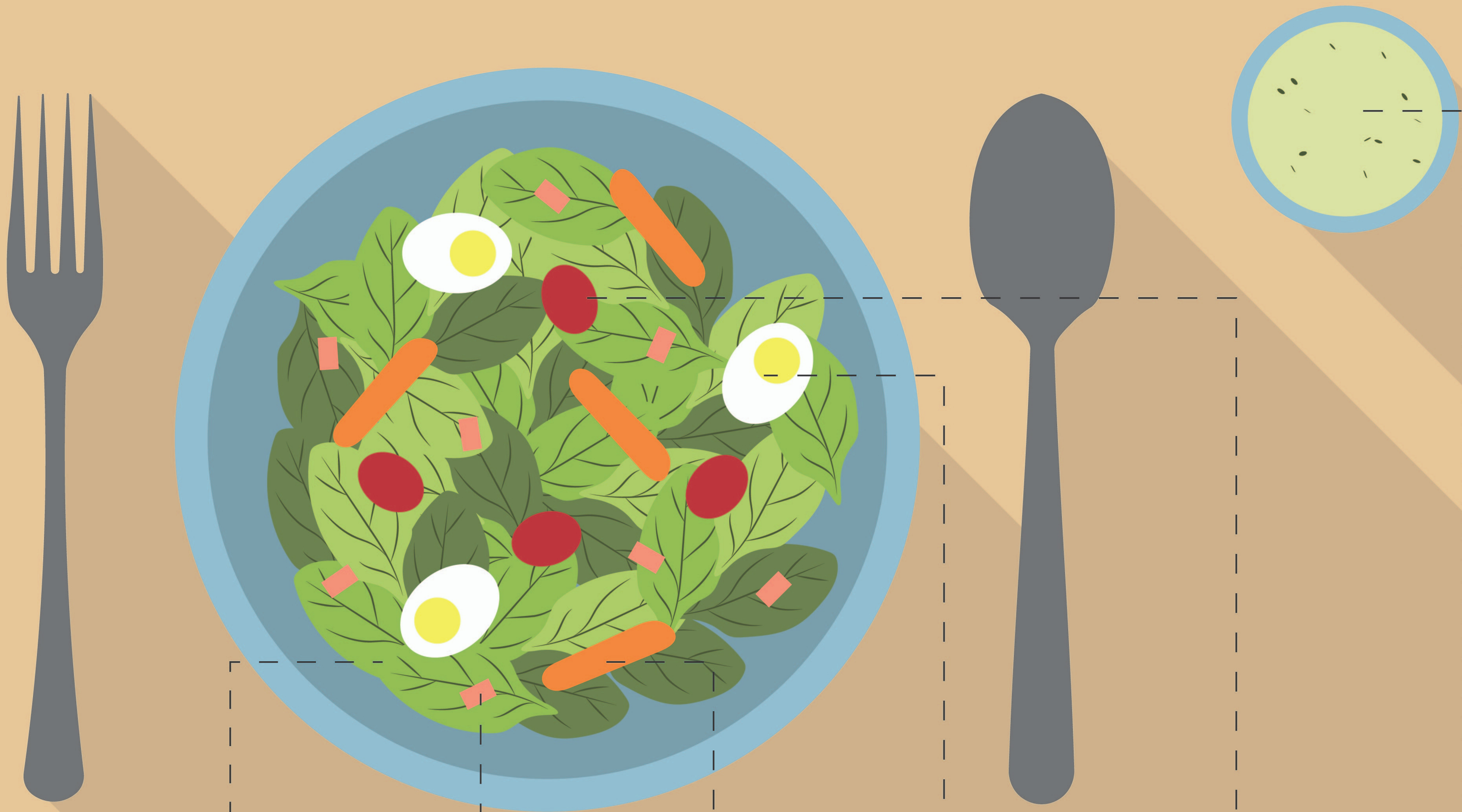


MAKING THE PERFECT SALAD



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

FAVE HEALTHY RECIPES

everyday recipes with a lighter twist



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