



How to Build Better Salads

And 21 recipes!

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How to Build Better Salads

+ 21 Recipes!

a Foodie Stays Fit



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The Salad Struggle is Real

I used to really struggle to make salads at home. I was baffled by this since I love salads at restaurants and almost always order one as an entrée for lunch and oftentimes for dinner. But when I tried to make them, I didn't know what to put on them and I felt intimidated by them. When I attempted to make salads at home, they were sad looking and worse, often left me starving. So, when I say that I didn't always know how to make a good salad, I mean it. But, it's a skill that can be learned and I finally did. And you can too!

The way I started to learn how to prepare better salads at home was paying attention to what I was drawn to on restaurant menus when looking at the salad selection. I noted what ingredients made me think, ooooh yes. And then I simply started buying those ingredients to keep at home.

I kept experimenting with combos, trying to recreate my favorite restaurant salads at home, and I noticed a theme emerged with my best combos. I needed something carby, something chewy, something crunchy, and something creamy. And a little sweetness always helped. The greens and protein didn't really have much to do with it. They're necessary, but it was more about everything else that made me really love any given salad.

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My Salad Template

- Base of greens
- Something carby
- Something crunchy
- Something creamy
- Something chewy
- Something sweet
- Something with protein
- Some veggies for color
- Salad dressing

I don't keep this list out on my counter (although you may want to for a bit while you get comfortable making amazing salads at home), but I do run through the list in my head when I make a salad while I rummage through my pantry and fridge. I've made a few rare gross combos, but I've also figured out some pretty great ones. And I've also figured out that salads are pretty darn hard to mess up, so have fun with it and experiment!

texture

HUGELY important in salads. Not only the contrasting textures (e.g. creamy & crunchy) but the texture of each particular food. The way you cut a carrot – e.g. chopped vs. shaving thin strips – makes a huge difference. Or, think about all the different almonds you can buy at the store – sliced, whole, slivered. They all have very different textures, so experiment to figure out which you prefer. Pay attention to how you add ingredients to salads and experiment with different ways of chopping or try using your peeler to get very thin slices. Try ingredients raw and roasted to see what you prefer. I've noted some of my favorites, but try some new options. There are no rules!

base of greens

My favorite greens are kale, arugula, and spinach since I can typically find them pre-washed which makes them very quick to use. However, I really love dinosaur kale (which you should buy on the stalks, wash and chop) and romaine since they have amazing texture so some weeks I buy those. If I do, I make sure to wash and cut the lettuce at the beginning of the week so it's easy to grab and use during the work week. I wash them in my salad spinner and just leave it in there all week (draining the water in the bottom, of course). If you don't have room to keep your salad spinner in your fridge, place the greens in a large ziplock baggie, poke a few holes in it so the lettuce can breathe (and not get damp and soggy) and place in your crisper. I learned that trick from a farmer at the farmers market and it helps lettuce last at least a week.

something carby

Ah, my favorite part! For me, this is KEY to make the salad feel like a meal. I do NOT like salads that are only veggies (although, ironically, my husband likes those best – spinach, tomato, broccoli is his favorite combo and my least favorite!). I want something that feels a bit like comfort food and the carbs bring that for me.

My Salad Template

My Favorite Carbs to Add

- Roasted sweet potatoes
- Roasted butternut squash
- Fingerling potatoes
- Brown rice or quinoa
- Roasted cauliflower
- Roasted beets

Butternut squash: Sometimes I'll buy the pre-chopped butternut squash at the grocery store, and other times I'll risk a finger to chop it myself. Tip: poke a few 7 holes in the squash with a knife and microwave for 5 minutes before peeling and cutting. It'll soften it just enough that it's MUCH easier to cut! To roast, place the cubes on a sheet pan, drizzle with olive oil & toss to coat. Cook for 25-35 minutes at 375 degrees until softened and slightly browned.

Fingerling potatoes: These are so quick to pop in the microwave for 2-3 minutes and then slice in half to add to a salad. You can also roast them or boil them if you're doing a larger batch. I find fingerling potatoes pair well in dishes with fish like tuna, salmon shrimp, sardines or trout.

Cauliflower: This isn't technically carby, but the texture feels more like a carb to me so I'm putting it here. Plus, I prepare it like a carb, roasting a batch to use in salads all week.

Sweet Potatoes: I roast 4-6 sweet potatoes at the beginning of every week and use them all week in my salads. I remove the skin and chop into 1" pieces to use in salads. I like the skin if I'm having them as a side with dinner, but the texture of the skin just isn't my favorite in salad. (I also love them for breakfast, mashing them and topping with almond butter and blueberries!) To roast, I scrub the sweet potatoes (skin on) until clean and poke a few holes in them using a fork. I place them in a cold oven on a sheet pan and turn the oven on to 375 degrees. I set a timer (starting from when they're placed in the cold oven) for 1 hour. When the time is up, I turn off the oven but leave the sweet potatoes in the oven for another hour. This creates the sweetest, moistest sweet potatoes ever! I usually do this on Sundays while I'm doing stuff around the house since it's very hands off. You could also dice a few, toss with olive oil and roast at 375 degrees until tender, about 25-30 minutes. Store the extras in the fridge to use throughout the week.

Roasted Beets: You can roast these whole or peel and dice before roasting, just like sweet potatoes. Or, Trader Joe's sells pre-cooked one in the produce section. You can also experiment with pickled beets and see if you like those!

Brown Rice & Quinoa: You can cook a batch of your favorite grain on Sunday, or the pre-cooked packets in the freezer section at Trader Joe's are great!

My Salad Template

Something Crunchy

Crunchiness is KEY! It makes you feel like you're really eating something and the simple act of chewing helps activate your digestive system and trigger the hormones that will tell your brain when you're full. (This is why smoothies often leave you starving, even if they have 500+ calories! Drinking doesn't trigger the same responses as chewing!)

my favorites in a salad:

- Apples (gala, honeycrisp, fuji, and granny smith are my favorites in salads)
- Nuts – I like sliced almonds, roasted whole almonds, raw almonds, pecans, pistachios and walnuts. I strangely HATE slivered almonds in my salads. o I buy all the nuts for my salad unsalted so I can caramelize them if I want to. I also just prefer unsalted nuts in salads, but if I'm snacking on them, give me all the salt!
- Seeds are another great addition for texture! Sunflower seeds, pumpkin seeds (aka pepitas) and hemp seeds are my favorites
- Raw carrots, broccoli and cauliflower. I typically prefer my broccoli and cauliflower roasted if I'm adding them to salads, but occasionally I'll add them raw for some crunch. For carrots, I HATE them chopped. I use a vegetable peeler to create thin, long slices or I shred them with a cheese grater.

Something Creamy

A little goes a long way in this category! I have two go-to creamy items – avocado and cheese. I don't tolerate a lot of dairy, so I tend to stick to three that I can handle pretty well: goat cheese, feta and pecorino romano. They also happen to have pretty strong flavor so you don't have to use a lot! If you tolerate dairy well, blue cheese and sharp cheddar are nice too. Avocado is one of my very favorite salad additions and it also surprisingly packs a lot of fiber.

Something chewy & something sweet

Something chewy is often where I bring in the sweet factor, so I've combined these two items

my favorite chewy items

- Dried cherries
- Dried figs
- Dates
- Golden raisins
- Currants
- Dried apricots

my favorite sweet items

- Apples
- Pears
- Peaches
- Dried fruit

My Salad Template

Something with Protein

Having protein is key to ensuring your salad keeps you full. Having protein prepared in advance or that cooks quickly is also key, especially if you're making a salad for lunch. I often grill a bunch of chicken at the beginning of the week to add to salads. Other times, I'll make some salmon cakes. I also very often use leftover meat from dinner, or I'll get deli meat to add if I don't have time to cook at all. If I have salmon thawed, I'll cook that to add since it really doesn't take that long to pan sear (directions here). Frozen shrimp cooks very quickly too (and you can throw it in a pan while it's still frozen!). 10 Vegetarian sources of protein include beans, lentils, tempeh and tofu. My favorite in salads are chickpeas and lentils, so you'll see those come up often. Canned beans are affordable and convenient, and you can buy pre-cooked lentils in the produce section at Trader Joe's.

Some Veggies for Color

This is where you can pack in some serious nutrition. I view these as bonus items since I've already added all the things I really care about to my salad (like nuts and dried fruit!).

my favorite chewy items

- Carrots (sliced thinly using a vegetable peeler)
- Okra (yes, you can eat it raw!)
- Tomatoes (I always halve cherry tomatoes)
- Cucumbers
- Radishes (sliced very thin)

Salad Dressing

I'll be the first to admit that I keep it pretty basic with my salad dressings. I love a simple olive oil and balsamic vinaigrette, and most of the time I don't make an actual dressing. I just drizzle both over the salad and add lots of salt and pepper! If I do make a dressing, I make a large batch I can use all week. I really like the salad dressings in Run Fast Eat Slow, or a local salad shop here sells their dressings so I'll splurge on one of those sometimes. I honestly don't like most store-bought dressings (they just taste too fake to me), but I've been really happy with the Primal Kitchen salad dressings. They're expensive but I don't use a ton so they last a while! The Trader Joe's Almond Butter Turmeric dressing and the Green Goddess dressing are both really good too (and dairy-free!). You'll find them in the refrigerated produce section. For salad dressing, I drizzle a little bit over my salad, and then add more as I eat if I want it. I hate an overdressed salad, and tend to load up on freshly ground black pepper rather than lots of dressing. It adds a lot of flavor!

My Salad Template

How to prepare your salad

Presentation is important, as is ease of eating! I really love a wide shallow bowl for salads. It allows me to add lots of vegetables, but it's easier to cut (more on that below) when you have a wider bowl vs. a typical cereal bowl that's deep and narrow. These are similar to the bowls I have. They're actually pasta bowls but they get used for salads MUCH more often than pasta.

How to eat your salad

This seems so silly to include, but it's a step I often see overlooked. Cut your salad with a fork and knife! This helps spread your dressing, which means you don't have to use as much and it helps combine everything. That way you get many different textures and ingredients in one bite and that's a good thing



Grocery List

- Greens (kale, arugula, spinach, etc.)
- Veggies (carrots, tomatoes, broccoli, cauliflower, cucumbers, radishes)
- Root veggies (sweet potatoes, butternut squash, fingerling potatoes)
- Nuts & seeds (almonds, walnuts, pecans, pistachios, hemp seeds, sunflower seeds, pumpkin seeds/pepitas)
- Dried fruit (dates, apricots, cherries, figs, golden raisins)
- Cheese (feta, pecorino romano, goat cheese, blue cheese)
- Protein (eggs, chicken, deli meat, fresh salmon, chickpeas, lentils, canned fish – tuna, salmon, sardines)
- Extras – pickled beets, sauerkraut, onions

I'm sharing 30 of my favorite salad combinations in this guide and I regularly post my latest creations on Instagram so be sure to follow me there (@afoodiestaysfit).

Be sure to post your salad creations on Instagram! This helps you remember what you tried and loved (I often scroll back to old salad pictures for inspiration!) and also because I want to see what you make to get inspiration!

Use the hashtag #AFSfsalads and tag me in them, @afoodiestaysfit. I may repost your picture! (I'll ask permission first.)

Fall Harvest Salad with Honey Mustard Chicken



Ingredients

- 3 cups arugula
- 1/3 cup roasted butternut squash
- 1/2 cup cherry tomatoes
- 2 dates, pits removed & chopped
- 2 tablespoons pistachios
- Leftover honey mustard chicken*
- 1/2 gala apple, chopped
- Dressing, to taste: Peach white balsamic vinegar, olive oil, salt & pepper

Directions

1. Place your arugula in a bowl.
2. Cut cooked chicken into bite-sized pieces.
3. Top with butternut squash, tomatoes, chopped apples.
4. Sprinkle pistachios and dates on top.
5. Add cheese, to taste.
6. Season with salt and lots of freshly ground black pepper.
7. Drizzle with salad dressing

*To make honey mustard chicken, combine ¼ cup honey, ½ cup mustard, 1 teaspoon garlic powder, and salt and pepper to taste. Drizzle over chicken and bake at 375 for 25-35 minutes, until cooked through.

The best kale salad for kale newbies (or for a crowd!)



Ingredients

- 2 bunches lacinato/dinosaur kale
- 3–5 mandarin oranges, peeled and divided into segments
- 1/4 cup shelled pistachios
- 1/4 cup dried cherries (no sugar added)
- 1–3 teaspoons olive oil, for massaging
- White Balsamic Dressing to taste

Directions

1. Pull the kale off the stems and tear into smaller pieces. Place in a salad spinner, wash well and then dry well.
2. Place kale in a large salad bowl.
3. Drizzle olive oil over the kale and massage it into the leaves with your hands until coated and the leaves start to shrink in size a bit.
4. Add the mandarin oranges, pistachios and dried cherries.
5. Drizzle 1-2 tablespoons dressing over the top and toss to coat.
6. Add just enough dressing to lightly coat everything but not too much that it becomes heavy. Start with a smaller amount to toss, add more as necessary and serve extra dressing on the side.

Roasted Sweet Potato Salad with Grilled Chicken, Pear & Goat Cheese



Ingredients

- 2-3 cups mixed greens
- 1/3 cups leftover roasted sweet potato, skin removed and diced
- 1/2 pear, diced
- Grilled chicken
- goat cheese, to taste
- 2 tablespoons toasted walnuts
- Dressing, to taste. I combined Trader Joe's orange champagne vinegar, olive oil, salt & pepper for my dressing with this.

Directions

1. Place your mixed greens in a bowl.
2. Top with sweet potato and pear.
3. Sprinkle walnuts on top.
4. Add goat cheese, to taste.
5. Top with grilled chicken.
6. Season with salt and lots of freshly ground black pepper.
7. Drizzle with salad dressing.

Arugula & Kale Salad with Charred Cauliflower and Blackened Chicken



Ingredients

- 1 ½ cups arugula
- 1 ½ cups kale
- 1/2 cup roasted cauliflower, chopped
- 1/2 apple, diced
- 1/2 avocado, sliced
- 2 tablespoons toasted almonds
- 1/2 cup cherry tomatoes
- 1 purple carrot*, shaved
- 4-8 oz. blackened chicken

Directions

1. Place your arugula and kale in a bowl.
2. Cut your cooked chicken into bite-sized pieces.
3. Using a peeler, shave carrots into thin strips.
4. Top with cauliflower, avocado, tomatoes, carrots and apples.
5. Sprinkle almonds on top.
6. Season with salt and lots of freshly ground black pepper.
7. Drizzle with salad dressing of choice. I like a honey mustard dressing on this.

*You can find purple carrots at Trader Joe's. They taste like the regular orange ones you're used to, but they are so pretty in a salad!

Romaine & Sweet Potato Salad with Turkey, Beets & Spaghetti Squash



Ingredients

- 2-3 cups romaine
- 1/3 cup roasted sweet potato, peeled and diced
- 1/3 cup pickled beets
- 1/3 cup cooked spaghetti squash
- 4-8 oz deli turkey*
- feta, to taste
- 2 tablespoons sunflower seeds

Directions

1. Place your romaine in a bowl.
2. Roll individual pieces of turkey deli
3. Top with sweet potato, spaghetti squash and pickled beets.
4. Sprinkle sunflower seeds on top.
5. Add feta cheese, to taste.
6. Top with rolled turkey pieces.
7. Season with salt and lots of freshly ground black pepper.
8. Drizzle with salad dressing.

Kale & Roasted Sweet Potato Salad with Turkey, Beets, Apples & Dates



Ingredients

- 2-3 cups kale, sliced
- 1/3 cup roasted sweet potatoes
- 4-8 oz deli turkey
- 1/3 cup roasted golden beets
- 2 dates, chopped (pits removed)
- 1/2 apple, chopped
- 2 tablespoons raw pumpkin seeds
- salt
- pepper
- olive oil
- balsamic vinegar

Directions

1. Place your kale in a bowl.
2. Cut up your deli turkey meat, and roll it up (as pictured).
3. Top with roasted sweet potatoes, beets and apple.
4. Sprinkle chopped dates and pumpkin seeds on top.
5. Season with salt and lots of freshly ground black pepper.
6. Drizzle with salad dressing.

Mixed Greens with Pickled Beets & Seared Salmon



Ingredients

- 3 cups mixed greens
- 1/3 cup pickled beets
- 1/2 cup cherry tomatoes, sliced in half
- 1/4 cucumber, sliced
- 2 tablespoons sliced almonds
- 2 tablespoons scallions, chopped
- 4-8 oz seared salmon (see recipe on my blog)

Directions

1. Place your mixed greens in a bowl.
2. Top with pickled beets, cherry tomatoes, and cucumber.
3. Sprinkle toasted almonds and scallions on top.
4. Season with salt and lots of freshly ground black pepper.
5. Place seared salmon on top.
6. Drizzle with your favorite salad dressing. I think this combo is great with a olive oil and balsamic mixture.

Kale & Pea Shoot Salad with Sardines



Ingredients

- 2-3 cups kale + pea shoots (massaged in olive oil, lemon juice & avocado)
- • 1/3 cup radishes, sliced
- • sardines canned in olive oil
- • feta, to taste
- • salt & pepper

*Note: Sardines scared the crap out of me, but with enough seasoning they're actually pretty tasty! And they're so good for you!

Directions

1. Prepare kale and pea shoots by massaging them in olive oil, lemon juice and avocado.
2. Place them into a bowl.
3. Prepare sardines by draining the oil, and then marinating them in lemon juice and one teaspoon dried parsley for 15 minutes.
4. Top with radishes.
5. Add feta cheese, to taste.
6. Place sardines on top of the salad.
7. Season with salt and lots of freshly ground black pepper.
8. Drizzle with salad dressing

Arugula Salad with Pears, Shrimp & Toasted Walnuts



Ingredients

- 2-3 cups arugula
- 2 dates, chopped (pits removed)
- 2 tablespoons toasted walnuts
- 10-15 shrimp, peeled & deveined (I buy frozen)
- 1/2 pear, sliced
- 1/2 avocado, sliced
- dressing, to taste: drizzle with olive oil + white balsamic vinegar

Directions

1. Place your arugula in a bowl.
2. Drizzle 1-2 tablespoons of olive oil in a non-stick skillet and heat over medium heat. Add shrimp (it's okay if it's frozen) and cook until pink and opaque. Set aside to cook, then remove tails before placing in salad.
3. Top with avocado and pear.
4. Sprinkle toasted walnuts and chopped dates on top.
5. Season with salt and lots of freshly ground black pepper.
6. Drizzle with salad dressing.
7. Season with salt and lots of freshly ground black pepper.
8. Drizzle with salad dressing

Roasted Butternut Squash & Spinach Salad with Shrimp, Goat Cheese & Avocado



Ingredients

- 2-3 cups spinach
- 1/3 cup roasted butternut squash
- goat cheese, to taste
- 2 dates, chopped (pits removed)
- 1/2 avocado, sliced
- 2 tablespoons sliced almonds
- 10-15 shrimp, peeled & deveined (I buy frozen)
- Salad dressing of choice

Directions

1. Place your spinach in a bowl.
2. Drizzle 1-2 tablespoons of olive oil in a non-stick skillet and heat over medium heat. Add shrimp (it's okay if they're frozen) and cook until pink and opaque. Set aside to cook, then remove tails before placing in salad.
3. Top with butternut squash and avocados.
4. Sprinkle sliced almonds and chopped dates on top.
5. Add goat cheese, to taste.
6. Season with salt and lots of freshly ground black pepper.
7. Drizzle with salad dressing.

Arugula & Apple Salad with Shrimp & Goat Cheese



Ingredients

- 2-3 cups arugula
- 1/3 cup roasted butternut squash
- 1/2 apple, chopped
- 10-15 shrimp, peeled & deveined (I buy frozen)
- goat cheese, to taste
- 2 tablespoons dried cherries
- 2 tablespoons pepitas

Directions

1. Place your arugula in a bowl.
2. Drizzle 1-2 tablespoons of olive oil in a non-stick skillet and heat over medium heat. Add shrimp (it's okay if they're frozen) and cook until pink and opaque. Set aside to cook,
3. then remove tails before placing in salad.
4. Top with butternut squash and apples.
5. Sprinkle pepitas and dried cherries on top.
6. Add goat cheese, to taste.
7. Season with salt and lots of freshly ground black pepper.
8. Drizzle with salad dressing

Mayo-Free Tuna Salad



Ingredients

- 1 – 4 or 5 ounce can tuna (I always buy chunk white albacore)
- ½ avocado, chopped
- ½ cup minced red bell pepper
- ¼ cup diced green onion
- 1 tablespoon olive oil
- 2 teaspoon lemon juice
- 1 teaspoon lemon zest (trust me here!)
- 2 tablespoon chopped parsley
- ½ teaspoon kosher salt
- freshly ground black pepper

Directions

1. Mash the avocado in a medium bowl. Add lemon juice, lemon zest, olive oil and mix well.
2. Drain the tuna and add the tuna to the mashed avocado. Blend well.
3. Add the bell pepper, green onion, parsley, salt and pepper and mix until combined.
4. Serve on toasted bread or on top of greens!

Kale Salad with Strawberries, Caramelized Pepitas, Dates & Pecorino Romano



Ingredients

- 3 cups kale, tough stalk removed and thinly sliced
- 5 strawberries, sliced
- 2 tablespoons pepitas + 1 tablespoon sugar for caramelizing*
- 1-2 dates, chopped (pits removed)
- pecorino romano, to taste
- protein & dressing of choice! (I topped with salmon cakes)

Directions

1. Place your kale in a bowl.
2. Top with strawberries.
3. Sprinkle caramelized pepitas and chopped dates on top.
4. Add pecorino romano, to taste.
5. Season with salt and lots of freshly ground black pepper.
6. Drizzle with salad dressing. I used the maple tahini dressing from Run Fast Eat Slow.

*To caramelize the pepitas, combine the pepitas and sugar in a small pan and cook over low heat, stirring constantly. Once the sugar melts, continue to stir until the pepitas are coated and then immediately remove from heat and let cool. These can burn easily so keep an eye on them!

Okra, Beets, and Peaches Salad



Ingredients

- 2 cups kale
- 8-10 okra pods, chopped
- 1/3 cup pickled beets
- 10-15 sautéed shrimp, peeled & deveined (I buy frozen)
- 1-2 hard boiled eggs
- 1/2 peach, sliced
- tahini maple dressing, to taste

Directions

1. Place your kale in a bowl.
2. Drizzle 1-2 tablespoons of olive oil in a non-stick skillet and heat over medium heat. Add shrimp (it's okay if it's frozen) and cook until pink and opaque. Set aside to cook, then remove tails before placing in salad.
3. Boil eggs, and slice them in half before placing them on salad.
4. Top with pickled beets, okra, and peaches.
5. Season with salt and lots of freshly ground black pepper.
6. Drizzle with salad dressing of choice! I used the maple tahini dressing from Run Fast Eat Slow.

These are a Few of My Favorite Things Salad



Ingredients

- 1 ½ cups Trader Joe's Cruciferous Crunch Salad Mix
- 1 ½ cups arugula
- ½ cup cherry tomatoes, sliced
- 2 tablespoons hemp seeds
- 2 tablespoons sliced almonds
- ¼ cup hummus
- ⅓ cup pickled beets
- 1-3 teaspoon fresh basil, to taste
- 1-2 hard boiled eggs
- 2 dates, chopped (pits removed)
- tahini maple dressing, to taste

Directions

1. Place your TJ's Cruciferous Crunch Mix and arugula into a bowl.
2. Boil your eggs, and slice them in half before placing on salad.
3. Top with pickled beets and tomatoes.
4. Sprinkle hemp seeds, sliced almonds, and chopped dates on top.
5. Top with hummus.
6. Season with salt and lots of freshly ground black pepper.
7. Drizzle with salad dressing of choice. A balsamic vinaigrette is great on this.

Mixed Greens Salad with Beets & Chickpeas



Ingredients

- 1 ½ cups kale
- 1 ½ cups mustard greens
- 1 carrot, shaved
- 1/3 cups pickled beets
- 1/4 cup chickpeas
- 2 dates, chopped (pits removed)
- 2 tablespoons pumpkin seeds
- tahini mustard dressing, to taste

Directions

1. Place kale and mustard greens in a bowl.
2. Using a vegetable peeler, create thin strips of carrots (like pictured).
3. Top with pickled beets and chickpeas.
4. Sprinkle pumpkin seeds and chopped dates on top.
5. Season with salt and lots of freshly ground black pepper.
6. Drizzle with salad dressing.

Lentil, Squash & Sprouts Salad



Ingredients

- 1/3 cup roasted butternut squash
- 2-3 cups shredded brussels sprouts
- goat cheddar, to taste
- 2 tablespoons sunflower seeds
- 1/2 cup cooked lentils
- dressing, to taste: olive oil, salt & pepper

Directions

1. Place your shredded brussels sprouts in a bowl.
2. Top with butternut squash and lentils.
3. Sprinkle sunflower seeds on top.
4. Add goat cheddar, to taste.
5. Season with salt and lots of freshly ground black pepper.
6. Drizzle with salad dressing.

Sweet Potato, Kale & Spicy Black Bean Salad



Ingredients

- 1/3 cups leftover roasted sweet potato, skin removed and chopped
- 2-3 cups kale (massaged with olive oil, lemon juice & avocado)
- 1/2 cup spicy black beans (I like the Trader Joe's ones)
- 1/2 apple, diced
- 2 tablespoons dried apricots, chopped
- 2 tablespoons toasted almonds
- feta, to taste
- 2 tablespoons hemp seeds

Directions

1. Prepare your kale by massaging it with olive oil, lemon juice, and avocado. Place it into a bowl.
2. Top with roasted sweet potatoes, and black beans.
3. Sprinkle almonds, hemp seeds, and apricots on top.
4. Add feta cheese, to taste.
5. Season with salt and lots of freshly ground black pepper.
6. Drizzle with salad dressing.

Arugula & Roasted Beet Salad with Apricots, Almonds & Goat Cheese



Ingredients

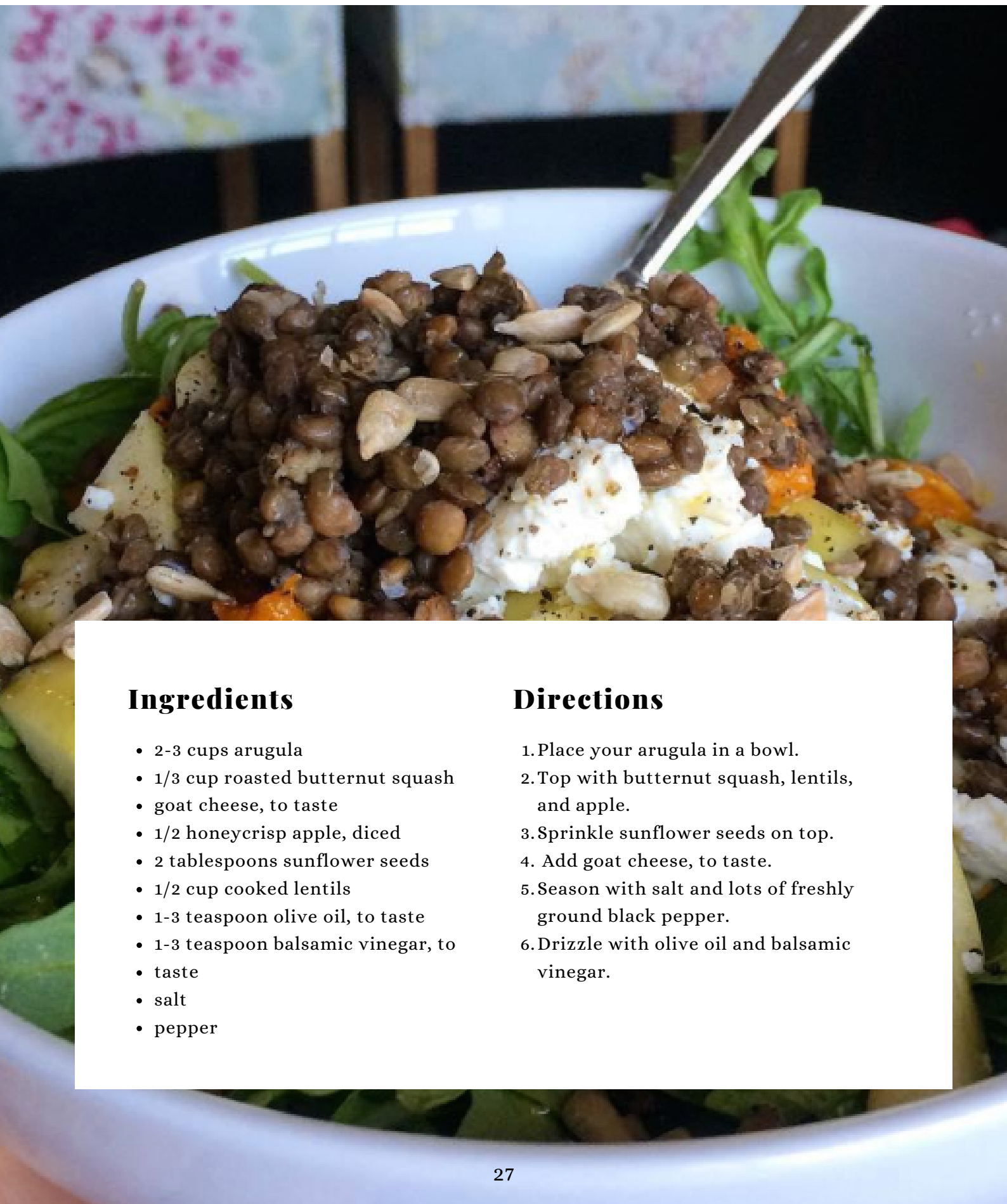
- 2-3 cups arugula
- 1/3 cup roasted beets
- 1/2 cup cooked lentils
- 3-5 dried apricots, chopped
- 2 tablespoons toasted sliced almonds*
- 1/2 honeycrisp apple, chopped
- goat cheddar, to taste
- dressing, to taste: olive oil, apple cider vinegar, honey, Dijon & tahini

Directions

1. Place arugula in a bowl.
2. Top with roasted beets, apples, and lentils.
3. Sprinkle toasted almonds and apricots on top.
4. Add goat cheddar, to taste.
5. Season with salt and lots of freshly ground black pepper.
6. Drizzle with salad dressing

*To toast almonds, place them in a dry skillet over medium heat, stirring often until they start to brown and become fragrant. Immediately remove from heat as they'll burn easily!

Lentil Salad with Butternut Squash and Goat Cheese



Ingredients

- 2-3 cups arugula
- 1/3 cup roasted butternut squash
- goat cheese, to taste
- 1/2 honeycrisp apple, diced
- 2 tablespoons sunflower seeds
- 1/2 cup cooked lentils
- 1-3 teaspoon olive oil, to taste
- 1-3 teaspoon balsamic vinegar, to taste
- salt
- pepper

Directions

1. Place your arugula in a bowl.
2. Top with butternut squash, lentils, and apple.
3. Sprinkle sunflower seeds on top.
4. Add goat cheese, to taste.
5. Season with salt and lots of freshly ground black pepper.
6. Drizzle with olive oil and balsamic vinegar.

Chopped Chickpea Rainbow Salad



Ingredients

- 2 cans of chickpeas, drained & rinsed
- 1 medium cucumber, diced
- 2 bell peppers, seeded & diced—I used red and yellow
- 7-10 green onion stalks, green & white parts sliced
- 1 cup grape or cherry tomatoes, halved
- 1 cup parsley, finely chopped
- juice of 1 lemon
- 2 tablespoons olive oil
- 1 teaspoon salt
- 1 teaspoon black pepper
- ½ heaping teaspoon Italian seasoning
- ½ teaspoon smoked paprika
- ¼ teaspoon crushed red pepper (optional)
- ½ cup feta cheese

Directions

1. Prep all your veggies, and put them all in a bowl.
2. Mix in your herbs, lemon juice, and seasonings.
3. Add feta cheese, to taste.

NEW MEALS TO MAKE

TRY NEW MEALS ON A MONTHLY BASIS

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER