

MIX & MATCH SALAD

Print this out and stock your kitchen with your favorites to make a quick salad easy to do. And if time is a factor, go ahead and buy precooked or prepared grains and proteins.

Base

Spinach
Romaine
Arugula
Bok choy
Endive
Radicchio
Chard
Chicory
Cabbage
Microgreens
Watercress
Kale
Zoodles
Iceberg
Quinoa
Brown Rice
Bulgur
Couscous
Barley
Lentils
Pasta

Fruit/Veg

Artichokes
Broccoli
Cucumber
Edamame
Avocado
Corn
Green Beans
Mushrooms
Tomatoes
Bell Peppers
Roasted Peppers
Onions
Beets
Carrots
Radishes
Roasted Veg
Peas
Squash
Zucchini

Apple
Grapes
Blueberries
Orange Slices
Raspberries
Strawberries
Figs
Melon
Watermelon

Protein

Beans
Chickpeas
Cashews
Almonds
Walnuts
Pecans
Pinenuts

Chicken
Turkey
Steak
Boiled Egg
Salmon
Tuna
Shrimp
Crab
Clams
Tofu
Tempeh

Feta
Cheddar
Mozzarella
Parmesan
Ricotta
Manchego
Blue Cheese

Garnishes

Olives
Pickles

Tortilla Strips
Pumpkin Seeds
Sesame Seeds
Croutons
Kimchi
Pickled Onions
Sun Dried
Tomatoes
Pomegranate
Seeds

Bacon Bits

Edible Flowers
Raisins
Craisins
Vegan Cheese
Salsa
Yogurt
Sour Cream

Dressing

Roasted Garlic
Parsley
Scallions
Mint
Cilantro
Basil
Ginger
Lemonzest
Orange Zest
Tahini
Tajin
Ranch Seasoning
Soy Sauce
Sesame Oil
Chili Oil
Olive Oil
Walnut Oil

Balsamic Vinegar
Red/White Wine
Vinegar
Sherry Vinegar
Lemon, Orange
or Lime Juice

Easy Dressing

¼ cup Vinegar or citrus juice
1 tbsp Dijon mustard
½ cup Oil
1 tsp salt
½ tsp ground pepper
Optional: Flavor add-ins