

A LITTLE SWEET, A LITTLE SPICY



SALAD

5 c romaine lettuce
1 jalapeño
1/2 medium red onion
2 avocados
1 can yellow corn
2 cans black beans
2 c diced mango
1 c cooked quinoa
1 lime

DRESSING

1/2 c olive oil
juice of 2 limes
2 tbsp honey
1 tbsp dijon mustard
1 tsp garlic powder
1/2 tsp cumin
salt and pepper

*makes 5 servings

GREEN JUICE IN SALAD FORM



SALAD

spinach
1 c broccoli
1/4 c raw nuts
1/2 c green grapes
2 kiwis
capers
2 apples
1 zucchini
1 cucumber

DRESSING

1/2 c vinegar
1 c fresh parsley
1 avocado
1/4 c olive oil
1/4 c water
1 large clove garlic
1 lemon
chives
salt and pepper

*makes 1 serving

SALAD in a JAR

THE PRETTIEST CHICKEN SALAD, EVER



INGREDIENTS

2 handfuls mixed greens
1 c cubed chicken
1 c cherry tomatoes
1 c chopped mushrooms
1/4 c bell pepper
1/4 c red onion
4 tbsp balsamic vinaigrette

*makes 2 servings

A PALEO-APPROVED JAR



SALAD

1/4 lime
1/2 avocado
chopped lettuce

SHRIMP

1/2 tsp salt
2 garlic cloves
1/2 tsp red chili flakes
1/2 tsp sweet paprika
1/2 tsp cumin powder
5-6 king prawns
1 tsp coconut oil

SALSA

1/2 c diced tomatoes
2 tbsp chopped cilantro
1/4 red onion, diced
juice of 1/2 lime
2 tbsp olive oil
1/2 tsp sea salt

*makes 1 serving

Dressing	Vegetables	Grains and/	Nuts/Seeds/ Dried Fruits	Leafy Greens
Balsamic vinaigrette	Snow peas	Farro	Walnuts	Baby spinach
Lemon tahini dressing	Avocado slices	Chickpeas	Peanuts	Radicchio
Soy ginger dressing	Mandarin oranges	Quinoa	Almonds	Mache
Cilantro Lime Vinaigrette	Red bell pepper	Black beans	Sunflower seeds	Romaine
Creamy avocado dressing	Bell peppers	Millet	Dried cranberries	Kale
Red wine vinaigrette	Mushrooms	Lentils	Cashews	Arugula
Raspberry walnut vinaigrette	Peaches	Brown rice	Raisins	Butter lettuce
Basil cumin vinaigrette	Cauliflower	Kidney beans	Hazelnuts	Red oak lettuce
Sesame Dressing	Artichoke hearts	Barley	Macadamia nuts	Herb lettuce blend