

THE SECRET WELLNESS

Ingredients for Salads

Salad Basics - Step 1- Choose the base

Put 2 cups in a bowl of -

Mixed lettuce

spinach

rocket

kale

cos or iceberg lettuce

Step 2- Add your favourite vegetables

You can add leftover roast vegetables.

Go for a rainbow of colours and be creative with cutting skills, grated, chopped variety of sizes, spiralled

carrots

cucumber

tomato

celery

red onion or spring onion

mushrooms

red or white cabbage

zucchini shavings

green beans

peas

red green yellow pepper

steamed cauliflower

steamed broccoli, fennel

Step 3 - Add your choice of protein

150g chicken

200g fish

150g lean meat

2 eggs

3 - 4 tbsp cheese - cottage, feta, ricotta or goats cheese

125ml cooked lentils or quinoa and 125ml beans(cannelini, kidney or chickpeas)

Step 4 - Include a fat source

15ml tahini

1/4 avocado

15ml hummus

a handful of seeds or nuts (grind fine if you have digestive issues)

Homemade Pesto

Step 5 - Add your choice of complex carbs or starchy veggies

125ml cooked sweet potato

125ml cooked pumpkin

125ml cooked beetroot or raw shredded beetroot

100ml cooked quinoa

125ml cooked brown rice

Step 6 - Make your own salad dressing with these ingredients

cold pressed extra virgin olive oil

cold pressed flaxseed oil

sesame oil

lemon or lime juice

crushed garlic

Step 6 continued

grated fresh ginger
tahini
balsamic vinegar
apple cider vinegar
wholegrain or Dijon Mustard
miso paste
tamari
almond butter
Himalayan pink rock salt
Ground pepper

Add sprouts or herbs to your salad for a nutrient boost
use parsley, dill, mint or coriander and mung beans, bean sprouts or green
salad sprouts