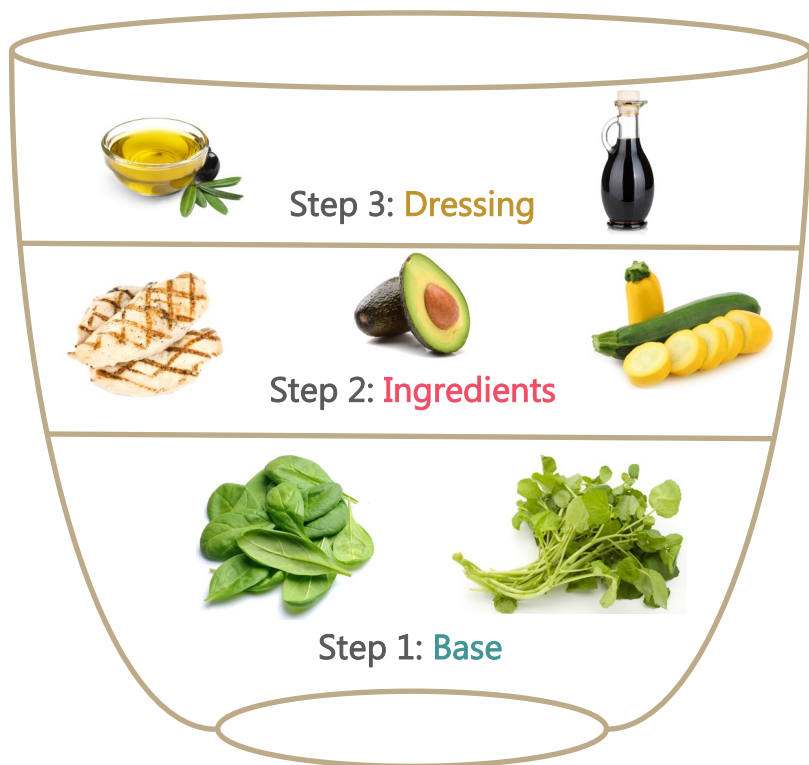


How to Build a Salad:



Talk to your CHN Nutritionist if you have more questions!

Dressing:

Oil:

- Avocado
- Olive
- Sesame seed

Acid:

- Apple cider vinegar
- Balsamic vinegar
- Rice wine vinegar

- Red wine vinegar
- Lemon juice
- Lime juice

Add-ons:

- Garlic
- Shallots
- Dijon mustard

Ingredients:

Veggies:

- Beets
- Bean sprouts
- Bell peppers
- Broccoli
- Carrots
- Cauliflower
- Celery
- Cucumber
- Green beans
- Mushrooms
- Onions
- Radishes
- Scallions
- Summer Squash
- Tomatoes
- Zucchini

Fruits:

- Apples
- Avocado
- Berries
- Clementine
- Dried Cranberries
- Figs
- Mango
- Orange
- Peach
- Pear
- Pomegranate seeds
- Raisins

Protein:

- Chicken
- Eggs
- Fish
- Beans (black, pinto)
- Chickpeas
- Edamame
- Lentils
- Almonds
- Pecans
- Walnuts
- Pumpkin seeds
- Low-fat cheese

Herbs:

- Basil
- Cilantro
- Mint

Base:

- Arugula
- Brussel Sprouts (shredded)
- Cabbage
- Collard Greens
- Kale
- Lettuce
- Mixed Greens
- Spinach
- Watercress