



## Welcome!

Let's be honest—salads have a reputation.  
Boring. Diet food. Something you "have" to eat.

Not here.

These salads are built to be real meals—satisfying, flavourful, and blood-sugar supportive. Every recipe includes protein, healthy fats, and fiber so you stay full, energized, and steady for hours. No picking at lettuce and wondering why you're hungry an hour later.

This isn't about tiny portions or sad side salads. It's about building a bowl that actually works for your body.

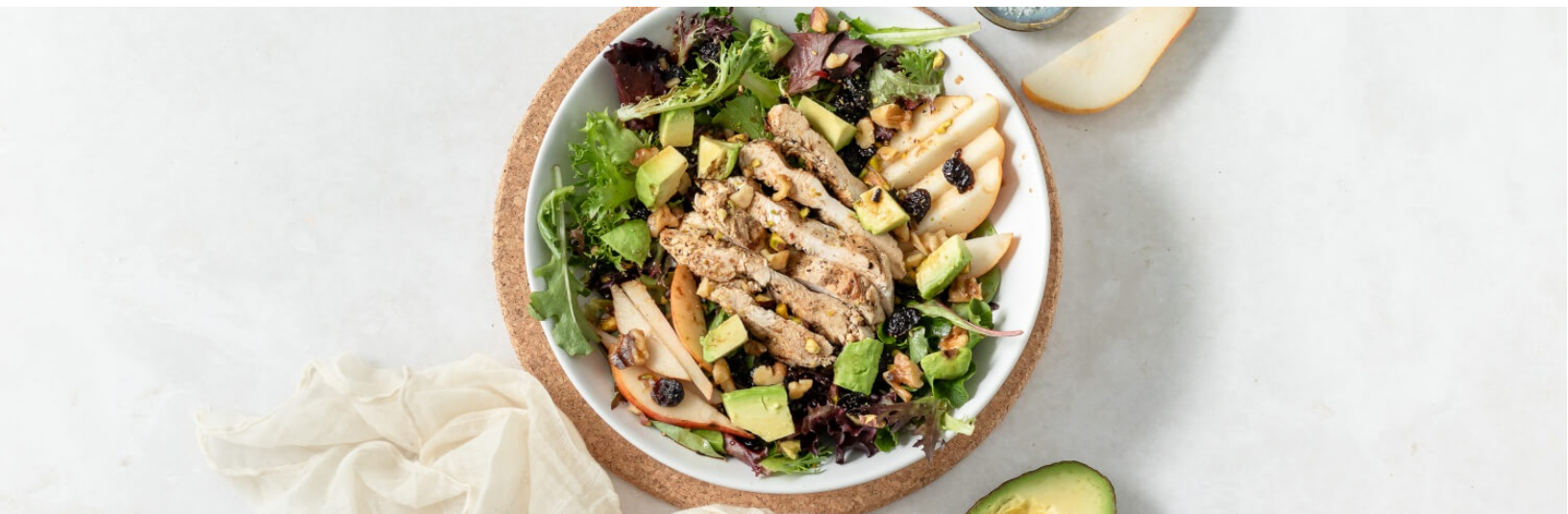
You'll notice flexibility woven throughout these recipes. Swap greens. Change the protein. Use what's in your fridge. Add extra crunch. Leave something out. Salads should feel abundant and customizable—not rigid or complicated.

Be sure to check the **Notes** section in each recipe for simple upgrades, pairing suggestions, and time-saving tips. Many of these can be prepped ahead so busy weeks feel easier and more supportive.

Most importantly, eat enough. A balanced salad should leave you comfortably full and satisfied—not grazing later because you didn't fuel properly. Serving sizes are guides, not rules. Your body is the best indicator.

Consistency over perfection. Nourishment over restriction. Flavour over fear.

**Here's to salads that actually love you back!**



## Balsamic Chicken & Pear Salad

2 servings

25 minutes

### Ingredients

- 1/4 cup Extra Virgin Olive Oil (divided)
- 8 ozs Chicken Breast (boneless, skinless)
- Sea Salt & Black Pepper (to taste)
- 4 cups Mixed Greens
- 1/2 Avocado (medium, cut into cubes)
- 1/4 cup Dried Unsweetened Cranberries
- 2 tbsps Pistachios (chopped)
- 2 tbsps Walnuts (chopped)
- 1 Pear (medium, sliced)
- 2 tbsps Balsamic Vinegar

### Nutrition

Amount per serving	
Fat	46g
Carbs	37g
Fiber	9g
Protein	31g

### Directions

- 1 Heat half of the oil in a cast-iron pan over medium heat. Season the chicken with salt and pepper, then place it into the pan. Cook for seven to eight minutes per side, or until cooked through. Remove and let it rest for five minutes before slicing.
- 2 Divide the mixed greens, avocado, dried cranberries, pistachios, walnuts, sliced pear, and sliced chicken evenly between bowls.
- 3 Drizzle the remaining oil into each bowl followed by the balsamic vinegar. Season with salt and pepper. Enjoy!

### Notes

**No Balsamic Vinegar:** Use apple cider vinegar or white wine vinegar.

**Additional Toppings:** Top with feta cheese or goat cheese.



## Classic Macaroni Salad

3 servings

1 hour

### Ingredients

- 1 cup Macaroni (dry)
- 1/4 cup Mayonnaise
- 1 1/2 tsps Dijon Mustard
- 1 stalk Celery (diced)
- 1 Carrot (medium, diced)
- 1/4 cup Red Onion (finely chopped)
- 1/2 Red Bell Pepper (large, diced)
- 2 tbsps Pickle (diced, optional)
- 1/4 cup Parsley (chopped)

### Nutrition

Amount per serving	
Fat	14g
Carbs	29g
Fiber	3g
Protein	5g

### Directions

- 1 Cook the pasta according to the package directions. Drain, rinse with cold water, and set aside.
- 2 In a large bowl, mix all the remaining ingredients together.
- 3 Add the pasta to the bowl. Mix well until everything is evenly coated in the dressing.
- 4 Chill in the refrigerator for at least 30 minutes before serving. Divide evenly between bowls and enjoy!

### Notes

**More Flavor:** Add blanched broccoli and/or cauliflower. Add salt, pepper to taste.



## Green Goddess Mason Jar Salad

2 servings

25 minutes

### Ingredients

- 1/4 cup Basmati Rice (dry, rinsed)
- 2 tbsps Green Goddess Salad Dressing
- 1 cup Frozen Edamame (thawed)
- 1/4 cup Broccoli (cut into florets)
- 1/4 Cucumber (medium, diced)
- 2 cups Mixed Greens
- 2 tbsps Hemp Seeds

### Nutrition

Amount per serving	
Fat	16g
Carbs	29g
Fiber	6g
Protein	15g

### Directions

- 1 Cook the rice according to the package directions. Let it cool to room temperature.
- 2 Layer the ingredients in a mason jar in the following order: Green Goddess dressing, edamame, broccoli, rice, cucumber, mixed greens, and hemp seeds
- 3 Seal the jar and refrigerate until ready to serve.
- 4 When ready to eat, shake well and dump into a bowl. Enjoy!

### Notes

**More Flavor:** Season with salt, pepper, or your choice of herbs and spices.



## Coleslaw with Poppy Seed Dressing & Chicken

3 servings

20 minutes

### Ingredients

2 cups Green Cabbage (shredded )  
2 cups Purple Cabbage (shredded )  
2 Carrot (thinly sliced)  
1 Apple (shredded)  
2 tbsps Pumpkin Seeds  
9 ozs Chicken Breast (cooked)  
Sea Salt & Black Pepper (to taste)  
1/3 cup Poppy Seed Dressing (like  
Renee's or homemade )  
2 tbsps Sunflower Seeds

### Directions

1 Combine all ingredients and refrigerate for 30 minutes to blend flavors.

### Notes

Save Time : Use a pre packaged coleslaw mix.

### Nutrition

Amount per serving	
Fat	21g
Carbs	30g
Fiber	7g
Protein	30g



## Creamy Cucumber Salad

4 servings

10 minutes

### Ingredients

- 1/2 cup Mayonnaise (plus 2 tbsp)
- 1 tbsp Red Wine Vinegar
- 1 tbsp Fresh Dill (chopped, plus extra for garnish)
- 1 tbsp Chives (chopped, plus extra for garnish)
- Sea Salt & Black Pepper (to taste)
- 1 1/2 Cucumber (sliced)
- 1/3 cup Shallot (thinly sliced)

### Nutrition

Amount per serving	
Fat	21g
Carbs	7g
Fiber	1g
Protein	1g

### Directions

- 1 In a large bowl, make the dressing by mixing the mayonnaise, vinegar, dill, chives, salt, and pepper together until well combined.
- 2 Add the cucumbers and shallots to the large bowl with the dressing and toss well.
- 3 Garnish with the extra dill and chives, if using, and enjoy!

### Notes

Additional Toppings: Pine nuts and/or pumpkin seeds.



## Mason Jar Salmon Salad

1 serving  
20 minutes

### Ingredients

- 1/4 tsp Sea Salt (divided)
- 5 ozs Salmon Fillet
- 1 tbsp Extra Virgin Olive Oil
- 1 tbsp Lemon Juice
- 1/2 tsp Dijon Mustard
- 1/2 Cucumber (sliced)
- 4 leaves Romaine (chopped)
- 1/2 Avocado

### Nutrition

Amount per serving	
Fat	38g
Carbs	19g
Fiber	10g
Protein	33g

### Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Add sea salt to the salmon and bake for 10 to 12 minutes or until cooked through and flaky. Once cooled, flake into pieces with a fork.
- 2 In the mason jar, whisk together the extra virgin olive oil, lemon juice, mustard and remaining sea salt. Add the cucumber, salmon and the romaine. Seal with a lid.
- 3 When ready to eat, shake well and dump into a bowl. Serve with 1/2 avocado. Enjoy!

### Notes

**Save Time:** Use canned salmon and skip step 1.

**More Flavor:** Add additional herbs or spices to the salmon.

**Additional Toppings:** Add additional veggies to the salad such as carrots, peppers or cabbage.



## Asian Chicken Chopped Salad

4 servings

15 minutes

### Ingredients

- 3 tbsps Rice Vinegar
- 1 1/2 tbsps Extra Virgin Olive Oil
- 1 tsp Sesame Oil
- 1 tsp Honey
- 1 tsp Ginger (grated)
- 1 Garlic (clove, minced)
- 1/4 cup Hoisin Sauce
- 1 tbsp Rice Vinegar
- 2 tsps Sriracha Sauce
- 2 tbsps Soy Sauce
- 1 tsp Ginger (grated)
- 1 lb Extra Lean Ground Chicken
- 8 1/16 ozs Water Chestnuts (drained and diced)
- 2 tbsps Cashews (chopped)
- 2 stalks Green Onion (thinly sliced)
- 1 head Boston Lettuce (chopped)
- 1 head Romaine Hearts (chopped)
- 2 Carrots (grated)
- 1/8 tsp Salt

### Nutrition

Amount per serving	
Fat	19g
Carbs	51g
Fiber	3g
Protein	24g

### Directions

- 1 For the dressing: In a small bowl, whisk together the vinegar, oils, honey, ginger, garlic, and salt and pepper to taste. Set the dressing aside.
- 2 For the chicken: In a medium bowl, whisk together the hoisin, vinegar, Sriracha, soy sauce, and ginger. Set aside.
- 3 Heat a medium skillet over medium-high heat. Spray with cooking spray then add the chicken and cook until browned and cooked through, 8 to 10 minutes.
- 4 Add the water chestnuts and cashews to the pan. Pour the reserved hoisin mixture on top and cook for 1 to 2 minutes to heat through. Stir in the scallions. Remove from the heat and set aside.
- 5 For the salad: In a large salad bowl, combine both of the lettuces and the carrots. Toss the salad with the dressing and divide in 4 bowls. Top each with 3/4 cup chicken mixture.
- 6 Serve immediately.



## Mango Avocado Chicken Salad

2 servings

55 minutes

### Ingredients

- 4 ozs Chicken Breast (boneless, skinless)
- 1/2 Avocado (large)
- 1 tbsp Lemon Juice
- 1 tbsp Extra Virgin Olive Oil
- 1/8 tsp Sea Salt
- 1/2 Red Bell Pepper (small, finely chopped)
- 1/8 Cucumber (deseeded and finely chopped)
- 2 stalks Green Onion (sliced)
- 1/4 Mango (finely chopped)
- 2 cups Baby Spinach

### Nutrition

Amount per serving	
Fat	16g
Carbs	15g
Fiber	6g
Protein	20g

### Directions

- 1 Bring a pot of water to a boil. Reduce to a gentle simmer, add the chicken and cover. Let it simmer until the chicken is cooked through, about 15 to 20 minutes. Remove the chicken from the pot and cut it into small cubes. Let it cool completely.
- 2 While the chicken cools, in a large mixing bowl, mash the avocado until only a few small chunks remain. Stir in the lemon juice, olive oil and salt.
- 3 Fold the red pepper, cucumber, green onion, mango and chicken into the avocado mixture until well combined. Season with additional salt or lemon juice if needed.
- 4 Divide spinach onto plates and top with chicken salad. Enjoy!

### Notes

**Meal Prep Option:** Cook the chicken ahead of time or use leftover cooked chicken from another meal. Mash the avocado and assemble just before serving to prevent the salad from turning brown.

**More Flavor:** Add minced garlic, fresh parsley, cilantro, black pepper or sunflower seeds.



## Creamy Broccoli Salad

2 servings

20 minutes

### Ingredients

2 cups Broccoli (chopped into florets)  
1 cup Frozen Edamame (shelled)  
2 stalks Green Onion (finely sliced)  
1/4 cup Almonds (chopped)  
2 tbsps Almond Butter  
1 1/2 tsps Rice Vinegar  
1 1/2 tsps Soy Sauce  
1 1/2 tsps Maple Syrup (or honey)  
1 1/2 tsps Sesame Oil  
1/2 Garlic (clove, minced)  
1 tbsp Water  
2 tbsps Sunflower Seeds

### Nutrition

Amount per serving	
Fat	30g
Carbs	26g
Fiber	11g
Protein	21g

### Directions

- 1 Bring a large pot of water to a boil and drop in your broccoli florets. Cover with a lid and boil for 2 - 3 minutes, or just until slightly tender. Strain and run under cold water.
- 2 Roughly chop the florets into pieces and add them to a large mixing bowl. Add in the green onion, edamame and chopped almonds.
- 3 For the Dressing: whisk together the almond butter, rice vinegar, soy sauce, maple syrup (or honey), sesame oil, garlic and water. Add more water if needed for desired consistency. Pour over the salad and toss well.
- 4 Sprinkle sunflower seeds over top of the salad and serve or let it sit for a few hours to blend flavors. Enjoy!

### Notes

**Meat Lover:** Add bacon.



## Cauliflower 'Potato' Salad

8 servings

35 minutes

### Ingredients

1 head Cauliflower (small, cut into very small florets)  
 3 Egg (hardboiled and chopped)  
 2 stalks Celery (chopped)  
 2 stalks Green Onion (chopped)  
 6 slices Bacon  
 1/2 cup Mayonnaise  
 2 tbsps Dijon Mustard  
 1/4 tsp Paprika  
 Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Fat	15g
Carbs	4g
Fiber	2g
Protein	6g

### Directions

- 1 Cook bacon. Meanwhile, place cauliflower pieces in a large pot and fill halfway with water. Bring to a boil and cook until cauliflower is just fork tender, about 3 minutes. Drain in a colander and let cool.
- 2 In a large bowl, combine chopped eggs, cauliflower, celery, bacon, green onions, mayonnaise, Dijon, and paprika. Stir until well combined and the cauliflower is fully coated.
- 3 Taste for seasoning and adjust with salt and pepper if desired. Serve immediately or cover and chill.

### Notes

**More Protein :** Serve with chicken, ham, or other meat.

**Leftovers:** Refrigerate in an airtight container for up to two days.

**Meal Prep:** Steam the cauliflower and hard boil the eggs ahead of time. Keep everything refrigerated until you're ready to make the salad.

**More Flavor:** Add chopped pickles, red onion and/or fresh parsley.



## Cobb Salad

2 servings

25 minutes

### Ingredients

2 Egg  
 2 slices Bacon  
 2 tbsps Extra Virgin Olive Oil  
 2 tbsps Lemon Juice  
 1/2 tsp Dijon Mustard  
 8 leaves Romaine (chopped)  
 7 ozs Chicken Breast, Cooked (chopped)  
 1/2 Cucumber (sliced)  
 2 stalks Green Onion (chopped, greens parts only)

### Nutrition

Amount per serving	
Fat	32g
Carbs	9g
Fiber	3g
Protein	42g

### Directions

- 1 Place the eggs in a saucepan and cover with water. Bring to a boil over high heat then turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes. Transfer the eggs to a bowl of cold water and let the eggs sit until cool enough to handle. Peel and slice.
- 2 Meanwhile, cook the bacon in a large pan over medium heat for about five minutes per side or until the bacon is cooked through and crispy. Transfer to a paper towel-lined plate to let the bacon cool slightly then chop into small pieces.
- 3 To a jar add the oil, lemon juice, and mustard. Shake to combine.
- 4 To serve, divide the romaine between plates and top with the chicken, egg, bacon, cucumber, and green onion. Drizzle the dressing on top. Enjoy!

### Notes

**More Flavor:** Add honey or maple syrup, dried herbs, fresh garlic, salt, and/or pepper to the dressing.

**Additional Toppings:** Cheese, olives, tomatoes, and/or avocado.

**No Romaine:** Use baby spinach or another salad green instead.



## Chicken Shawarma Salad

4 servings

30 minutes

### Ingredients

- 1 1/4 lbs Chicken Breast (diced into cubes)
- 1/2 tsp Sea Salt
- 1/2 tsp Black Pepper
- 1/2 tsp Cinnamon
- 1/2 tsp Turmeric
- 1 tbsp Cumin
- 2 tbsps Extra Virgin Olive Oil
- 1/4 cup Tahini
- 2 tbsps Water
- 1/2 Lemon (juiced)
- 8 leaves Romaine (chopped)
- 2 Tomato (diced)
- 1 Cucumber (diced)
- 1/4 cup Parsley (chopped)

### Nutrition

Amount per serving	
Fat	19g
Carbs	12g
Fiber	4g
Protein	37g

### Directions

- 1 Combine the diced chicken breast, sea salt, black pepper, cinnamon, turmeric, cumin and olive oil in a bowl. Toss well to coat.
- 2 Transfer the chicken into a skillet over medium heat. Cook for about 10 minutes, or until chicken is cooked through.
- 3 Meanwhile, combine the tahini, water and lemon juice together in a jar. Mix well and set aside.
- 4 Divide the romaine, tomatoes and cucumber into bowls and top with the cooked chicken breast. Drizzle tahini dressing over top and sprinkle with chopped parsley. Enjoy!

### Notes

Tahini : Sesame seed paste. Can be found in most grocery stores.



## Cleaned Up Chicken Salad

4 servings

30 minutes

### Ingredients

8 ozs Chicken Breast, Cooked  
2 stalks Celery (diced)  
1/2 cup Grapes (halved)  
4 cups Kale Leaves (finely sliced into ribbons)  
1/3 cup Slivered Almonds  
1 tbsp Hemp Seeds  
2 tbsps Dijon Mustard  
2 tbsps Extra Virgin Olive Oil  
1/2 Lemon (juiced)  
Sea Salt & Black Pepper (to taste)  
4 slices Whole Grain Bread (optional)

### Nutrition

Amount per serving	
Fat	18g
Carbs	24g
Fiber	6g
Protein	27g

### Directions

- 1 Shred your oven baked chicken breasts using a cheese grater and place in bowl. Then add celery, grapes, hemp hearts, slivered almonds and kale to bowl.
- 2 In a separate small bowl, combine mustard, lemon juice and olive oil. Stir well.
- 3 Add dressing to the bowl with chicken and toss well to coat. Season with salt and pepper. Serve with one slice of bread if using. Enjoy!

### Notes

**No Kale:** Use any lettuce or spinach instead.



## Pecan & Cranberry Shredded Chicken Salad

2 servings

40 minutes

### Ingredients

- 10 ozs Chicken Breast
- 1/4 cup Plain Greek Yogurt (or mayo)
- 1/2 Lime (medium, juiced)
- Sea Salt & Black Pepper (to taste)
- 1/3 cup Dried Unsweetened Cranberries
- 1/4 cup Pecans (chopped)
- 1/2 Cucumber (large, chopped)

### Nutrition

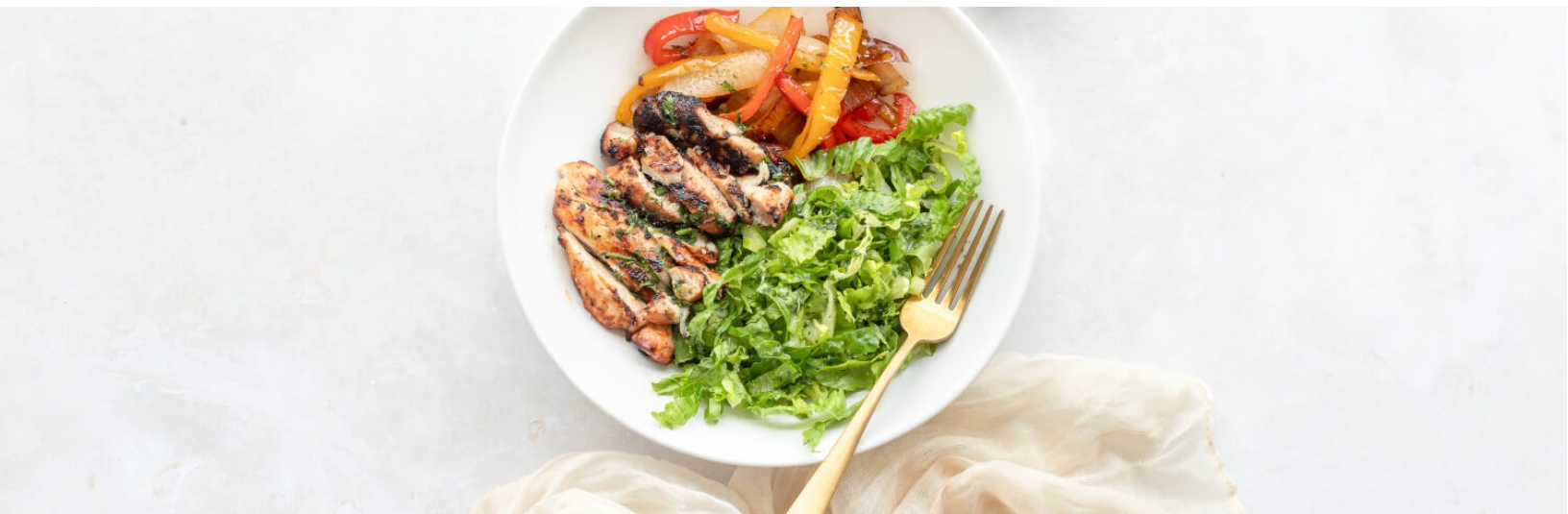
Amount per serving	
Fat	14g
Carbs	22g
Fiber	3g
Protein	36g

### Directions

- 1 Bring a pot of water to a boil and reduce to a gentle simmer. Add the chicken and cover. Let simmer until the chicken is cooked, about 15 to 20 minutes. Remove the chicken and transfer it to a bowl. Shred it into pieces using two forks and set it aside to cool.
- 2 In a bowl, whisk together the yogurt (or mayo), lime juice, salt, and pepper.
- 3 Add the remaining ingredients and toss to combine.
- 4 Taste and adjust the seasoning to your taste. Divide evenly between plates and enjoy!

### Notes

**More Flavor:** Add parsley and bacon.



## Grilled Chicken Fajita Salad

2 servings

35 minutes

### Ingredients

- 10 ozs Chicken Thighs (boneless, skinless)
- 2 tbsps Extra Virgin Olive Oil (divided)
- 1 Lime (small, juiced)
- 2 tbsps Fajita Seasoning
- 1 Red Bell Pepper (medium, sliced)
- 1 Yellow Bell Pepper (medium, sliced)
- 1/2 Yellow Onion (medium, sliced)
- Sea Salt & Black Pepper (to taste)
- 1 head Romaine Hearts (shredded)
- 1/4 cup Green Goddess Salad Dressing (provided on next page)

### Nutrition

Amount per serving	
Fat	33g
Carbs	22g
Fiber	4g
Protein	31g

### Directions

- 1 In a bowl, combine the chicken, half of the oil, lime juice, and fajita seasoning.
- 2 Preheat the grill to medium heat. Grill the chicken for seven to eight minutes per side or until cooked through. Let the chicken rest for five minutes before slicing.
- 3 While the chicken is cooking, heat the remaining oil in a pan on the other side of the grill. Add the bell peppers, onion, salt, and pepper. Sauté for 10 to 15 minutes or until tender and browned. Alternatively, use a grill basket and toss the vegetables in oil ahead of time.
- 4 Divide the lettuce, chicken, vegetables, and dressing evenly into bowls or plates. Enjoy!

### Notes

**Additional Toppings:** Shredded cheese and fresh herbs like parsley and cilantro.

**No Green Goddess Dressing:** Use cilantro lime dressing or fresh-squeezed lime juice instead.



## Green Goddess Dressing

3 servings

10 minutes

### Ingredients

- 1 Avocado (large)
- 1/2 cup Parsley (stems removed)
- 1 stalk Green Onion (trimmed, chopped)
- 1/4 tsp Sea Salt (to taste)
- 1 cup Water (divided)

### Nutrition

Amount per serving	
Fat	10g
Carbs	7g
Fiber	5g
Protein	2g

### Directions

- 1 Add the avocado, parsley, green onion, salt, and half the water into a food processor. Blend until smooth, scraping down the sides as needed.
- 2 Add more water, one tablespoon at a time until your desired consistency is reached. Enjoy!

### Notes

**More Flavor:** Add lemon juice, garlic powder, onion powder, black pepper, or cilantro. Substitute some of the water with extra virgin olive oil.



## Pear & Arugula Salad with Chicken

2 servings

35 minutes

### Ingredients

12 ozs Chicken Breast  
1/2 tsp Italian Seasoning  
1/8 tsp Sea Salt  
4 cups Arugula  
1 Pear (chopped)  
2 tbsps Red Onion (thinly sliced)  
1 tbsp Walnuts (finely chopped)  
3 tbsps Balsamic Vinegar

### Nutrition

Amount per serving	
Fat	7g
Carbs	21g
Fiber	4g
Protein	40g

### Directions

- 1 Preheat the oven to 400°F (204°C). Place chicken breasts in a baking dish and season with salt and Italian seasoning. Bake for about 25 minutes, or until the chicken is cooked through. Let the chicken rest for five to 10 minutes then cut it into slices.
- 2 Meanwhile, divide the arugula between plates and top with the pear, red onion, and chopped walnuts. Drizzle with the balsamic vinegar and top with the sliced chicken. Enjoy!

### Notes

**No Arugula:** Use baby spinach instead.

**No Pear:** Use apple instead.



## Chicken & Bacon Ranch Salad

4 servings

40 minutes

### Ingredients

- 1 lb Chicken Breast
- 2 tbsps Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 1/2 tsp Dried Parsley
- 1/2 tsp Dried Dill
- 10 leaves Romaine (chopped)
- 6 slices Bacon (Cooked)
- 1/2 cup Red Onion (small, thinly sliced)
- 2 cups Cherry Tomatoes (halved or quartered)
- 1/2 cup Ranch Dressing
- 2 Avocado (medium, cubed)

### Nutrition

Amount per serving	
Fat	48g
Carbs	29g
Fiber	10g
Protein	36g

### Directions

- 1 Preheat the oven to 400°F (205°C).
- 2 Place the chicken in a baking dish and drizzle with the oil and season with salt and pepper. Sprinkle the parsley and dill over the chicken and rub generously into the chicken. Transfer to the oven and bake for 20 to 25 minutes or until completely cooked through. Let cool slightly and then slice.
- 3 In a large bowl, combine the romaine, sliced chicken, bacon, onion, and tomatoes. Pour the ranch dressing over top and toss to combine. Add the avocado and gently toss.
- 4 Divide between bowls and enjoy!

### Notes

**Additional Toppings:** Chopped cucumber, fresh dill, and/or grated carrot.

**No Ranch Dressing:** Use your favorite dressing of choice.

**Leftover Chicken:** To save time, use leftover sliced chicken or turkey breast.



## Chicken Finger Salad

4 servings

35 minutes

### Ingredients

- 1 1/2 cups Bread Crumbs
- 1 tsp Sea Salt
- 1 tsp Garlic Powder
- 1/2 tsp Paprika
- 1/2 tsp Dried Parsley
- 2 Egg
- 1 lb Chicken Breast (boneless, skinless, cut into strips)
- 4 heads Romaine Hearts (chopped)
- 1 Red Bell Pepper (medium, sliced)
- 1/2 Cucumber (medium, chopped)
- 1/2 cup Red Onion (sliced)
- 1/4 cup Italian Dressing (divided)

### Nutrition

Amount per serving	
Fat	8g
Carbs	37g
Fiber	4g
Protein	35g

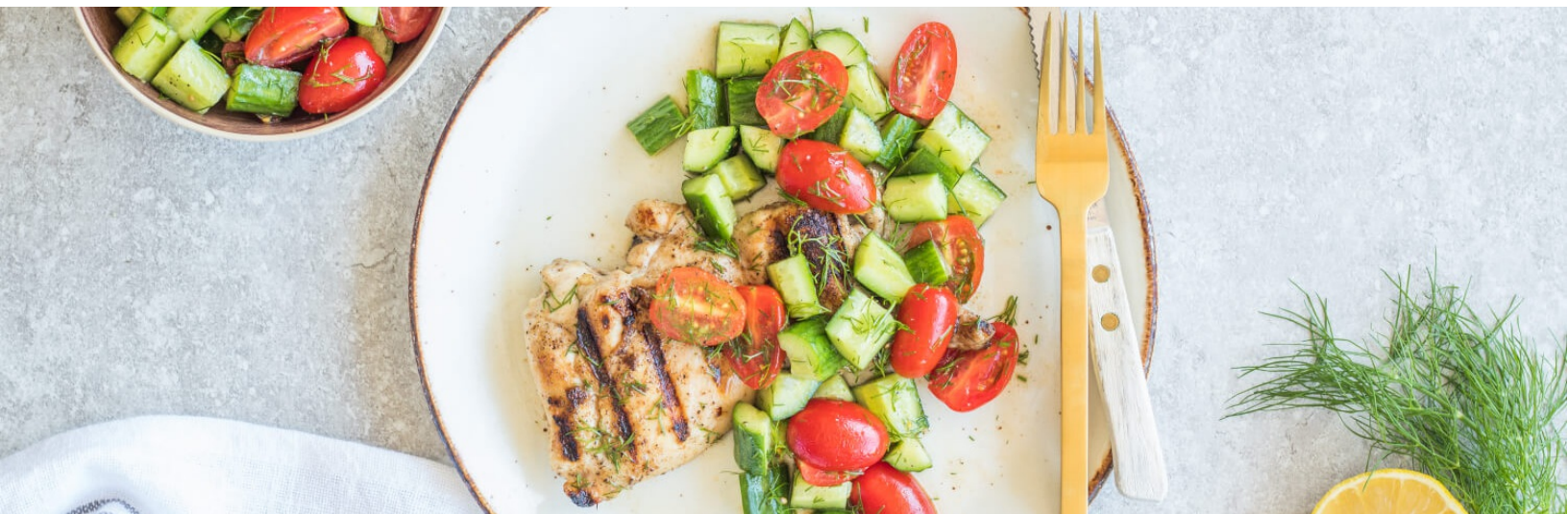
### Directions

- 1 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
- 2 In one bowl, combine the bread crumbs, salt, garlic powder, paprika, and parsley. In another bowl, whisk the eggs.
- 3 Dredge each chicken finger into the whisked eggs then into the bread crumbs. Place each chicken finger onto the baking sheet.
- 4 Cook for 20 to 25 minutes or until the chicken is crispy and cooked through, flipping halfway through.
- 5 To assemble, divide the romaine, bell peppers, cucumbers, and onions into bowls. Slice the chicken fingers and add them to each salad. Divide the evenly between bowls and enjoy!

### Notes

**Meal Prep:** Cool the chicken completely then place into a freezer bag or container for up to three months. To reheat, cook from frozen. Great to have on hand to add to a simple salad.

**No Italian Dressing:** Use another dressing of choice.



## Grilled Chicken with Cucumber Salad

2 servings

25 minutes

### Ingredients

8 ozs Chicken Thighs (boneless, skinless)  
Sea Salt & Black Pepper (to taste)  
1 tbsp Extra Virgin Olive Oil  
1 tbsp Lemon Juice  
1 cup Cherry Tomatoes (halved)  
1 Cucumber (medium, diced)  
1/4 cup Fresh Dill (chopped)

### Nutrition

Amount per serving	
Fat	12g
Carbs	9g
Fiber	2g
Protein	24g

### Directions

- 1 Preheat a grill or grill pan over medium heat.
- 2 Season the chicken with salt and pepper. Place on the preheated grill and cook for about eight to 10 minutes per side, or until cooked through and charred. Remove from the grill and let rest for two minutes.
- 3 Meanwhile, combine the oil, lemon juice, tomatoes, cucumber, and dill in a bowl. Season to taste and set aside.
- 4 Serve the grilled chicken alongside the cucumber salad. Enjoy!

### Notes

**More Flavor:** Add feta cheese and red onions to the salad.



## Chicken Caesar Mason Jar Salad

2 servings

15 minutes

### Ingredients

- 1/4 cup Quinoa (dry)
- 3 tbsps Caesar Dressing
- 8 ozs Chicken Breast, Cooked (shredded)
- 1/2 cup Cherry Tomatoes (halved)
- 1/4 Cucumber (large, chopped)
- 2 cups Mixed Greens
- 2 tbsps Almonds (coarsely chopped)
- 2 tbsps Parmigiano Reggiano (shaved, optional)

### Nutrition

Amount per serving	
Fat	12g
Carbs	24g
Fiber	4g
Protein	43g

### Directions

- 1 Cook the quinoa according to the package directions. Let it cool to room temperature.
- 2 Divide and layer the ingredients into mason jars in the following order: Caesar dressing, chicken breast, quinoa, cherry tomatoes, cucumber, mixed greens, almonds, and parmesan cheese, if desired.
- 3 Seal the jar and refrigerate until ready to serve.
- 4 When ready to eat, shake well and dump into a bowl. Enjoy!

### Notes

**More Flavor:** Season with salt, pepper, or your choice of herbs and spices.



## Orange Chicken Salad

2 servings

10 minutes

### Ingredients

- 1 Navel Orange (large)
- 1/2 Lime (juiced)
- 1 tsp Honey
- 1 tbsp Extra Virgin Olive Oil
- 1/2 tsp Sea Salt
- 2 cups Arugula
- 1 1/2 cups Radicchio (thinly sliced)
- 7 ozs Chicken Breast, Cooked (chopped)

### Nutrition

Amount per serving	
Fat	10g
Carbs	15g
Fiber	2g
Protein	32g

### Directions

- 1 Supreme the navel orange by using a sharp knife to slice the rind and peel off. Then cut the segments out from in between the membranes. Set the leftovers from the oranges aside.
- 2 Squeeze the juice from the set-aside leftover orange into a small bowl. Mix in the lime juice, honey, oil, and salt.
- 3 Add the arugula, radicchio, oranges, and chicken to a serving bowl and top with the dressing. Divide evenly between bowls and enjoy!

### Notes

**More Flavor:** Add shallot and dill to the dressing.



## Grilled Chicken & Peach Salad

2 servings

25 minutes

### Ingredients

- 10 ozs Chicken Breast (boneless, skinless)
- 2 tbsps Extra Virgin Olive Oil (divided)
- 1/4 cup Lime Juice (divided)
- 1/2 tsp Garlic Powder
- 1/2 tsp Sea Salt (divided)
- 2 cups Baby Spinach
- 2 cups Arugula
- 1 Peach (pitted, sliced)
- 1/4 cup Red Onion (sliced)

### Nutrition

Amount per serving	
Fat	18g
Carbs	14g
Fiber	3g
Protein	34g

### Directions

- 1 Preheat the grill over medium heat.
- 2 Add the chicken to a bowl along with half of the oil, half of the lime juice, garlic powder, and half of the salt. Mix to combine.
- 3 Place the chicken on the grill and cook for about five to six minutes per side or until cooked through. Remove the chicken from the grill and let it rest for five minutes before slicing.
- 4 To assemble, divide the spinach, arugula, peaches, onion, and sliced chicken into bowls and top with the remaining oil, lime juice, and salt. Enjoy!

### Notes

**Additional Toppings:** Fresh herbs like parsley, basil, and cilantro. Top with your favorite dressing instead of the oil and citrus mixture.



## Tropical Chicken Salad

2 servings

10 minutes

### Ingredients

- 1/4 cup Extra Virgin Olive Oil
- 1 1/2 tbsps Lime Juice
- 1/2 cup Cilantro
- 1 Garlic (clove, minced)
- 1/4 tsp Sea Salt
- 1 head Boston Lettuce (chopped)
- 6 ozs Chicken Breast, Cooked (shredded)
- 1/2 Mango (cubed)
- 1/2 Avocado (cubed)

### Nutrition

Amount per serving	
Fat	37g
Carbs	19g
Fiber	5g
Protein	28g

### Directions

- 1 Pour the olive oil into a blender and add the lime juice, cilantro, garlic, and salt. Blend until smooth.
- 2 Divide the lettuce onto plates. Top with chicken, mango, and avocado. Drizzle the dressing over everything. Enjoy!

### Notes

**More Flavor:** Add a spicy pepper such as jalapeño to the dressing.

**Additional Toppings:** Top with a crunchy topper such as tortilla chips for texture. Add sliced red onion to the salad.

**No Cilantro:** Use another herb such as parsley or basil.



## Strawberry Kiwi Salad with Chicken

2 servings

5 minutes

### Ingredients

- 1 1/2 tbsps Apple Cider Vinegar
- 1 1/2 tbsps Extra Virgin Olive Oil
- 1 1/2 tsps Maple Syrup
- Sea Salt & Black Pepper (to taste)
- 4 cups Mixed Greens
- 1 cup Strawberries (chopped)
- 2 Kiwi (peeled and chopped)
- 2 tbsps Sunflower Seeds
- 5 ozs Chicken Breast, Cooked (sliced)

### Nutrition

Amount per serving	
Fat	17g
Carbs	23g
Fiber	5g
Protein	26g

### Directions

- 1 In a small bowl combine the apple cider vinegar, oil, and maple syrup. Season with salt and pepper and stir well.
- 2 Divide the mixed greens between bowls and top with the chopped strawberries, kiwi, and sunflower seeds. Pour the apple cider vinegar dressing over top and mix well. Top with the chicken and enjoy!

### Notes

**Additional Toppings:** Cucumbers, red onion, red pepper, or other chopped vegetables. Add avocado or cheese.

**No Chicken:** Top with cooked shrimp, fish, or tofu instead.

**No Sunflower Seeds:** Use pumpkin seeds, hemp seeds, or chopped nuts instead.



## Avocado & Steak Salad

2 servings

30 minutes

### Ingredients

3 tbsps Extra Virgin Olive Oil (divided)  
8 ozs Flank Steak  
Sea Salt & Black Pepper (to taste)  
8 leaves Romaine (chopped)  
2 Tomato (quartered)  
1/4 cup Red Onion (thinly sliced)  
1 tbsp Lime Juice  
1/2 tsp Dijon Mustard  
1 Avocado (cubed)  
1/4 cup Cilantro (roughly torn)

### Nutrition

Amount per serving	
Fat	45g
Carbs	18g
Fiber	11g
Protein	29g

### Directions

- 1 Heat a cast-iron skillet over medium-high heat. Add 1/3 of the oil. Dry the steak well and season with salt and pepper. Place the steak in the pan and cook for about 18 to 20 minutes, flipping once. The timing will depend on how thick your steak is and your desired doneness. Remove, let rest for 10 minutes, and then slice against the grain and set aside.
- 2 In a large bowl, add the romaine, tomato, and red onion.
- 3 In a small bowl combine the remaining olive oil, lime juice, and mustard and season to taste with salt and pepper. Drizzle the dressing over the salad and toss to combine. Divide onto plates and top with the avocado, cilantro, and steak. Enjoy!

### Notes

**No Steak:** Use chicken, bacon, tempeh, chickpeas, or lentils instead.



## Pear & Arugula Salad with Chicken

2 servings

35 minutes

### Ingredients

12 ozs Chicken Breast  
 1/2 tsp Italian Seasoning  
 1/8 tsp Sea Salt  
 4 cups Arugula  
 1 Pear (chopped)  
 2 tbsps Red Onion (thinly sliced)  
 1 tbsp Walnuts (finely chopped)  
 3 tbsps Balsamic Vinegar

### Nutrition

Amount per serving	
Fat	7g
Carbs	21g
Fiber	4g
Protein	40g

### Directions

- 1 Preheat the oven to 400°F (204°C). Place chicken breasts in a baking dish and season with salt and Italian seasoning. Bake for about 25 minutes, or until the chicken is cooked through. Let the chicken rest for five to 10 minutes then cut it into slices.
- 2 Meanwhile, divide the arugula between plates and top with the pear, red onion, and chopped walnuts. Drizzle with the balsamic vinegar and top with the sliced chicken. Enjoy!

### Notes

**No Chicken:** Use salmon, shrimp, chickpeas, or tofu instead.

**No Arugula:** Use baby spinach instead.

**No Pear:** Use apple instead.

**More Fat:** Add extra virgin olive oil and mix with the balsamic vinegar.



## Cheeseburger Salad

2 servings

15 minutes

### Ingredients

8 ozs Extra Lean Ground Beef  
Sea Salt & Black Pepper (to taste)  
1/4 cup Mayonnaise  
1 tsp Yellow Mustard  
1 head Boston Lettuce  
1 cup Cherry Tomatoes (halved)  
2 ozs Cheddar Cheese (shredded)  
1/4 cup Red Onion (diced)  
1/4 cup Pickle (chopped)

### Nutrition

Amount per serving	
Fat	42g
Carbs	6g
Fiber	2g
Protein	30g

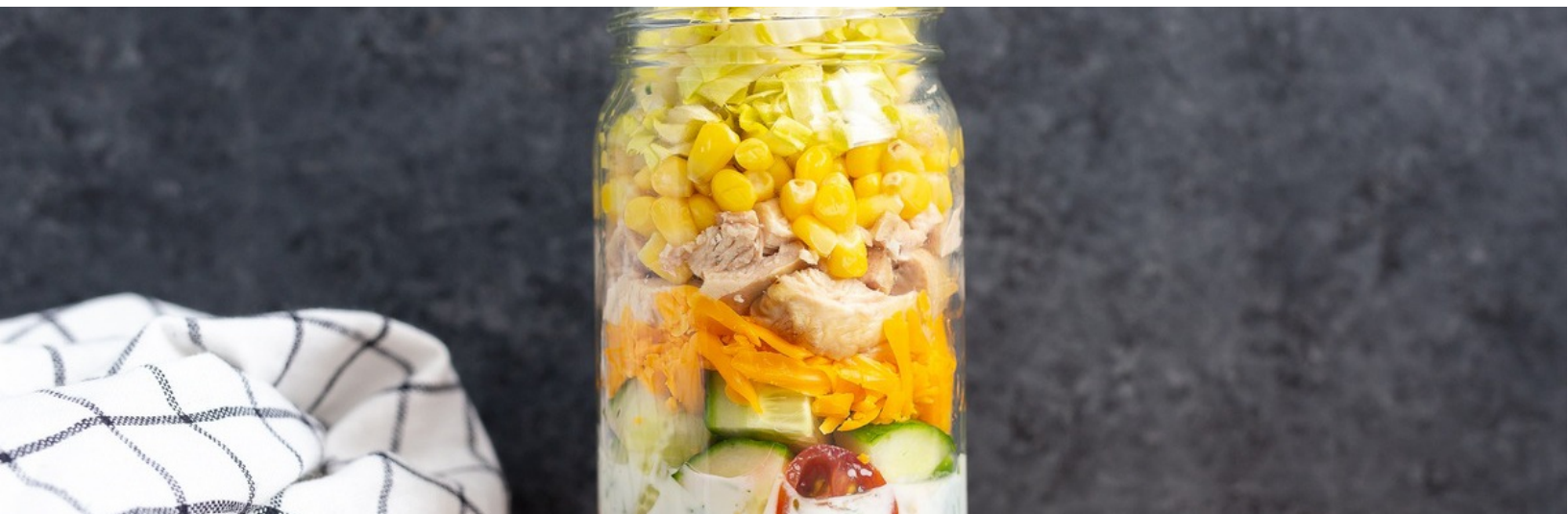
### Directions

- 1 Heat a non-stick pan over medium heat. Add the beef to the pan, breaking it up as it browns. Once it is cooked through and no longer pink, drain excess drippings from the pan if necessary and season with salt and pepper.
- 2 In a bowl, whisk together the mayonnaise and mustard.
- 3 Divide the lettuce, tomatoes, ground beef, cheese, red onion, and pickle between plates. Drizzle the dressing over top and enjoy!

### Notes

**More Flavor:** Add garlic to the ground beef.

**Additional Toppings:** Add sliced green onions.



## Chicken Ranch Mason Jar Salad

4 servings

15 minutes

### Ingredients

- 1/4 cup Mayonnaise
- 1/4 cup Milk
- 1 1/2 tbsps Lemon Juice
- 1/4 cup Fresh Dill
- 1/2 tsp Sea Salt (to taste)
- 1 cup Cherry Tomatoes (halved)
- 1 Cucumber (medium, chopped)
- 3 1/2 ozs Cheddar Cheese (shredded)
- 1 lb Chicken Breast, Cooked (chopped or shredded)
- 1 cup Corn
- 1/4 head Green Lettuce (chopped)

### Nutrition

Amount per serving	
Fat	23g
Carbs	14g
Fiber	2g
Protein	43g

### Directions

- 1 In a bowl, whisk together the mayo, milk, lemon juice, dill, and salt.
- 2 Divide the dressing evenly into jars. Top with equal amounts of tomatoes, cucumber, cheese, chicken, corn, and lettuce. When ready to eat, shake well and dump into a bowl. Enjoy!

### Notes

**Additional Toppings:** Minced garlic, fresh herbs, green onion, avocado, bell peppers, and/or mushrooms.

**No Chicken:** Use turkey breast or chickpeas instead.



## Chickpea Edamame Salad with Lemon & Dill

2 servings

10 minutes

### Ingredients

- 1/2 Lemon (juiced)
- 1 tbsp Avocado Oil
- 1 tsp Dijon Mustard
- 1 tsp Maple Syrup
- 2 tbsps Fresh Dill (chopped)
- 2 cups Baby Spinach (chopped)
- 1 cup Chickpeas (cooked)
- 1 cup Frozen Edamame (thawed)

### Nutrition

Amount per serving	
Fat	13g
Carbs	34g
Fiber	11g
Protein	17g

### Directions

- 1 In a large mixing bowl, whisk together the lemon juice, avocado oil, dijon, maple syrup and dill.
- 2 Toss in the spinach, chickpeas and edamame until well combined. Enjoy!

### Notes

**No Spinach:** Use mixed greens, arugula, kale or romaine lettuce instead.



## Thai Chopped Chicken Salad with Peanut Sauce

3 servings

30 minutes

### Ingredients

8 ozs Chicken Breast (skinless and boneless)  
 1/8 tsp Chili Powder  
 1/8 tsp Smoked Paprika  
 1/8 tsp Sea Salt  
 3 tbsps All Natural Peanut Butter  
 1 tbsp Soy Sauce  
 1 tsp Honey  
 1 tbsp Lime Juice  
 1 Garlic (clove, minced)  
 1 tsp Ginger (minced)  
 2 tbsps Water  
 3 cups Green Cabbage (chopped)  
 2 Carrot (shredded)  
 1/2 Red Bell Pepper  
 1/2 Mango (cubed)  
 3 stalks Green Onion (chopped)

### Nutrition

Amount per serving	
Fat	11g
Carbs	26g
Fiber	6g
Protein	23g

### Directions

- 1 Add the chicken to a small bowl and season with chili powder, smoked paprika and sea salt. In a skillet over medium heat, cook the chicken on both sides until cooked through, approximately 8 to 10 minutes. Remove, let cool slightly and then shred with two forks.
- 2 In a blender, add the peanut butter, soy sauce, honey, lime juice, garlic, ginger and water. Blend until smooth and creamy.
- 3 In a large bowl, add the cabbage, carrots, pepper, mango and green onions. Add the shredded chicken to the bowl and toss with the dressing. Serve and enjoy!

### Notes

**Additional Toppings:** Add chopped cilantro, crushed peanuts and/or sesame seeds.



## Lentil, Roasted Sweet Potato & Brussels Sprouts Salad

4 servings

30 minutes

### Ingredients

- 2 Sweet Potato (medium. sliced into 1 inch cubes)
- 4 cups Brussels Sprouts (washed and halved)
- 1 tbsp Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 1/4 cup Tahini
- 1 tbsp Maple Syrup
- 1/4 cup Water (warm)
- 1/4 tsp Cayenne Pepper (less if you don't like it spicy)
- 1/8 tsp Sea Salt
- 2 cups Green Lentils (cooked, drained and rinsed)
- 8 cups Baby Spinach (chopped)

### Nutrition

Amount per serving	
Fat	12g
Carbs	50g
Fiber	16g
Protein	17g

### Directions

- 1 Preheat the oven to 425°F (218°C). Line a large baking sheet with parchment paper.
- 2 Combine the diced sweet potato and brussels sprouts in a bowl. Add olive oil and season with sea salt and black pepper to taste. Toss well then spread across the baking sheet. Bake in the oven for 30 minutes or until both vegetables are cooked through and starting to brown.
- 3 While the vegetables roast, combine the tahini, maple syrup, water, cayenne pepper and sea salt in a jar. Seal with a lid and shake well to mix. Set aside.
- 4 Remove the roasted vegetables from the oven and place back in the mixing bowl. Add in the lentils. Mix well.
- 5 Divide spinach between bowls. Top with lentils and roasted vegetable mix. Drizzle with desired amount of dressing. Enjoy!

### Notes

**No Brussels Sprouts:** Use broccoli instead.

**No Lentils:** Use chickpeas, tempeh, or tofu instead.



## Grilled Cherry Salad with Goat Cheese & Balsamic Vinaigrette

4 servings

30 minutes

### Ingredients

- 2 tbsps Balsamic Vinegar
- 1/3 cup Extra Virgin Olive Oil
- 1/4 tsp Sea Salt
- 1/4 tsp Black Pepper
- 2 cups Cherries (pitted and halved)
- 4 cups Baby Spinach
- 1 cup Blueberries
- 1/3 cup Goat Cheese (crumbled)
- 1 cup Green Lentils (cooked, drained and rinsed)
- 1/2 cup Pecans (toasted)

### Nutrition

Amount per serving	
Fat	28g
Carbs	32g
Fiber	8g
Protein	9g

### Directions

- 1 Create your balsamic vinaigrette by combining balsamic vinegar, olive oil, sea salt and black pepper in a jar. Shake well and set aside.
- 2 Preheat grill with medium heat. Place your pitted and halved cherries in a bowl and add 2 tablespoons of the balsamic vinaigrette and toss well. Transfer cherries to a grill pan and grill until slightly charred (about 5 minutes).
- 3 Place baby spinach in a large salad bowl. Top with grilled cherries, blueberries, goat cheese, lentils and toasted pecans. Drizzle with desired amount of balsamic dressing and serve. Enjoy!

### Notes

**Serve it With:** Grill up some chicken breast or steak with your cherries to serve alongside the salad.

**Short on Time:** Add the cherries to the salad raw and skip step 2.



## Asparagus, Cucumber & Feta Salad with Balsamic Vinaigrette

4 servings

15 minutes

### Ingredients

6 cups Asparagus (trimmed and sliced in half lengthwise)  
3 tbsps Balsamic Vinegar  
2 tbsps Extra Virgin Olive Oil  
1 tbsp Dijon Mustard  
1 tbsp Maple Syrup  
1 Garlic (clove, minced)  
Sea Salt & Black Pepper (to taste)  
1 Cucumber (large, diced)  
2 cups Lentils (cooked, drained and rinsed)  
1/2 cup Slivered Almonds (toasted)  
1/2 cup Feta Cheese (crumbled)

### Nutrition

Amount per serving	
Fat	20g
Carbs	40g
Fiber	14g
Protein	21g

### Directions

- 1 Bring a large pot of water to a boil. Add the asparagus and boil for about 3 to 4 minutes or until tender. Strain the water off of the asparagus then place them in a bowl full of cold water. Set aside while you prepare the rest. (Note: You could also grill or roast the asparagus.)
- 2 Combine balsamic vinegar, olive oil, dijon mustard, maple syrup and minced garlic in a jar. Season with a pinch of sea salt and black pepper. Seal with a lid, shake rigorously and set aside.
- 3 In a large salad bowl combine asparagus, cucumber, lentils, slivered almonds and feta cheese. Add desired amount of dressing and toss well to combine. Divide into bowls and enjoy!

### Notes

**Nut-Free:** Use sunflower seeds instead of slivered almonds.

**No Lentils:** Use chickpeas or beans instead.



## Peach Mint Caprese Salad

2 servings

15 minutes

### Ingredients

- 1/2 cup Balsamic Vinegar
- 2 tbsps Maple Syrup (or honey)
- 2 cups Baby Spinach
- 1/4 cup Mint Leaves
- 2 Peach (sliced)
- 2 1/8 ozs Mozzarella Ball (sliced)
- 1/4 cup Almonds (crushed)

### Nutrition

Amount per serving	
Fat	16g
Carbs	45g
Fiber	5g
Protein	13g

### Directions

- 1 In a small saucepan over high heat, stir balsamic vinegar and maple syrup (or honey) and bring to a boil. Reduce heat and simmer until mixture is thick, about 15 minutes.
- 2 Meanwhile, divide spinach onto plates and arrange alternate slices of peach and mozzarella. Drizzle balsamic vinegar reduction overtop and sprinkle with crushed almonds and mint. Enjoy immediately.

### Notes

**Nut-Free:** Use hemp seeds instead of almonds.

**No Peaches:** Use tomato, zucchini, nectarine or plums instead.



## Watermelon Salad

2 servings

15 minutes

### Ingredients

- 1 tbsp Maple Syrup (or honey)
- 1/4 Lime (juiced)
- 1 tbsp Extra Virgin Olive Oil
- 1/8 tsp Sea Salt
- 1/4 Seedless Watermelon (diced into cubes)
- 1/2 Cucumber (diced)
- 1/2 cup Mint Leaves
- 1/2 cup Feta Cheese (crumbled)

### Nutrition

Amount per serving	
Fat	16g
Carbs	55g
Fiber	3g
Protein	10g

### Directions

- 1 In a small mason jar, combine maple syrup (or honey), lime juice, olive oil and salt. Cover with lid, shake to combine and set aside.
- 2 In a serving bowl, combine chopped watermelon, cucumber, mint and feta.
- 3 Divide into bowls and drizzle with desired amount of dressing. Enjoy!

### Notes

**More Protein:** Add edamame, ground flax, hemp hearts or serve with a grilled chicken breast.

**More Greens:** Add more fresh herbs, arugula or chopped basil.



## Potato & Egg Salad

4 servings

25 minutes

### Ingredients

3 cups Mini Potatoes (chopped)  
2 Egg  
1/4 cup Extra Virgin Olive Oil  
1 1/2 tbsps Apple Cider Vinegar  
1 1/2 tsps Dijon Mustard  
1/2 tsp Sea Salt  
1/2 cup Parsley (finely chopped)  
2 stalks Green Onion (green part only, chopped)

### Nutrition

Amount per serving	
Fat	16g
Carbs	21g
Fiber	3g
Protein	6g

### Directions

- 1 Bring a pot of salted water to a boil. Add the potatoes and cook for about 8 minutes until tender. Drain and let them cool slightly.
- 2 Meanwhile, bring a second pot of water to a boil. Hard boil the eggs. Cool, peel and separate the yolks from the egg whites. Finely chop the cooked egg whites.
- 3 In a large mixing bowl whisk together olive oil, vinegar, dijon mustard, salt, and cooked egg yolk. Fold in parsley, cooked potatoes, chopped egg whites, and green onion. Season with additional salt if needed. Serve chilled and enjoy!

### Notes

**More Flavor:** Add garlic, lemon juice, freshly ground black pepper, mint, basil or cilantro.

**Additional Toppings:** Top the salad with arugula, diced avocado, sunflower seeds or hemp seeds.



## Grilled Corn, Nectarine & Quinoa Salad

4 servings

30 minutes

### Ingredients

1/2 cup Quinoa (uncooked)  
 1 cup Water  
 2 ears Corn On The Cob (grilled or steamed and kernels removed)  
 2 Nectarine (pitted and cubed)  
 1/2 cup Red Onion (finely sliced)  
 1/2 Cucumber (diced)  
 1/2 cup Cilantro (chopped)  
 1/2 cup Mint Leaves (chopped)  
 1/2 Lemon (juiced)  
 2 Garlic (cloves, minced)  
 2 tbsps Extra Virgin Olive Oil  
 Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Fat	9g
Carbs	35g
Fiber	4g
Protein	6g

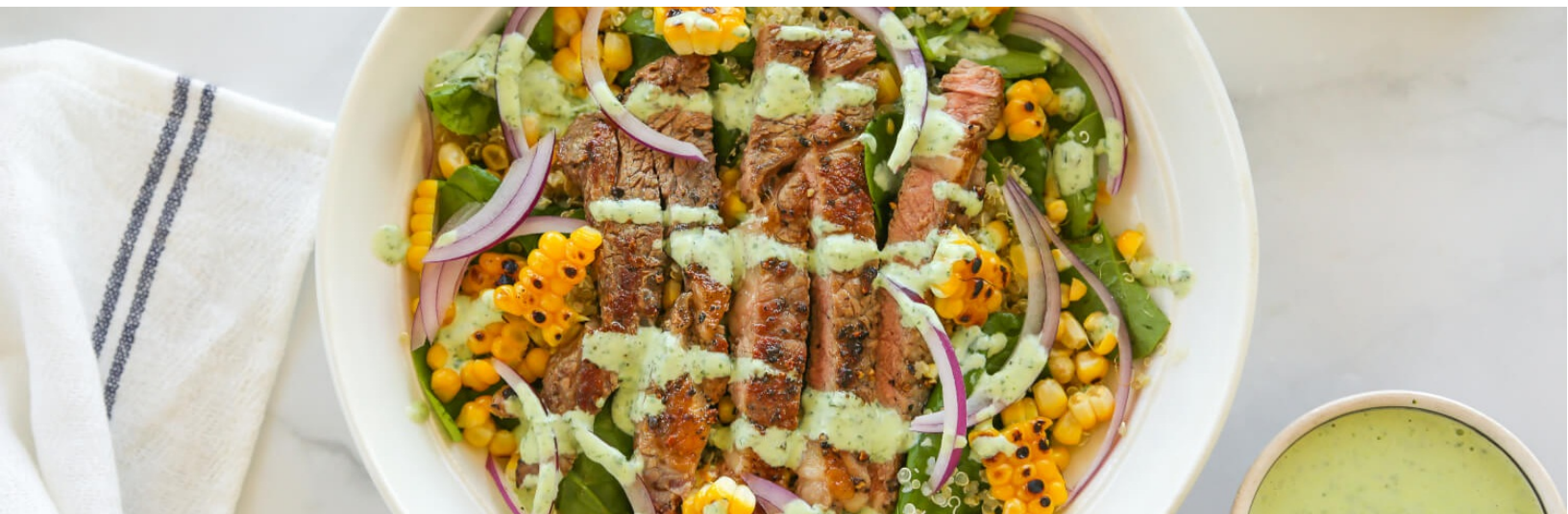
### Directions

- 1 Place quinoa in a saucepan with water and bring to a boil. Turn down to simmer and cover. Let simmer for 12 minutes. Remove from heat, stir with fork and set aside to cool.
- 2 Combine grilled corn, nectarine, red onion, cucumber, cilantro and mint in a large bowl. Add quinoa once cooled.
- 3 Prepare dressing by combining lemon juice, garlic, olive oil, sea salt and pepper.
- 4 Drizzle salad with desired amount of dressing and serve. Enjoy!

### Notes

**No Nectarines:** Used sliced peaches or plums instead.

**Short on Time:** Replace one ear of corn with about one cup of frozen or canned corn.



## Corn & Quinoa Salad with Steak

3 servings

30 minutes

### Ingredients

- 1/2 cup Quinoa (dry, rinsed)
- 1 ear Corn On The Cob
- 10 ozs Ribeye Steak, Boneless (room temperature)
- Sea Salt & Black Pepper (to taste)
- 3 cups Baby Spinach
- 1/3 cup Red Onion (thinly sliced)
- 1/4 cup Cilantro Lime Dressing

### Nutrition

Amount per serving	
Fat	26g
Carbs	29g
Fiber	3g
Protein	24g

### Directions

- 1 Cook the quinoa according to package directions. Set aside to cool.
- 2 Using a cast-iron pan or grill, remove the husk from the corn. Cook the corn over medium-high heat for about one to two minutes per side until lightly charred on all sides. Once it is cooked, remove it and let it cool before slicing the kernels off the cob.
- 3 Pat the steak very dry with paper towel. Season with salt and pepper.
- 4 Use the same skillet and cook the steak for 10 to 12 minutes, flipping and turning every two to three minutes, until a dark crust has formed on both sides and the steak is cooked to your liking. Remove and let rest for about 10 minutes.
- 5 Divide the quinoa, corn, spinach, and red onion evenly between plates. Top with the steak and cilantro lime dressing. Enjoy!

### Notes

**More Flavor:** Add cherry tomatoes.

**No Corn On The Cob:** Use canned corn instead.



## Peach & Sweet Potato Salad

3 servings

15 minutes

### Ingredients

- 1/4 cup Extra Virgin Olive Oil (divided)
- 1 Sweet Potato (medium, sliced into small cubes)
- 1 Peach (sliced)
- 1/4 tsp Sea Salt
- 1 tbsp Balsamic Vinegar
- 1 1/2 tsps Maple Syrup (or honey)
- 4 cups Baby Spinach
- 1/2 cup Cherry Tomatoes (halved)
- 1/4 cup Pistachios (shelled and chopped)
- 1/4 cup Goat Cheese (crumbled)

### Nutrition

Amount per serving	
Fat	25g
Carbs	22g
Fiber	4g
Protein	6g

### Directions

- 1 Heat 1/4 of the olive oil in a skillet over medium heat. Cook sweet potato for about 7 minutes, stirring occasionally. Add the peach slices. Cook until slightly browned and the sweet potatoes are tender, adding more oil if necessary.
- 2 In a bowl or mason jar, whisk together the remaining oil, salt, balsamic vinegar and maple syrup (or honey).
- 3 Divide spinach, sweet potato, peaches, tomatoes, pistachios and cheese into bowls. Drizzle with your desired amount of dressing. Enjoy!

### Notes

**No Peach:** Use nectarines, plums, pear or gala apples instead.

**No Goat Cheese:** Use feta or cashew cheese instead.