

# NUTRIVORE Salad-a-Day CHALLENGE

IT'S A SALAD A DAY, NO REALLY, THAT'S IT



BROUGHT TO YOU BY THE TEAM AT NUTRIVORE

## Copyright 2023<sup>©</sup> Nutrivore

No part of this publication may be reproduced, distributed, or sold in whole or in part, by any means, with or without financial gain, without the prior written consent of the author. The information contained in this book is for educational purposes only.

## Disclaimer

Always consult your healthcare provider before making any diet or lifestyle changes. The recommendations in this book are not intended to diagnose, treat, cure, or prevent any disease. By reading this book, you agree that Nutrivore is not responsible for your health relating to any information presented in this book. This book contains affiliate links to products or services on external websites. This means that Nutrivore receives a small commission when purchases are made at these sites without any increased cost to the buyer.

# Table of Contents

## [5](#) **PART 1: What is The Nutrivore Daily Salad Challenge?**

[5](#) Spoiler, it's a salad a day, no really that's it

## [6](#) **PART 2: Why Salads?**

[6](#) What Do We Mean by "Salad"?

[7](#) Greens: The Wizards Behind the Salad Curtain

[7](#) All About That Base: The Many Families of Greens  
(And Why Each One is Amazing!)

[8](#) Lettuce Family

[8](#) The Chicory Family

[9](#) The Beet Family

[9](#) Cruciferous Vegetable Family  
(AKA Brassica Vegetables)

[10](#) Umbellifer Family

[11](#) Mint Family

[11](#) Sprouts

[12](#) Microgreens

[13](#) Other Greens

[14](#) The Bottom Line

## [18](#) **PART 3: But, wait.. I have a specific health concern**

[18](#) How a Daily Salad Can Change Your Life

[18](#) Better Cognitive Health

[18](#) Lower Risk of Cardiovascular Disease

[18](#) Lower Risk of Breast Cancer

[19](#) Lower Risk of Lung Cancer

[19](#) Lower Risk of Colorectal Cancer

[19](#) Lower Risk of Stomach Cancer

[19](#) Lower Risk of Diabetes

[19](#) Lower Risk of Non-Alcoholic Fatty Liver Disease

[19](#) Better Gut Health

[20](#) Better Bone Health

[20](#) Lower Risk of Death from All Causes

[21](#) Leafy Green Family By Health Concern Family

## [23](#) **PART 4: The Nutrivore Salad a Day Challenge Made Even Easier**

[24](#) Nutrivore Salad Matrix

[26](#) Ingredient Salads

[27](#) Nutrivore DIY Spring Mix

[28](#) Super Nutrient Dense Salad Toppers

[29](#) Salad Dressing Cheat Sheet vinaigrette

[30](#) Salad Dressing Cheat Sheet creamy

[31](#) The Non-Chef Salad

[32](#) The Non-Chef Salad Shopping List

[33](#) The Highest Nutrivore Score Foods You Can  
Get at the Grocery Store

## [35](#) **PART 5: Recipes! (Not required, just here if you want them)** **SALADS**

[36](#) Asian Crunchy Noodle Salad

[37](#) Avocado Mango Seaweed Salad

[38](#) Broccoli and Kale Salad

[39](#) Bulgar Wheat Salad

[40](#) Caesar Salad

[41](#) Caprese Salad

[42](#) Chicken Waldorf Salad

[43](#) Citrus Fig and Walnut Salad

[44](#) Cobb Salad

[45](#) Creamy ColeSlaw

[46](#) Cucumber and Watercress Salad

[47](#) Garden Salad with italian vinaigrette

[48](#) Greek Salad

[49](#) Green Salad with Thai Style Dressing

[50](#) Grilled Corn Salad

[51](#) Kiwi Salad

[52](#) Lettuce Soup

[53](#) Pear, Fennel and Endive Salad

[54](#) Pickled Beets and Goat cheese Salad

[55](#) Roasted Beet and Beet Greens Salad

[57](#) Salad Smoothie

[58](#) Shaved Brussels Slaw with Hazelnuts, Apple, and Mint

[60](#) Simple Kale Salad

[61](#) Spicy Sardine Salad

[62](#) Strawberry Arugula Salad with Goat Cheese and Candied Pecans

[63](#) Strawberry Basil salad with toasted pecans

[64](#) Taco Salad

[65](#) Tuna Salad

[66](#) Watercress and Apple Salad with Candied Pecans and Goat Cheese

[67](#) Wilted Spinach Salad with Almonds and Cranberries

## DRESSINGS

[69](#) Blue Cheese Vinaigrette

[69](#) Ranch Dressing

[70](#) Honey Mustard

[70](#) Green Goddess

[70](#) Basic Vinaigrette

[70](#) Creamy Balsamic

[70](#) Thai style Salad Dressing

[70](#) Caesar Dressing

[70](#) Italian Vinaigrette

[71](#) Balsamic Reduction

## CRUNCHY TOPPERS

[73](#) Candied Nuts

[74](#) Cassava Flour Tortilla Strips

[75](#) Crispy Bacon and Bacon Bits

[76](#) Crunchy Chickpeas

[77](#) Crunchy Noodles

[78](#) Easy Pickled Shallots

[79](#) Garlic Herb Croutons

[80](#) Spicy Seeds

[81](#) Parmesan Crisps

[82](#) Toasted Quinoa

## 85 PART 7: Citations



## PART 1:

# What is The Nutrivore Daily Salad Challenge?

## Spoiler, it's a salad a day, no really that's it\*

The Nutrivore Salad-a-Day Challenge is exactly what it sounds like. Just eat a salad a day (in addition to the food you already eat, of course.) Any salad, really ANY SALAD, as long as it has a serving of greens (we will get into that later). You might be used to a food/diet-based challenge that has Yes and No food lists, complicated rules or a set time period. Sorry, not sorry, this challenge will be as uncomplicated as anything could be. And that is the point!

This challenge is inclusive, not only in terms of accommodating all diets and ways of eating, but also is easy on the wallet and schedule. There are no long shopping lists, no long hours required cooking specialty meals, and no rules to follow.

The overall concept of Nutrivore is simple. It is NOT a diet. That means no 'good' foods or 'bad' foods, no rules on when to eat, how much to eat or even what to eat. Nutrivore is a diet modifier, a philosophy, a tool.

So, no matter what diet you currently follow or don't follow for that matter, you can be a Nutrivore! Vegan Nutrivore? Paleo Nutrivore? Anti-diet Nutrivore? This challenge can benefit YOU, no matter what the rest of your diet looks like outside of this challenge. Mind-blowing, I know.

There's a myriad of food combinations that we can eat in a day that will supply the full complement of nutrients that our bodies need to thrive, but this does require nutrient awareness. So, while the concept of Nutrivore is straightforward, its successful practice requires both:

- unlearning many pervasive diet myths; and
- learning, from a fresh perspective, the inherent nutritional value of foods.

In its simplicity, this very rudimentary challenge can help you achieve both of these. And this is where that one serving of leafy greens comes into play...



## PART 2:

# Why Salads?

Most of us didn't grow up experiencing salad as the star of the show. More often, it came as an uninspiring side dish—something to power through (or pick around!) in order to get to the more exciting part of the meal. And it's really not salad's fault! This incredibly versatile dish rarely gets the attention or originality it deserves. In fact, if you don't currently think of yourself as a "salad person," that might just be because you haven't met the right salad for you.

But that's not all! Not only can salads be wildly creative and delicious; they're also one of the easiest ways to boost the nutritional quality of our diet. Salads pack such a massive fiber, micronutrient, and phytonutrient punch that even a little goes a long way. As we'll see shortly, eating just one salad per day is enough to create massive payoffs for our health.

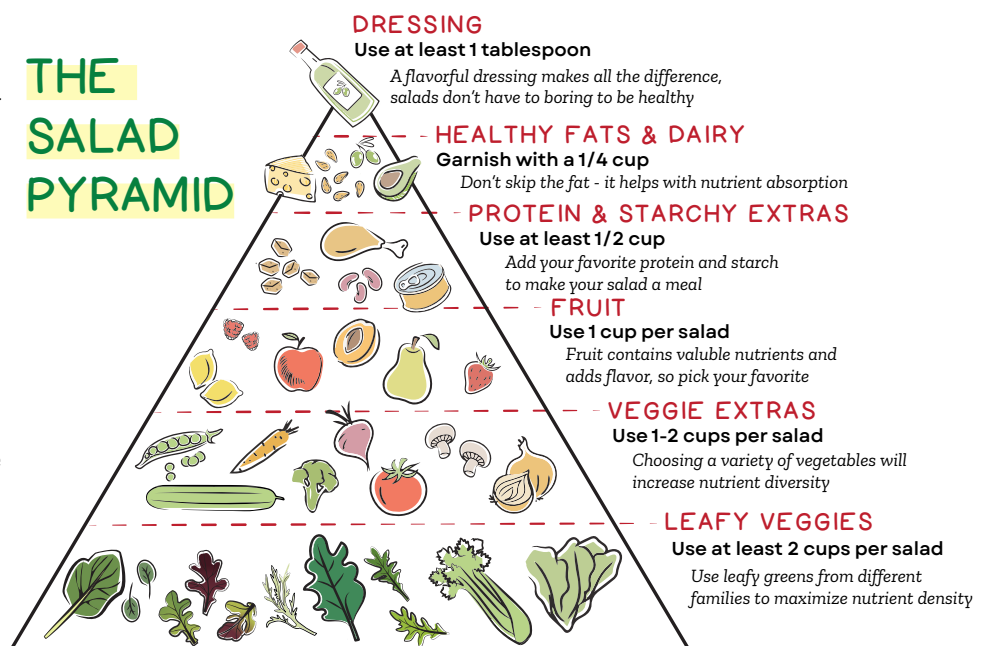
So, it's time to turn salad's reputation on its (lettuce) head! Let's take a look at the phenomenal benefits a daily salad habit can bring us, and how truly easy it is to reap them.

## What Do We Mean by "Salad"?

Before we get started, here's the million-dollar question: *what exactly counts as a salad, anyway?!*

The answer is probably much broader than you'd expect. A salad is simply anything with greens. It can be hot, it can be cold, it can be savory, it can be fruity, it can be cooked, it can be raw—it can be as simple as you desire, or as elaborate as your imagination can take you. The only hard-and-fast rule is that it contains some leafy vegetables!

And while greens usually line the bottom of the plate or bowl the salad is in (hence why they're often referred to as the base), there's no reason to adhere to tradition here. They can be layered on top, generously tossed in, blended (if you go the way of a green smoothie), and more. Your leafy veggies don't even actually need to be green (I'm looking at you, radicchio), although most options are. All that matters is that those leafy veggies are in there somewhere!



## Greens: The Wizards Behind the Salad Curtain

Although plenty of common salad ingredients are awesome (think: polyphenol-rich olive oil, nutrient-dense nuts and seeds, lycopene-rich tomatoes, vitamin C-rich peppers, and so many more!), greens are the true show-stoppers here. Whether leafy, bulky, bulbous, or somewhere between, green-colored veggies are the nutritional powerhouses that drive the health benefits associated with salads.

What makes greens so great? For starters, although they have fairly diverse micronutrient and phytonutrient profiles, greens also share some common features that contribute to their rockstar status. Those include:

- **Insoluble fiber**—promoting digestive health, blood sugar regulation, and a healthy gut microbiome
- **Abundant vitamin K1**—a critical vitamin for skeletal and cardiovascular health, including helping control blood clotting
- **Beta-carotene**—an antioxidant precursor to vitamin A, which plays important roles in vision and reproductive health
- **Folate**—an essential vitamin needed for cardiovascular and nervous system health
- **Sulfoquinovose**—a unique sugar found almost exclusively in green vegetables, and that feeds several key gut bacteria (such as *Eubacterium rectale*)
- **Chlorophyll**—the pigment that gives green veggies their color, and that possesses a number of anti-cancer properties (including binding to carcinogens so that your body can't absorb them, altering the activity of enzymes involved in carcinogen breakdown, and even blocking the absorption of heme—a component of red meat that's linked to colon cancer!)

Not surprisingly, these nutritional goodies translate to protective activity against a number of diseases. Speaking of which...

## All About That Base: The Many Families of Greens (And Why Each One is Amazing!)

No matter where a salad eventually goes, it always starts in the same place: the base! The base refers to the foundational leafy vegetables (in the loosest sense of the definition) that make a salad, well, a salad. And what you choose as a base not only steers the flavor direction of the salad; it also brings a whole slew of additional health benefits associated with specific plant families.

Here's a rundown of the major families of greens, and what makes each one so special!

## LETTUCE FAMILY

Lettuce is arguably the most famous of the salad bases—not surprising, given that these greens tend to be mildly flavored and compatible taste-wise with a smorgasbord of other ingredients. Lettuce was first cultivated for the purpose of harvesting oil from its seeds; the Ancient Egyptians were the first to begin using lettuce for its leaves!



Lettuces include:

- **Butterhead lettuce**
- **Green leaf**
- **Iceberg lettuce**
- **Oak**
- **Romaine**
- **Red leaf**
- **Summercrisp lettuce**

But, don't be fooled: just because lettuce is a salad commoner doesn't mean it's not jam-packed with nutrients! In fact, lettuces contain several incredibly unique, health-promoting compounds not found in other vegetables. These include a special carotenoid called lactucaxanthin, which demonstrates anti-diabetic activity, as well as the compounds lactucin and lactucopicrin, which have potent pain-reducing properties and gentle sleep-inducing effects!

*Wait! What about iceberg lettuce? You've probably heard rumors that iceberg lettuce is the nutritional equivalent of cardboard—barely supplying anything other than water and some fiber. Although it's true that iceberg lettuce doesn't pack quite the nutritional punch that other lettuces do (it has about a third of the nutrients per calorie of other lettuce types), it's still filled with fiber, vitamin K, and polyphenols. In fact, iceberg lettuce is more nutrient-dense than a number of other foods widely considered health promoting, such as blackberries and sockeye salmon. So, there's no need to avoid iceberg lettuce—especially if you enjoy its mild, crispy crunch!*

## THE CHICORY FAMILY

Although members of the chicory family can look like lettuces, they're actually a totally different plant group! These greens have a hearty texture and slightly bitter edge, and are great both raw and cooked.



Chicory family greens include:

- **Belgian endive**
- **Curly endive (Chicory greens or Frisée)**
- **Escarole**
- **Radicchio**



The most unique component of the chicory family is inulin—a type of prebiotic fiber with tremendous benefits for gut health (including boosting levels of the beneficial Bifidobacterium genus). Although most heavily concentrated in chicory root, inulin is also present in smaller amounts in the leaves of chicory family vegetables. So, every time your salad includes some chicory members, you're also feeding some vital inhabitants of your gut!

## THE BEET FAMILY

Also known as the amaranth family, the Beet family consists of a number of greens most people don't realize are related. However, they're united by a shared earthy, slightly salty, sometimes mildly bitter flavor.



Greens in the Beet family include:

- **Amaranth greens**
- **Beet greens**
- **Lambsquarters**
- **Rainbow Chard**
- **Swiss chard**

One of the standout features of the beet family is the presence of betalains—a group of phytonutrients that give many of these vegetables their unique coloration. For example, betalains are responsible for the burgundy hue in beet leaf stems, and the yellow, pink, or red color of Swiss chard stems!

Along with possessing powerful anti-inflammatory and antioxidant properties, betalains have been shown to support detoxification pathways, boost exercise performance, reduce blood sugar levels, protect against DNA damage, lower LDL cholesterol levels, support cognitive health, and even help protect against cancer.

## CRUCIFEROUS VEGETABLE FAMILY (AKA BRASSICA VEGETABLES)

Cruciferous veggies are known for their slightly bitter flavor and pungent aroma, as well as their incredible health benefits. Most cruciferous veggies are actually just different cultivars of two different Brassicaceae species, which is why many of them look so similar (ever notice how Brussels sprouts look like mini cabbages?!).



Cruciferous greens include:

- **Cabbage**
- **Mustard greens**
- **Garden cress**
- **Watercress**

- **Bok choy**
- **Collard greens**
- **Kale**
- **Arugula**
- **Gai lan (Chinese broccoli)**
- **Rapini (also called broccoli rabe)**
- **Broccoli and their leaves**
- **Brussels sprouts**
- **Kohlrabi leaves**

Cruciferous veggies are incredible sources of glucosinolates—sulfur-containing compounds that break down into isothiocyanates when damaged (via chewing, cutting, or other processing). Isothiocyanates have tremendous anti-cancer properties, including against bladder cancer, lung cancer, colon cancer, breast cancer, and pancreatic cancer. In fact, one particular isothiocyanate, sulforaphane, has become famous for its cancer-fighting activity, with studies showing it can block DNA mutations and stop cancer cells from multiplying!

## UMBELLIFER FAMILY

Also known as the parsley family or Apiaceae family, umbellifers are named for the umbrella-like stem structures called “umbels” that they form! This huge plant group actually contains over 3,700 species, many of which are used as herbs due to being delightfully aromatic and distinctively flavored.



Greens in the umbellifer family include:

- **Carrot tops**
- **Celery leaves**
- **Cilantro**
- **Dill**
- **Fennel**
- **Hogweed**
- **Lovage**
- **Parsley**
- **Smallage (wild celery)**

Umbellifers are known for containing apigenin—a type of flavone with wide-ranging protective effects against diabetes, Alzheimer’s disease, depression, insomnia, and cancer. It’s also shown antimicrobial activity against a number of pathogens, including many of the ones responsible for foodborne illness. And, umbellifers also contain phytonutrients called phthalides, which support cardiovascular health and can help reduce high blood pressure!

## MINT FAMILY

The mint family contains a wide variety of common herbs (that's right: fresh herbs count as a green!), many of which have been documented as far back as 25,000 BCE. These delicious, aromatic veggies can turn any salad into a delicacy!



Mint family greens include:

- Basil
- Lemon balm
- Lavender
- Marjoram
- Oregano
- Peppermint
- Rosemary
- Sage
- Spearmint
- Savory
- Tarragon
- Thyme

Members of the mint family are rich in volatile oils and an astounding number of phytonutrients. These include rosmarinic acid (a powerful anti-inflammatory and anti-cancer compound, with potential benefits for arthritis, colitis, and atopic dermatitis); ursolic acid (a triterpene compound that can improve insulin signaling, reduce heart tissue damage, fight inflammation, boost antioxidant levels in the brain, protect against muscle wasting, and block cancer growth), limonene (a monoterpene that exhibits anti-cancer, antioxidant, anti-inflammatory, pain-reducing, cardio-protective, liver-protective, anti-microbial, immune-modulating, and diabetes-reducing activity)... and many, many more!

## SPROUTS

Although not technically a single plant family, sprouts are well worth a mention here! Sprouts are the tender, early stems of germinated seeds—typically pale in color, because they haven't yet started producing chlorophyll and photosynthesizing. They can be grown from a huge variety of different plants: not only common vegetables, but also nuts, seeds, beans, legumes, and grains!



Some of the most common edible sprouts include:

- Adzuki bean sprouts
- Alfalfa sprouts
- Almond sprouts
- Amaranth sprouts
- Broccoli sprouts

- **Buckwheat sprouts**
- **Clover sprouts**
- **Fenugreek sprouts**
- **Garbanzo bean sprouts**
- **Green pea sprouts**
- **Kale sprouts**
- **Lentil sprouts**
- **Mung bean sprouts**
- **Mustard green sprouts**
- **Onion sprouts**
- **Soybean sprouts**
- **Sunflower sprouts**
- **Pumpkin sprouts**
- **Radish sprouts**
- **Sesame seed sprouts**
- **Watercress sprouts**
- **Quinoa sprouts**

Sprouts contain the bundle of nutrients seeds release upon sprouting, designed to help fuel the plant's growth. This makes them particularly rich in antioxidants, amino acids, vitamin K, and typically also folate, phosphorus, vitamin C, manganese, and magnesium.

While the exact phytonutrient and micronutrient content varies depending on the type of sprout, they tend to be extra-concentrated sources of the compounds present in the mature plant! For example, cruciferous sprouts like broccoli sprouts are extremely high in sulforaphane, while soybean sprouts are rich in isoflavones. On top of that, sprouts are low in anti-nutrients like phytates, tannins, and oxalates—making the minerals they contain highly bioavailable to us.

## MICROGREENS

Microgreens are the tasty small shoots of vegetables and herbs, picked right after the first leaves have developed. And, they happen to be outstanding additions to a salad! As with sprouts, microgreens come from numerous different plant families, and can often be eaten even when the fully mature leaves of the same vegetable aren't edible or appetizing.



Common microgreens include:

- **Cruciferous microgreens** (cauliflower, broccoli, watercress, radish, arugula, cabbage, mustard, kale, kohlrabi)
- **Lettuce microgreens**
- **Chicory family microgreens** (endive, chicory, radicchio)



- **Allium family microgreens** (garlic, onion, leek, chives)
- **Melon family microgreens** (melon, squash, cucumber)
- **Beet family microgreens** (amaranth, Swiss chard, beet, quinoa)
- **Umbellifer family microgreens** (dill, carrot, celery, fennel)
- **Mint family microgreens** (basil, marjoram, mint, rosemary, sage, oregano)

Along with having delicate textures and distinctive flavors, microgreens are bursting with nutritional goodness. In fact, microgreens are significantly more nutrient-dense than their fully grown counterparts—boasting around a 40% higher concentration of phytonutrients, along with impressive levels of chlorophyll, carotenoids, and many vitamins and minerals. Like sprouts, microgreens contain fewer anti-nutrients than mature plants, making it easier for our bodies to access the minerals they contain.

## OTHER GREENS

There are also a number of greens that don't fall into the more common plant families. Many of them grow wild, and are often considered weeds. But, while you might not want them in your garden, you'll definitely want them in your salad!



Some of these greens include:

- **Purslane** (which boasts the highest levels of omega-3 fats out of any green—4 mg of ALA per gram of fresh weight!)
- **Broadleaf plantain** (rich in anti-inflammatory compounds like terpenoids and flavonoids)
- **Pea greens, or pea shoots** (high in antioxidants and carotenoids, with a flavor and aroma resembling fresh peas)
- **Borage** (rich in gamma linoleic acid—a powerful anti-inflammatory fat that benefits rheumatoid arthritis and atopic dermatitis!)
- **Cat's ear, or flatweed** (a dandelion lookalike that's packed with antioxidants)
- **Ceylon spinach** (unrelated to beet family spinach!)
- **Water spinach** (also unrelated to beet family spinach!)
- **New Zealand spinach** (yep... still unrelated to beet family spinach!)
- **Chickweed** (a member of the carnation family, containing phytonutrients like phytosterols and saponins that have been shown to support digestion and healthy body composition)
- **Dandelion greens** (a cousin of lettuce that's chock full of iron, vitamin K, inulin, and an anti-diabetic phytonutrient called chlorogenic acid!)
- **Fiddlehead Ferns** (the furled fronds of young ferns, rich in vitamin C and carotenoids)
- **Fluted pumpkin leaves, or ugu** (native to West Africa, and extremely high in potassium and vitamin C)
- **Lamb's lettuce, or mâche** (a great source of the antioxidant zeaxanthin, as well as vitamin K, vitamin C, iron, and several B vitamins)
- **Sorrel** (very high in vitamin C, magnesium, and iron)
- **Spinach** (one of the most nutrient-dense leafy vegetable options, period!)
- **Sweet potato greens** (rich in the phytonutrients apigenin, lutein, and zeaxanthin)

## The Bottom Line

No matter how you slice it (or rather, fork it), salads are pretty fantastic. Along with being totally customizable to your personal preferences, they're nutrient-dense, science-verified superstars that offer a huge number of benefits. Turning a daily salad into a lifelong habit may be one of the best (and easiest!) things you can do for your health.

So, hop aboard the Nutrivore Salad-a-Day Challenge bandwagon! You'll be so glad you did.

# Leafy Greens Food List

## LETTUCE FAMILY

- Romaine
- Red leaf
- Green leaf
- Oak leaf
- Iceberg lettuce
- Summercrisp lettuce
- Butterhead lettuce (includes Boston & Bibb types)

## THE CHICORY FAMILY

- Belgian endive
- Curly endive (Frisée or Chicory greens)
- Escarole
- Radicchio

## THE BEET FAMILY

- Swiss chard
- Rainbow chard
- Beet greens
- Lambsquarters
- Amaranth greens

## CRUCIFEROUS VEGETABLE FAMILY

- Cabbage
- Mustard greens
- Garden cress
- Watercress
- Bok choy
- Collard greens
- Kale
- Arugula
- Gai lan (Chinese broccoli)
- Rapini (also called broccoli rabe)
- Broccoli and their leaves
- Brussels sprouts
- Kohlrabi

## UMBELLIFER FAMILY

- Parsley
- Carrot tops
- Celery
- Dill
- Fennel
- Cilantro
- Smallage (wild celery)
- Lovage
- Hogweed

## MINT FAMILY

- Basil
- Lemon balm
- Lavender
- Marjoram
- Oregano
- Peppermint
- Rosemary
- Sage
- Spearmint
- Savory
- Tarragon
- Thyme

## SPROUTS

- Broccoli sprouts
- Clover sprouts
- Alfalfa sprouts
- Sunflower sprouts
- Mung bean sprouts
- Garbanzo bean sprouts
- Adzuki bean sprouts
- Soybean sprouts
- Lentil sprouts
- Kale sprouts
- Green pea sprouts
- Radish sprouts
- Onion sprouts

- Fenugreek sprouts
- Mustard green sprouts
- Watercress sprouts
- Sesame seed sprouts
- Pumpkin sprouts
- Almond sprouts
- Buckwheat sprouts
- Quinoa sprouts
- Amaranth sprouts

## MICROGREENS

- Cruciferous microgreens (cauliflower, broccoli, watercress, radish, arugula, cabbage, mustard, kale, kohlrabi)
- Lettuce microgreens
- Chicory family microgreens (endive, chicory, radicchio)
- Allium family microgreens (garlic, onion, leek, chives)
- Melon family microgreens (melon, squash, cucumber)
- Beet family microgreens (amaranth, Swiss chard, beet, quinoa)
- Umbellifer family microgreens (dill, carrot, celery, fennel)
- Mint family microgreens (basil, marjoram, mint, rosemary, sage, oregano)

## OTHER GREENS

- Purslane
- Broadleaf plantain
- Pea greens, or pea shoots
- Borage
- Cat's ear, or flatweed
- Ceylon spinach
- New Zealand spinach
- Chickweed
- Dandelion greens
- Fiddlehead Ferns
- Fluted pumpkin leaves, or ugu
- Mâche
- Sweet potato greens
- Spinach
- Sorrel
- Water spinach



# Health Benefits of Each Leafy Green Family



## Lettuce Family

- Anti-diabetic activity
- Pain-reducing properties
- Helps with bone fractures
- Benefits gut health
- Supports sleep
- Anti-cancer (lung and stomach)



## Chicory Family

- Benefits gut health



## Beet Family

- Anti-inflammatory
- Supports detoxification
- Reduces blood sugar levels
- Lowers LDL cholesterol levels
- Supports cognitive health
- Protects against cancer



## Cruciferous Vegetable Family

- All cause mortality
- Anti-cancer properties
- Supports detoxification
- Cardiovascular health (stroke)
- Benefits gut health
- Anti-inflammatory
- Blocks DNA mutations



## Umbellifer Family

- Anti-diabetic activity
- Beneficial for Alzheimer's disease
- Beneficial for depression
- Beneficial for insomnia
- Anti-cancer properties
- Antimicrobial activity
- Cardiovascular health
- Benefits gut health



## Mint Family

- Anti-inflammatory
- Anti-cancer
- Pain-reducing
- Cardio-protective
- Liver-protective
- Anti-microbial
- Immune-modulating
- Diabetes-reducing activity

## PART 3:

# But, Wait.. I Have a Specific Health Concern

## How a Salad-a-Day Can Change Your Life

Move over, apples! A salad a day might really be what keeps the doctor away. In fact, this is one instance where frequency might be at least as important as quantity.

The scientific literature is teeming with evidence that frequent salad consumption can improve our health. The single act of increasing leafy veggie intake to daily or near-daily is enough to bring a whole slew of health benefits, affecting nearly every organ and system in the body! Here's just a sample of what the research shows a daily salad can do.

### BETTER COGNITIVE HEALTH

Salads could help protect against the cognitive decline that comes with aging! A prospective study from 2018 found that eating just 1.3 servings of green leafy vegetables per day is associated with the equivalent of being 11 years younger in cognitive age.

Likewise, a 2019 cross-sectional study found that for people 55 and older, eating some leafy greens every day (versus not eating them every day) is associated with a whopping 78% reduction in the risk of mild cognitive impairment!



### LOWER RISK OF CARDIOVASCULAR DISEASE

A daily salad is awesome for the heart! A prospective study from 2013 found that consuming 1.5 servings of leafy greens per day, versus 1.5 servings per week, is associated with a 17% lower risk of coronary heart disease.

### LOWER RISK OF BREAST CANCER

A daily salad could slash the risk of one of the most common cancers. A prospective study from 2012 tracked over 31,000 women and found that for every 50-gram increase in leafy greens consumption per day, the risk of developing breast cancer dropped by 15%. (For reference, 50 grams of kale is less than a cup!)

This same study found that participants eating over 56 grams of leafy vegetables daily had a 30% lower risk of developing breast cancer, compared to those eating less than 15 grams daily.

## LOWER RISK OF LUNG CANCER

For people at high risk of lung cancer, regularly eating salads can be enormously protective. A 1993 case-control study found that relative to eating no lettuce, eating lettuce more than three times per week reduced the risk of lung cancer by 49% among former and current smokers.

## LOWER RISK OF COLORECTAL CANCER

Upping those salad greens could protect against colorectal cancer! A case-control study from 2017 found that men with the highest versus the lowest intake of green vegetables had a 51% lower risk of developing colorectal cancer.

Similarly, in a 2004 prospective study of over 107,000 men and women, frequent leafy green vegetable consumption was associated with a 40% lower risk of death from rectal cancer.

## LOWER RISK OF STOMACH CANCER

Frequent salads can even protect against stomach cancer! In a 2006 prospective study of over 81,000 adults, those consuming at least three servings of green vegetables per week had a 36% lower risk of stomach cancer than those consuming less than half of a serving per week.

## LOWER RISK OF DIABETES

A daily salad habit can dramatically reduce the risk of diabetes. A cross-sectional study from 1999 found that compared to infrequent consumption of salad vegetables, eating salad vegetables daily or near-daily all year long was associated with an 84% lower risk of diabetes. (The all-year-long part is the key here: eating green veggies only during the summer didn't offer the same protection!)

And, a 2008 prospective study of over 71,000 nurses found that for every additional serving of leafy green vegetables consumed per day, diabetes risk dropped by 9%!

## LOWER RISK OF NON-ALCOHOLIC FATTY LIVER DISEASE

Eating a salad every day could protect against fatty liver disease. According to a cross-sectional study from 2021, eating leafy green vegetables at least seven times per week was associated with a 28% lower risk of developing non-alcoholic fatty liver disease, compared to almost never eating green vegetables.

## BETTER GUT HEALTH

Not surprisingly, a daily salad can boost gut health! In a 2022 study of rotational shift workers, dark leafy green consumption was associated with higher production of beneficial short-chain fatty acids in the gut.

## BETTER BONE HEALTH

Turning a salad into a daily habit can be a boon for bone health. A 2009 study of female college students found that daily consumption of green vegetables was associated with a five-fold lower risk of low bone mass, compared to not eating green vegetables daily!

A randomized controlled trial from 2020 found that among middle-aged and older individuals, consuming 200 grams of leafy green vegetables daily improved markers of bone formation—which, if continued, would be expected to boost long-term skeletal health.

## LOWER RISK OF DEATH FROM ALL CAUSES

There's even evidence that salads reduce the risk of all-cause mortality. A 2019 review found that for every 100 grams of green leafy vegetables or salad eaten per day (that's less than a quarter of a pound!), there was a 22% reduction in all-cause mortality.

(...And believe it or not, that's just scratching the surface of the protective effects green veggies deliver! Science is still uncovering new ways these amazing foods can benefit us.)

As you can see, these aren't crazy or impossible intakes of greens. Adding just a single salad to your daily diet can significantly impact your health and disease risk—provided the intake is consistent. In other words, what really pays off is making a habit out of eating salad, rather than trying to eat an overwhelming pile of greens each time!

All that being said, the impressive stats above are for green and leafy veggies as a generalized group. And while greens certainly have some shared features, they're far from a single entity. Greens belong to a wide variety of different plant families, all with their own distinctive flavors, phytonutrient profiles, micronutrient levels, and health benefits!



# Leafy Green Families by Health Concern



## Cognitive Health

- The Beet Family
- Umbellifer Family



## Cardiovascular Disease

- The Beet Family
- Umbellifer Family
- Cruciferous Vegetable Family



## Anti-Cancer

- Cruciferous Vegetable Family
- Mint Family
- Umbellifer Family
- Lettuce Family



## Anti-Diabetic

- Lettuce Family
- Mint Family
- Umbellifer Family
- The Beet Family



## Gut Health

- The Beet Family
- The Chicory Family
- Cruciferous Vegetable Family
- Lettuce Family
- Mint Family
- Umbellifer Family



## Detoxification

- The Beet Family
- Cruciferous Vegetable Family

## PART 4:

# The Nutrivore Salad-a-Day Challenge Made Even Easier

We're all about practical application here at Nutrivore; check out all these helpful guides and use the one's that best suit you. You may be asking yourself, can this challenge get any easier? Well, the answer is: Yes it can! From 4-ingredient salads, super simple shopping lists and much more, this challenge just went from easy to should this even be called a "challenge?"

## NUTRIVORE SALAD MATRIX + SALAD PYRAMID

This Nutrivore Salad Matrix is an extensive list of awesome salad ingredients split up into 7 categories. This matrix makes it so easy to build deliciously unique salads without having to overthink anything. You simply pick anywhere from 1 to 2 items from each grouping and you've got a yummy nutrient-dense salad. Want to make sure your salad is a complete meal? This matrix has that covered, too!

## 4-INGREDIENT SALADS

Don't want to think up your own combos? Want a variety of salads without having to think? Check out these 10 super easy 4-ingredient salads! Each 4-ingredient salad has a suggestion for dressing and optional toppers with recipes included in this book, or you can choose your favorite store-bought version.

## NUTRIVORE DIY SPRING MIX

Now, if you happened to read part 2, you might already be thinking how can I get the benefits of ALL the greens? The answer is to make your own totally awesome, super nutrient-dense spring mix of course! (Head back to Part 2, if you want to catch up on the benefits of greens). To make your own spring mix, pick one green from a minimum of 3 of these families and you will have created a delicious nutrient-dense base for your salads

## SUPER NUTRIENT-DENSE SALAD TOPPERS

Look at you, you overachiever. You are here to create the most nutrient-dense salad you can, and I am here for it! Pick just one or a few of these amazing salad toppers and take your salad up a notch in nutrient density.

## SALAD DRESSING CHEAT SHEETS

You can definitely grab any store-bought salad dressing(s) that you like for this challenge, but if you are into making your own, this is an easy way to do it! We've got instructions for creating both vinaigrette and creamy dressing - with tons of ingredient inspiration - and it's way easier than you think!

## THE NON-CHEF SALAD RECIPE

Some of us don't care if we eat the same thing everyday and/or we just don't have time to think about anything. If this is you, then this nutrient-dense salad, that takes literally ZERO prep time is a perfect fit! You're welcome.

## THE NON-CHEF SALAD SHOPPING GUIDE

Now this is taking this challenge to a whole new level of simplicity. Just take this list to the store and you'll have the perfect amount to make the non-chef salad seven times over.

# Nutrivore Salad Matrix

This Nutrivore Salad Matrix is an extensive list of awesome salad ingredients split up into 7 categories. This matrix makes it so easy to build deliciously unique salads without having to overthink anything. Simply pick anywhere from 1 to 2 items from each grouping, add in your favorite store-bought or homemade salad dressing, and you've got a yummy nutrient-dense salad! Want to make sure your salad is a complete meal? This matrix has that covered too!

Curious about the numbers you're seeing next to foods? This is the Nutrivore Score. The Nutrivore Score is a measurement of the total amount of nutrients per calorie a food contains. You can look up the Nutrivore Score of any food over on [Nutrivore.com](https://www.nutrivore.com).

## Leafy Veggies (CHOOSE 2 FROM DIFFERENT CATEGORIES)

Cruciferous Greens 4637	Lettuces 1953	Beet Family 5344	Fresh Herbs 2003	Chicory 2123	Other 3476	
<ul style="list-style-type: none"><li>• arugula</li><li>• broccoli rabe</li><li>• bok choy</li><li>• brussels sprouts</li><li>• cabbage</li><li>• collards</li><li>• kale</li></ul>	<ul style="list-style-type: none"><li>• kohlrabi greens</li><li>• mustard greens</li><li>• mizuna</li><li>• watercress</li></ul>	<ul style="list-style-type: none"><li>• bibb</li><li>• butterhead</li><li>• green leaf lettuce</li><li>• iceberg</li><li>• romaine</li><li>• red leaf lettuce</li></ul>	<ul style="list-style-type: none"><li>• beet greens</li><li>• rainbow chard</li><li>• swiss chard</li></ul>	<ul style="list-style-type: none"><li>• basil</li><li>• chives</li><li>• chervil</li><li>• cilantro</li><li>• dill weed</li><li>• lavender</li><li>• lemon balm</li><li>• parsley</li><li>• peppermint</li><li>• rosemary</li><li>• sage</li><li>• sorrel</li><li>• thyme</li><li>• tarragon</li></ul>	<ul style="list-style-type: none"><li>• belgian endive</li><li>• curly endive</li><li>• chicory greens</li><li>• escarole</li><li>• endive</li><li>• frisée</li><li>• radicchio</li><li>• witloof chicory</li></ul>	<ul style="list-style-type: none"><li>• celery</li><li>• dandelion</li><li>• pea shoots</li><li>• pumpkin sprouts</li><li>• radish sprouts</li><li>• spinach</li><li>• sunflower sprouts</li></ul>

## (CHOOSE 1-2) Veggie Extras

<b>Cruciferous 3740</b> <ul style="list-style-type: none"><li>• broccoli</li><li>• cauliflower</li><li>• daikon</li><li>• kohlrabi</li><li>• radish</li><li>• rutabaga</li><li>• turnips</li></ul>	<b>Mushrooms 2704</b> <ul style="list-style-type: none"><li>• cremini</li><li>• chanterelle</li><li>• enoki</li><li>• maitake</li><li>• morel</li><li>• oyster</li><li>• portobello</li><li>• shiitake</li><li>• white button</li></ul>
<b>Parsley Family 1422</b> <ul style="list-style-type: none"><li>• carrots</li><li>• celeraic</li><li>• celery</li><li>• fennel</li><li>• parsnip</li></ul>	<b>Alliums 2142</b> <ul style="list-style-type: none"><li>• garlic</li><li>• green onion</li><li>• leek</li><li>• onion</li><li>• red onion</li><li>• pearl onion</li><li>• scallion</li><li>• spring onion</li><li>• wild leek (a.k.a. ramp)</li></ul>
<b>Other Veggies 744</b> <ul style="list-style-type: none"><li>• artichoke</li><li>• asparagus</li><li>• bamboo shoots</li><li>• beet</li><li>• cucumber</li><li>• edible flowers</li><li>• fiddlehead ferns</li><li>• green beans</li><li>• hearts of palm</li><li>• jicama</li><li>• okra</li><li>• peas</li><li>• summer squash</li><li>• water chestnuts</li><li>• zucchini</li></ul>	<b>Nightshades 812</b> <ul style="list-style-type: none"><li>• cherry tomatoes</li><li>• cape gooseberries</li><li>• eggplant</li><li>• hot peppers</li><li>• sweet pepper</li><li>• tomatoes</li><li>• tomatillos</li></ul>

## (CHOOSE 1-2) Fruits

<b>Berries 489</b> <ul style="list-style-type: none"><li>• raspberries</li><li>• blackberries</li><li>• blueberries</li><li>• strawberries</li></ul>
<b>Citrus 391</b> <ul style="list-style-type: none"><li>• orange</li><li>• grapefruit</li><li>• tangerine</li><li>• lemon</li></ul>
<b>Rosaceae Family 244</b> <ul style="list-style-type: none"><li>• apples</li><li>• pears</li><li>• asian pear</li><li>• cherries</li><li>• peaches</li><li>• apricots</li></ul>
<b>Tropical Fruit 406</b> <ul style="list-style-type: none"><li>• mangoes</li><li>• grapes</li><li>• kiwi</li><li>• melon</li><li>• pomegranate</li><li>• pineapple</li></ul>
<b>Dried Fruit 226</b> <ul style="list-style-type: none"><li>• goji berries</li><li>• raisins</li><li>• apricots</li><li>• figs</li><li>• cranberries (sweet)</li><li>• sun dried tomatoes</li></ul>

## (CHOOSE 1) Healthy Fats & Dairy

<b>Nuts &amp; Seeds 276</b> <ul style="list-style-type: none"><li>• almonds</li><li>• brazil nuts</li><li>• cashews</li><li>• flax seeds</li><li>• hemp seeds</li><li>• hazelnuts</li><li>• pecans</li><li>• peanuts</li><li>• pine nuts</li><li>• pistachios</li><li>• pumpkin seeds</li><li>• poppy seeds</li><li>• macadamia nuts</li><li>• sunflower seeds</li><li>• sesame seeds</li><li>• walnuts</li></ul>	<b>Fats 201</b> <ul style="list-style-type: none"><li>• avocado</li><li>• coconut flakes</li><li>• olives</li></ul>
	<b>Dairy 149</b> <ul style="list-style-type: none"><li>• asiago</li><li>• blue cheese</li><li>• cheddar</li><li>• feta</li><li>• goat's cheese</li><li>• mozzarella</li><li>• parmesan</li><li>• pecorino romano</li><li>• sour cream</li></ul>

## (OPTIONAL) Condiments

<ul style="list-style-type: none"><li>• aioli</li><li>• anchovies</li><li>• bacon bits</li><li>• capers</li><li>• cassava chips</li><li>• guacamole</li><li>• fermented beets</li><li>• kimchi</li></ul>	<ul style="list-style-type: none"><li>• mustard</li><li>• mayo</li><li>• pickled shallots</li><li>• pico de gallo</li><li>• plantain chips</li><li>• preserved lemon</li><li>• sauerkraut</li><li>• tortilla chips</li></ul>
----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

## MAKE IT A MEAL (OPTIONAL)

### Starchy Extras (CHOOSE 1)

#### Root Veggies 701

- acorn squash
- butternut squash
- cassava
- delicata squash
- jerusalem artichoke
- jicama
- kabocha squash
- lotus root
- potato
- pumpkin
- sweet potato
- spaghetti squash
- yam

#### Grains & Pseudograins 156

- barley
- corn
- chia
- quinoa
- rice

### Protein (CHOOSE 1)

#### Seafood 695

- calamari
- crab
- clam
- fish
- oyster
- salmon
- sardine
- scallops
- shrimp
- tuna

#### Meat & Eggs 352

- beef
- chicken
- duck
- eggs
- lamb
- pork
- turkey

#### Legumes 389

- adzuki beans
- black beans
- cannellini beans
- edamame
- garbanzo beans
- fava beans
- kidney beans
- lima beans
- lentils
- pinto beans
- tofu

## The Salad Pyramid

### DRESSING

Use at least 1 tablespoon

*A flavorful dressing makes all the difference, salads don't have to be boring to be healthy*

### HEALTHY FATS & DAIRY

Garnish with a 1/4 cup

*Don't skip the fat - it helps with nutrient absorption*

### PROTEIN & STARCHY EXTRAS

Use at least 1/2 cup

*Add your favorite protein and starch to make your salad a meal*

### FRUIT

Use 1 cup per salad

*Fruit contains valuable nutrients and adds flavor, so pick your favorite*

### VEGGIE EXTRAS

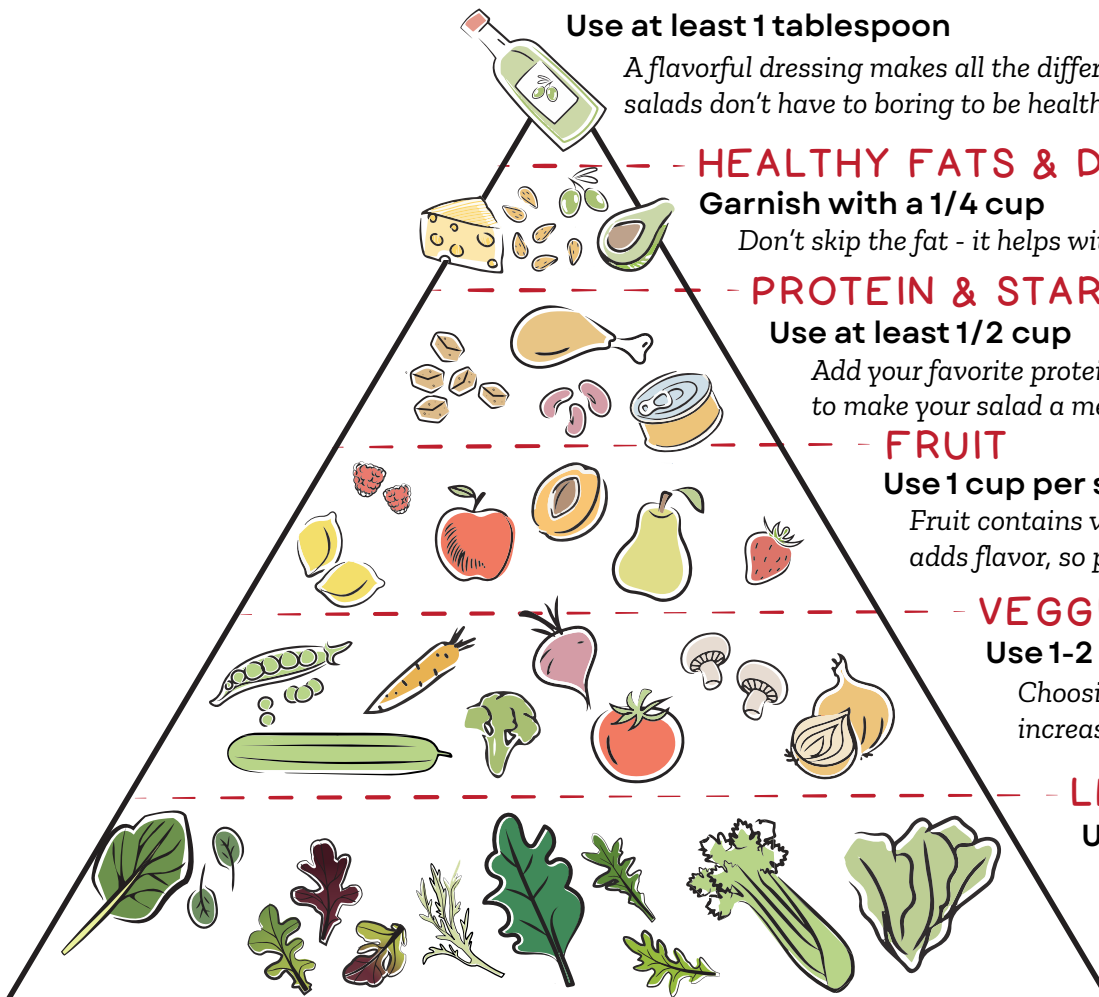
Use 1-2 cups per salad

*Choosing a variety of vegetables will increase nutrient diversity*

### LEAFY VEGGIES

Use at least 2 cups per salad

*Use leafy greens from different families to maximize nutrient density*



# 4-Ingredient Salads

Don't want to use the matrix to think up your own combos? Want a variety of salads without having to think? Check out these 10 super easy 4 ingredient salads! You can find the recipes for these salad dressing and toppings in this book, or there is nothing wrong with just picking up your favorites at the store. Pro tip: use this as your shopping list.

<p><b>LEAFY GREENS</b></p> <ul style="list-style-type: none"> <li>• Iceberg 773</li> <li>• Kale 4233</li> <li>• Spinach 4548</li> <li>• Red Leaf Lettuce 2684</li> <li>• Romaine 2128</li> </ul>	+	<p><b>VEGGIE EXTRAS</b></p> <ul style="list-style-type: none"> <li>• Celery 767</li> <li>• Carrots 899</li> <li>• Tomatoes 983</li> <li>• Cucumbers 472</li> <li>• Mushrooms 2704</li> </ul>	+	<p><b>FRUIT</b></p> <ul style="list-style-type: none"> <li>• Apples 213</li> <li>• Cranberries 288</li> <li>• Sun dried tomatoes 655</li> <li>• Oranges 418</li> <li>• Strawberries 762</li> </ul>	+	<p><b>HEALTHY FAT &amp; DAIRY</b></p> <ul style="list-style-type: none"> <li>• Avocado 291</li> <li>• Walnuts 303</li> <li>• Goat Cheese 128</li> <li>• Olives 164</li> <li>• Parmesan 127</li> </ul>
--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	---	----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	---	----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	---	-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

All recipes make a salad for one person.

SALAD 1	SALAD 2	SALAD 3	SALAD 4	SALAD 5
<ul style="list-style-type: none"> <li>• 1/2 half head romaine or 1 romaine heart</li> <li>• 1-2 stalks celery</li> <li>• 1 small apple</li> <li>• small handful of walnuts</li> </ul> <p><b>DRESSING:</b> Honey Mustard (p70)</p> <p><b>TOPPING (OPTIONAL):</b> Bacon Crumble (p 75)</p>	<ul style="list-style-type: none"> <li>• 2 C spring mix</li> <li>• 5 mushrooms</li> <li>• 3 sun dried tomatoes</li> <li>• 1.5 ounces goat's cheese</li> </ul> <p><b>DRESSING:</b> Italian Vinaigrette (p70)</p> <p><b>TOPPING (OPTIONAL):</b> Pickled shallot (p 78)</p>	<ul style="list-style-type: none"> <li>• 1/2 head iceberg</li> <li>• 1 small cucumber</li> <li>• 1 apple</li> <li>• 1.5 ounces parmesan</li> </ul> <p><b>DRESSING:</b> Green Goddess</p> <p><b>TOPPING (OPTIONAL):</b> Garlic Herb Croutons (p 79)</p>	<ul style="list-style-type: none"> <li>• 2 C kale</li> <li>• 1 large carrot</li> <li>• A small handful of cranberries</li> <li>• small handful of walnuts</li> </ul> <p><b>DRESSING:</b> Vinaigrette (p 70)</p> <p><b>TOPPING (OPTIONAL):</b> Parmesan Crisps (p 81)</p>	<ul style="list-style-type: none"> <li>• 2 C spinach</li> <li>• 1/4 small red onion</li> <li>• 1 apple</li> <li>• 1.5 ounces goat cheese</li> </ul> <p><b>DRESSING:</b> Honey mustard (p 70)</p> <p><b>TOPPING (OPTIONAL):</b> Toasted Quinoa (p 82)</p>
SALAD 6	SALAD 7	SALAD 8	SALAD 9	SALAD 10
<ul style="list-style-type: none"> <li>• 2 C spring mix</li> <li>• 1 large carrot</li> <li>• 3 sun dried tomatoes</li> <li>• a handful of olives</li> </ul> <p><b>DRESSING:</b> Thai Style (p 70)</p> <p><b>TOPPING (OPTIONAL):</b> Spiced Seeds (p80)</p>	<ul style="list-style-type: none"> <li>• 2 C spinach</li> <li>• 1/2 C strawberries</li> <li>• 1/2 avocado</li> <li>• 1/4 small red onion</li> </ul> <p><b>DRESSING:</b> Vinaigrette (p70)</p> <p><b>TOPPING (OPTIONAL):</b> Toasted Quinoa (p80)</p>	<ul style="list-style-type: none"> <li>• 1/2 head romaine or 1 romaine heart</li> <li>• 1-2 stalks celery</li> <li>• A small handful of walnuts</li> <li>• 1 orange</li> </ul> <p><b>DRESSING:</b> Thai Style (p 70)</p> <p><b>TOPPING (OPTIONAL):</b> Parmesan Crisps (p81)</p>	<ul style="list-style-type: none"> <li>• 1/2 head iceberg lettuce</li> <li>• 1/4 small red onion</li> <li>• 3 sun dried tomatoes</li> <li>• 1.5 ounces goat cheese</li> </ul> <p><b>DRESSING:</b> Italian Vinaigrette (p 70)</p> <p><b>TOPPING (OPTIONAL):</b> Crunchy Chickpeas (p 76)</p>	<ul style="list-style-type: none"> <li>• 2 C kale</li> <li>• 1/2 avocado</li> <li>• 1 small apple</li> <li>• 1.5 ounces parmesan</li> </ul> <p><b>DRESSING:</b> Honey Mustard (p 70)</p> <p><b>TOPPING (OPTIONAL):</b> Candied Nuts (p 73)</p>



# Nutrivore DIY Spring Mix

Now, if you happened to read part 2 (on pg 6), you might already be thinking how can I get the benefits of ALL the greens? Make your own totally awesome super nutrient-dense spring mix of course! (if you did not read part 2, you are missing out!)

Just pick one from either 3, 6 or all 9 of these leafy greens families and you will have created the most nutrient-dense base for your salads. Want to get even more creative? Play tic tac toe and choose from every family corresponding to a square marked off by the winner!

<p><b>LETTUCE FAMILY</b></p>	<p><b>CRUCIFEROUS VEGETABLE FAMILY</b></p>	<p><b>THE BEET FAMILY</b></p>
<ul style="list-style-type: none"> <li>• Romaine</li> <li>• Red leaf</li> <li>• Green leaf</li> <li>• Oak</li> <li>• Iceberg lettuce</li> <li>• Summercrisp lettuce</li> <li>• Butterhead lettuce</li> </ul>	<ul style="list-style-type: none"> <li>• Cabbage</li> <li>• Mustard greens</li> <li>• Garden cress</li> <li>• Watercress</li> <li>• Collard greens</li> <li>• Kale</li> <li>• Arugula</li> </ul>	<ul style="list-style-type: none"> <li>• Swiss chard</li> <li>• Beet greens</li> <li>• Rainbow chard</li> </ul>
<p><b>THE CHICORY FAMILY</b></p>	<p><b>UMBELLIFER FAMILY</b></p>	<p><b>MINT FAMILY</b></p>
<ul style="list-style-type: none"> <li>• Belgian endive</li> <li>• Curly endive (Chicory greens or Frisée)</li> <li>• Escarole</li> <li>• Radicchio</li> </ul>	<ul style="list-style-type: none"> <li>• Parsley</li> <li>• Carrot tops</li> <li>• Celery</li> <li>• Dill</li> <li>• Fennel</li> <li>• Cilantro</li> </ul>	<ul style="list-style-type: none"> <li>• Basil</li> <li>• Lemon balm</li> <li>• Spearmint</li> <li>• Peppermint</li> <li>• Tarragon</li> <li>• Lavender</li> <li>• Sage</li> </ul>
<p><b>SPROUTS</b></p>	<p><b>MICROGREENS</b></p>	<p><b>OTHER GREENS</b></p>
<ul style="list-style-type: none"> <li>• Broccoli sprouts</li> <li>• Clover sprouts</li> <li>• Alfalfa sprouts</li> <li>• Sunflower sprouts</li> <li>• Mung bean sprouts</li> </ul>	<ul style="list-style-type: none"> <li>• Cruciferous microgreens <i>(cauliflower, broccoli, watercress, radish, arugula, cabbage, mustard, kale, kohlrabi)</i></li> <li>• Lettuce microgreens</li> <li>• Chicory family microgreens <i>(endive, chicory, radicchio)</i></li> <li>• Allium family microgreens <i>(garlic, onion, leek, chives)</i></li> </ul>	<ul style="list-style-type: none"> <li>• Purslane</li> <li>• Pea greens, or pea shoots</li> <li>• Dandelion greens</li> <li>• Sorrel</li> <li>• Spinach</li> </ul>

# Super Nutrient-Dense Salad Toppers

Look at you, you overachiever. You are here to create the most nutrient-dense salad you can, and I am here for it! Pick just one or a few of these amazing salad toppers and take your salad up a notch in nutrient density.

## HERBS & GREENS

Cress, garden, raw	11265
Parsley	5491
Basil	3381
Chives	3531
Cilantro	2609
Green Onion	2097
Dill Weed	1940
Peppermint	1011
Alfalfa Sprouts	902
Mung Bean Sprouts	711

## FRUITS, NUTS & SEEDS

Mulberries	719
Brazil Nuts	694
Flax Seeds	515
Black Currants	811
Goji Berries, dried	780
Chia	450

## OTHER

Shiitake Mushroom	4343
Oyster Mushroom	2550
White Button Mushroom	1872
Anchovies, canned	736
Fish, Roe	1349
Wakame	841

## CONDIMENTS

Pickled Garlic	5622
Capers	5247
Preserved Artichokes	771
Sauerkraut	710
Pickles, Sour	702
Lemon Peel	618
Kimchi	1097

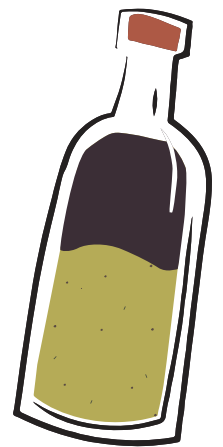
# Salad Dressing Cheat Sheet

## VINAIGRETTE

Now, you can totally just grab any store-bought salad dressing you like, but if you are into making your own, this is an easy way to do it!

Vinaigrette dressings are a combination of fat, acid, and flavor, where the oil and acid remain separate after combining. Just shake well before pouring on your salad! Want to make a creamy dressing? You'll need an emulsifier - check out the creamy cheat sheet on the next page!

(~1 cup) OIL OR FAT		(~½ cup) ACID		(to taste) FLAVOR	
<ul style="list-style-type: none"><li>olive oil</li><li>avocado oil</li><li>grapeseed oil</li><li>sesame oil</li><li>sunflower oil</li><li>canola oil</li><li>corn oil</li><li>walnut oil</li><li>vegetable oil</li></ul>	+	<ul style="list-style-type: none"><li>balsamic vinegar</li><li>lemon juice</li><li>lime juice</li><li>white wine vinegar</li><li>rice vinegar</li><li>red wine vinegar</li><li>apple cider vinegar</li><li>orange juice</li></ul>	+	<ul style="list-style-type: none"><li>honey</li><li>anchovy paste</li><li>crushed garlic</li><li>mixed herbs</li><li>crushed pepper</li></ul>	=



---

### INSTRUCTIONS:

1. Add oil and acid
2. Add 1-2 flavor elements
3. Add salt and pepper to taste
4. Whisk, shake or blend to combine

# Salad Dressing Cheat Sheet

## CREAMY

This handy dandy cheat sheet will guide you in creating your ideal creamy salad dressing. What makes a creamy dressing so *creamy*, is the addition of an emulsifier - a substance to bind the surfaces of water and oil in the ingredients, so it's a uniform, creamy substance. It may take a few attempts to get the perfect tasting and perfectly textured creamy dressing, but use this cheat sheet as a general guideline and ingredient inspiration for what is possible!

(~1 cup)

### OIL OR FAT

- olive oil
- avocado oil
- grapeseed oil
- sesame oil
- sunflower oil
- canola oil
- corn oil
- vegetable oil
- walnut oil
- mayonaise
- buttermilk
- sour cream
- yogurt
- tahini

(~½ cup)

### ACID

- balsamic
- lemon juice
- lime juice
- white wine vinegar
- rice vinegar
- red wine vinegar
- apple cider vinegar
- orange juice



(to taste)

### FLAVOR

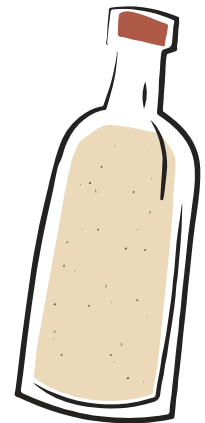
- honey
- anchovy paste
- crushed garlic
- mixed herbs
- crushed pepper



(1-2 tablespoons)

### EMULSIFIER

- 1 egg yolk\*
- mustard
- mayonaise
- tahini
- avocado
- maple syrup



---

## INSTRUCTIONS:

1. Add oil and acid
2. Add 1-2 flavor elements
3. Add salt and pepper to taste
4. Add emulsifier
5. Whisk, shake or blend to combine

\*if you use an egg yolk as an emulsifier, use one whole egg yolk instead of 1-2 tablespoons.

# The Non-Chef Salad

Some of us don't care if we eat the same thing everyday and/or we just don't have time to think about anything. If this is you, then this nutrient-dense salad, that takes literally ZERO prep time is a perfect fit! You're welcome.



## LEAFY VEGGIES

- 2 cups spring mix



## • VEGGIE EXTRAS

- 1 green onion, chopped
- 1 stalk celery, chopped



## FRUIT

- 1/2 granny smith apple, chopped



## HEALTHY FATS & DAIRY (OPTIONAL)

- small handful walnuts, chopped



## PROTEIN

- 1 can tuna
- 1/4 can chickpeas



## DRESSING

- your favorite

# The Non-Chef Salad **SHOPPING LIST**

Now this is taking this challenge to a whole new level of simplistic. Just take this list to the store and you'll have the perfect amount to make this salad seven times over. Some of us don't care if we eat the same thing everyday and/or we just don't have time to think about anything. If this is you, then this nutrient-dense salad, that takes literally ZERO prep time is a perfect fit! Your welcome.

## DRESSING

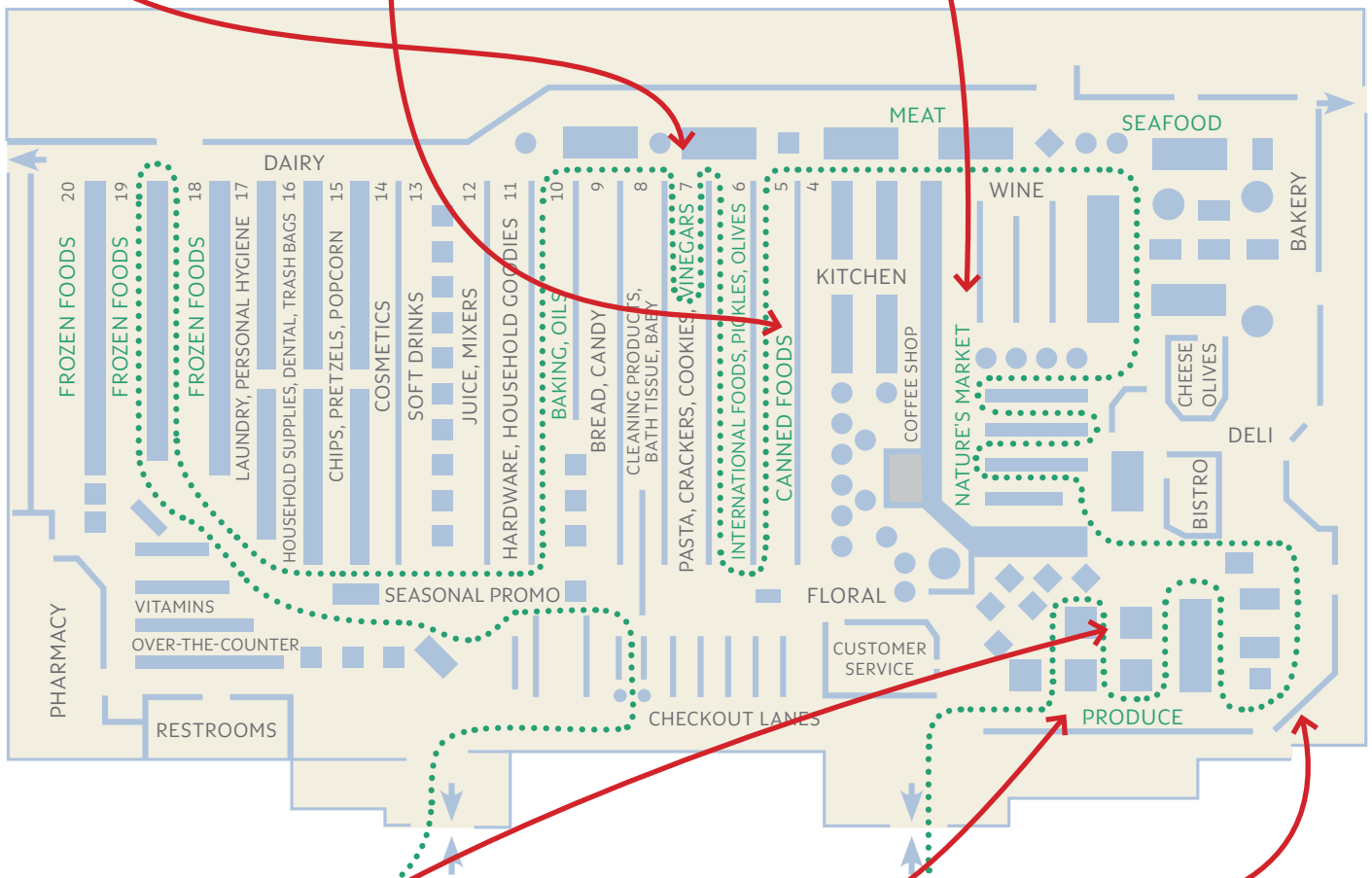
- 1 bottle of your favorite dressing
- TIP:** Skip low fat because the fat helps you absorb more nutrients

## PROTEIN

- 7 cans tuna
- TIP:** Don't like tuna? Go ahead and replace with canned chicken or a pre-cooked rotisserie chicken
- 2 cans chickpeas
- TIP:** Looking for some crunch? Opt for the dehydrated crunchy chickpeas in the snack section

## HEALTHY FATS & DAIRY (OPTIONAL)

- 1 bag of walnuts or about 2 cups
- TIP:** Check out the bulk aisle for a more affordable option



## LEAFY VEGGIES

- 14 cups spring mix, about 2 10-ounce tubs
- TIP:** Opt for a mix that has as much variety as possible

## VEGGIE EXTRAS

- 1 bunch green onions
- 1 bunch celery
- TIP:** Almost every grocery store has pre-cut celery in the fresh veggie refrigerated section

## FRUIT

- 4 granny smith apples
- TIP:** Granny smiths are one of the most nutrient-dense varieties, but opt-for your favorite kind!



# The Highest Nutrivore Score Foods You Can Get at the Grocery Store

## SALAD EDITION

\*REPRESENTS AN AVERAGE OF FOODS

Food	Nutrivore Score	Food	Nutrivore Score	Food	Nutrivore Score
*Chard	6386	Arugula (AKA Rocket)	2019	Celery	767
Radishes	5863	Cabbage, green	2018	Strawberries	762
Garlic	5622	Beets	2013	*Tuna	752
Parsley	5491	Turnip	1954	Flatfish (AKA Flounder, Sole)	749
*Southern Style Greens	5028	Dill weed	1940	Blackberries	743
Spinach	4548	Butterhead lettuce (AKA Boston lettuce, Bibb lettuce)	1934	Shallots	740
Shiitake mushroom	4343	White button mushroom	1872	*Salmon	731
Kale	4233	Octopus	1618	Mung bean Sprouts	711
Chives	3531	Summer squash	1596	Pickles, sour	702
Bok choy (AKA Pak Choy, Chinese Cabbage)	3428	Cauliflower	1585	Brazil nuts	694
Basil	3381	Laver (AKA Nori)	1520	Butternut squash	670
Curly Endive (AKA Chicory greens or Frisée)	3086	*Tomatoes	1501	Edible-podded Peas	669
Broccoli	2833	Portabella mushroom	1483	Fennel	663
Brussels sprouts	2817	Zucchini	1477	Whitefish	663
Red leaf lettuce	2684	Asparagus	1385	Sardines (canned in oil)	654
Cilantro (AKA Coriander leaves)	2609	Cabbage, red	1369	Papaya	636
Oyster mushroom	2550	*Peppers, sweet (AKA Bell peppers)	1226	Pears, Asian	621
Radicchio	2471	Leeks	1128	Green Beans (AKA Green snap beans)	605
Endive (AKA Belgian endive, Chicory spear)	2390	*Crab	1114	Eggplant (AKA Aubergine)	563
Chinese Broccoli (AKA Chinese Kale, Gai lan)	2365 <sup>1</sup>	*Peppers, hot chili	1111	Snapper	548
Crimini mushroom (AKA Brown mushroom, Italian brown mushroom, Baby Bella)	2279	Pumpkin	1036	Persimmons, Japanese (AKA Kaki Fruit)	537
Green leaf lettuce	2245	*Mint	962 <sup>2</sup>	Shrimp	535
Romaine lettuce (AKA Cos Lettuce)	2128	*Kimchi / Sauerkraut	904	Plums	521
Green Onions	2097	Alfalfa Sprouts	902	Flaxseed (AKA Linseed)	515
		Carrots	899	Raspberries	491
		Squid	890	Lentils	489
		Lobster	839	*Kiwi	477
		Anchovies	805		
		Iceberg lettuce	773		
		Artichokes	771		

<sup>1</sup> Nutrivore Score May Be Higher Since 10 To 25% Of Data Is Missing.

<sup>2</sup> Nutrivore Score Is Likely Higher Since 25 To 50% Of Data Is Missing.

\* Average of representative foods.

## PART 5:

# Recipes (not required just here if you want them)

### SALADS

- [36](#) Asian Crunchy Noodle Salad
- [37](#) Avocado Mango Seaweed Salad
- [38](#) Broccoli and Kale Salad
- [39](#) Bulgar Wheat Salad
- [40](#) Caesar Salad
- [41](#) Caprese Salad
- [42](#) Chicken Waldorf Salad
- [43](#) Citrus Fig and Walnut Salad
- [44](#) Cobb Salad
- [45](#) Creamy ColeSlaw
- [46](#) Cucumber and Watercress Salad
- [47](#) Garden Salad with italian vinaigrette
- [48](#) Greek Salad
- [49](#) Green Salad with Thai Style Dressing
- [50](#) Grilled Corn Salad
- [51](#) Kiwi Salad
- [52](#) Lettuce Soup
- [53](#) Pear, Fennel and Endive Salad
- [54](#) Pickled Beets and Goat cheese Salad
- [55](#) Roasted Beet and Beet Greens Salad
- [57](#) Salad Smoothie
- [58](#) Shaved Brussels Slaw with Hazelnuts, Apple, and Mint
- [60](#) Simple Kale Salad
- [61](#) Spicy Sardine Salad
- [62](#) Strawberry Arugula Salad with Goat Cheese and Candied Pecans
- [63](#) Strawberry Basil salad with toasted pecans
- [64](#) Taco Salad
- [65](#) Tuna Salad
- [66](#) Watercress and Apple Salad with Candied Pecans and Goat Cheese
- [67](#) Wilted Spinach Salad with Almonds and Cranberries

### DRESSINGS

- [69](#) Blue Cheese Vinaigrette
- [69](#) Ranch Dressing
- [70](#) Honey Mustard
- [70](#) Green Goddess
- [70](#) Basic Vinaigrette
- [70](#) Creamy Balsamic
- [70](#) Thai style Salad Dressing
- [70](#) Caesar Dressing
- [70](#) Italian Vinaigrette
- [71](#) Balsamic Reduction

### CRUNCHY TOPPERS

- [73](#) Candied Nuts
- [74](#) Cassava Flour Tortilla Strips
- [75](#) Crispy Bacon and Bacon Bits
- [76](#) Crunchy Chickpeas
- [77](#) Crunchy Noodles
- [78](#) Easy Pickled Shallots
- [79](#) Garlic Herb Croutons
- [80](#) Spicy Seeds
- [81](#) Parmesan Crisps
- [82](#) Toasted Quinoa

# SALADS

# Asian Crunchy Noodle Salad

## PREP TIME

20 minutes

## COOK TIME

none

## YIELD

3-4 servings

½ head thinly sliced Napa cabbage,  
about 6 cups

4 cups broccoli slaw, either bagged  
or shredded from broccoli stalks

⅓ cup chopped green onions

2-3 mandarin oranges, peeled and  
segmented

½ cup cooked and shelled edamame

1 cup Crunchy Noodle topping (p 77)

## Salad Dressing Ingredients

1 tablespoon sesame oil

1 tablespoon olive oil

1 tablespoon rice vinegar

3 tablespoons soy sauce or coconut  
aminos

2 teaspoons grated fresh ginger

2 cloves fresh garlic, minced

2 tablespoons chopped fresh mint

½ teaspoon salt (less if using soy  
sauce)

1. Combine cabbage, slaw, green onions, oranges, and edamame in a large bowl.
2. **MAKE DRESSING:** Whisk or blend together oil, vinegar, soy sauce, ginger, garlic, mint and salt.
3. Pour dressing over salad.
4. Top with Crunchy Noodle topping. (p 77)



Add 4 chicken thighs (cooked and chopped) or 1 pound cooked shrimp.



Opt for store-bought crunchy noodles, And your favorite store-bought sesame ginger salad dressing.



# Avocado Mango Seaweed Salad

**PREP TIME**

10-15 minutes

**COOK TIME**

none

**YIELD**

4 servings

1 6-ounce bag mixed sea vegetables

½ English cucumber, thinly sliced

1 tablespoon sesame seeds

2 avocados, cut into ½ inch pieces

1 large mango, cut into ½ inch pieces

### Salad Dressing Ingredients

½ teaspoon honey

3 tablespoons fresh lemon juice

2 tablespoons extra virgin olive oil

1 tablespoon toasted sesame seed oil

1. Rehydrate seaweed according to package directions. Rinse well and drain completely in a sieve.
2. Thinly slice cucumber using the finest setting on a mandolin slicer (or as thin as you possibly can with a sharp knife).
3. Combine cucumber and rehydrated seaweed in medium bowl.
4. **MAKE DRESSING:** Combine honey, lemon juice, olive oil, and sesame oil, and add to cucumber and seaweed mixture. Toss to coat.
5. Add sesame seeds, avocado and mango and gently toss to combine. Serve immediately.



# Broccoli and Kale Salad

**PREP TIME**

20 minutes

**COOK TIME**

10 minutes

**YIELD**

6 - 8 servings

10 ounces bacon

4 cups raw broccoli, chopped into very small florets

4 cups raw kale, stems removed and chopped

1 carrot, grated

½ medium red onion, finely chopped

⅓ cup sunflower seeds

⅓ cup raisins

**Salad Dressing Ingredients**

¾ cup mayonnaise

3 tablespoons honey

2 tablespoons apple cider vinegar

1 teaspoon lemon juice

1. Place bacon on a rimmed baking sheet. Place in cold oven and turn on oven to 375°F. By the time the oven is done preheating, the bacon should be close to done. Remove from oven once crispy, drain on paper towel, then chop.
2. In a large bowl, broccoli, carrot, red onion, sunflower seeds, raisins and bacon.
3. **MAKE DRESSING:** In a small bowl, whisk together mayonnaise, honey, apple cider vinegar and lemon juice.
4. Pour dressing over broccoli mixture and toss to coat.



# Bulgur Wheat Salad

**PREP TIME**

15 minutes

**COOK TIME**

none

**YIELD**

3 - 4 servings

6 cups spring mix

1 cup cooked and cooled bulgur wheat (sub quinoa for gluten free)

1 cup cooked chickpeas (canned or cooked from dry)

1 English cucumber, about 1 cup chopped

1 cup halved cherry tomatoes

1/3 cup chopped red onion

1/3 cup fresh herbs (dill, parsley, etc)

1/3 cup crumbled feta

1/3 cup shelled pistachios

2 tablespoons olive oil

Juice from 1 lemon

Salt and pepper to taste

1. Combine all the ingredients except the spring mix in a large bowl. Mix to combine.
2. Serve over spring mix.

# Caesar Salad

**PREP TIME**

10 minutes

**COOK TIME**

none

**YIELD**

3-4 servings

1 head romaine lettuce, about 5-6 cups chopped

1/2 cup Garlic Herb Croutons (p 79)

1/3 cup parmesan cheese, shaved or shredded

## Salad Dressing Ingredients

1/3 cup mayo

2 tablespoon lemon juice

1 small garlic clove, crushed

1 teaspoon anchovy paste

Salt and pepper to taste

- 1. MAKE DRESSING:** Whisk mayo, lemon juice, crushed garlic, anchovy paste and salt and pepper together.
- 2.** Tear or chop romaine lettuce into large bite-size pieces. Wash and dry.
- 3.** Toss lettuce with dressing until evenly coated. Top with croutons, parmesan cheese, and a sprinkle of black pepper to taste.



*Add 2 chicken breasts, cooked and chopped.*



*Use your favorite store-bought Caesar dressing and premade croutons*

# Caprese Salad

**PREP TIME**

10 minutes

**COOK TIME**

none

**YIELD**

1-2 servings

- 2 cups fresh basil
- 2 cups cherry tomatoes, halved
- 2 ounces fresh mozzarella, cubed, fresh

**Salad Dressing Ingredients**

- 2 tablespoons balsamic vinegar
- 2 tablespoons olive oil
- 2 teaspoons dijon mustard
- Salt and black pepper to taste

1. Add basil, cherry tomatoes and mozzarella to a large bowl.
2. Make dressing: combine balsamic vinegar, olive oil and Dijon mustard in a small bowl and whisk to combine. Add salt and pepper to taste.
3. Drizzle dressing over salad and serve immediately.



Use your favorite store-bought balsamic vinaigrette dressing or balsamic reduction sauce.



Add one chopped and cooked chicken breast.



Use a Balsamic Reduction (p 71) in replace of the balsamic vinegar, olive oil and mustard for a slightly different flavor. You can buy it prepared at the store or make your own.



# Chicken Waldorf Salad

**PREP TIME**

10 minutes

**COOK TIME**

none

**YIELD**

2-3 servings

4-5 cups spinach

½ cup chopped celery, about 2 stalks

½ cup chopped apples, about ¼-½ apple

½ cup halved grapes

2 cups chopped or shredded cooked chicken

⅓ cup walnuts

¼ cup mayonnaise

2 tablespoons lemon juice

2-3 tablespoons fresh herbs (parsley, dill, tarragon, etc)

Salt and pepper to taste

1. Add all ingredients to a medium bowl and stir to incorporate.
2. Serve over spinach or other greens of choice.

# Citrus, Fig, and Walnut Salad

**PREP TIME**

10 minutes

**COOK TIME**

none

**YIELD**

1 - 2 servings

2 cups arugula  
2 cups baby kale  
3 tablespoons thinly sliced red onion  
1 large orange, segmented  
4 kumquats (if you can't find them, double the orange), thinly sliced (discard seeds but leave peel on)  
3 dried figs, cut into ½-inch pieces

½ cup walnut halves or large pieces  
½ avocado, peeled, pitted, and diced into ½- to ¾-inch pieces

**Salad Dressing Ingredients**

2 tablespoons extra virgin olive oil  
1 tablespoon balsamic vinegar  
Pinch cracked pepper  
Pinch of sea salt

1. Gently toss arugula, kale, red onion, orange segments, kumquats, dried fig and walnut together. Top with avocado chunks.
2. **MAKE DRESSING:** in a small bowl, mix olive oil, balsamic vinegar, pepper and salt. Drizzle the dressing over the top immediately before serving.



*You can also use regular kale to make this salad; remove and discard the stems and tear the leaves in bite-sized pieces.*



# Cobb Salad

**PREP TIME**

15 minutes

**COOK TIME**

none

**YIELD**

4 servings

10 cups lettuce, about 2-3 heads

½ cup cherry tomatoes, halved

¼ small red onion, thinly sliced

½ avocado

3 hard boiled eggs

6 ounce sliced deli ham or turkey,  
about 6 slices

½ cup crumbled blue cheese

¼ cup Bacon Bits (p 75)

1 cup Garlic Herb Croutons (p 79) or  
Crunchy Chickpeas (optional) (p 76)

**Salad Dressing Ingredients**

¼ cup olive oil

¼ cup balsamic vinegar

1 teaspoon mustard

Pinch of salt and pepper

1. Add lettuce, tomatoes, onion, avocado, eggs, ham, cheese and bacon bits to a large bowl.
2. Whisk oil, vinegar, mustard and salt and pepper in a small bowl until fully incorporated.
3. Pour over salad and toss to combine.



*Use your favorite store-bought balsamic vinaigrette.*



# Creamy Coleslaw

**PREP TIME**

15 - 20 minutes

**COOK TIME**

none

**YIELD**

6 - 8 servings

½ head green cabbage, approximately  
1 pound

2 tablespoons sea salt

2 medium carrots

**Salad Dressing Ingredients**

½ cup mayonnaise

1 tablespoon Dijon mustard

¼ teaspoon turmeric powder

¼ teaspoon paprika

1½ tablespoons apple cider vinegar

¼ cup finely chopped fresh dill

1. Slice the cabbage as thinly as you can (or use a mandolin slicer set to 1/16 inch thick). Put the cabbage in a colander and toss with the salt. Place the colander in your sink and let sit for at least 1 hour (and up to 3 hours; salt a little longer if your cabbage is not that thinly sliced).
2. Rinse the cabbage extremely thoroughly (taste it to make sure you rinsed off all the salt) and let drain (or dry in a salad spinner).
3. Grate the carrots with a coarse grater and combine with cabbage in a large bowl.
4. **MAKE DRESSING:** Mix the mayonnaise with the mustard, turmeric, paprika, vinegar, and dill. Pour the mixture over the cabbage and carrots and toss until thoroughly coated. It's best if you cover with plastic wrap and refrigerate for at least 1 hour before serving. Stir before serving since dressing tends to settle to the bottom of the bowl.



*You can purchase a coleslaw mix with pre-shredded cabbage and carrot already included, and can salt the carrots right along with the cabbage.*



*Serve with your favorite barbecued meat or white-fish.*



# Cucumber and Watercress Salad

**PREP TIME**

10 minutes

**COOK TIME**

none

**YIELD**

4 servings

1 English cucumber, thinly sliced  
3-4 cups watercress (substitute arugula if  
watercress is unavailable)  
1 small bunch chives, chopped  
½ granny smith apple

**Salad Dressing Ingredients**

2 tablespoons lemon juice  
3 tablespoons sour cream  
Salt and pepper to taste

1. Add cucumber, watercress, chives, and apple to a medium sized bowl.
2. **MAKE DRESSING:** Combine lemon juice and sour cream.
3. Pour dressing over the cucumber mixture and stir to combine.
4. Add salt and pepper to taste.

# Garden Salad with Italian Vinaigrette

**PREP TIME**

10 minutes

**COOK TIME**

none

**YIELD**

4-6 servings

8 cups salad greens  
 1/2 bunch radishes, finely sliced  
 1/4 medium red onion, finely sliced  
 1 cucumber, sliced  
 1 cup cherry tomatoes, halved  
 1 cup Garlic Herb Croutons (p 79), optional  
 1/2 cup shredded mozzarella or cheddar cheese, optional  
 edible flowers (nasturtiums, pansies, dandelions, etc.), optional

**Salad Dressing Ingredients**

6 tablespoons extra-virgin olive oil  
 1/4 cup apple cider vinegar  
 1/4 teaspoon dried oregano leaves  
 1/4 teaspoon dried rosemary  
 1/4 teaspoon dried marjoram leaves  
 1/4 teaspoon dried thyme leaves  
 1/4 teaspoon dried savory  
 1 clove garlic  
 1/8 teaspoon cracked pepper

1. Combine the salad ingredients in a large salad bowl and toss to mix well.
2. **MAKE DRESSING:** Combine the dressing ingredients in a blender and puree to blend up the herbs and garlic.
3. Toss the salad with dressing prior to serving if eating salad all at once. If you're planning to have leftovers, dress salad portions individually to keep salad fresh.



Use your favorite store-bought Italian dressing



Top with 1 pound cooked chicken, steak or shrimp.



# Greek Salad

**PREP TIME**

20 minutes

**COOK TIME**

none

**YIELD**

4 servings

1 small head romaine lettuce, cut into 2"-pieces  
2 small tomatoes, cut into 1-inch chunks  
1 small cucumber, cut into ¼-inch thick slices  
½ cup kalamata olives  
½ small red onion, diced  
½ cup feta cheese, cut into ½" cubes

## Salad Dressing Ingredients

2 tablespoons red wine vinegar  
1 tablespoon extra virgin olive oil  
½ teaspoon dried oregano  
½ teaspoon sea salt  
¼ teaspoon cracked pepper

1. Gently toss lettuce, tomatoes, cucumber, olives, red onion and feta in a serving bowl. Cover and refrigerate until ready to serve.
2. **MAKE DRESSING:** Whisk together vinegar, olive oil, oregano, salt and pepper. Just before serving, pour over salad and gently toss to evenly distribute the dressing.



Serve with roasted lamb or steak kebabs.



Use your favorite store-bought Greek dressing.



# Green Salad with "Thai Style" Dressing

**PREP TIME**

10 minutes

**COOK TIME**

none

**YIELD**

4-6 servings

8 cups mild salad greens  
 ½ cup thinly sliced daikon radish or  
 regular radish  
 2 stalks celery including leaves, diced  
 ¼ cup chopped green onions  
 ¼ cup Spicy Seeds (p 80) or roasted  
 peanuts  
 ½ cup Crunchy Noodle topping  
 (p 80)

**Salad Dressing Ingredients**

¼ cup fresh lime juice, juice from  
 about 1 large lime  
 2 tablespoons fish sauce  
 1 teaspoon honey  
 2 cloves garlic, crushed  
 2 tablespoons chopped fresh  
 cilantro  
 1 tablespoon chopped fresh mint  
 1 teaspoon sesame oil  
 Pinch of red pepper flakes (or use  
 Thai chilis if you have them!)

1. Combine the greens, radish, celery, and green onions in a large bowl.
2. **MAKE DRESSING:** Combine lime juice, fish sauce, honey, garlic, fresh herbs, sesame oil, red pepper flakes and salt in a small blender jar and blend to combine. Alternately, you can chop the cilantro and mint super fine and mix by hand.
3. Toss the salad with the dressing just before serving and top with Spicy Seeds (p 80) and Crunchy Noodles (p 77).



Top with 1 pound cooked shrimp or chicken.



Use your favorite store-bought sesame ginger dressing



# Grilled Corn Salad

**PREP TIME**

20 minutes

**COOK TIME**

10 minutes

**YIELD**

4 - 6 servings

- 2 tablespoons extra virgin olive oil
- 4 ears sweet corn
- 1 romaine heart, shredded
- ½ red onion, finely sliced
- 1 cup cherry tomato, halved
- 1 orange pepper, diced
- 1 avocado, pitted, peeled and chopped

## Salad Dressing Ingredients

- 2 tablespoons extra virgin olive oil
- ½ teaspoon sea salt
- ½ teaspoon cracked black pepper
- 1 tablespoon honey
- ½ cup lime juice

1. On a plate, rub corn with 2 tablespoons of olive oil to fully coat. Season with sea salt and pepper.
2. Preheat gas or charcoal grill to medium-high heat.
3. Add the seasoned corn to the grill. Cook until charred slightly, 3 to 5 minutes per side. Remove from the grill and set aside to cool.
4. **MAKE DRESSING:** whisk together remaining 2 tablespoons olive oil, honey, lime juice and cilantro.
5. Slice kernels off of grilled corn. In a large bowl, mix corn kernels with romaine, red onion, tomatoes, pepper and toss with dressing to fully coat. Gently fold in avocado. Serve!



Use your favorite store-bought cilantro lime salad dressing.



Top with one pound grilled chicken or steak.





# Kiwi Salad

**PREP TIME**

15 minutes

**COOK TIME**

none

**YIELD**

3-4 servings

6 cups spinach

6 kiwi, chopped with skin left on

½ bunch radishes, thinly sliced

⅛ red onion, thinly sliced

¼ cup chopped fresh parsley, about

⅓ bunch

¼ cup chopped fresh mint

⅓ cup feta cheese

1 tablespoon olive oil

¼ teaspoon salt

Crunchy Chickpeas (p 76), optional

1. Combine all ingredients except the spinach and mix to incorporate.
2. Serve over spinach and top with Crunchy Chickpeas if desired.



Top with *Crunchy Chickpeas* (p 76) and grilled chicken or



If wanting to top with chickpeas, use store-bought roasted chickpeas.



# Lettuce Soup

**PREP TIME**

10 minutes

**COOK TIME**

30 minutes

**YIELD**

2 - 4 servings

3 tablespoons extra virgin olive oil

1 cup chopped shallots (about 3 large shallots)

1 garlic clove, chopped

 $\frac{3}{4}$  teaspoon ground coriander $\frac{1}{8}$  teaspoon ground cardamom $\frac{1}{4}$  teaspoon ground black pepper $\frac{3}{4}$  teaspoon sea salt

1 pound (about 2 large heads) lettuce, roughly chopped

4 cups chicken stock

1 green plantain or Russet potato, peeled and cut into 1-inch chunks

Yogurt

1. Heat the olive oil in a large soup pot over medium-high heat. Add the shallots and cook, stirring frequently, until beginning to soften, about 5 minutes.
2. Add the garlic, spices, salt. Cook, stirring frequently, for another minute or until fragrant.
3. Add the lettuce. Stir constantly for 2 to 3 minutes to wilt the lettuce.
4. Add the stock and plantain. Bring to a boil and then reduce heat to maintain a simmer for 20 minutes.
5. Puree the soup by putting the entire contents of the pot into your blender and blending on high for 1 minute (do this in batches if you have a small blender). An immersion blender can also be used, but will be harder to get that perfect creamy consistency. Taste for seasoning and add more salt if desired.
6. Spoon into bowls and garnish with a dollop of yogurt, if desired.

**COOKING TIP**

If you can't find green plantains, you can use a Russet potato, white sweet potato, or 2 medium parsnips instead. Boston or Bibb varieties are classically used for lettuce soup, but any variety you have on hand will work.



# Pear, Fennel and Endive Salad

**PREP TIME**

30 minutes

**COOK TIME**

10 minutes

**YIELD**

4 servings

1 cup walnut halves  
5 medium pears  
2 large fennel bulbs (about 1 pound each)  
2 medium heads curly endive or 4 medium heads Belgian endive

**Salad Dressing Ingredients**

¼ cup extra virgin olive oil  
¼ cup apple cider vinegar  
1 tablespoon Dijon mustard  
1 teaspoon chopped fresh tarragon  
¾ teaspoon sea salt  
¼ teaspoon cracked pepper

1. Preheat oven to 350°F. Arrange walnuts on a cookie sheet in a single layer. Bake 8 to 10 minutes, checking frequently to make sure they don't burn. Remove and set aside to cool.
2. **MAKE DRESSING:** In a small bowl, whisk together olive oil, vinegar, mustard, tarragon, salt and pepper.
3. Core pears and slice each into 12 lengthwise wedges. Trim top and bottom from each fennel bulb and cut in half lengthwise. Cut diagonally on either side of the core to remove. Slice crosswise into as thin of slices as possible, or use a mandolin slicer. Rip or cut endive into bite-size pieces.
4. In a large bowl, combine fennel, endive, pear, and dressing and gently toss to coat. Sprinkle the toasted walnuts over the top. Enjoy!

*Serve with pork or salmon.*





# Pickled Beets and Goat Cheese Salad

**PREP TIME**

10 minutes

**COOK TIME**

none

**YIELD**

3 servings

3 cups mixed salad greens  
8 to 10 pickled beets, cut into bite sized pieces  
¼ cup goat cheese  
⅓ cup walnut halves  
2 tablespoons chopped fresh dill  
sea salt and pepper, to taste

**Salad Dressing Ingredients**

2 tablespoons extra virgin olive oil  
2 tablespoons aged balsamic vinegar  
2 tablespoons pickled beet juice

1. **MAKE DRESSING:** Combine olive oil, balsamic vinegar and pickled beet juice.
2. Place mixed greens on a serving plate and top with beets, crumbled goat cheese, and walnut halves. Sprinkle with fresh dill.
3. Drizzle dressing over the top. Sprinkle a little cracked pepper and sea salt to taste. Serve



Serve with a richer meat like lamb, pork, baked ham, or duck.



Use your favorite store-bought balsamic vinaigrette.



# Roasted Beet and Beet Greens Salad

**PREP TIME**

10 minutes

**COOK TIME**

1 hour 20 minutes

**YIELD**

2-3 servings

1 bunch beets with greens  
1 tablespoon olive oil  
1 tablespoon balsamic vinegar  
Salt and pepper to taste  
¼ cup walnuts  
2 tablespoons gorgonzola  
Balsamic Reduction (p 71), optional

1. Preheat the oven to 400 degrees.
2. Remove greens from the beets. Wash and chop the greens, then set aside.
3. Wash the beets to remove any dirt. Wrap them individually in aluminum foil (very small beets can be wrapped together) and place on a baking sheet.
4. Roast the beets for 50-60 minutes until fork tender.
5. Let cool until cool to the touch.
6. To remove the skins, place the beets in a paper towel and rub until the skin peels off. If the skin doesn't come off easily, the beets may need to cook longer.
7. Chop the beets.
8. Meanwhile, heat the olive oil in a skillet over medium heat.
9. Add the beet greens and saute until starting to wilt, about 5 minutes.
10. Add the vinegar, salt and pepper and stir to combine.



11. Add the walnuts and cook for another 5-7 minutes until lightly toasted.

12. Remove from the heat and top with cooked beets and gorgonzola.



*To make this salad in a quarter of the time, use the already prepped and cooked beets from the grocery store and use chard or baby kale in place of the beet greens. To save time you can also use a store-bought balsamic reduction*



*Serve with roasted chicken or steak.*



# Salad Smoothie

**PREP TIME**

10 minutes

**COOK TIME**

none

**YIELD**

2 - 3 servings

2-3 cups leafy greens (spinach, kale, etc.)

2 celery stalks

1 banana

2 cups berries

½ avocado

1-2 tablespoons nuts or seeds (chia seeds, sunflower seeds, almonds, etc.)

½ cup yogurt

1-2 cups fruit or vegetable juice or water

Ice (or use frozen fruit)

1. Add all ingredients to a blender and blend until smooth.



*Make it a meal by adding protein powder of choice.*



# Shaved Brussels Slaw with Hazelnuts, Apple, and Mint

**PREP TIME**

10 - 20 minutes

**COOK TIME**

15 minutes

**YIELD**

5 - 8 servings

1 cup raw hazelnuts

4 ounces pancetta, diced

2 pounds Brussels sprouts

1 clove garlic, minced

1 lemon (2 tablespoons lemon juice  
and 1 teaspoon finely grated lemon  
zest)

2 tablespoons extra virgin olive oil

½ teaspoon sea salt

1 Granny Smith apple, cored and thinly  
sliced

⅓ cup mint chiffonade

1. To toast the hazelnuts, preheat the oven to 375°F. Place the hazelnuts on a rimmed baking sheet and bake for 10 minutes.
2. Remove the hazelnuts from the oven and immediately pour into a clean tea towel. Fold the tea towel over the hazelnuts and let them sit for 1 to 2 minutes.
3. With the tea towel still covering the hazelnuts, rub the top of the tea towel to start removing the skins. You can open up the tea towel and see how you're doing (at this point, the towel is really just to protect your hands from those hot nuts!). Pick out the hazelnuts that have the skins removed (its fine if there's a little left on them) and continue until you've removed all the skins from the hazelnuts. (Some of the skins will be stubborn, so don't worry if it's not perfect!) Let the hazelnuts cool while you prepare the rest of the ingredients.
4. While the hazelnuts are in the oven, place the diced pancetta in a cold skillet and turn on the heat to medium. Sauté, stirring occasionally, until browned, about 8 minutes. Remove the pancetta from the skillet and set aside to cool while you prepare the rest of the ingredients.
5. Slice the Brussels sprouts very thinly, discarding the stem or an easier method is to trim of the stem first and use a mandolin slicer or a food processor with a slicer attachment. Two pounds of whole Brussels sprouts will give you about 12 ounces shaved.



6. Combine all the ingredients in a bowl and thoroughly mix to serve immediately. If you are not going to serve all of the slaw, use the hazelnuts as a garnish instead of mixing in because they'll go a bit soft during storage in the fridge. Leftover slaw can be stored in the fridge for up to 5 days.



To chiffonade mint, stack several mint leaves on top of each other and slice very thin strips across the leaves all the way down. Measure  $\frac{1}{3}$  cup after you chiffonade the mint; it will be close to 1 cup of loosely packed leaves before you chiffonade.

I recommend you buy raw hazelnuts and toast them at home—the flavor of freshly toasted hazelnuts is so much better! But to save yourself time, you can purchase toasted hazelnuts and use them in this recipe; if you do that, skip Steps 1 through 3 and begin making the recipe at Step 4.



To save yourself time, feel free to purchase 1 (10- to 12-ounce) bag of shaved Brussels sprouts instead of 2 pounds of whole Brussels sprouts. If you buy them preshaved, you can skip Step 5.



Serve with roast chicken or pork loin.

# Simple Kale Salad

**PREP TIME**

10 minutes

**COOK TIME**

none

**YIELD**

3 - 4 servings

6 cups chopped curly kale or Lacinato kale

1/3 cup dried cranberries

1/4 cup pine nuts

1/4 cup Toasted Quinoa Topping (p 82)

**Salad Dressing Ingredients**

2 tablespoons extra virgin olive oil

2 tablespoons orange juice

Salt and pepper to taste

1. Add chopped kale to a large bowl.
2. **MAKE DRESSING:** add olive oil, orange juice and salt and pepper to a small bowl and whisk to combine.
3. Pour dressing over top and massage with your hands to completely coat
4. Sprinkle dried cranberries, pine nuts, and Toasted Quinoa over the top.



Serve with chicken or steak.





# Spicy Sardine Salad

## PREP TIME

20 minutes

## COOK TIME

none

## YIELD

2-3 servings

4-6 cups tatsoi or mild leafy greens of choice  
 2 stalks celery, diced  
 3 tablespoons Thai basil (or sub regular basil)  
 1/3 cup Crunchy Noodles  
 2 4 ounce cans sardines packed in olive oil, drained

## Salad Dressing Ingredients

1/4 cup fresh lime juice  
 2 tablespoons fish sauce  
 1/2 teaspoon honey  
 1 clove garlic, crushed  
 2 tablespoons chopped fresh cilantro  
 1 tablespoon chopped fresh mint  
 Pinch red pepper flakes (or use Thai chilis, also called birds eye chilis if you have them)

1. Place greens in a large bowl.
2. Add celery, basil, and Crunchy Noodles.
3. Place sardine filets on top of salad.
4. **MAKE DRESSING:** Whisk dressing ingredients together in a small bowl or blend in a small blender.
5. Pour dressing over salad and toss to combine.

### COOKING TIP



If eating whole sardines weirs you out a bit, simply mix the sardines into the dressing with a fork and then top your salad with that mixture, making it look and feel more like a tuna salad.

### TIME SAVING TIP



Use your favorite store-bought sesame ginger dressing.



# Strawberry Arugula Salad with Goat Cheese and Candied Pecans

**PREP TIME**

10 minutes

**COOK TIME**

6 minutes for pecans

**YIELD**

2 servings

1 cup Candied Nuts (p 73)  
4 cups fresh arugula  
½ pound fresh strawberries, sliced  
¼ cup crumbled goat cheese

**Salad Dressing Ingredients**

Juice of one lime (approximately 2  
tablespoons)  
2 tablespoons extra virgin olive oil  
⅛ teaspoon fresh cracked pepper

- 1. MAKE DRESSING:** Whisk together lime juice, olive oil and cracked pepper.
- 2.** Combine arugula, strawberries and pecans in a serving bowl or on two plates. Top with crumbled goat cheese.
- 3.** Drizzle lime dressing over salad immediately before serving. Enjoy!



Use your favorite store-bought balsamic vinaigrette or balsamic reduction.



Top with grilled chicken.





# Strawberry-Basil Salad with Toasted Pecans

**PREP TIME**

10 minutes

**COOK TIME**

6 minutes

**YIELD**

3-4 servings (as a side)

1 cup raw pecan halves  
2 cups sliced fresh strawberries  
2 cups fresh sweet basil leaves

**Salad Dressing Ingredients**

2 tablespoon balsamic vinegar  
2 tablespoon extra virgin olive oil  
2 teaspoon brown/Dijon mustard

1. Preheat oven to 375F (you can work on other preparation while you're waiting). Place pecans on a rimmed baking sheet or in an oven-safe skillet. Toast in the oven for 6-7 minutes, until fragrant. Remove from oven and let cool to room temperature before assembling salad (you can speed this up by removing them from the hot baking sheet and placing in a serving bowl or plate).
2. **MAKE DRESSING:** Whisk or blend balsamic vinegar, olive oil and mustard together.
3. Toss basil leaves, toasted pecans, and sliced strawberries. Drizzle dressing over the top. Serve!

*Assemble salad just before serving. You can make the dressing, slice strawberries, and toast pecans ahead, however, don't combine everything until you're about to serve. This salad is best enjoyed right when you make it and doesn't do great as leftovers.*

*Use your favorite store-bought balsamic vinaigrette or balsamic reduction.*

*Top with grilled chicken.*



# Taco Salad

**PREP TIME**

15 minutes

**COOK TIME**

30 minutes

**YIELD**

6 servings

1 pound ground beef  
 1 cup bone broth  
 2 tablespoons chili powder  
 1 tablespoons onion powder  
 1 tablespoon cumin  
 2 teaspoons garlic powder  
 2 teaspoons paprika  
 ¼ teaspoon cayenne pepper  
 ½ teaspoon dried oregano  
 1 teaspoon salt  
 1 teaspoon black pepper  
 1 bell pepper, sliced  
 1 large onion, sliced  
 10-12 cups lettuce  
 ½ cup pico de gallo

1-3 tablespoons pickled jalapenos or shallots, chopped  
 ½ cup sweet corn  
 ½ cup cooked black beans  
 1 avocado, cubed  
 1 cup Cassava Flour Tortilla Strips (p 74)

**Salad Dressing Ingredients**

¼ cup sour cream  
 2-3 tablespoon fresh chopped cilantro  
 ¼ cup lime juice, juice from about 1 large lime  
 ¼ teaspoon cumin  
 Salt to taste

1. Heat a skillet over medium heat. Add the ground beef and cook, stirring frequently to break up the meat, until fully cooked.
2. Add bone broth, spices, sliced bell pepper and onion to beef. Stir to fully incorporate.
3. Reduce heat and cook until the broth has evaporated.
4. Add lettuce, pico de gallo, pickled jalapenos, corn, black beans, and avocado to a large bowl. Top with beef and vegetable mixture.
5. Combine sour cream, cilantro, lime juice, salt and cumin in a small bowl. Whisk to fully incorporate.
6. Pour dressing over salad and toss to incorporate.
7. Top with tortilla chips and serve immediately.



Use your favorite store-bought taco seasoning and cilantro lime dressing. Substitute store-bought tortilla chips for Cassava Flour Tortilla Strips (p 74)

# Tuna Salad

**PREP TIME**

15 minutes

**COOK TIME**

none

**YIELD**

2-3 servings

4-6 cups spring mix

2 cans tuna, drained

3 tablespoons chopped red onion

2 stalks celery, chopped

¼ cup chopped fresh herbs (dill,  
parsley, etc)

1/4 cup mayo

Juice from ½ lemon

1 teaspoon Dijon mustard

2-3 tablespoons diced pickles or  
cucumber

Splash of pickle juice, optional

1. Add all ingredients except spring mix to a large bowl and stir to combine.
2. Serve over spring mix.

# Watercress and Apple Salad with Candied Pecans and Goat Cheese

**PREP TIME**

10 minutes

**COOK TIME**

none

**YIELD**

2-3 servings

4-6 cups watercress (substitute arugula if watercress is unavailable)

½ apple, diced

½ cup Candied Nuts (p 73)

2 ounce goat cheese

### Salad Dressing Ingredients

1 tablespoon olive oil

1 tablespoon balsamic vinegar

Salt and pepper to taste

1. Combine watercress, diced apple, Candied Nuts, and goat cheese.
- 2. MAKE DRESSING:** Whisk together olive oil, balsamic vinegar and salt and pepper and drizzle over salad.
- 3.** Toss to combine.



*Make it a meal with roast chicken and wild rice or bulgur wheat.*



*Use your favorite store-bought balsamic vinaigrette.*

# Wilted Spinach Salad with Almonds and Cranberries

**PREP TIME**

5 minutes

**COOK TIME**

7 minutes

**YIELD**

2 - 4 servings

1½ tablespoon extra virgin olive oil

2 cups kale, chopped

1-2 tablespoons water

¼ cup dried cranberries

3 cups fresh spinach

2 tablespoons sliced almonds

1. Heat olive oil in a skillet over medium-high heat.
2. Add kale with 1 tablespoon water. Cook, stirring frequently, until kale has softened, 3-4 minutes.
3. Add cranberries and continue to cook 2-3 more minutes.
4. Add spinach. If the kale is starting to stick, also add another tablespoon of water. Stir and cook until spinach is wilted. Stir in almonds.



Serve with chicken or turkey and your favorite root veggie.



# DRESSINGS



Nutrivore  
Score

148

## Blue Cheese Vinaigrette

**YIELD** 6 tablespoons extra virgin olive oil  
1 cup 1/3 cup red wine vinegar  
4 teaspoons Dijon mustard  
1/2 teaspoon honey  
1/2 teaspoon sea salt  
1/2 teaspoon cracked pepper  
1 tablespoon minced shallot  
2 ounces Roquefort, crumbled

1. In a small bowl, whisk together olive oil, vinegar, mustard, honey, salt and pepper. Stir in shallot and Roquefort.



## Ranch Dressing

Nutrivore  
Score

226

**YIELD** 1/2 cup 1/4 cup buttermilk or sour cream  
1 tablespoon fresh oregano, chopped  
1 tablespoon fresh parsley, chopped  
1/2 teaspoon fresh thyme  
1/2 teaspoon granulated garlic  
1/4 teaspoon sea salt  
1/8 teaspoon ground black pepper  
1/2 cup mayonnaise

1. In a small bowl, whisk together all ingredients.

## Honey Mustard

Nutrivore  
Score  
**147**

- + 3 tablespoons oil
- + 2 teaspoon honey
- + 2 teaspoon Dijon mustard
- + 2 teaspoon lemon juice
- + 2 teaspoon white wine vinegar
- + 1 teaspoon anchovy paste

## Creamy Balsamic

Nutrivore  
Score  
**137**

- + ¼ cup extra-virgin olive oil
- + ½ cup balsamic vinegar
- + ¼ medium avocado or one egg yolk
- + Pinch of salt or truffle salt

## "Thai Style" Salad Dressing

Nutrivore  
Score  
**690**

- + ¼ cup fresh lime juice
- + 2 tablespoons fish sauce
- + ½ teaspoon honey
- + 1 clove garlic, crushed
- + 2 tablespoons chopped fresh cilantro
- + 1 tablespoon chopped fresh mint

## Green Goddess

Nutrivore  
Score  
**250**

- + ½ C mayonnaise
- + ½ C chopped fresh parsley
- + ¼ full-fat cows milk or coconut milk
- + 1½ tablespoons red wine vinegar
- + 1 teaspoon anchovy

## Basic Vinaigrette

Nutrivore  
Score  
**143**

- + 3 tablespoons oil (such as extra-virgin olive oil, avocado oil, walnut oil, or macadamianut oil)
- + 2 tablespoons acidic liquid, (such as fresh lemon juice, fresh lime juice, apple cider vinegar, balsamic vinegar, coconut water vinegar, or white or red wine vinegar)

## Caesar

Nutrivore  
Score  
**137**

- + ⅓ cup Mayo
- + 2 tablespoons lemon juice
- + 1 tablespoon anchovy paste
- + 1 sm clove garlic, crushed to a coarse paste
- + ⅛ teaspoon cracked black pepper

## Italian Vinaigrette

Nutrivore  
Score  
**173**

- + 6 tablespoons oil
- + ¼ cup apple cider vinegar
- + ¼ teaspoon mixed Italian herbs
- + 1 clove garlic, crushed to a coarse paste



ADD SALT AND PEPPER TO TASTE, BLEND TO COMBINE

# Balsamic Reduction

**PREP TIME**

none

**COOK TIME**

20 minutes

**YIELD**

about ¼ cup

1 cup high quality balsamic vinegar

1. Add balsamic vinegar to a small saucepan over medium heat.
2. Simmer, stirring occasionally, until vinegar is thick enough to coat the back of a spoon and is reduced to about ¼ cup.

CRUNCHY

TOPPERS

# Candied Nuts

**PREP TIME**

2 minutes

**COOK TIME**

10 minutes

**YIELD**

about 1 cup candied nuts

1 cup raw nuts (pecans, walnuts, almonds, etc.)

1 tablespoon coconut oil or butter

2 teaspoon honey

1 teaspoon nutmeg

½ teaspoon allspice

¼ teaspoon cinnamon

¼ teaspoon cardamom

Pinch of salt

1. Heat a skillet over medium heat. Add coconut oil and honey to melt.
2. Add nuts and spices and stir to coat.
3. Continue stirring constantly and cook until nuts have browned and are fragrant, 5-6 minutes, watching carefully to make sure they don't burn.
4. Spread out onto a plate to cool.



# Cassava Flour Tortilla Strips

**PREP TIME**

15 minutes

**COOK TIME**

35 minutes

**YIELD**

8 servings

1 1/2 cups cassava flour

3/4 teaspoon salt

1/4 teaspoon cream of tartar

1/8 teaspoon baking soda

3/4 cups warm water

6 tablespoons extra virgin olive oil or avocado oil

Extra oil and salt for tortilla strips

1. Combine flour, salt, cream of tartar and baking soda in a mixing bowl. Add oil and water and mix with a wooden spoon or your hands until a stiff dough forms. If dough is sticky, use a bit more flour. If the dough is crumbly, add a bit more olive oil.
2. Divide dough in half, then in half again to create 8 fairly equal portions. Form each piece into a ball.
3. Place one dough ball at a time on a silicone baker's mat, parchment paper or wax paper and flatten with the palm of your hand as much as possible. Cover flattened dough with a sheet of parchment paper or wax paper. Roll dough into a very flat rough circle, about 8-10 inches in diameter. Carefully remove the bottom silicone mat or parchment paper, so the rolled-out tortilla is stuck to one piece of parchment paper or wax paper. Set aside and roll out the remaining dough ball.
4. Preheat a 10" or larger skillet over medium heat. Once hot, place a tortilla into pan. Cook about 1 minute or until bottom surface has a few pale brown spots. Flip and cook for about 30-45 seconds.
5. Continue until all the tortillas are cooked.
6. Slice tortillas into thin strips and place on baking sheet.
7. Brush both sides of the tortillas with oil and sprinkle with salt.
8. Bake at 400 degrees until crispy, about 5-10 minutes. Alternatively, fry tortilla strips in about a 1/2 inch of oil for about 1 minute until crispy. Remove from oil and let cool on a paper towel covered plate. Immediately sprinkle with salt.

# Crispy Bacon and Bacon Bits

**PREP TIME**

5 minutes

**COOK TIME**

variable

**YIELD**

10 to 20 minutes

1 Pack of Bacon

1. Lay slices of bacon in a baking dish with at least a 1½-inch high rim (an extra-large roasting pan or lasagna pan works well). Place in a cold oven, then turn the oven on to 365°F.
2. Most bacon will be perfectly cooked, lightly browned and crispy, around the time your oven has finished preheating. If your bacon is thinly sliced, watch it, because it may be done before your oven beeps to tell you that it has reached temperature. If you have very thick-cut bacon, it may need to cook for 3 to 5 more minutes after your oven comes to temperature. If you like your bacon on the soft side, simply remove it from the oven a few minutes earlier.
3. To make bacon bits, chop the crispy bacon with a knife or break it apart with your fingers. Store in an airtight container in the fridge until ready to use.

**TIPS:** As you cook bacon more frequently, you will get to know exactly how long it takes in your oven to cook to your liking. You may want to set a timer the first few times you cook bacon this way, just to measure how long it takes. Then you can start using your timer to time bacon so it becomes something you don't have to watch anymore. Remember that if you switch brands, or even if your farmer uses a different meat processor, it will likely affect how long it takes the bacon to cook.



# Crunchy Chickpeas

**PREP TIME**

5 minutes

**COOK TIME**

25-30 minutes

**YIELD**about 2 cups crunchy  
chickpeas

1 can chickpeas, drained and rinsed or 2  
cups cooked chickpeas

1 teaspoon olive oil

¼ teaspoon salt

½ teaspoon garlic powder

½ teaspoon onion powder

1. Preheat oven to 425 degrees.
2. Spread chickpeas onto a kitchen towel and rub dry.
3. Add to a large bowl and toss with oil and seasonings.
4. Spread chickpeas onto a parchment-lined baking sheet and bake for 25-30 minutes until crispy.
5. Use immediately as they lose their crunch quickly when stored.

# Crunchy Noodles

**PREP TIME**  
45 minutes

**COOK TIME**  
20 minutes

**YIELD**  
about 4 cups noodles

1 package of rice noodles  
1-2 tablespoons arrowroot, potato or corn starch  
About  $\frac{3}{4}$  cup oil (coconut, avocado, canola, etc)  
Salt to taste

1. Cook noodles according to package directions.
2. Drain noodles and spread out onto a parchment or silicone baking mat-covered baking sheet to dry, about 30 minutes.
3. Dust noodles with starch.
4. Heat oil in a small frying pan or wok over medium high heat.
5. Add noodles a handful at a time and cook until crispy.
6. Remove from oil and let cool on a paper towel covered plate.
7. Continue to cook until all the noodles are fried.



*Use Asian rice vermicelli noodles and you can skip cooking the noodles before frying. These noodles cook extremely fast. Simply add a small handful of noodles to hot oil and fry for 1-2 minutes per side.*



# Easy Pickled Shallots

**PREP TIME**

5 minutes

**COOK TIME**

-

**YIELD**

2 cups

4 to 5 shallots, or 1 medium sized red onion  
(2 cups sliced)

$\frac{3}{4}$  cup apple cider vinegar or coconut water  
vinegar

2 tablespoons lemon juice

2 teaspoons sea salt

1. Slice the shallots into half-moons, making them as thin as possible. Place in a pint-sized mason jar.
2. In a bowl, combine the vinegar and lemon juice. Add the salt and stir to dissolve. Pour the liquid over the shallots and top off the jar with water, filling the jar to the brim. Secure the lid and shake well.
3. Leave on the counter for at least 8 hours; 24 hours is better. Store in the refrigerator for up to 6 months.





# Garlic Herb Croutons

**PREP TIME**

5 minutes

**COOK TIME**

10 minutes

**YIELD**

about 3 cups croutons

4 cups stale bread (sourdough, gluten free bread, or other bread of choice)

1 tablespoon olive oil

½ teaspoon salt

1-2 cloves garlic

1 tablespoon chopped parsley, fresh or dried

1. Preheat oven to 400 degrees.
2. Chop or tear bread into ½ inch chunks.
3. Spread evenly on baking sheet.
4. Bake at 400 degrees for 10-12 minutes.



# Spicy Seeds

**PREP TIME**

2 minutes

**COOK TIME**

10 minutes

**YIELD**

about 1 cup seeds

1 cup raw seeds (hemp seeds, sunflower seeds, pepitas, etc.)

1 tablespoon olive oil

1 teaspoon salt

½ teaspoon garlic powder

½ teaspoon chili powder

1 teaspoon oregano

¼ teaspoon cayenne pepper (optional)

1. Heat a skillet over medium heat. Add olive oil.
2. Add seeds and spices and stir to coat.
3. Continue stirring constantly and cook until seeds have browned and are fragrant, 5-6 minutes, watching carefully to make sure they don't burn.
4. Spread out onto a plate to cool.

# Parmesan Crisps

**PREP TIME**

5 minutes

**COOK TIME**

5 minutes

**YIELD**

4 servings

1 cup Parmesan cheese, shaved, grated or shredded

Salt and pepper

1. Preheat oven to 400 degrees.
2. Evenly spread parmesan onto a silicone baking mat-covered baking sheet.
3. Sprinkle with salt and pepper.
4. Bake until the cheese is melted and crispy, about 3-5 minutes.
5. Let cool and then break the cheese apart into pieces.

# Toasted Quinoa

**PREP TIME**

5 minutes

**COOK TIME**

25-30 minutes

**YIELD**about 1 cup toasted  
quinoa

1/3 cup quinoa

2/3 cup water or broth

pinch of salt

½ teaspoon garlic powder

½ teaspoon onion powder

1 teaspoon dried parsley

1. Rinse the quinoa. Add quinoa to a small saucepan with the water or broth and a pinch of salt.
2. Bring to a boil, then reduce heat and simmer with the lid on until the quinoa is cooked and the liquid is absorbed, about 15 minutes.
3. Spread the quinoa in a very thin layer on a parchment or silicone baking mat-covered baking sheet and let dry for at least one hour.
4. Preheat the oven to 400 degrees.
5. Sprinkle seasoning over the quinoa and bake until crispy, about 15-20 minutes.

# About the Creators of this Book

## Dr. Sarah Ballantyne, PhD

### FOUNDER OF NUTRIVORE

Award-winning public speaker, New York Times bestselling author and world-renowned health expert, Dr. Sarah Ballantyne, PhD believes the key to improving public health is scientific literacy. She creates educational resources to help people improve their day-to-day diet and lifestyle choices, empowered and informed by the most current evidenced-based scientific research.



## Charissa Joy, AOS

### CHIEF OPERATIONS OFFICER

Charissa Joy has over 15 years of experience working in the wellness space. Charissa has many roles on the team. She is Dr. Sarah's right hand touches every part of Dr. Sarah's businesses. She manages all communications for Nutrivore, both external and internal. She is the project and team manager. She handles all marketing internal and external marketing, as well as all brand/affiliate partnerships.



## Nicole Anouar, BA

### GRAPHIC DESIGNER

Nicole Anouar has a B.A in graphic design from the University of San Francisco and specializes in branding and educational design for healers and health professionals in the online space. With 8+ years of education and practice in graphic design, content marketing and ancestral lifestyle tradition, Nicole expresses her passion for truth and her love for alternative living into the work she does every day.



## Kiersten Peterson, BA, NTP

### CONTENT CREATOR AND PHOTOGRAPHER

Kiersten is a Content Creator for Nutrivore with a focus on recipe creation, practical resources and food photography, with a little writing on the side. After experiencing full body healing with the help of Dr. Sarah's and others' work, she now enjoys finding and creating beauty both in her work for Nutrivore and in her home as she raises two daughters alongside her military husband.





## Denise Minger

### CONTENT CREATOR AND RESEARCHER

Denise is a health researcher and author of the best-selling book, "Death By Food Pyramid"—an award-winning exposé of the forces that shaped our dietary guidelines and beliefs, and that's been featured in documentaries, UPenn medical writing curricula, the Nutritional Therapy Association certification program, and numerous other health education courses around the world.



## Lisa Hunter, MSc

### CONTENT CREATOR AND RESEARCHER

Lisa has a Bachelor of Science degree in Chemistry and Biochemistry, a Master of Science degree in Biochemistry, and worked in the pharmaceutical industry developing bio-products for 7 years, prior to taking time off to raise her two children.

On [Nutrivore.com](https://www.nutrivore.com) she is a researcher, writer, and content creator and is responsible for developing and maintaining the expanded Nutrivore Score database of over 7,500 foods (plus many of the nerdy puns sprinkled throughout the website!).



# REFERENCES

- Aloo SO, Ofosu FK, Kilonzi SM, Shabbir U, Oh DH. Edible Plant Sprouts: Health Benefits, Trends, and Opportunities for Novel Exploration. *Nutrients*. 2021 Aug 21;13(8):2882. doi: 10.3390/nu13082882.
- Anandakumar P, Kamaraj S, Vanitha MK. D-limonene: A multifunctional compound with potent therapeutic effects. *J Food Biochem*. 2021 Jan;45(1):e13566. doi: 10.1111/jfbc.13566.
- Bazzano LA, Li TY, Joshipura KJ, Hu FB. Intake of fruit, vegetables, and fruit juices and risk of diabetes in women. *Diabetes Care*. 2008 Jul;31(7):1311-7. doi: 10.2337/dco8-0080.
- Benincasa P, Falcinelli B, Lutts S, Stagnari F, Galieni A. Sprouted Grains: A Comprehensive Review. *Nutrients*. 2019 Feb 17;11(2):421. doi: 10.3390/nu11020421.
- Bhupathiraju SN, Wedick NM, Pan A, Manson JE, Rexrode KM, Willett WC, Rimm EB, Hu FB. Quantity and variety in fruit and vegetable intake and risk of coronary heart disease. *Am J Clin Nutr*. 2013 Dec;98(6):1514-23. doi: 10.3945/ajcn.113.066381.
- Bolkent S, Yanardağ R, Tabakoğlu-Oğuz A, Özsoy-Saçan O. Effects of chard (*Beta vulgaris* L. var. Cicla) extract on pancreatic B cells in streptozotocin-diabetic rats: a morphological and biochemical study. *J Ethnopharmacol*. 2000 Nov;73(1-2):251-9. doi: 10.1016/s0378-8741(00)00328-7.
- Calvi P, Terzo S, Amato A. Betalains: colours for human health. *Nat Prod Res*. 2022 Aug 3:1-20. doi: 10.1080/14786419.2022.2106481.
- Chen L, Zhu Y, Hu Z, Wu S, Jin C. Beetroot as a functional food with huge health benefits: Antioxidant, antitumor, physical function, and chronic metabolomics activity. *Food Sci Nutr*. 2021 Sep 9;9(11):6406-6420. doi: 10.1002/fsn3.2577.
- de Vogel J, Jonker-Termont DS, van Lieshout EM, Katan MB, van der Meer R. Green vegetables, red meat and colon cancer: chlorophyll prevents the cytotoxic and hyperproliferative effects of haem in rat colon. *Carcinogenesis*. 2005 Feb;26(2):387-93. doi: 10.1093/carcin/bgh331.
- Fujii H, Noda T, Sairenchi T, Muto T. Daily intake of green and yellow vegetables is effective for maintaining bone mass in young women. *Tohoku J Exp Med*. 2009 Jun;218(2):149-54. doi: 10.1620/tjem.218.149.
- Gao CM, Tajima K, Kuroishi T, Hirose K, Inoue M. Protective effects of raw vegetables and fruit against lung cancer among smokers and ex-smokers: a case-control study in the Tokai area of Japan. *Jpn J Cancer Res*. 1993 Jun;84(6):594-600. doi: 10.1111/j.1349-7006.1993.tb02018.x.
- Gopal SS, Lakshmi MJ, Sharavana G, Sathaiah G, Sreerama YN, Baskaran V. Lactucaxanthin - a potential anti-diabetic carotenoid from lettuce (*Lactuca sativa*) inhibits  $\alpha$ -amylase and  $\alpha$ -glucosidase activity in vitro and in diabetic rats. *Food Funct*. 2017 Mar 22;8(3):1124-1131. doi: 10.1039/c6fo01655c.

- Hanson BT, Dimitri Kits K, Löffler J, Burrichter AG, Fiedler A, Denger K, Frommeyer B, Herbold CW, Rattei T, Karcher N, Segata N, Schleheck D, Loy A. Sulfoquinovose is a select nutrient of prominent bacteria and a source of hydrogen sulfide in the human gut. *ISME J.* 2021 Sep;15(9):2779-2791. doi: 10.1038/s41396-021-00968-0.
- Helay AA, Maray M, El Hamd ASA, Mohamed A. Physical and chemical changes in the endive plants (*Cichorium endivia* L. var. *crispum*) during developmental stages. *Adv Plants Agric Res.* 2016;5(1):436-441. doi: 10.15406/apar.2016.05.00164.
- Hiel S, Bindels LB, Pachikian BD, Kalala G, Broers V, Zamariola G, Chang BPI, Kambashi B, Rodriguez J, Cani PD, Neyrinck AM, Thissen JP, Luminet O, Bindelle J, Delzenne NM. Effects of a diet based on inulin-rich vegetables on gut health and nutritional behavior in healthy humans. *Am J Clin Nutr.* 2019 Jun 1;109(6):1683-1695. doi: 10.1093/ajcn/nqz001.
- Kadkhoda G, Zarkesh M, Saidpour A, Oghaz MH, Hedayati M, Khalaj A. Association of dietary intake of fruit and green vegetables with PTEN and P53 mRNA gene expression in visceral and subcutaneous adipose tissues of obese and non-obese adults. *Gene.* 2020 Apr 5;733:144353. doi: 10.1016/j.gene.2020.144353.
- Kojima M, Wakai K, Tamakoshi K, Tokudome S, Toyoshima H, Watanabe Y, Hayakawa N, Suzuki K, Hashimoto S, Ito Y, Tamakoshi A; Japan Collaborative Cohort Study Group. Diet and colorectal cancer mortality: results from the Japan Collaborative Cohort Study. *Nutr Cancer.* 2004;50(1):23-32. doi: 10.1207/s15327914nc5001\_4.
- Larsson SC, Bergkvist L, Wolk A. Fruit and vegetable consumption and incidence of gastric cancer: a prospective study. *Cancer Epidemiol Biomarkers Prev.* 2006 Oct;15(10):1998-2001. doi: 10.1158/1055-9965.EPI-06-0402.
- Lee J, Shin A, Oh JH, Kim J. Colors of vegetables and fruits and the risks of colorectal cancer. *World J Gastroenterol.* 2017 Apr 14;23(14):2527-2538. doi: 10.3748/wjg.v23.i14.2527.
- Lee J, Shin A, Oh JH, Kim J. Colors of vegetables and fruits and the risks of colorectal cancer. *World J Gastroenterol.* 2017 Apr 14;23(14):2527-2538. doi: 10.3748/wjg.v23.i14.2527.
- León A, Del-Ángel M, Ávila JL, Delgado G. Phthalides: Distribution in Nature, Chemical Reactivity, Synthesis, and Biological Activity. *Prog Chem Org Nat Prod.* 2017;104:127-246. doi: 10.1007/978-3-319-45618-8\_2.
- Li H, Wang X, Ye M, Zhang S, Zhang Q, Meng G, Liu L, Wu H, Gu Y, Wang Y, Zhang T, Sun S, Wang X, Zhou M, Jia Q, Song K, Wang Y, Niu K. Does a high intake of green leafy vegetables protect from NAFLD? Evidence from a large population study. *Nutr Metab Cardiovasc Dis.* 2021 Jun 7;31(6):1691-1701. doi: 10.1016/j.numecd.2021.01.009.
- Li M, Fan Y, Zhang X, Hou W, Tang Z. Fruit and vegetable intake and risk of type 2 diabetes mellitus: meta-analysis of prospective cohort studies. *BMJ Open.* 2014 Nov 5;4(11):e005497. doi: 10.1136/bmjopen-2014-005497.
- Li N, Wu X, Zhuang W, Wu C, Rao Z, Du L, Zhou Y. Cruciferous vegetable and isothiocyanate intake and multiple health outcomes. *Food Chem.* 2022 May 1;375:131816. doi: 10.1016/j.foodchem.2021.131816.

- Li W, Sun L, Yue L, Li G, Xiao S. The Association Between Eating Green Vegetables Every Day And Mild Cognitive Impairment: A Community-Based Cross-Sectional Study In Shanghai. *Neuropsychiatr Dis Treat*. 2019 Nov 18;15:3213-3218. doi: 10.2147/NDT.S221074.
- Luo C, Zou L, Sun H, Peng J, Gao C, Bao L, Ji R, Jin Y, Sun S. A Review of the Anti-Inflammatory Effects of Rosmarinic Acid on Inflammatory Diseases. *Front Pharmacol*. 2020 Feb 28;11:153. doi: 10.3389/fphar.2020.00153.
- Madadi E, Mazloun-Ravasan S, Yu JS, Ha JW, Hamishehkar H, Kim KH. Therapeutic Application of Beta-lains: A Review. *Plants (Basel)*. 2020 Sep 17;9(9):1219. doi: 10.3390/plants9091219.
- Mangla B, Javed S, Sultan MH, Kumar P, Kohli K, Najmi A, Alhazmi HA, Al Bratty M, Ahsan W. Sulforaphane: A review of its therapeutic potentials, advances in its nanodelivery, recent patents, and clinical trials. *Phytother Res*. 2021 Oct;35(10):5440-5458. doi: 10.1002/ptr.7176.
- Menni C, Louca P, Berry SE, et al. High intake of vegetables is linked to lower white blood cell profile and the effect is mediated by the gut microbiome. *BMC Medicine*. 2021 Feb;19(1):37. DOI: 10.1186/s12916-021-01913-w.
- Miyahira RF, Lopes JO, Antunes AEC. The Use of Sprouts to Improve the Nutritional Value of Food Products: A Brief Review. *Plant Foods Hum Nutr*. 2021 Jun;76(2):143-152. doi: 10.1007/s11130-021-00888-6.
- Montenegro CF, Kwong DA, Minow ZA, Davis BA, Lozada CF, Casazza GA. Betalain-rich concentrate supplementation improves exercise performance and recovery in competitive triathletes. *Appl Physiol Nutr Metab*. 2017 Feb;42(2):166-172. doi: 10.1139/apnm-2016-0452.
- Morris MC, Wang Y, Barnes LL, Bennett DA, Dawson-Hughes B, Booth SL. Nutrients and bioactives in green leafy vegetables and cognitive decline: Prospective study. *Neurology*. 2018 Jan 16;90(3):e214-e222. doi: 10.1212/WNL.0000000000004815. Epub 2017 Dec 20.
- Mortaş H, Bilici S, Öztürk H, Karakan T. Changes in intestinal parameters and their association with dietary patterns in rotational shift workers. *Chronobiol Int*. 2022 Jun;39(6):872-885. doi: 10.1080/07420528.2022.2044349.
- Salehi B, Venditti A, Sharifi-Rad M, Kręgiel D, Sharifi-Rad J, Durazzo A, Lucarini M, Santini A, Souto EB, Novellino E, Antolak H, Azzini E, Setzer WN, Martins N. The Therapeutic Potential of Apigenin. *Int J Mol Sci*. 2019 Mar 15;20(6):1305. doi: 10.3390/ijms20061305.
- Seo DY, Lee SR, Heo JW, No MH, Rhee BD, Ko KS, Kwak HB, Han J. Ursolic acid in health and disease. *Korean J Physiol Pharmacol*. 2018 May;22(3):235-248. doi: 10.4196/kjpp.2018.22.3.235. Epub 2018 Apr 25.
- Sim M, Lewis JR, Prince RL, Levinger I, Brennan-Speranza TC, Palmer C, Bondonno CP, Bondonno NP, Devine A, Ward NC, Byrnes E, Schultz CJ, Woodman R, Croft K, Hodgson JM, Blekkenhorst LC. The effects of vitamin K-rich green leafy vegetables on bone metabolism: A 4-week randomised controlled trial in middle-aged and older individuals. *Bone Rep*. 2020 Apr 26;12:100274. doi: 10.1016/j.bonr.2020.100274.
- Singh AK, Rehal J, Kaur A, Jyot G. Enhancement of attributes of cereals by germination and fermentation: a review. *Crit Rev Food Sci Nutr*. 2015;55(11):1575-89. doi: 10.1080/10408398.2012.706661.

Uddin MK, Juraimi AS, Hossain MS, Nahar MA, Ali ME, Rahman MM. Purslane weed (*Portulaca oleracea*): a prospective plant source of nutrition, omega-3 fatty acid, and antioxidant attributes. *ScientificWorldJournal*. 2014 Feb 10;2014:951019. doi: 10.1155/2014/951019.

Vanduchova A, Anzenbacher P, Anzenbacherova E. Isothiocyanate from Broccoli, Sulforaphane, and Its Properties. *J Med Food*. 2019 Feb;22(2):121-126. doi: 10.1089/jmf.2018.0024.

Veeranki OL, Bhattacharya A, Tang L, Marshall JR, Zhang Y. Cruciferous vegetables, isothiocyanates, and prevention of bladder cancer. *Curr Pharmacol Rep*. 2015 Aug;1(4):272-282. doi: 10.1007/s40495-015-0024-z.

Vieira AJ, Beserra FP, Souza MC, Totti BM, Rozza AL. Limonene: Aroma of innovation in health and disease. *Chem Biol Interact*. 2018 Mar 1;283:97-106. doi: 10.1016/j.cbi.2018.02.007.

Wesołowska A, Nikiforuk A, Michalska K, Kisiel W, Chojnacka-Wójcik E. Analgesic and sedative activities of lactucin and some lactucin-like guaianolides in mice. *J Ethnopharmacol*. 2006 Sep 19;107(2):254-8. doi: 10.1016/j.jep.2006.03.003.

Williams DE, Wareham NJ, Cox BD, Byrne CD, Hales CN, Day NE. Frequent salad vegetable consumption is associated with a reduction in the risk of diabetes mellitus. *J Clin Epidemiol*. 1999 Apr;52(4):329-35. doi: 10.1016/s0895-4356(99)00006-2.

Wojdyło A, Nowicka P, Tkacz K, Turkiewicz IP. Sprouts vs. Microgreens as Novel Functional Foods: Variation of Nutritional and Phytochemical Profiles and Their In Vitro Bioactive Properties. *Molecules*. 2020 Oct 12;25(20):4648. doi: 10.3390/molecules25204648.