

**NUTRIVORE**  
**Salad-a-Day**  
**CHALLENGE**

**PRINTABLE**

**GUIDES**

# 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.

<b>LEAFY GREENS</b> <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>	+	<b>VEGGIE EXTRAS</b> <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>	+	<b>FRUIT</b> <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>	+	<b>HEALTHY FAT &amp; DAIRY</b> <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>
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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>



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### 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

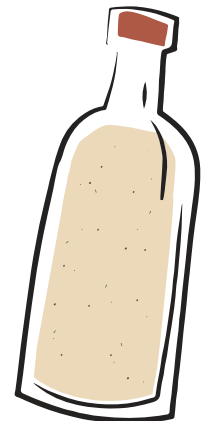
+

(1-2 tablespoons)

### EMULSIFIER

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

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## 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

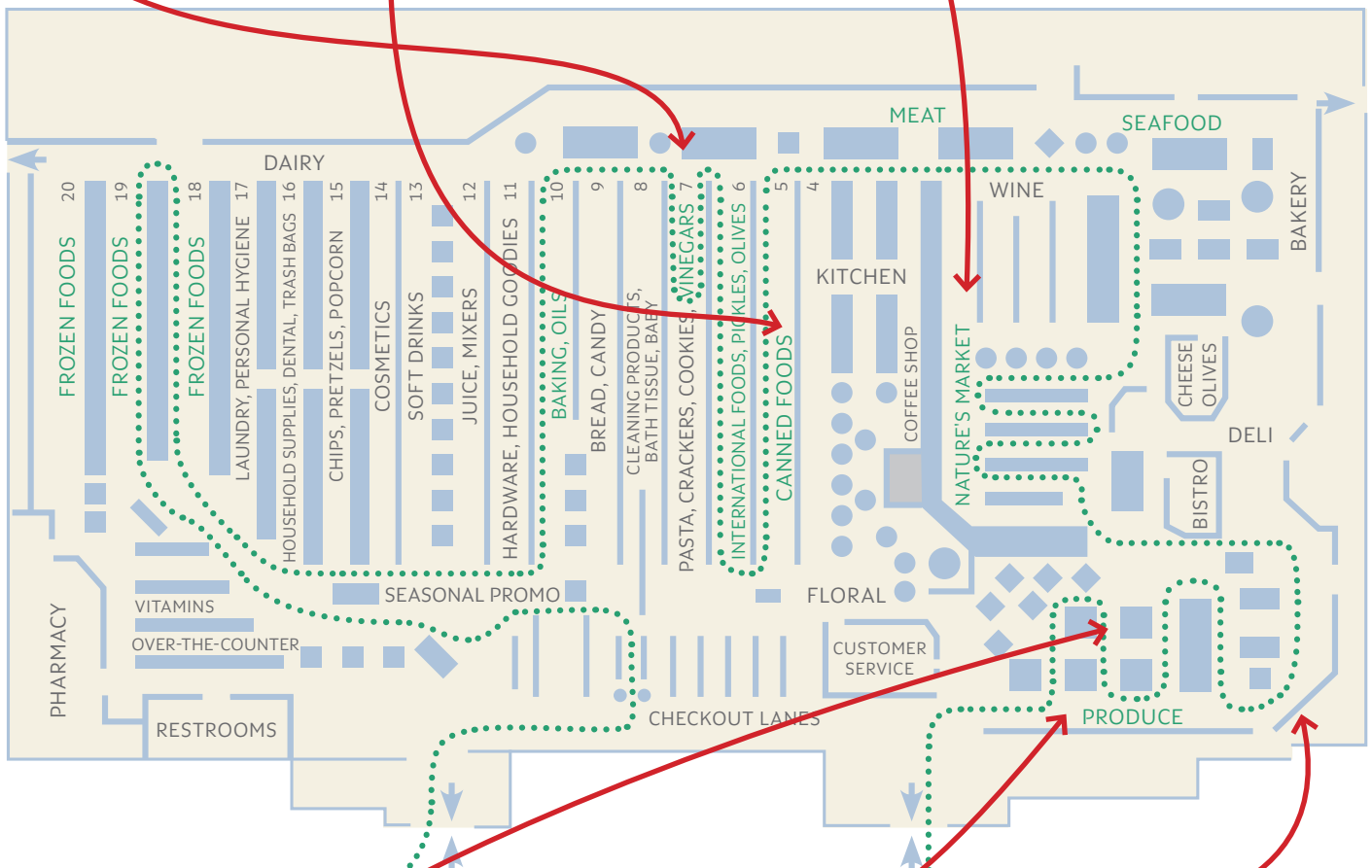
- 1 bottle of your favorite dressing
- TIP:** Skip low fat because the fat helps you absorb more nutrients

## 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.

# 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

# 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

# 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

# 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><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></ul>	<ul style="list-style-type: none"><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><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>• <del>Water</del> 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>
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## 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*

