

STUDIES SHOW THAT FOR EVERY 100 GRAMS OF LEAFY GREENS WE CONSUME DAILY, WE REDUCE OUR RISK OF ALL-CAUSE-MORTALITY BY 22%

NUTRIVORE Simple Salad Builder

LEAFY GREENS 3476

Arugula (2019), baby collards (3323), beet greens (3259), chard (3776), endive (2390), iceberg (773), kale (4233), mustard greens (5464), radicchio (2471), romaine (2128), spinach (4548), red leaf lettuce (2684), rainbow chard (6573), watercress (6929)

VEGGIES 1732 RAW, ROASTED, BOILED OR SHREDDED

Cruciferous 3740 Broccoli (2833), cabbage (3213), cauliflower (1585)
Parsley Family 1422 Carrots (899), celery (767), cilantro (2609), fennel (663), parsley (5491)
Root Veggies 701 Beet (3259), potato (357), radish (5863), sweet potato (438)
Other Veggies 744 Cucumber (554), summer squash (1596)
Mushrooms 2704 Portobello (1483), oyster (2550), shiitake (4343), white button (1872)

PROTEIN 478

Seafood 695 Calamari (890), salmon (113), sardine (789), shrimp (623), tuna (635)
Meat & Eggs 352 Beef (333), chicken (346), duck (331), eggs (166), turkey (346), lamb (329), pork (330)
Legumes 389 Garbanzo beans (251), lentils (509), tofu (409)

FRUIT 457

Citrus 391 Grapefruit (396), orange (408), tangerine (277)
Rosaceae Family 244 apricots (260), apples (213), Asian pear (621), pears (147), peaches (295)
Tropical Fruit 406 Grapes (281), kiwi (453), mangos (342), melon (457), pomegranate (256)
Berries 489 Blackberries (130), blueberries (396), raspberries (491)
Dried Fruit 226 Apples (55), apricots (131), cranberries (40), figs (141), raisins (114), sun dried tomatoes (655)

EXTRAS

Nuts & Seeds 276 Cashews (203), coconut (179), hemp seeds (415), pecans (221), flax seeds (515), walnuts (303)
Healthy Fats & Dairy 149 Avocado (291), blue cheese (130), cheddar (140), feta (189), goat's cheese (150), olives (203), sour cream (139)
Grains & Pseudograins 256 Barley (158), brown rice (160), corn (156), quinoa (219)
Condiments Pickled shallots, sauerkraut (710), bacon bits

DRESSING

Honey Mustard

+ 3 Tbsp oil
 + 2 tsp honey
 + 2 tsp Dijon mustard
 + 2 tsp lemon juice
 + 2 tsp white wine vinegar
 + 1 tsp anchovy paste

Green Goddess

+ ½ C Mayo
 + ½ C chopped fresh parsley
 + ¼ C milk of choice
 + 1½ Tbsp red wine vinegar
 + 1 tsp anchovy paste

Caesar

+ ½ C Mayo
 + 2 Tbsp lemon juice
 + 1 Tbsp anchovy paste
 + 1 sm clove garlic, crushed to a coarse paste

Vinaigrette

+ 3 Tbsp oil
 + 2 Tbsp acidic liquid (lemon juice or vinegar)

Italian

+ 3 Tbsp oil
 + ¼ C apple cider vinegar
 + ¼ tsp mixed Italian herbs
 + 1 clove garlic, crushed to a coarse paste

ADD SALT AND PEPPER TO TASTE, BLEND TO COMBINE

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