



# SALADS to GO

Build healthy salads from the *bottom up!*

You can create healthy Salads to Go in a mason jar or similar container.....this will save you time, money and will allow you to eat healthy at home or on the road. The secret to these salads is the **4 layers:**

<b>Leafy Greens</b> <i>-Top Layer</i>	<ul style="list-style-type: none"> <li>green leaf lettuce, red leaf lettuce, romaine lettuce, spinach, arugula, kale, red cabbage, mixed greens, Swiss chard, radicchio, watercress...  <i>(avoid iceberg lettuce)</i></li> </ul>	
<b>Protein</b> <i>-Middle Layer</i>	<ul style="list-style-type: none"> <li>canned salmon, tuna, sardines, crab, shrimp, walnuts, pecans, slivered almonds, pine nuts, chia seeds, sesame seeds.....egg, steak, chicken, turkey, ham, bacon, pepperoni, grated cheeses, beans...</li> </ul>	
<b>Vegetables</b> <i>-Lower Layer</i>	<ul style="list-style-type: none"> <li>carrots, cauliflower, broccoli, bell peppers, cucumber, onions, cherry tomatoes, mushrooms, celery, pickles, snap peas, radish.....berries, apple, oranges, pear, olives, avocado...</li> </ul>	
<b>Dressing</b> <i>-Bottom Layer (Fat)</i>	<ul style="list-style-type: none"> <li>Whisk these ingredients in the jar before adding the other layers.</li> <li>Healthy fats from olive oil, olives, avocado, seafood, eggs, or nuts are essential for a balanced meal and maximum nutrition.</li> </ul>	
<p align="center"><b><u>Classic Vinaigrette</u></b></p> <p>3 Tbsp olive oil          2 tsp mustard          1 tsp apple cider vinegar                                            or lemon juice          salt and pepper</p>	<p align="center"><b><u>Zesty Italian</u></b></p> <p>3 Tbsp olive oil          1 Tbsp apple cider vinegar          1 tsp dried oregano          ½ tsp red pepper flakes          ¼ clove garlic          ¼ tsp honey <i>(optional)</i></p>	<p align="center"><b><u>Creamy Italian</u></b></p> <p>2 Tbsp olive oil          2 Tbsp plain Greek yogurt          2 tsp balsamic vinegar          ½ tsp dried oregano          ½ tsp dried basil          salt and pepper</p>
<p align="center"><b><u>Avocado Ranch</u></b></p> <p>3 Tbsp coconut milk          1 Tbsp lemon juice          1 tsp Italian seasoning          ½ small avocado <i>(mashed)</i>          ¼ clove garlic          ½ tsp salt</p>	<p align="center"><b><u>Asian Sesame</u></b></p> <p>1 Tbsp soy sauce          1 Tbsp red wine vinegar          2 tsp sesame oil          2 tsp sesame seeds          ½ tsp hot sauce          ¼ clove garlic</p>	<p align="center"><b><u>Fresh Ginger</u></b></p> <p>2 Tbsp olive oil          1 Tbsp soy sauce          2 tsp rice vinegar <i>or</i> lemon juice          1 tsp grated ginger          ½ tsp red pepper flakes          ¼ tsp honey <i>(optional)</i></p>

**Tips:** Keeping the leafy greens at the top keeps the whole salad crisp and preserved for 4-5 days. We place the harder vegetables at the bottom because they will not absorb much liquid from the dressing. Before you close the jar, place a folded paper towel on top of the salad – this will absorb excess moisture and keep the leafy vegetables from wilting. Keep the lid on tight and store upright in the refrigerator. Make several salads at once to save time. When you're ready to eat, all your jar needs is a shake and a fork. Enjoy.