

Power Salad Combinations

Base: Lettuce

Plus:

- Red leaf lettuce
- Avocado
- Black beans
- Tomato
- Corn
- Salsa

Dressing

- Green Goddess + cumin + lime + chili



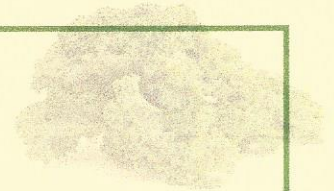
Base: Kale

Plus

- Kale
- Garbanzo beans
- Cucumber
- Onion
- Red pepper
- Feta cheese

Dressing

- Olive oil & red wine vinegar



Base: Couscous or Bulgar

Plus

- Garbanzo beans
- Tomatoes
- Basil
- Cucumber
- Feta cheese

Dressing

- Olive oil & vinegar + Italian Seasonings (oregano, thyme, basil)



Base: Quinoa

Plus

- Carrots
- Beets
- Sweet potatoes
- Pumpkin seeds

Dressing

- Olive oil + feta cheese



Base: Salad Green of Choice

Plus

- Avocado
- Tofu
- Cucumber
- Fresh grated ginger sprinkle

Dressing

- Miso-Tahini



Base: Brown Rice

Plus

- Cabbage
- Mushroom
- Carrots
- Broccoli
- Hot peppers
- Cilantro
- Almonds
- Tofu
- Sesame seeds

Dressing

- Rice vinegar & sesame oil



Base: Romaine/Spinach Mix

Plus

- Chicken
- Cauliflower
- Carrots
- Tomato
- Sunflower seeds

Dressing

- Honey-Mustard

