

Pick and Mix Salads

Your salad should be balanced with protein, healthy fats and carbohydrates. Pick some items from each section of the table below to create your own salad with whatever ingredients you have in your fridge or cupboards.

Step 1 - pick a protein	Step 2 – pick some carbohydrates	Step 3 – Pick some healthy Fats
<p>Your salad should contain protein. It's a good idea to rotate your protein sources and include a variety in your diet. Choose good quality, organic or grass fed where possible.</p>	<p>Choose a variety of colourful fruit and veg to have in your salad. The portion size of starchy wholegrains might depend on how active you are.</p>	<p>There are several ways to add healthy fats to your salad. You can add oil in a dressing and/or add seeds or nuts to add some crunch and texture.</p>
<p><u>meat and fish</u> prawns chicken turkey tuna mackerel** salmon** beef anchovies</p> <p><u>vegetarian sources</u> eggs goats cheese feta cheese mozzarella halloumi beans* lentils*</p> <p>*also a source of carbohydrates ** also a source of omega 3 fats</p>	<p><u>low carb veggies</u> spinach rocket watercress fresh herbs cucumber celery artichokes tomatoes sun dried tomatoes peppers asparagus lettuce kale artichokes</p> <p><u>higher carb veggies</u> sweet potato new potatoes carrot beetroot butternut squash sweetcorn peas</p> <p><u>wholegrains</u> cooked quinoa (GF) brown/wholegrain rice (GF) buckwheat (GF) cous cous</p> <p><u>fruit</u> orange/grapefruit segments diced apple, pear or peach, pomegranate seeds, pineapple, mango.</p>	<p><u>oils</u> Extra virgin olive oil avocado oil sesame oil walnut oil</p> <p><u>other</u> pumpkin seeds ground flaxseeds sunflower seeds sesame seeds pine nuts walnuts cashews pecans avocado olives</p>

Salad Dressings

Lemon

2 tbsp. apple cider vinegar, juice of a lemon, 3 tbsp. EV olive oil, seasoning.

Creamy Tahini

1 tbsp. tahini, 1 tbsp. EV olive oil, 1-2 tbsp water, 1 tsp Dijon mustard, juice of half a lime or lemon, 1 tsp honey, seasoning.

Honey mustard

1 tbsp. apple cider vinegar, 1 tsp honey, 1 tsp Dijon mustard, 2 tbsp. EV olive oil, seasoning.

Creamy Avocado

2 tbsp Greek yoghurt, ½ ripe avocado, squeeze of lemon juice, 1 tbsp water, seasoning.

Each dressing above provides 2-3 servings

Some Tips...make your dressings in a clean jam jar, it's easy to mix them in and they will keep in the fridge for up to a week until you need them. A mini blender makes it easy to whizz up the creamy ones.

