

The Salad I Eat Every Day – and the Recipe to Make It



I eat a salad with dinner almost every day — it's fresh, satisfying, and keeps me full. The only time I skip it is when we order takeout that doesn't pair well, like sushi or Chinese. Otherwise, it's a daily staple.


I'm sharing my recipe with you. And remember — you can make small swaps without throwing off the balance. Try trading the garbanzo beans for berries, or swap the carrot for cucumbers, bell peppers, or radishes. Keep portions about the same, the calories and nutrition stay on track. Weigh the rest of your meal and portion it appropriately — portion control is vital to your success.


Ingredients (1 serving)

- About 2 cups lettuce greens (butter & green leaf are our go-to)
- 2 Tbsp rinsed, canned garbanzo beans
- ¼ avocado
- 5 black olives, sliced
- 1 ½ Tbsp three-bean salad
- 1/8 large carrot, grated
- 4 slices pickled beets (Aunt Nellie's are the best – see My Favorites Page)
- 1 Tbsp Bolthouse Caesar Salad Dressing (see My Favorites Page)

Instructions:

1. Add lettuce greens to large bowl
2. Top with other ingredients (you may swap other veggie toppings, keeping in mind calories)
3. Drizzle dressing and toss

 **Nutritional Values:** 162 calories — 4g protein — 5g fiber — 65 mg calcium

 **Tip:** This salad pairs perfectly with any dinner on your plan – or makes a light, satisfying lunch on its own with added protein.

What I Learned Along the Way

Salads were never my favorite — I used to think of them as “diet food.” Most programs said to skip the dressing or stick with plain vinegar. I don’t know about you, but that’s just not appealing. My salads were so bland that they were hard to swallow.

Then my husband started making himself this salad, and everything changed. When he became seriously ill a few years ago, my focus shifted — from dieting to helping him heal. I began eating his salads with him every night, and I discovered that I love salad when it’s done right. It was something I could enjoy, not just endure.

I also stopped logging every bite and counting every calorie — which had led to regaining 20 pounds I’d spent nearly a year losing. (I have the slowest metabolism

— it takes forever to lose and no time to regain.) But on my Plan, I've now lost nearly 20 pounds in less than 3 months — and I'm proud of that.

When I created this plan, I knew I wanted this salad to be part of it. I include it with most dinners, account for the calories in the salad, and then portion the rest of the meal to build a balanced, satisfying dinner I actually look forward to.

— Isabelle

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