



## Summer Salad Recipes

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Full Bodied Nutrition  
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Welcome and thank you for subscribing to Full Bodied Nutrition.

As a thank you, we have 7 fresh and cooling summer salad recipes to share with you.

Some healthy habits to keep in mind. Water, movement the reduction of stress are essential for your well-being. Don't wait until you are thirsty to drink, make movement a part of your day (in any capacity) and do things that help increase joy and reduce your stress.

Check out FullBodiedNutrition.com for more information, more recipes, group meal plans and individual packages.

Wishing you well,

Janice and Ginette Your team at Full Bodied Nutrition



Breakfast

Mon



Summer Buddha Bowl

Tue



Black Bean & Tomato Salad with Creamy Cilantro...

Wed



Blueberry Kale Salad

Thu



Thai Chopped Chicken Salad with Peanut Sauce

Fri



Rainbow Chopped Salad Jars

Sat



Broccoli Almond Protein Salad

Sun



Grilled Pineapple & Chicken Salad

### Fruits

- 4 Avocado
- 3 cups Blueberries
- 5 Lemon
- 1 1/2 tbsps Lemon Juice
- 2 tbsps Lime Juice
- 1/2 Mango
- 3 cups Pineapple
- 1/2 cup Strawberries

### Breakfast

- 3 tbsps All Natural Peanut Butter
- 1/4 cup Almond Butter
- 2 2/3 tbsps Maple Syrup

### Seeds, Nuts & Spices

- 1/2 cup Almonds
- 1/4 tsp Black Pepper
- 1/8 tsp Chili Powder
- 1/2 cup Pumpkin Seeds
- 2 tps Sea Salt
- 0 Sea Salt & Black Pepper
- 1/8 tsp Smoked Paprika

### Frozen

- 2 cups Frozen Edamame

### Vegetables

- 3 cups Arugula
- 6 cups Baby Spinach
- 2 Beet
- 4 cups Broccoli
- 3 Carrot
- 4 stalks Celery
- 2 cups Cherry Tomatoes
- 1/2 cup Cilantro
- 1 Cucumber
- 3 Garlic
- 1 tsp Ginger
- 3 cups Green Cabbage
- 8 stalks Green Onion
- 10 cups Kale Leaves
- 1 cup Matchstick Carrots
- 3 cups Purple Cabbage
- 1/2 Red Bell Pepper
- 1/2 cup Red Onion
- 1 1/2 heads Romaine Hearts
- 1 Yellow Bell Pepper

### Boxed & Canned

- 1 cup Black Beans
- 3 1/2 cups Chickpeas

### Baking

- 1 tsp Raw Honey

### Bread, Fish, Meat & Cheese

- 1 1/2 lbs Chicken Breast
- 1/2 cup Feta Cheese

### Condiments & Oils

- 1 tbsp Apple Cider Vinegar
- 1 tsp Dijon Mustard
- 3/4 cup Extra Virgin Olive Oil
- 1 tbsp Rice Vinegar
- 1 tbsp Sesame Oil
- 1/3 cup Tahini
- 2 tbsps Tamari

### Cold

- 1/3 cup Plain Greek Yogurt

### Other

- 2/3 cup Water



## Summer Buddha Bowl

2 servings

20 minutes

### Ingredients

- 1 1/2 tbsps Tahini
- 1 1/2 tbsps Lemon Juice
- 1 tbsp Extra Virgin Olive Oil
- 1/2 tsp Maple Syrup
- 3 tbsps Water
- 1/8 tsp Sea Salt
- 3 cups Arugula
- 1 Carrot (large, shredded)
- 1/2 cup Strawberries (halved)
- 1 Avocado
- 1/2 cup Chickpeas (roasted)

### Directions

- 1 Add tahini, lemon juice, extra virgin olive oil, maple syrup, water and sea salt to a blender or food processor. Blend until smooth and creamy.
- 2 Divide arugula between bowls and top with shredded carrot, strawberries, avocado and chickpeas. Drizzle with tahini dressing. Serve and enjoy!

### Notes

**Leftovers,** Refrigerate ingredients separately to avoid having the salad turn soggy. Store for up to three days.

**No Arugula,** Use another green such as baby spinach or kale.

**More Fiber,** Add brown rice or quinoa to increase the fiber.



## Black Bean & Tomato Salad with Creamy Cilantro Dressing

4 servings

15 minutes

### Ingredients

- 1/3 cup Plain Greek Yogurt
- 1/2 cup Cilantro (roughly chopped)
- 1 stalk Green Onion (roughly chopped)
- 1 Garlic (clove, minced)
- 1 tbsp Lime Juice
- 1 1/2 tsps Maple Syrup
- 1/4 tsp Sea Salt
- 1 tbsp Water (optional)
- 1 1/2 heads Romaine Hearts (chopped)
- 1 cup Black Beans (cooked)
- 1 cup Cherry Tomatoes (chopped)
- 2 Avocado (small, diced)

### Directions

- 1 Add yogurt, cilantro, green onion, garlic, lime juice, maple syrup and sea salt to the bowl of a food processor. Blend until smooth. Add water to thin the consistency of the dressing, if necessary. Season with additional salt or lime juice if needed.
- 2 Divide the romaine lettuce, black beans, tomatoes and avocado between plates, drizzle with the dressing and serve immediately. Enjoy!

### Notes

**Leftovers,** Transfer the dressing and salad ingredients to separate airtight containers and refrigerate until ready to use. The dressing will keep in the fridge for up to five days. Wait to dice the avocado and dress salad until just before serving.

**More Flavor,** Add roughly chopped jalapeno pepper to the dressing for a spicy kick.

**Additional Toppings,** Add chopped cilantro, extra lime wedges or sliced jalapenos.

**Make it Vegan,** Use a non-dairy Greek-style yogurt instead.



## Blueberry Kale Salad

6 servings  
20 minutes

### Ingredients

- 10 cups Kale Leaves (chopped)
- 1 Cucumber (chopped)
- 4 stalks Celery (chopped)
- 2 cups Blueberries
- 2 Beet (peeled and spiralized)
- 1/2 cup Pumpkin Seeds
- 1/2 cup Extra Virgin Olive Oil
- 3 Lemon (medium, juiced)
- 1 tsp Dijon Mustard
- 1 tsp Sea Salt
- 1/4 tsp Black Pepper

### Directions

- 1 In a large bowl, combine the kale, cucumber, celery, blueberries, spiralized beets, and pumpkin seeds.
- 2 In a mason jar, combine the olive oil, lemon juice, Dijon mustard, salt and pepper. Shake well.
- 3 Before serving, pour dressing over the salad and toss well. Enjoy!

### Notes

**Storage,** Keeps well in the fridge for 4 days.

**More Protein,** Add a salmon fillet, grilled chicken breast, or lentils.

**More Carbs,** Add cooked quinoa.



## Thai Chopped Chicken Salad with Peanut Sauce

3 servings

30 minutes

### Ingredients

8 ozs Chicken Breast (skinless and boneless)  
1/8 tsp Chili Powder  
1/8 tsp Smoked Paprika  
1/8 tsp Sea Salt  
3 tbsps All Natural Peanut Butter  
1 tbsp Tamari  
1 tsp Raw Honey  
1 tbsp Lime Juice  
1 Garlic (clove, minced)  
1 tsp Ginger (minced)  
2 tbsps Water  
3 cups Green Cabbage (chopped)  
2 Carrot (shredded)  
1/2 Red Bell Pepper  
1/2 Mango (cubed)  
3 stalks Green Onion (chopped)

### Directions

- 1 Add the chicken to a small bowl and season with chili powder, smoked paprika and sea salt. In a skillet over medium heat, cook the chicken on both sides until cooked through, approximately 8 to 10 minutes. Remove, let cool slightly and then shred with two forks.
- 2 In a blender, add the peanut butter, tamari, honey, lime juice, garlic, ginger and water. Blend until smooth and creamy.
- 3 In a large bowl, add the cabbage, carrots, pepper, mango and green onions. Add the shredded chicken to the bowl and toss with the dressing. Serve and enjoy!

### Notes

**Leftovers,** Store salad and dressing separately in sealed containers in the refrigerator for up to three days.

**Nut-Free,** Use sunflower seed butter instead of peanut butter.

**More Flavor,** Add chili flakes to the sauce for heat.

**Additional Toppings,** Add chopped cilantro, crushed peanuts and/or sesame seeds.

**Make it Vegan,** Omit the chicken and use cooked tofu or chickpeas instead.



## Rainbow Chopped Salad Jars

3 servings

30 minutes

### Ingredients

- 1/3 cup Tahini
- 2 Lemon (juiced)
- 1/2 tsp Sea Salt
- 2 tbsps Water
- 3 cups Chickpeas (cooked, from the can)
- 1 cup Cherry Tomatoes
- 1 cup Matchstick Carrots
- 1 Yellow Bell Pepper (chopped)
- 3 cups Purple Cabbage (chopped)

### Directions

- 1 Combine the tahini, lemon juice, and sea salt. Whisk until combined, adding water as needed to attain a creamy salad dressing consistency. Divide the dressing equally into the bottom of large jars.
- 2 On top of the dressing, layer the chickpeas, tomatoes, carrots, bell pepper, and top with the purple cabbage. Cover and store in the fridge.
- 3 When you're ready to eat the salad, dump it into a bowl and toss well. Enjoy!

### Notes

**Storage,** Keeps well in the fridge for up to 4 days.

**No Tahini,** Use a nut butter or sunflower seed butter instead.



## Broccoli Almond Protein Salad

4 servings

20 minutes

### Ingredients

4 cups Broccoli (chopped into small florets)  
2 cups Frozen Edamame (shelled)  
4 stalks Green Onion (sliced)  
1/2 cup Almonds (chopped)  
1/4 cup Almond Butter  
1 tbsp Rice Vinegar  
1 tbsp Tamari (or Coconut Aminos)  
1 tbsp Maple Syrup  
1 tbsp Sesame Oil  
1 Garlic (clove, minced)  
2 tbsps Water

### Directions

- 1 In a large mixing bowl, combine the broccoli florets, edamame beans, green onions, and chopped almonds.
- 2 To make the salad dressing, whisk together the almond butter, rice vinegar, tamari, maple syrup, sesame oil, garlic, and water. Add more water if needed to achieve desired consistency.
- 3 Pour the dressing over the salad and toss to mix well. Serve immediately, or let sit for a few hours before eating. Enjoy!

### Notes

Leftovers, Keeps well in the fridge up to 3 days.



## Grilled Pineapple & Chicken Salad

4 servings  
20 minutes

### Ingredients

1/4 cup Extra Virgin Olive Oil (divided)  
1 tbsp Apple Cider Vinegar  
1 tbsp Maple Syrup  
Sea Salt & Black Pepper (to taste)  
1 lb Chicken Breast  
3 cups Pineapple (sliced into rings)  
6 cups Baby Spinach  
1 cup Blueberries  
1 Avocado (diced)  
1/2 cup Feta Cheese (crumbled)  
1/2 cup Red Onion (thinly sliced)

### Directions

- 1 Add 3/4 of the olive oil, apple cider vinegar, maple syrup, salt and pepper (to taste) to a small mason jar. Shake and set aside.
- 2 Preheat grill on medium heat. Brush both sides of each chicken breast with the remaining olive oil and season with salt, pepper and any other spices you like.
- 3 Place pineapple slices and chicken breasts on the grill. Grill the chicken about 15 to 20 minutes or until cooked through, flipping halfway. Cook pineapple slices until grill marks appear, about 6 minutes each side.
- 4 Meanwhile, toss together spinach, blueberries, avocado, feta and red onion in a large bowl. Chop pineapple into chunks and chicken into strips. Add to salad. Divide onto plates and coat with desired amount of salad dressing.

### Notes

**No BBQ**, Preheat the oven to 350°F (177°C). Cook chicken for 30 minutes and pineapple slices for 15 to 20 minutes until soft.

**Vegetarian**, Skip the chicken and grill chickpeas in a grilling basket instead.