



Salad's Galore

FULL BODIED NUTRITION INC.



Cheeseburger Salad

2 SERVINGS 15 MINUTES



INGREDIENTS

8 ozs Extra Lean Ground Beef
Sea Salt & Black Pepper (to taste)
1/4 cup Mayonnaise
1 tbsp Apple Cider Vinegar
1 tsp Yellow Mustard
1 head Boston Lettuce
1 cup Cherry Tomatoes (halved)
2 ozs Cheddar Cheese (shredded)
1/4 cup Red Onion (diced)
1/4 cup Pickle (chopped)

DIRECTIONS

- 01 Heat a non-stick pan over medium heat. Add the beef to the pan, breaking it up as it browns. Once it is cooked through and no longer pink, drain excess drippings from the pan if necessary and season with salt and pepper.
- 02 In a bowl, whisk together the mayonnaise, apple cider vinegar, and mustard.
- 03 Divide the lettuce, tomatoes, ground beef, cheese, red onion, and pickle between plates. Drizzle the dressing over top and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to one day.

SERVING SIZE

One serving equals approximately four cups.

DAIRY-FREE

Use vegan cheese instead of cheddar.

MORE FLAVOR

Add garlic to the ground beef.

ADDITIONAL TOPPINGS

Add sliced green onions.



Spiralized Veggie Noodles with Peanut Sauce

3 SERVINGS 15 MINUTES



INGREDIENTS

- 1 Zucchini (medium)
- 1 Carrot (large, peeled)
- 1 Red Bell Pepper (thinly sliced)
- 1 1/2 cups Purple Cabbage (thinly sliced)
- 1/4 cup All Natural Peanut Butter
- 2 tbsps Water
- 2 tbsps Lime Juice
- 1 tbsp Tamari
- 1 tbsp Maple Syrup
- 1 Garlic (clove, minced)
- 1 tsp Ginger (minced)
- 3 tbsps Hemp Seeds

DIRECTIONS

- 01 Spiralize the zucchini and the carrot and transfer to a large mixing bowl with the bell pepper and cabbage. If you do not have a spiralizer, use a box grater or vegetable peeler instead.
- 02 In a mixing bowl combine the peanut butter, water, lime juice, tamari, maple syrup, garlic and ginger. Mix well to combine.
- 03 To serve, toss the veggies in the peanut sauce and top with hemp seeds. Serve immediately and enjoy!

NOTES

LEFTOVERS

For best results, refrigerate veggies and peanut sauce in separate airtight containers for up to three days.

SERVING SIZE

One serving is equal to approximately 2 cups of veggies and 3 tablespoons of sauce.

SOY-FREE

Use coconut aminos instead of tamari.

NUT-FREE

Use sunflower seed butter instead of peanut butter.

ADDITIONAL TOPPINGS

For extra crunch add sliced almonds, chopped peanuts or pumpkin seeds. Serve with lime slices.

MORE PROTEIN

Add cooked chicken, shrimp or tofu.



Citrusy Kale & Carrot Salad

4 SERVINGS 10 MINUTES



INGREDIENTS

- 1 Navel Orange (medium)
- 2 tbsps Extra Virgin Olive Oil
- 2 tbsps Lemon Juice
- 1 tbsp Dijon Mustard
- 8 cups Kale Leaves (finely chopped)
- 1 Carrot (small, peeled and finely grated)
- 1/3 cup Walnuts (chopped)

DIRECTIONS

- 01 Cut away the peel and pith of the orange then cut the orange into segments away from the membranes. Roughly chop the orange segments and set aside.
- 02 In a small bowl combine the oil, lemon juice, and Dijon mustard
- 03 Add the kale to a mixing bowl. Add the dressing to the kale and massage with your hands for one to two minutes until wilted and tender.
- 04 Stir in the carrot then top with the orange segments and walnuts. Season the salad with additional lemon juice, if needed, and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

NUT-FREE

Omit the walnuts or use pumpkin seeds instead.

MORE FLAVOR

Use roasted walnuts and add fresh parsley. Season with salt and pepper.

MORE PROTEIN

Add chickpeas, cooked chicken, shrimp, or salmon.



Strawberry Asparagus Salad with Tahini Dressing

4 SERVINGS 20 MINUTES



INGREDIENTS

- 2 cups Asparagus
- 4 cups Arugula
- 1 cup Radishes (thinly sliced)
- 1 cup Strawberries (thinly sliced)
- 1 cup Frozen Peas (thawed)
- 1/4 cup Tahini
- 1 tbsp Maple Syrup
- 1 Lemon (juiced)
- 2 tbsps Water (warm)

DIRECTIONS

- 01 Trim the woody ends from the asparagus and cut the spears in half.
- 02 Fill a steamer pot with water and bring to a boil. Place asparagus in the steaming basket and steam for about 5 to 7 minutes, or until tender. (Note: The thicker the spears, the longer they will need to steam.) Remove the steamer from stovetop and run the asparagus under cold water until completely cool.
- 03 Fill the bottom of a salad bowl with arugula. Top with sliced radishes, strawberries thawed green peas and asparagus.
- 04 In a small jar, combine the tahini, maple syrup, lemon juice and water. Shake well. Add more water to thin if necessary.
- 05 Drizzle desired amount of dressing over top of the salad and serve.

NOTES

CHEESE LOVER

Add crumbled goat or feta cheese.

NO ASPARAGUS

Use green beans instead.

LEFTOVERS

Store in the fridge up to 2 days with the dressing on the side.



Sesame Chickpea Mason Jar Salad

2 SERVINGS 10 MINUTES



INGREDIENTS

- 1 1/3 tbsps Tamari
- 1 tbsp Sesame Oil
- 1 tbsp Maple Syrup
- 1 tbsp Lime Juice
- 1 cup Chickpeas (cooked)
- 1/2 Cucumber (medium)
- 1 Carrot (medium, cut into matchsticks)
- 1 stalk Green Onion
- 2 cups Green Cabbage (thinly chopped)

DIRECTIONS

- 01 Add the tamari, sesame oil, maple syrup, and lime juice to a small bowl. Stir to mix well and divide between mason jars. Add the chickpeas to the dressing in the bottom of the jar.
- 02 Add the cucumber, carrot, and green onion to the jar followed by the cabbage.
- 03 When ready to eat, shake well and dump into a bowl. Enjoy!

NOTES

LEFTOVERS

Refrigerate for up to three days.

SERVING SIZE

16oz (473 mL) mason jars were used for this recipe. One serving is one mason jar.

MORE FLAVOR

Add garlic, ginger, or red pepper flakes to the dressing.

NO TAMARI

Use coconut aminos instead.

NO GREEN CABBAGE

Use red cabbage or romaine lettuce instead.



Taco Salad with Beef

4 SERVINGS 25 MINUTES



INGREDIENTS

- 1 lb Extra Lean Ground Beef
- 2 tbsps Chili Powder
- 1 tbsps Cumin
- 1/2 tsp Sea Salt
- 1 cup Cherry Tomatoes (chopped)
- 1 Jalapeno Pepper (chopped)
- 2 stalks Green Onion (chopped)
- 3 tbsps Lime Juice (divided)
- 2 heads Romaine Hearts (chopped)
- 2 tbsps Extra Virgin Olive Oil
- 2 Avocado (sliced)

DIRECTIONS

- 01 In a pan over medium-high heat, brown the beef. Break the meat into very small pieces with a spatula and cook until no longer pink, about 5 minutes. Drain any excess drippings, but keep the beef in the pan.
- 02 Add the chili powder, cumin, salt, tomatoes, jalapeno and green onion to the beef. Stir to combine. Cook for another 5 minutes until tomatoes are very soft. Remove from heat and stir in half of the lime juice. Season with additional salt if needed.
- 03 In a large mixing bowl toss the chopped romaine lettuce with olive oil and remaining lime juice.
- 04 To assemble the salad, divide lettuce between plates and top evenly with beef and avocado. Serve immediately and enjoy.

NOTES

STORAGE

Refrigerate beef and lettuce separately in airtight containers for up to 3 days. Assemble salad just before serving.

MORE FLAVOR

Top salad with additional tomatoes, sliced jalapenos, green onions, salsa, cilantro, lime juice or hot sauce.

MAKE IT VEGAN

Use black beans instead of ground beef.



Simple Waldorf Salad

2 SERVINGS 10 MINUTES



INGREDIENTS

1/3 cup Canned Coconut Milk
2 tsp Lemon Juice
1/4 tsp Sea Salt
1/2 head Green Lettuce (chopped)
1/2 Apple (medium, cored, chopped)
2 stalks Celery (sliced)
1 cup Grapes (seedless, halved)

DIRECTIONS

01 In a bowl, whisk together the coconut milk, lemon juice, and sea salt.
02 Divide the lettuce, apple, celery, and grapes onto plates. Drizzle the dressing over top and enjoy!

NOTES

LEFTOVERS

Refrigerate the salad and dressing in separate airtight containers for up to five days.

SERVING SIZE

One serving equals approximately two cups.

ADDITIONAL TOPPINGS

Hemp seeds, nuts, pumpkin seeds, sunflower seeds, cooked chicken breast, cooked turkey breast, or chickpeas.

NO LEMON JUICE

Use apple cider vinegar instead.



Southwestern Coconut Ranch Salad

4 SERVINGS 10 MINUTES



INGREDIENTS

1/2 cup Canned Coconut Milk (full fat, refrigerated overnight)
2 tbsps Avocado Oil
1 tbsp Apple Cider Vinegar
1 1/2 tsps Dried Chives
1/4 tsp Onion Powder
1/2 tsp Sea Salt
8 cups Mixed Greens
1 cup Corn (cooked)
1 cup Black Beans (cooked)
2 Tomato (chopped)
2 Avocado (pit removed, chopped)

DIRECTIONS

- 01 Add the coconut milk, oil, vinegar, chives, onion powder and salt in a jar and shake until well combined.
- 02 Divide the mixed greens, corn, black beans and tomato into bowls or containers if on-the-go. Top with avocado and drizzle with your desired amount of dressing. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days. For best results, store the dressing separately for up to one week and add the avocado just before serving.

MORE FLAVOR

Use fresh instead of dried herbs.

NO COCONUT MILK

Use coconut yogurt, sour cream, Greek yogurt, mayonnaise or buttermilk instead.



Wasabi Mayo Tuna Salad

2 SERVINGS 5 MINUTES



INGREDIENTS

1/4 cup Mayonnaise
1 1/2 tsp Wasabi Paste
1/2 tsp Maple Syrup
1 tsp Apple Cider Vinegar
3 cups Mixed Greens
2 cans Tuna (drained)
1 tbsp Sesame Seeds

DIRECTIONS

- 01 Whisk together the mayonnaise, wasabi paste, maple syrup, and apple cider vinegar in a bowl. Set aside.
- 02 Divide the mixed greens and tuna onto plates. Drizzle the wasabi mayo dressing ovetop and sprinkle with sesame seeds. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

ADDITIONAL TOPPINGS

Cucumber and crushed nori sheets.

MAKE IT VEGAN

Use vegan mayonnaise and replace the tuna with chickpeas.



Strawberry Balsamic Salad with Maple Walnuts

2 SERVINGS 15 MINUTES



INGREDIENTS

1/2 cup Walnuts
1 tbsp Maple Syrup
4 cups Baby Spinach
1 cup Strawberries (sliced)
1/4 cup Goat Cheese (crumbled)
1 1/2 tps Balsamic Vinegar
1 1/2 tbsps Extra Virgin Olive Oil
1/8 tsp Sea Salt

DIRECTIONS

- 01 Toast walnuts in a pan over medium heat. When slightly browned, coat with maple syrup. Turn heat to low and stir until sticky (about 2 minutes). Remove from heat.
- 02 Divide spinach into bowls. Top with strawberries, goat cheese and toasted walnuts.
- 03 Whisk together the balsamic vinegar, olive oil and salt. Drizzle desired amount of dressing over your salad and enjoy!

NOTES

MORE PROTEIN

Add quinoa, edamame, chickpeas or strips of chicken breast.

SAVE TIME

Leave the walnuts raw and add maple syrup to the dressing.

NO GOAT CHEESE

Use feta or cashew cheese instead.

STORAGE

Refrigerate in an airtight container with dressing in a separate container up to 2 to 3 days.



Kale & Tempeh Salad

4 SERVINGS 25 MINUTES



INGREDIENTS

2 tbsps Coconut Aminos
1 tbsp Balsamic Vinegar
1 tsp Chili Powder
1/2 tsp Smoked Paprika
1/4 tsp Sea Salt (divided)
7 1/16 ozs Tempeh (cut into thin slices)
3 tbsps Lemon Juice
2 tbsps Water
2 tbsps Tahini
1/8 tsp Garlic Powder
8 cups Kale Leaves (finely chopped)
2 tbsps Hemp Seeds (optional)

DIRECTIONS

- 01 Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper.
- 02 In a zipper-lock bag or shallow bowl, mix the coconut aminos, vinegar, chili powder, paprika and half of the salt together. Add in the tempeh and let it marinate for 10 to 15 minutes.
- 03 Arrange the tempeh in an even layer on the baking sheet. Bake for 18 to 20 minutes, flipping halfway through. Remove from the oven and let it cool slightly, then crumble it into small pieces.
- 04 Meanwhile, in a large mixing bowl combine the lemon juice, water, tahini, garlic powder and the remaining salt. Add the kale to the dressing and toss to coat well.
- 05 Divide the salad between bowls and top with tempeh and hemp seeds. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

MORE FLAVOR

Add cayenne pepper or hot sauce for a spicy tempeh. Add maple syrup to the dressing for a sweeter flavor.

ADDITIONAL TOPPINGS

Top with sesame seeds or nutritional yeast.



Watermelon Salad

2 SERVINGS 15 MINUTES



INGREDIENTS

- 1 tbsp Maple Syrup
- 1/4 Lime (juiced)
- 1 tbsp Extra Virgin Olive Oil
- 1/8 tsp Sea Salt
- 1/4 Seedless Watermelon (diced into cubes)
- 1/2 Cucumber (diced)
- 1/2 cup Mint Leaves
- 1/2 cup Feta Cheese (crumbled)

DIRECTIONS

- 01 In a small mason jar, combine maple syrup, lime juice, olive oil and salt. Cover with lid, shake to combine and set aside.
- 02 In a serving bowl, combine chopped watermelon, cucumber, mint and feta.
- 03 Divide into bowls and drizzle with desired amount of dressing. Enjoy!

NOTES

MAKE IT GREEK

Add thinly sliced red onion and black olives.

MORE PROTEIN

Add edamame, ground flax, hemp hearts or serve with a grilled chicken breast.

MORE GREENS

Add more fresh herbs, arugula or chopped basil.

WATERMELON SIZE

This recipe was developed and tested using a 5 lb. watermelon.

