

Salad Builder

A substantial salad can be a quick, tasty, and filling breakfast, lunch or dinner. Seasoning and dressing are important – start with veg and then mix the dressing through to make sure that the leaves are coated. Season the protein and baked veg to make them a lot more interesting. Premade salad mixes – particularly the dry slaws are brilliant and don't be afraid of frozen veg – just as good and so much easier.

Category	Options	Serving per person	Notes
Raw Green Leafy Veg	Lettuce, rocket, spinach, cabbage, watercress	Max	Fresh is best!
Steamed Veg	Green beans, broccoli, cauliflower, kale, brussels sprouts	Max	Fresh or frozen. Steam or bake.
Salad Veg	Tomato, radish, spring onion, celery	Max	
Protein (150 - 300 cal)	Chicken, steak, eggs, tofu, fresh/canned salmon/tuna, meat balls, mince, ham, Italian sausage	100 – 150g	Poach, bake, or fry. Play around with seasonings during the cooking process. Leftovers work well.
Carbs option 1 – Grains (100 - 200 cal)	Quinoa, brown rice, barley, soba noodles, croutons	½ - 1 cup cooked	
Carbs option 2 – Starchy veg (100 - 250 cal)	Carrots, pumpkin, potatoes, chickpeas, lentils, peas, edamame	1 - 1 ½ cup cooked	Fresh, frozen, or canned. Bake or steam.
Fats (30 - 60 cal)	Avocado, nuts, seeds, parmesan, crumbled feta)	1 – 2 tablespoons	
Dressing & Seasoning (100 - 200 cal)	Vinaigrette, green goddess, mayo	1 -2 tablespoons	Critical for an enjoyable salad experience.
Optional fruit (40-60 cal)	Olives, mango, paw-paw, peaches, dried cranberries	½ cup	Examples – chicken/mango, tofu/cranberries, fish/pap-paw