

Salad Matrix

Ingredient
Portion
Size Guide
Leaves:
Protein:
Veggies:
Grains:
Nuts/Seeds
Dressing/Flavour:

1. Base/Leaves

Iceberg Lettuce
Cos Lettuce
Baby Gem Lettuce
Baby Spinach
Rocket
Butter Lettuce

Basically, anything you want to use as the "leafy part" of the salad

2. Protein Source

100-120g chicken/beef/pork/lamb
95g tin tuna/salmon
Falafel/Veggie Pattie
Tempeh/Tofu
Eggs
Chickpeas/Lentils

3. Veggies

Capsicum
Tomatoes
Cucumber
Red onion
Grated carrot

Cooked/raw broccoli
Cooked/raw cauli
Cabbage
Roast veggies
Sprouts
Radishes
Beetroot

4. Grains - optional

Brown rice & quinoa mix
Quinoa
Wild rice
Barley + lentils mix
Basmati or Sunrice Low GI Rice
Cooked and cooled pasta
Any other favourite nut or seed
Mix of any of the above

5. Nuts/Seeds

Slivered/Flaked almonds
Chopped peanuts
Chopped cashews
Chopped walnuts
Sunflower seeds
Black/White sesame seeds
Pepitas
Any other favourite nut or seed
Mix of any of the above

6. Healthy Fats/Dairy

Avocado
Pesto
Feta
Haloumi
Cheddar
Cottage cheese
Olive oil-based dressing
Tahini
Pesto [made with olive oil]

Dressings/
Flavour

