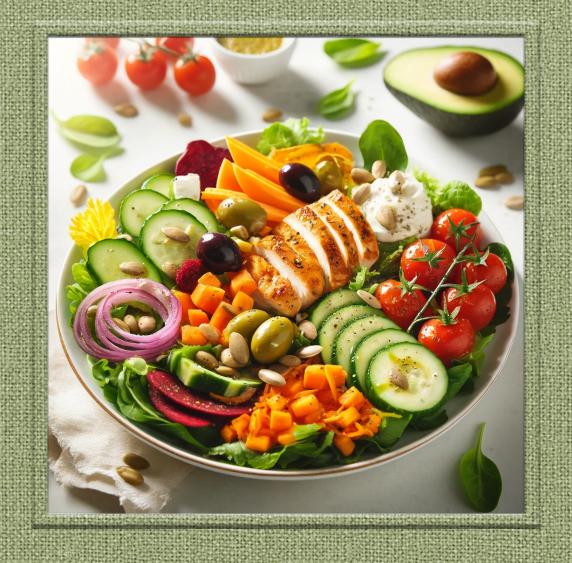


Beneficial Nutrition's

Get Smart Salad Guide





Let's Get Smart!

Season your food

Get good ingredients

Make it a meal

Enjoy the process

Allow techniques

Try something new

Reap the benefits

Taste success



Think outside the box and broaden your salad horizons!

- Try different ingredient combinations
- Try different cooking techniques for your ingredients
- Try meal prepping your ingredients or your entire salad
- Try making a balanced salad a meal
- Try to avoid processed toppings and dressings

Let's try to Get Smart!



The Get Smart recipe for salad success:

- For a well balanced, nutritious, and tasty salad, combine each of the following:
 - 1 protein
 - 5 veggies (even more is great!!!)
 - 1 grain
 - 1 herb/seasoning
 - 1 healthy fat
 - 1 dressing
 - 1 fruit (optional)—Melon, Watermelon, Cranberries, Blueberries, Strawberries, Apples, Pears, Oranges, Grapefruit

Your Get Smart salad go-to chart:



1	5	1	1	1	Pick to make 1 Dressing
Protein	Veggies	Grain	Herb/Seasoning	Healthy Fat	
Beans Lentils Falafel Tofu Tempeh Chicken Turkey Beef Pork Lamb Fish Canned Fish Seafood Veggie meat substitute Fat-free pepperoni Turkey pepperoni Turkey bacon Boiled eggs	Kale Lettuce Onion Tomatoes Cucumbers Bell peppers Peas Corn Olives Carrots Cabbage Brussels sprouts Winter squash Summer squash Beets Radishes Eggplant Sprouts Mushrooms Microgreens	Quinoa Wild Rice Brown Rice White Rice Pasta Couscous Barley Millet Amaranth Bulgur Farro	Fresh Parsley Fresh Cilantro Fresh Basil Red pepper flakes Garlic powder Onion powder Dried herbs Dried herb blend Salt-free seasoning blend Seasoning blend Lemon pepper Spices Dash of salt Pepper	Avocado Nuts Seeds Cheese	Citrus Juice (lemon, lime, orange, grapefruit) Oil (olive, avocado, grapeseed) Nut butter Seed butter (tahini, sunflower) Mustard Garlic Shallots Fresh or dried herbs Vinegar (white, white wine, red, apple cider, rice wine, balsamic) Low sodium soy sauce Tamari Sweetener (honey, maple syrup, agave) Salsa Yogurt Hummus Avocado



The Get Smart dressing formula:

3 parts + 1 part + 1 part emulsifier + flavoring/seasoning oil acid (optional) (to taste)

Olive oil Avocado oil Grapeseed oil Citrus juice Vinegar Mustard Honey Nut butter Seed butter Miso paste

Herbs & Spices
Garlic
Shallots
The options are
endless!!



Combine ingredients in a bowl, jar, or blender. Whisk, shake, or blend until combined. Taste and adjust seasonings as needed.

1 serving = 2 tablespoons