

Your Ultimate Guide

----TO BUILDING THE----

perfect salad





# Choose your base...

THE NEXT TIME YOU ARE FEELING OVERWHELMED AND ARE UNSURE OF WHAT SALAD TO CREATE, FOLLOW MY STEP-BY-STEP NO FAIL GUIDE TO MAKING A PERFECT SALAD EVERY TIME!

I CAN'T WAIT TO SEE WHAT YOU CREATE! MAKE SURE TO TAG ME SHOWING ME YOUR CREATION! I GET JUST AS MANY IDEAS FROM YOU! TAG ME ON IG AT FITANDHEALTHY.JENNIE

ENJOY THIS GUIDE!

**ADD 2 CUPS OF ANY OF THE BELOW TO A LARGE BOWL!**

arugula

romaine

spring mix

iceberg

spinach

leafy greens

kale



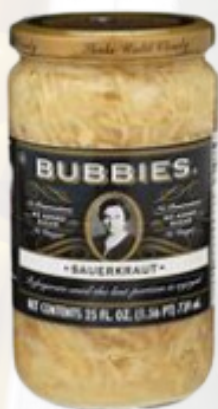


# Choose your Toppings...

**ADD 1/4 CUP OF ANY OF THE BELOW ON TOP OF YOUR BASE!**

cucumber  
pickled red onions  
celery  
bell peppers  
tomatoes  
carrots  
zucchini  
corn  
mushrooms  
broccoli  
cauliflower  
brussels sprouts

**I like to add the below for added gut health:**



pickles  
sauerkraut



*My favorite brand is Bubbie's*

**For a more filling salad add:**

quinoa  
beans  
corn  
sweet potato  
rice  
avocado  
couscous  
walnuts  
pecans  
pumpkin seeds  
hemp hearts





# Choose your protein...

**I FIND MOST PEOPLE FORGET TO ADD PROTEIN! YOU WANT TO  
MAKE SURE TO HAVE 3-4 OZ OF PROTEIN WITH EVERY MEAL!  
ADD 3 -4 OUNCES OF ANY OF THE BELOW**

chicken

tuna

shrimp

ground turkey

salmon

ground beef

1 hard boiled egg

2 strips turkey bacon





# Need a Crunch?

**IN LIEU OF CROUTONS, TRY ADDING ONE OF THE BELOW OPTIONS INSTEAD.**

*air fried chickpeas*



*biena brands roasted chickpeas*

*roasted edamame*



*roasted garlic flakes*



*toasted egglife wraps made into tortillas*

*Jennie Kroll*  
WELLNESS



# Finish with Dressing!

**MAKE SURE TO CHOOSE A DRESSING WITH NO ADDED SUGARS AND AVOID OILS WITH SOY, SAFFLOWER, CANOLA, VEGETABLE, & COTTONSEED. THEY ARE KNOWN TO CAUSE INFLAMMATION. CHOOSE FROM THE BELOW TO FEEL YOUR BEST!**

*1tbsp. olive oil*

*fresh squeezed lemon juice*

*Botton Farms Brand Dressings*

*Primal Kitchen Brand Dressings*

*Vinegar of Choice*

*tahini*

*Jennie's Favorite Dressing = 1tbsp. olive oil, 1tbsp. white balsamic vinegar, 1tbsp. stone ground mustard*





# Jennie's Every Day Favorite Salad

**I MAKE THIS SALAD DAILY AND NEVER GET SICK OF IT! GIVE IT A TRY!**

**2 cups mixed greens  
1/4 cup tomatoes  
1/4 cup celery  
1/4 cup bell peppers  
1/4 cup cucumbers  
1/4 cup pickled red onions  
1/4 cup pickles  
1/4 cup sauerkraut  
1/4 cup snap peas**

**3 oz. chicken or shrimp depending on the day**

**Dressing: 1 tbsp. olive oil, 1 tbsp. white balsamic vinegar, 1 tbsp. stone ground mustard**

**Sprinkle of red chili flakes, Maldon flaky salt, chives, scallions, & cilantro on top!**





# Jennie's Mediterranean Salad

**THIS IS ANOTHER HUGE FAMILY FAVORITE!**

**2 cups arugula  
1/4 cup tomatoes  
1/4 cup celery  
1/4 cup bell peppers  
1/4 cup cucumbers  
1/4 cup pickled red onions  
1 cup cooked quinoa  
1 tbsp. hemp hearts  
  
3 oz. ground turkey**

**Dressing: 1 tbsp. tahini, 1 tbsp. water, 1 tsp. lemon juice**

**Sprinkle of red chili flakes, Maldon flaky salt, chives, scallions, & cilantro on top!**





**I HOPE YOU LOVE THIS GUIDE AS MUCH AS I  
ENJOYED CREATING IT FOR YOU!**

**I PROMISE YOU CANNOT MESS IT UP IF YOU  
FOLLOW THIS GUIDE, YOU WILL HAVE EVERYTHING  
YOU NEED FOR A SATISFYING AND DELICIOUS  
SALAD!**

**ENJOY!**

*xoxo,*

*Jennie*

