
SALMON & AVOCADO RECOVERY SALAD

460 Calories | 36g Protein | 12g Carbs | 28g Fat



INGREDIENTS

- 5 oz baked or pan-seared salmon fillet
- 2 cups mixed greens (kale and arugula work well)
- ¼ medium avocado, sliced
- ¼ cup shredded carrots
- 1 tbsp pumpkin seeds
- 1 tbsp balsamic vinegar
- 1 tsp Dijon mustard

DIRECTIONS

1. Whisk the balsamic vinegar and Dijon mustard together to create a simple dressing.
2. Place the mixed greens in a bowl and massage the dressing into the leaves (especially if using kale) to soften them.
3. Top with shredded carrots, sliced avocado, and pumpkin seeds.
4. Flake the cooked salmon with a fork and add it to the salad.