



Salmon & Avocado Recovery Salad

Macros: 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)
- 1/4 medium avocado, sliced
- 1/4 cup shredded carrots
- 1 tbsp pumpkin seeds
- 1 tbsp balsamic vinegar
- 1 tsp Dijon mustard

Directions

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