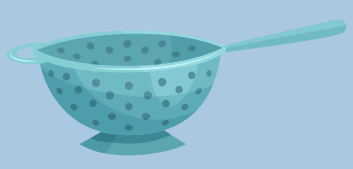
SUPER SIMPLE PREPPED SALADS

Salads for the week can be prepared in as little as 30 minutes. Make them easy & simple.

GET SOME SIMPLE TOOLS

The right tools make preparing your salads easy.


Strainer


Cutting Board


Knife


Containers

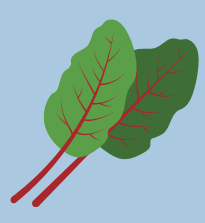
CREATE A SIMPLE SALAD

A great salad doesn't have to be gourmet. Keep it simple by selecting a few of your favorite salad ingredients.

Pick a Base of Hardy Greens

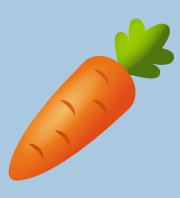

Kale


Spinach


Swiss Chard

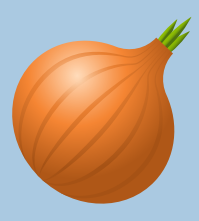

Romaine

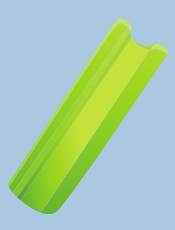
Add 2-3 Other Crisp Vegetables

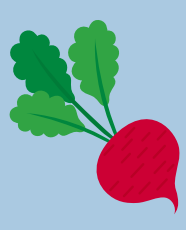

Carrots


Broccoli


Peppers


Onion


Celery

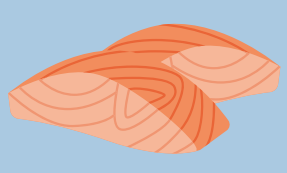

Beets


Cauliflower

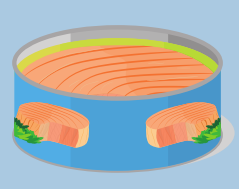

Olives

Top with a Quality Protien

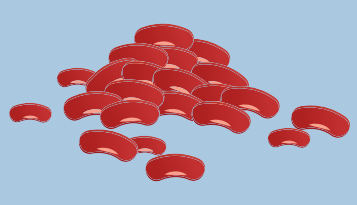

Chicken

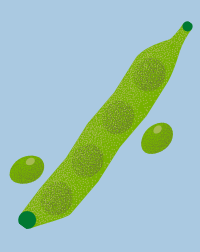

Salmon

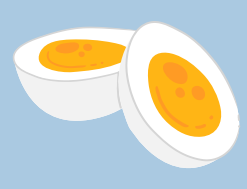

Shrimp


Tuna


Tofu


Beans


Edamame


Eggs

High water content vegetables like diced tomatoes and sliced cucumber are best added no more than a couple of days before of eating.

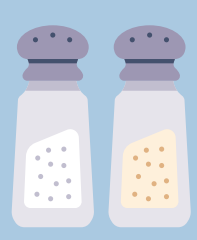
MAKE A SIMPLE DRESSING

Many dressings are made from poor quality oils & ingredients. Try this for a simple dressing. Mix together in a small jar and drizzle on your salad before eating.


Olive Oil


Vinegar


Dijon Mustard


Salt & Pepper

7CORE WELLNESS

For more, go to:
www.7corewellness.com