

THE "BOMB SALAD" FORMULA

HERE'S THE FORMULA:

- GREENS
- A PROTEIN
- A FRUIT
- A VEGGIE OR TWO
- A YUMMY CHEESE
- A CRUNCH (NUTS, SEEDS, ETC.)
- DRESSING

The GREENS Combo

Chop up spinach, kale & cabbage (or use pre-shredded cabbage, or a cabbage slaw mix)

For added flavor, chop up green onions, cilantro or even basil to your greens mix.

Sometimes I use cabbage slaw mix added to my greens to ensure my salad has a little more color (purple cabbage + shredded carrots)

PROTEIN OPTIONS

- Shredded chicken
- Sliced steak
- Ground beef/turkey
- Tofu
- Chickpeas
- Black Beans
- Edamame seeds

What are other animal or plant based proteins your enjoy?

FRUIT OPTIONS

- Apple
- Pear
- Blueberries
- Blackberries
- Raspberries
- Strawberries
- Mandarin oranges
- Dried cranberries
- Raisins

VEGGIE OPTIONS

- Cucumber
- Olives
- Pepper
- Tomatoes
- Carrots
- Roasted Brussels Sprouts
- Beets
- Sweet potato
- Corn

YUMMY CHEESE

- Goat Cheese
- Feta Cheese
- Blue Cheese
- Shredded Parmesan
- Brie Cheese pieces
- Mozzarella

CRUNCH, CRUNCH, CRUNCH

- Walnuts (regular or candied)
- Pecans (regular or candied)
- Seeds- pumpkin, sunflower, pepitas
- Sesame Sticks
- Peanuts

*And a little bacon
never made a salad
gross!*

DRESSINGS + MY FAVORITE COMBOS ON THE NEXT PAGES



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ORANGE DRESSING

1/3 cup Orange juice
 1/4 cup olive oil
 1 Tbsp. Dijon Mustard
 1 Tbsp. raw honey
 1 Tbsp. Apple cider vinegar
 Pinch of salt & pepper
 Stir like crazy

PEANUT DRESSING

1/4 cup peanut butter
 1 clove garlic, chopped
 2 teaspoons fresh ginger, chopped
 2 Tablespoons rice vinegar
 2 Tablespoons low sodium tamari or soy sauce
 2 Tablespoons maple syrup
 pinch of cayenne pepper (optional)
 water, to thin

DIJON SALAD DRESSING

2 Tbsp. Olive Oil
 1 Tbsp. Apple Cider Vinegar
 1 tsp. Dijon mustard
 1 tsp. Tamari

GREEK DRESSING

1/4 cup fresh lemon juice (about 2 small lemons)
 1/4 cup red wine vinegar
 1/2 cup extra virgin oil
 1 Tbsp. dried basil
 1 Tbsp. dried oregano leaves
 1/2 tsp. garlic powder
 1/4 tsp. fine sea salt
 1/2 tsp ground black pepper

CILANTRO LIME DRESSING

1/4 cup olive oil
 juice of 2 limes
 2 Tablespoons fresh cilantro, chopped
 2 teaspoons minced garlic
 1 teaspoon maple syrup
 1/2 -1 teaspoon sea salt
 1/2 teaspoon ground pepper
 1/4 teaspoon ground coriander



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THE GREEK COMBO

greens + chicken + tomato + cucumber
+ kalamata olives + feta cheese +
greek dressing

THE MEXICAN COMBO

greens + chicken or steak (optional) +
black beans + corn + tomato + sharp
cheddar cheese + cilantro lime dressing
(or chipotle ranch dressing)

THE HEARTY COMBO

greens + chicken or garbonzo beans +
chopped apple + shredded carrots +
corn + tomato + bacon bits + blue
cheese + sunflower seeds + dijon salad
dressing

THE SWEET COMBO

greens + chicken or garbonzo beans +
strawberries + blueberries + shredded
carrot + candied walnuts + + blue or
goat cheese + orange dressing

THE THAI COMBO

greens + chicken or garbonzo beans +
shredded carrots + peas + shredded
cabbage slaw + edamame + red,
yellow & orange sweet peppers +
green onion + peanuts + peanut
dressing

THE HARVEST COMFORT

greens + chicken + sweet potatoe +
roasted beets + roasted Brussels
sprouts + goat cheese + bacon bits
(optional) + pepitas + Dijon salad
dressing



THE "BOMB SALAD" FORMULA

If there is one thing I can confidently say I'm good at making and went from loathing to genuinely enjoying and craving it would be SALADS. I wasn't always good at making them delicious, then I decided to throw the rules out the window!

- Veggies only? No thank you! ● No cheese? Puh-lease! ●
- Boring dressing? Not on my salad! ●

Before you get started in putting together your bomb salad, I have a few tips to share with you!

- Chop ahead! There is nothing that takes away my excitement for making a salad than having to wash, cut, peel and chop the toppings before I put them on the salad. What are items you can easily prep ahead of time to simply put on your salad as you assemble it. Do that!
- Speaking of chopping, chop it all. I love when the toppings and greens on my salad are chop, chop, chopped rather than whole or sliced.
- Make a big ol' batch of super green and flavorful greens. I don't use just spinach, just kale, and Lord... you will never catch me with just romaine or Heaven forbid, iceberg lettuce. I like to chop up SPINACH & KALE and then mix it with a bag of pre-chopped CABBAGE SLAW. If I'm feeling extra fancy, I will include a flavorful herb in my greens as well, such as Cilantro or Basil, or even chop up some green onions.
- Color! Let's see some color on that salad. Make it pretty with vibrant colors. With vibrant colors come vibrant flavors.
- Put the dressing on your greens BEFORE adding all your fixings! You might be surprised at how much less dressing you use (and need) when you put it on the greens first. Plus, with all the flavor you add, a salad drenched in ranch just won't seem necessary.

Vary your salad "type" from week to week. Maybe one week you go for Greek, the next Mexican, and then next more savory. This helps with the grocery shopping bill.