



25 Amazing Summer Salads

BUILD Holistic Nutrition

<https://www.buildnutrition.ca/>



Mango & Chickpea Kale Salad

4 servings

20 minutes

Ingredients

1/2 cup Quinoa (uncooked)
 1 cup Water
 2 tbsps Extra Virgin Olive Oil
 2 tbsps Balsamic Vinegar
 1 tbsp Maple Syrup
 Sea Salt & Black Pepper (to taste)
 2 cups Chickpeas (cooked, drained and rinsed)
 2 cups Kale Leaves (finely chopped)
 1/2 cup Pomegranate Seeds
 1 Mango (peeled and thinly sliced)

Nutrition

Amount per serving	
Calories	362
Fat	11g
Saturated	1g
Carbs	57g
Fiber	10g
Sugar	22g
Protein	12g
Cholesterol	0mg
Sodium	17mg

Directions

- 1 Place quinoa in a saucepan with water and bring to a boil. Turn down to simmer and cover. Let simmer for 12 minutes. Remove from heat, stir with fork, and set aside to cool.
- 2 Meanwhile, prepare the dressing by combining olive oil, balsamic vinegar, maple syrup, sea salt, and pepper.
- 3 Combine chickpeas, kale, pomegranate seeds, mango and balsamic vinaigrette in a large bowl. Add quinoa once cooled.
- 4 Drizzle salad with desired amount of dressing and serve. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three to four days.

Serving Size: One serving equals approximately 1 1/2 cups.

No Mango: Use peach, nectarine, orange or clementine slices instead.



Marinated Veggie & Chicken Salad

3 servings
20 minutes

Ingredients

1/4 cup Apple Cider Vinegar
 2 tbsps Extra Virgin Olive Oil
 1/2 tsp Sea Salt
 1/2 tsp Cayenne Pepper
 2 cups Broccoli (chopped into small florets)
 1/2 Cucumber (diced)
 1 cup Matchstick Carrots
 1 Yellow Bell Pepper (finely sliced)
 1/4 cup Red Onion (finely sliced)
 1 cup Cherry Tomatoes (halved)
 1 cup Mushrooms (sliced)
 3 ozs Chopped Chicken (drained and rinsed)

Nutrition

Amount per serving	
Calories	227
Fat	13g
Saturated	0g
Carbs	13g
Fiber	0g
Sugar	0g
Protein	20g
Cholesterol	0mg
Sodium	0mg

Directions

- 1 Combine vinegar, oil, sea salt and cayenne pepper in a mason jar. Seal and shake well. Set aside.
- 2 Combine all remaining ingredients in a large mixing bowl. Pour dressing in and toss well. Cover and refrigerate until ready to eat. Toss before serving. Enjoy!

Notes

Mix It Up: Swap in whatever vegetables you have on hand - cauliflower, green onion, peas or edamame.

No Chicken: Serve with chickpeas or lentils.

Cheese Lover: Add crumbled feta or goat cheese.



Grilled Pineapple & Chicken Salad

4 servings
20 minutes

Ingredients

3 tbsps Extra Virgin Olive Oil
 2 tsps Apple Cider Vinegar
 1 tbsp Maple Syrup
 Sea Salt & Black Pepper (to taste)
 4 Chicken Breast (small (3 oz each))
 3 cups Pineapple (sliced into rings)
 6 cups Baby Spinach
 1 cup Blueberries
 1 Avocado (diced)
 1/2 cup Red Onion (thinly sliced)
 1/4 cup Feta Cheese (crumbled, can use goat feta if dairy sensitivity)

Nutrition

Amount per serving	
Calories	389
Fat	22g
Saturated	0g
Carbs	29g
Fiber	0g
Sugar	0g
Protein	22g
Cholesterol	0mg
Sodium	0mg

Directions

- 1 Add 3/4 of the olive oil, apple cider vinegar, maple syrup, salt and pepper (to taste) to a small mason jar. Shake and set aside.
- 2 Preheat grill on medium heat. Brush both sides of each chicken breast with the remaining olive oil and season with salt, pepper and any other spices you like.
- 3 Place pineapple slices and chicken breasts on the grill. Grill the chicken about 15-20 minutes or until cooked through, flipping halfway. Cook pineapple slices until grill marks appear, about 6 minutes each side.
- 4 Meanwhile, toss together spinach, blueberries, avocado, feta and red onion in a large bowl. Chop pineapple into chunks and chicken into strips. Add to salad. Divide onto plates and coat with desired amount of salad dressing.

Notes

No BBQ: Preheat the oven to 350. Cook chicken for 30 minutes and pineapple slices for 15-20 minutes until soft.

Vegetarian: Skip the chicken and grill chickpeas in a grilling basket instead.

Liver Health: This salad packs a liver-supportive punch with ingredients such as pineapple, spinach, blueberries, avocado, onion and apple cider vinegar - ALL foods we know support liver function. And because the liver plays a big role in hormone production (like growth hormone and testosterone), optimizing how the liver works is paramount for the athlete and active individual.



Super Clean Watermelon Mint Salad

2 servings

15 minutes

Ingredients

2 tps Lime Juice (unsweetened natural juice)
Sea Salt (sprinkle only)
4 cups Seedless Watermelon (medium, chopped into cubes)
1/2 Cucumber (diced)
1/2 cup Mint Leaves
1/4 cup Feta Cheese (crumbled)

Nutrition

Amount per serving	
Calories	146
Fat	5g
Saturated	0g
Carbs	25g
Fiber	0g
Sugar	0g
Protein	5g
Cholesterol	0mg
Sodium	0mg

Directions

1

Mix all ingredients together into two serving bowls. Great snack for post-workout, as watermelon helps to replenish electrolytes!

Notes

Make it Greek: Add thinly sliced red onion and black olives.

More Protein: Add edamame, ground flax, hemp hearts or serve with a grilled chicken breast.

More Greens: Add more fresh herbs, arugula or chopped basil.

Anti-Bloat: Both watermelon and cucumber are high in water, making this a great salad to help with water retention.

Athlete-friendly: Watermelon is high in electrolytes and natural sugar, and mint is rich in anti-inflammatory properties - making this salad the perfect light meal or snack for the athlete.



BLT Salad Bowls

2 servings

15 minutes

Ingredients

2 Egg
 4 slices Bacon
 4 cups Arugula
 1 cup Cherry Tomatoes (halved)
 1/2 Avocado (sliced)
 2 tbsps Extra Virgin Olive Oil
 Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	515
Fat	47g
Saturated	12g
Carbs	9g
Fiber	5g
Sugar	4g
Protein	17g
Cholesterol	223mg
Sodium	510mg

Directions

- 1 Hard boil your eggs by placing them in a small pot and fill with enough cold water to cover them by 1-inch. Bring to a boil over medium-high heat. Once boiling, cover the pot and remove it from the heat. Let stand for 12 minutes then drain. Place eggs in a bowl of ice-cold water for 10 minutes.
- 2 While the eggs are cooling, cook your bacon in a pan over medium heat until crispy. Remove from pan and pat excess oil away with paper towel. Once cool, chop it up.
- 3 To assemble the salads: divide arugula between bowls and top with cherry tomatoes, avocado, chopped bacon and hard-boiled egg. Drizzle with olive oil and season with salt and pepper, to taste. Enjoy!

Notes

Leftovers: These salads make great meal prep and last for 3 to 4 days in the fridge. Add the avocado and olive oil before serving.

Vegan: Use smokey tempeh slices instead of bacon and omit the egg.

More Carbs: Serve with toast or quinoa.



Paleo Tabbouleh

4 servings

15 minutes

Ingredients

1 head Cauliflower (small, sliced into florets)
 3 cups Parsley (finely chopped)
 1 cup Mint Leaves (finely chopped)
 1 Cucumber (diced)
 2 Tomato (medium, diced)
 1/4 cup Hemp Seeds
 1 Lemon (juiced)
 2 tbsps Extra Virgin Olive Oil
 Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	195
Fat	13g
Saturated	2g
Carbs	17g
Fiber	6g
Sugar	5g
Protein	9g
Cholesterol	0mg
Sodium	97mg

Directions

- 1 Rice the cauliflower by adding the florets to your food processor or blender, and pulsing until a rice-like texture is achieved.
- 2 Add the riced cauliflower to a large salad bowl along with the minced parsley, mint, cucumber, tomatoes, and hemp seeds. Add the lemon juice and olive oil and toss until everything is well combined.
- 3 Season with sea salt and black pepper to taste and enjoy alone or as a side dish!

Notes

Save Time: Buy cauliflower that has already been riced. You may find it with the pre-chopped vegetables in your produce aisle, or in the frozen vegetables section.



Grilled Caesar Salad

4 servings
30 minutes

Ingredients

8 slices Bacon
 1 Garlic (whole bulb)
 1/3 cup Extra Virgin Olive Oil (plus some extra for brushing)
 1 Lemon (juiced)
 2 tbsps Dijon Mustard
 Sea Salt & Black Pepper (to taste)
 4 heads Romaine Hearts (halved)
 1/4 cup Parmigiano Reggiano (grated or shaved)

Nutrition

Amount per serving	
Calories	413
Fat	40g
Saturated	11g
Carbs	2g
Fiber	1g
Sugar	1g
Protein	10g
Cholesterol	43mg
Sodium	551mg

Directions

- 1 Preheat oven to 425°F (218°C).
- 2 Line a baking sheet with foil or parchment paper. Spread your bacon across the baking sheet.
- 3 Slice the head off the garlic bulb and peel away the skin. Drizzle with a splash of extra virgin olive oil and sprinkle with sea salt and black pepper. Wrap with foil. Place both the bacon and the garlic in the oven. Let your garlic roast for 30 minutes. Let your bacon cook for about 8 minutes per side or until crispy. (Tip: Set two separate timers.)
- 4 When the bacon is cooked, wrap bacon in paper towel to absorb the grease and then chop into fine pieces and set aside.
- 5 When the garlic is finished, let it cool and squeeze all the cloves/flesh into a blender or food processor. Discard the remaining skin. Add olive oil, lemon juice, mustard, a pinch of sea salt and black pepper. Blend well until smooth.
- 6 Preheat your grill on medium heat.
- 7 Brush the face of your halved romaine hearts with a bit of olive oil then place them directly on the grill face down. Grill for about 5 minutes.
- 8 Remove romaine hearts. Place two on a plate and drizzle with desired amount of caesar dressing. Sprinkle with bacon and grated parmigiano reggiano cheese. Enjoy!

Notes

More Protein: Grill up some chicken breasts while you cook the bacon. Slice into strips

and serve them alongside the romaine hearts.

Work Ahead: The bacon, dressing and chicken (optional) can all be cooked in advance. Then simply grill the romaine hearts and assemble when ready to eat!

No Grill: Roast the romaine hearts in the oven at 425°F (218°C) for 15 to 20 minutes or until they start to char.



Creamy Balsamic Kale Salad

4 servings
1 hour 15 minutes

Ingredients

1/4 cup Water (warm)
 1/4 cup Balsamic Vinegar
 1/4 cup Tahini
 1 tbsp Maple Syrup
 1 tbsp Dijon Mustard
 1 Garlic (clove, small, minced)
 1/4 tsp Sea Salt
 8 cups Kale Leaves (finely chopped)
 1 cup Chickpeas (cooked, rinsed)
 1/2 cup Pitted Kalamata Olives (chopped)

Nutrition

Amount per serving	
Calories	223
Fat	12g
Saturated	2g
Carbs	24g
Fiber	7g
Sugar	8g
Protein	8g
Cholesterol	0mg
Sodium	359mg

Directions

- 1 Add the water, balsamic vinegar, tahini, maple syrup, Dijon mustard, garlic and salt to a jar and shake well. Refrigerate the dressing for at least 1 hour before serving. The dressing will thicken when chilled.
- 2 To make the salad, place the kale in a large bowl with half of the dressing. Massage the dressing into the kale leaves.
- 3 Divide the massaged kale between plates and top with the chickpeas, olives and the remaining dressing. Enjoy!

Notes

Leftovers: Refrigerate leftover salad in an airtight container for up to two days. Save any leftover dressing for another use. Dressing will keep refrigerated for up to a week.

Meal Prep: Store dressing and kale separately until ready to serve.

More Flavor: Add dried herbs like thyme or oregano to the dressing.

No Chickpeas: Use white beans instead.

No Kalamata Olives: Omit or use another olive or capers.



Grilled Shrimp Salad

4 servings
25 minutes

Ingredients

1/2 cup Parsley (chopped and packed)
 3 Lime (juiced)
 1/4 cup Extra Virgin Olive Oil
 1 1/2 tsp Chili Powder
 2 lbs Shrimp (raw, peeled and de-veined)
 4 cups Coleslaw Mix
 1 cup Cherry Tomatoes (halved)
 1 Avocado (peeled and diced)
 Sea Salt & Black Pepper (to taste)

Nutrition

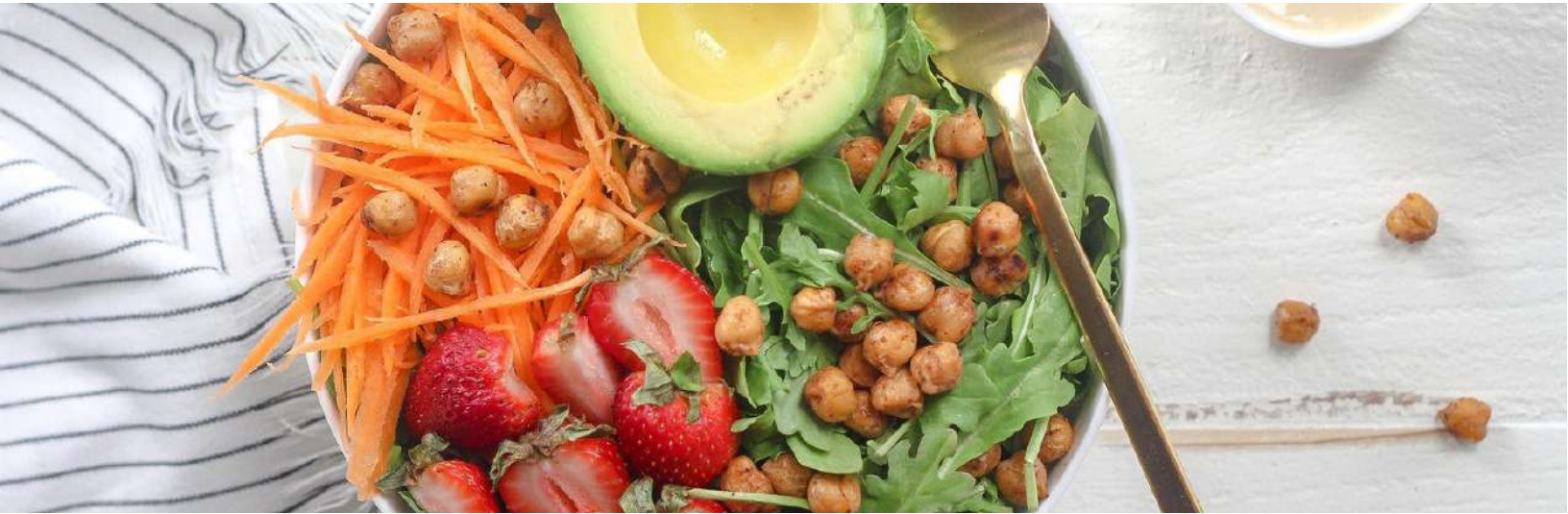
Amount per serving	
Calories	471
Fat	22g
Saturated	0g
Carbs	16g
Fiber	7g
Sugar	5g
Protein	57g
Cholesterol	429mg
Sodium	321mg

Directions

- 1 Create dressing by combining the parsley, lime juice, olive oil and chili powder together in a blender or food processor. Process until smooth. Set aside.
- 2 Throw shrimp in a large ziplock baggie. Add half of the dressing and shake well to coat. Set the remaining dressing aside.
- 3 Heat the grill over medium heat. Cook the shrimp for 2 to 3 minutes per side depending on size of shrimp.
- 4 Divide coleslaw mix between plates and top with avocados, tomatoes and grilled shrimp. Season with sea salt and pepper to taste. Drizzle remaining dressing over top. Enjoy!
- 5 To make this dish SIBO-diet friendly, omit the avocado.

Notes

No Grill: Cook shrimp in a cast iron skillet over medium heat on the stove top.
Vegan & Vegetarian: Use portobello mushrooms instead of shrimp. Marinate and grill the same way.



Strawberry Carrot Salad with Roasted Chickpeas

2 servings

20 minutes

Ingredients

- 1 1/2 tbsps Tahini
- 1 1/2 tbsps Lemon Juice
- 1 tbsp Extra Virgin Olive Oil
- 1/2 tsp Maple Syrup
- 3 tbsps Water
- 1/8 tsp Sea Salt
- 3 cups Arugula
- 1 Carrot (large, shredded)
- 1/2 cup Strawberries (halved)
- 1 Avocado
- 1/2 cup Chickpeas (roasted)

Directions

- 1 Add tahini, lemon juice, extra virgin olive oil, maple syrup, water, and sea salt to a jar. Cover with lid and shake well until smooth and creamy.
- 2 Divide arugula between bowls and top with shredded carrot, strawberries, avocado and chickpeas. Drizzle with tahini dressing. Serve and enjoy!

Notes

Leftovers: Refrigerate ingredients separately to avoid having the salad turn soggy. Store for up to three days.

No Arugula: Use another green such as baby spinach or kale.

More Fiber: Add brown rice or quinoa to increase the fiber.

Nutrition

Amount per serving	
Calories	393
Fat	29g
Saturated	4g
Carbs	31g
Fiber	13g
Sugar	8g
Protein	9g
Cholesterol	0mg
Sodium	201mg



Summer Salad with Grapefruit Vinaigrette

4 servings
20 minutes

Ingredients

4 cups Arugula
1/2 cup Strawberries (sliced)
1/2 cup Raspberries
1/2 cup Blueberries
1/2 cup Pecans (toasted)
1 Avocado (peeled and diced)
1/4 cup Basil Leaves (chopped)
1/2 Grapefruit (juiced)
2 tbsps Extra Virgin Olive Oil
2 tbsps Apple Cider Vinegar

Directions

- 1 Fill each individual salad bowl with a large handful of arugula. Evenly set the pecans, avocado, strawberries, blueberries and raspberries across all bowls. Sprinkle each bowl with a bit of your chopped basil.
- 2 Create your dressing by combining your grapefruit juice, olive oil and apple cider vinegar in a bowl and stir. Spoon the dressing evenly over each bowl. Enjoy!

Nutrition

Amount per serving	
Calories	267
Fat	23g
Saturated	3g
Carbs	15g
Fiber	7g
Sugar	7g
Protein	3g
Cholesterol	0mg
Sodium	10mg



Cucumber & Avocado Salad

1 serving

5 minutes

Ingredients

1/2 Cucumber (sliced)
1/2 Avocado
1 1/2 tsps Lemon Juice
1 tbsp Parsley (chopped)
1/8 tsp Sea Salt

Nutrition

Amount per serving	
Calories	186
Fat	15g
Saturated	2g
Carbs	15g
Fiber	8g
Sugar	3g
Protein	3g
Cholesterol	0mg
Sodium	307mg

Directions

1

In a bowl, add the cucumber, avocado, lemon juice, parsley and sea salt and toss to combine. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days. For best results, cut and add the avocado just prior to enjoying.

More Flavor: Add chili flakes or cayenne.

Additional Toppings: Nuts, seeds or additional vegetables.



Cherry Tomato & Mixed Bean Salad

3 servings
10 minutes

Ingredients

2 cups Mixed Beans (cooked)
2 cups Cherry Tomatoes (halved)
1 cup Parsley (finely chopped)
1 tbsp Maple Syrup
1 tbsp Apple Cider Vinegar

Nutrition

Amount per serving	
Calories	193
Fat	1g
Saturated	0g
Carbs	37g
Fiber	9g
Sugar	7g
Protein	12g
Cholesterol	0mg
Sodium	19mg

Directions

- 1 Combine all ingredients in a mixing bowl. Divide onto plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days.

Serving Size: One serving equals approximately 1 1/2 cups of salad.

More Flavor: Add minced garlic, olive oil, cumin or dried herbs.

Additional Toppings: Top with feta, olives, mixed greens, spinach or avocado.

No Mixed Beans: Use equal parts chickpeas, kidney beans, white beans, lima beans, pinto beans, romano beans, or any combination of beans.



Lemony Kale & Cauliflower Salad

4 servings

15 minutes

Ingredients

- 1/2 cup Lemon Juice
- 1/2 tsp Garlic Powder
- 1/4 tsp Sea Salt
- 3 cups Kale Leaves (finely chopped)
- 1/2 cup Parsley (chopped)
- 1/2 cup Green Olives (pitted, chopped)
- 1/2 head Cauliflower (small, chopped into florets)
- 2 tbsps Extra Virgin Olive Oil

Nutrition

Amount per serving	
Calories	114
Fat	9g
Saturated	1g
Carbs	8g
Fiber	3g
Sugar	2g
Protein	2g
Cholesterol	0mg
Sodium	306mg

Directions

- 1 In a mixing bowl combine the lemon juice, garlic powder and salt. Add in the kale to the mixing bowl and use your hands to massage the lemon juice into the kale leaves. Mix in the parsley and olives. Set aside.
- 2 Add the cauliflower florets to a food processor and pulse until the cauliflower has a rice-like consistency. Do this in batches, if needed.
- 3 Add the cauliflower and oil to the kale mixture and stir to mix well. Season with additional salt, if needed. Enjoy!

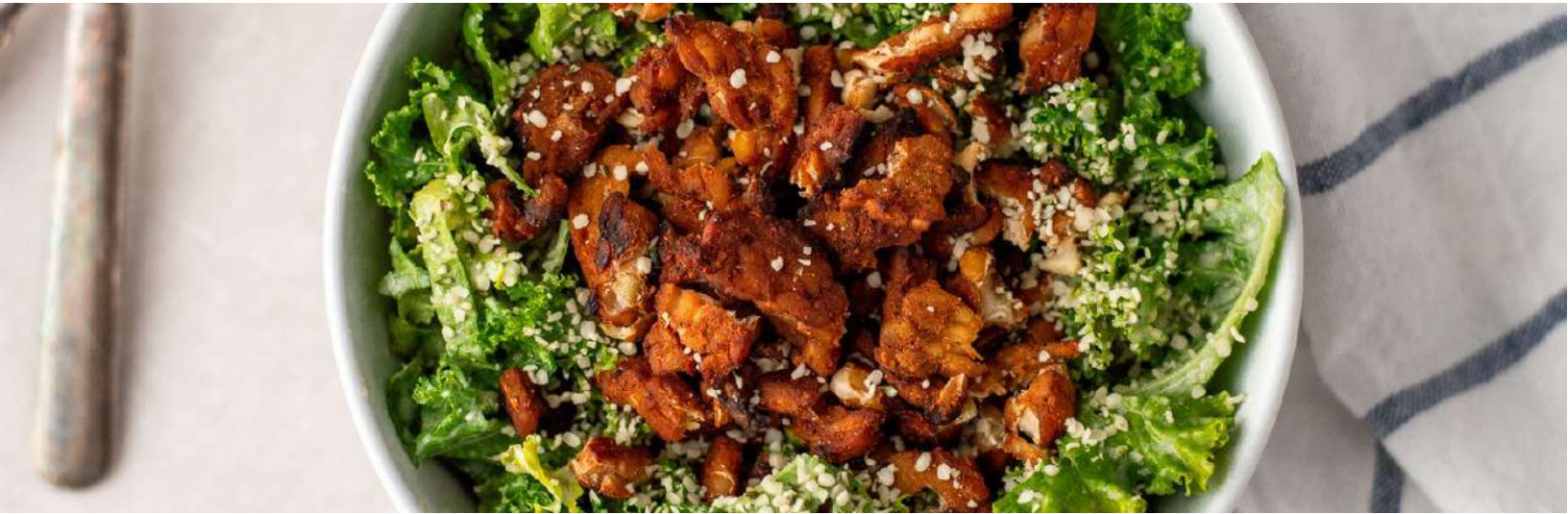
Notes

Leftovers: Refrigerate in an airtight container for up to two days.

Serving Size: One serving is approximately 1 cup of salad.

More Flavor: Add chopped tomatoes, peppers or black olives. Serve with lemon wedges.

Meal Prep: Make the cauliflower rice head of time or use store-bought cauliflower rice instead.



Kale & Tempeh Salad

4 servings

25 minutes

Ingredients

2 tbsps Coconut Aminos
 1 tbsp Balsamic Vinegar
 1 tsp Chili Powder
 1/2 tsp Smoked Paprika
 1/4 tsp Sea Salt (divided)
 7 1/16 ozs Tempeh (cut into thin slices)
 3 tbsps Lemon Juice
 2 tbsps Water
 2 tbsps Tahini
 1/8 tsp Garlic Powder
 8 cups Kale Leaves (finely chopped)
 2 tbsps Hemp Seeds (optional)

Nutrition

Amount per serving	
Calories	200
Fat	13g
Saturated	2g
Carbs	11g
Fiber	3g
Sugar	3g
Protein	14g
Cholesterol	0mg
Sodium	339mg

Directions

- 1 Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper.
- 2 In a zipper-lock bag or shallow bowl, mix the coconut aminos, vinegar, chili powder, paprika and half of the salt together. Add in the tempeh and let it marinate for 10 to 15 minutes.
- 3 Arrange the tempeh in an even layer on the baking sheet. Bake for 18 to 20 minutes, flipping halfway through. Remove from the oven and let it cool slightly, then crumble it into small pieces.
- 4 Meanwhile, in a large mixing bowl combine the lemon juice, water, tahini, garlic powder and the remaining salt. Add the kale to the dressing and toss to coat well.
- 5 Divide the salad between bowls and top with tempeh and hemp seeds. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days.

More Flavor: Add cayenne pepper or hot sauce for a spicy tempeh. Add maple syrup to the dressing for a sweeter flavor.

Additional Toppings: Top with sesame seeds or nutritional yeast.



Roasted Broccoli Salad with Lemon Dressing

4 servings

30 minutes

Ingredients

3 cups Broccoli (florets, chopped)
 1 tsp Avocado Oil
 1/4 tsp Sea Salt (divided)
 2 tbsps Extra Virgin Olive Oil
 2 tbsps Lemon Juice
 3 cups Baby Kale
 3 tbsps Pomegranate Seeds
 2 tbsps Pumpkin Seeds
 1/4 cup Feta Cheese (crumbled)

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Add the broccoli, avocado oil and half the sea salt to the sheet and toss to combine. Bake for 15 to 20 minutes, until crispy.
- 2 In a small bowl, add the extra virgin olive oil, lemon juice and the remaining sea salt.
- 3 Add the kale to a large bowl along with the broccoli, pomegranate seeds, pumpkin seeds and feta. Drizzle the dressing over top and toss to combine. Serve and enjoy!

Nutrition

Amount per serving	
Calories	163
Fat	13g
Saturated	3g
Carbs	10g
Fiber	3g
Sugar	3g
Protein	6g
Cholesterol	8mg
Sodium	288mg

Notes

Leftovers: Refrigerate the salad contents and dressing in separate airtight containers for up three days.

Dairy-Free: Omit the feta or use a dairy-free cheese.

No Avocado Oil: Use olive oil instead.

Additional Toppings: Add chickpeas, edamame, cooked chicken or salmon to make it a meal.



Spiralized Veggie Noodles with Peanut Sauce

3 servings

15 minutes

Ingredients

- 1 Zucchini (medium)
- 1 Carrot (large, peeled)
- 1 Red Bell Pepper (thinly sliced)
- 1 1/2 cups Purple Cabbage (thinly sliced)
- 1/4 cup All Natural Peanut Butter
- 2 tbsps Water
- 2 tbsps Lime Juice
- 1 tbsp Tamari
- 1 tbsp Maple Syrup
- 1 Garlic (clove, minced)
- 1 tsp Ginger (minced)
- 3 tbsps Hemp Seeds

Nutrition

Amount per serving	
Calories	253
Fat	16g
Saturated	3g
Carbs	21g
Fiber	5g
Sugar	13g
Protein	11g
Cholesterol	0mg
Sodium	374mg

Directions

- 1 Spiralize the zucchini and the carrot and transfer to a large mixing bowl with the bell pepper and cabbage. If you do not have a spiralizer, use a box grater or vegetable peeler instead.
- 2 In a mixing bowl combine the peanut butter, water, lime juice, tamari, maple syrup, garlic and ginger. Mix well to combine.
- 3 To serve, toss the veggies in the peanut sauce and top with hemp seeds. Serve immediately and enjoy!

Notes

Leftovers: For best results, refrigerate veggies and peanut sauce in separate airtight containers for up to three days.

Serving Size: One serving is equal to approximately 2 cups of veggies and 3 tablespoons of sauce.

Soy-Free: Use coconut aminos instead of tamari.

Nut-Free: Use sunflower seed butter instead of peanut butter.

Additional Toppings: For extra crunch add sliced almonds, chopped peanuts or pumpkin seeds. Serve with lime slices.



Radish & Cucumber Salad

2 servings

15 minutes

Ingredients

- 3 tbsps Hemp Seeds
- 2 tbsps Hemp Oil
- 2 tbsps Apple Cider Vinegar
- 3 tbsps Fresh Dill (divided)
- 1 1/2 Cucumber (sliced)
- 1 cup Radishes (sliced)

Nutrition

Amount per serving	
Calories	255
Fat	22g
Saturated	2g
Carbs	12g
Fiber	3g
Sugar	5g
Protein	7g
Cholesterol	0mg
Sodium	29mg

Directions

- 1 To make the dressing, add the hemp seeds, hemp oil, apple cider vinegar and half of the fresh dill into a food processor or blender and blend until smooth.
- 2 Add the sliced cucumber and radishes into a bowl and toss together with the dressing.
- 3 Top with the remaining dill and enjoy!

Notes

Leftovers: Best enjoyed the same day. For longer-lasting leftovers, refrigerate the vegetables separate from the dressing in airtight containers for up to two days.

More Fiber: Serve over a bed of spinach, arugula, or kale.

More Flavor: Add salt and pepper to the dressing.



Southwestern Coconut Ranch Salad

4 servings

10 minutes

Ingredients

1/2 cup Canned Coconut Milk (full fat, refrigerated overnight)
 2 tbsps Avocado Oil
 1 tbsp Apple Cider Vinegar
 1 1/2 tsp Dried Chives
 1/4 tsp Onion Powder
 1/2 tsp Sea Salt
 8 cups Mixed Greens
 1 cup Corn (cooked)
 1 cup Black Beans (cooked)
 2 Tomato (chopped)
 2 Avocado (pit removed, chopped)

Directions

- 1 Add the coconut milk, oil, vinegar, chives, onion powder and salt in a jar and shake until well combined.
- 2 Divide the mixed greens, corn, black beans and tomato into bowls or containers if on-the-go. Top with avocado and drizzle with your desired amount of dressing. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days. For best results, store the dressing separately for up to one week and add the avocado just before serving.

More Flavor: Use fresh instead of dried herbs.

No Coconut Milk: Use coconut yogurt, sour cream, Greek yogurt, mayonnaise or buttermilk instead.

Nutrition

Amount per serving	
Calories	392
Fat	28g
Saturated	8g
Carbs	31g
Fiber	13g
Sugar	3g
Protein	9g
Cholesterol	0mg
Sodium	367mg



Mango & Chickpea Quinoa Salad

4 servings

15 minutes

Ingredients

- 1/3 cup Quinoa (uncooked)
- 2/3 cup Water
- 1/4 cup Cilantro (chopped)
- 1/2 cup Chickpeas (cooked)
- 6 ozs Tofu (extra firm, patted dry, cubed)
- 1/2 tsp Sea Salt
- 1 Lime (juiced)
- 1 Avocado (sliced)
- 1 Mango (sliced)

Nutrition

Amount per serving	
Calories	255
Fat	11g
Saturated	2g
Carbs	33g
Fiber	8g
Sugar	13g
Protein	10g
Cholesterol	0mg
Sodium	305mg

Directions

- 1 Combine quinoa and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let simmer for 13 to 15 minutes or until water is absorbed. Remove lid and fluff with a fork.
- 2 Once cooled, combine the quinoa with the remaining ingredients in a large bowl. Adjust salt as needed. Divide between bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: Each serving equals approximately 1 1/2 cups of salad.

More Flavor: Add chilli powder or red pepper flakes.

Additional Toppings: Add in cucumber, corn, red onion and/or green bell pepper.



Black Bean & Tomato Salad with Creamy Cilantro Dressing

4 servings
15 minutes

Ingredients

- 1/3 cup Plain Greek Yogurt
- 1/2 cup Cilantro (roughly chopped)
- 1 stalk Green Onion (roughly chopped)
- 1 Garlic (clove, minced)
- 1 tbsp Lime Juice
- 1 1/2 tsps Maple Syrup
- 1/4 tsp Sea Salt
- 1 tbsp Water (optional)
- 1 1/2 heads Romaine Hearts (chopped)
- 1 cup Black Beans (cooked)
- 1 cup Cherry Tomatoes (chopped)
- 2 Avocado (small, diced)

Nutrition

Amount per serving	
Calories	251
Fat	16g
Saturated	2g
Carbs	24g
Fiber	11g
Sugar	4g
Protein	8g
Cholesterol	3mg
Sodium	171mg

Directions

- 1 Add yogurt, cilantro, green onion, garlic, lime juice, maple syrup and sea salt to the bowl of a food processor. Blend until smooth. Add water to thin the consistency of the dressing, if necessary. Season with additional salt or lime juice if needed.
- 2 Divide the romaine lettuce, black beans, tomatoes and avocado between plates, drizzle with the dressing and serve immediately. Enjoy!

Notes

Leftovers: Transfer the dressing and salad ingredients to separate airtight containers and refrigerate until ready to use. The dressing will keep in the fridge for up to five days. Wait to dice the avocado and dress salad until just before serving.

More Flavor: Add roughly chopped jalapeno pepper to the dressing for a spicy kick.

Additional Toppings: Add chopped cilantro, extra lime wedges or sliced jalapenos.

Make it Vegan: Use a non-dairy Greek-style yogurt instead.



Lemon Maple Chickpea Salad

3 servings

15 minutes

Ingredients

3 tbsps Lemon Juice
2 tbsps Maple Syrup
1 tbsp Dijon Mustard
1/2 tsp Sea Salt
1 Red Bell Pepper (chopped)
1 Zucchini (small, chopped)
1/4 cup Red Onion (finely chopped)
2 cups Chickpeas (cooked)

Nutrition

Amount per serving	
Calories	249
Fat	3g
Saturated	0g
Carbs	46g
Fiber	10g
Sugar	18g
Protein	11g
Cholesterol	0mg
Sodium	465mg

Directions

- 1 In a large mixing bowl, whisk the lemon juice, maple syrup, mustard and salt together.
- 2 Add the bell pepper, zucchini, red onion and chickpeas to the mixing bowl with the dressing. Fold everything together. Season with additional salt or lemon juice, if needed.
- 3 Divide between plates and enjoy! For best flavor, serve chilled.

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Add in baby arugula, chopped basil or parsley, fresh ground pepper or dried dill.

Serve it With: Enjoy alone or serve over leafy greens like baby spinach, mixed greens or romaine lettuce.



Lemon Kale Salad with Chickpeas & Avocado

2 servings
20 minutes

Ingredients

4 cups Kale Leaves (stem removed, thinly sliced)
 2 tbsps Extra Virgin Olive Oil
 1 tbsp Lemon Juice
 1/4 tsp Sea Salt
 1 3/4 cups Chickpeas (cooked)
 1 Avocado (cubed)
 1/8 tsp Smoked Paprika
 2 tbsps Pumpkin Seeds

Nutrition

Amount per serving	
Calories	577
Fat	37g
Saturated	5g
Carbs	51g
Fiber	20g
Sugar	8g
Protein	18g
Cholesterol	0mg
Sodium	335mg

Directions

- 1 Add the kale leaves to a large bowl.
- 2 In a small bowl, whisk the extra virgin olive oil, lemon juice and sea salt together. Add the dressing to the kale and massage with your hands to ensure it is evenly coated.
- 3 Add the chickpeas and avocado to the kale and toss well. Garnish with smoked paprika and pumpkin seeds. Divide between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days. For longer lasting leftovers, add the avocado just before serving.

More Flavor: Roast the chickpeas with additional seasonings to enhance the flavor and add a crunch.

Additional Toppings: Add sliced onion, peppers or roasted vegetables such as sweet potato.



Strawberry Quinoa Arugula Salad

4 servings
40 minutes

Ingredients

1/2 cup Quinoa (uncooked)
 2 tbsps Tahini
 1 tbsp Maple Syrup
 1 1/2 tsps Lemon Juice
 1 tbsp Water (warm)
 1/8 tsp Sea Salt
 6 cups Arugula
 1/4 cup Sunflower Seeds
 1 cup Strawberries (chopped)

Nutrition

Amount per serving	
Calories	202
Fat	10g
Saturated	1g
Carbs	25g
Fiber	4g
Sugar	6g
Protein	7g
Cholesterol	0mg
Sodium	93mg

Directions

- 1 Cook the quinoa according to package directions. Let cool.
- 2 In a large mixing bowl whisk together the tahini, maple syrup, lemon juice, water and salt. Season the dressing with additional salt or lemon juice if needed.
- 3 Pour the dressing over the arugula and toss to coat evenly. Fold in the cooked quinoa, sunflower seeds and strawberries. Transfer to plates and serve immediately. Enjoy!

Notes

Meal Prep: For best results, store all items separately in the fridge and assemble the salad just before serving.

No Arugula: Use baby spinach instead.

No Sunflower Seeds: Use pumpkin seeds, hemp seeds or chopped walnuts instead.



Citrus Beet Salad

4 servings

1 hour

Ingredients

4 Beet (medium, cut into quarters)
 1/2 cup Quinoa (uncooked, dry)
 2 tbsps Extra Virgin Olive Oil
 1/2 Navel Orange (juiced)
 1 tbsp Apple Cider Vinegar
 1 tsp Dijon Mustard
 Sea Salt & Black Pepper (to taste)
 2 cups Baby Spinach
 1/4 cup Radishes (finely sliced)
 2 Carrot (medium, peeled into ribbons)
 1 cup Chickpeas (cooked, from the can)
 1/4 cup Goat Cheese (crumbled)
 1/2 cup Mint Leaves (chopped)

Nutrition

Amount per serving	
Calories	288
Fat	11g
Saturated	2g
Carbs	39g
Fiber	9g
Sugar	11g
Protein	10g
Cholesterol	3mg
Sodium	151mg

Directions

- 1 Preheat the oven to 375°F (190°C). Wrap the beets in foil and bake for 35 to 45 minutes, or until tender when pierced with a fork.
- 2 Remove the beets from the oven and once they have cooled, rinse them under cold water and peel them. Once they are peeled, thinly slice them.
- 3 Cook your quinoa on the stove according to package directions, and set aside.
- 4 Make the dressing by combining the olive oil, orange juice, apple cider vinegar, dijon, salt and pepper in a jar. Mix well.
- 5 Add the baby spinach to a bowl and top with beets, quinoa, radishes, carrots, chickpeas, goat cheese, and mint. Drizzle dressing over top and enjoy!

Notes

Prep Ahead and Save Time: The beets and quinoa can be prepped in advance to make assembling this salad much faster.

Dairy-Free: Omit the goat cheese

No Chickpeas: Use another protein instead such as tofu or cooked, diced chicken breast.

No Quinoa: Use rice instead.

Leftovers: Store in an airtight container in the fridge up to 3 to 4 days and enjoy cold.



Black Bean & Avocado Salad

4 servings

15 minutes

Ingredients

2 cups Black Beans (cooked)
 1 Red Bell Pepper (chopped)
 1/4 cup Red Onion (chopped)
 1 Avocado (diced)
 1/4 cup Lime Juice
 1/4 tsp Chili Powder
 1/4 tsp Cumin
 1/8 tsp Sea Salt

Nutrition

Amount per serving	
Calories	210
Fat	8g
Saturated	1g
Carbs	29g
Fiber	12g
Sugar	3g
Protein	9g
Cholesterol	0mg
Sodium	85mg

Directions

- 1 In a large mixing bowl combine the black beans, pepper, onion and avocado.
- 2 Add the lime juice, chili powder, cumin, and salt to a mason jar. Seal with a lid and shake until combined. Pour dressing over the black bean mixture and stir until evenly coated.
- 3 Serve chilled and enjoy.

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately 1 cup.

More Flavor: Add cilantro, tomato, corn or hot sauce.

No Black Beans: Use cooked lentils or chickpeas instead.



Dill & Feta Cucumbers

1 serving

5 minutes

Ingredients

1/2 Cucumber (cut into spears)
1/2 tsp Lemon Juice
1 tbsp Fresh Dill (chopped)
1 tbsp Feta Cheese (crumbled)
1 tsp Extra Virgin Olive Oil

Nutrition

Amount per serving	
Calories	88
Fat	7g
Saturated	2g
Carbs	6g
Fiber	1g
Sugar	3g
Protein	2g
Cholesterol	8mg
Sodium	110mg

Directions

- 1 Arrange the cucumber in a bowl and add the lemon juice, dill, and feta cheese. Drizzle with extra virgin olive oil and enjoy!

Notes

Dairy-Free: Omit the feta or use dairy-free cheese.

Leftovers: Refrigerate in an airtight container up to 2 days.

No Dill: Use parsley or basil instead.



Chopped Veggie Salad

4 servings

15 minutes

Ingredients

2 cups Broccoli (chopped)
1 cup Cherry Tomatoes (chopped)
1/2 Red Bell Pepper (chopped)
1/2 Cucumber (chopped)
2 1/2 tbsps Extra Virgin Olive Oil
2 1/2 tbsps Balsamic Vinegar
1/2 cup Parsley (chopped)
Sea Salt & Black Pepper

Directions

1

Add broccoli, tomatoes, bell pepper and cucumber to a large mixing bowl. Toss with the oil, vinegar and parsley. Season liberally with sea salt and black pepper to taste. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days. Season leftovers with additional salt, black pepper and vinegar if needed.

More Flavor: Use additional herbs like cilantro, chives, basil or dill.

Nutrition

Amount per serving	
Calories	118
Fat	9g
Saturated	1g
Carbs	9g
Fiber	2g
Sugar	5g
Protein	2g
Cholesterol	0mg
Sodium	25mg



Fennel, Radicchio & Grapefruit Salad

4 servings
25 minutes

Ingredients

- 1 bulb Fennel (cored and thinly sliced)
- 3 cups Radicchio (thinly sliced)
- 2 tbsps Shallot (thinly sliced)
- 2 tbsps Grapefruit Juice
- 1/4 cup Extra Virgin Olive Oil
- 1 tsp Raw Honey
- 1/8 tsp Sea Salt
- 2 Grapefruit (peeled and pulled apart into pieces)
- 1/4 cup Mint Leaves (thinly sliced)
- 1/3 cup Hazelnuts (toasted and chopped)

Nutrition

Amount per serving	
Calories	269
Fat	21g
Saturated	2g
Carbs	21g
Fiber	5g
Sugar	14g
Protein	4g
Cholesterol	0mg
Sodium	112mg

Directions

- 1 Add the sliced fennel, radicchio and shallot to a large salad bowl.
- 2 In a small bowl, combine the grapefruit juice, extra virgin olive oil, honey, and sea salt. Mix well.
- 3 Add the grapefruit slices, mint and hazelnuts to the salad bowl and drizzle with the dressing. Enjoy!

Notes

- No Radicchio:** Use endive or romaine lettuce instead.
- No Grapefruit:** Use navel orange instead.
- No Honey:** Use maple syrup instead.



Beet & Arugula Salad

4 servings

50 minutes

Ingredients

4 Beet (skin on, washed)
 3 tbsps Extra Virgin Olive Oil
 1 1/2 tbsps Balsamic Vinegar
 1 1/2 tps Raw Honey
 Sea Salt & Black Pepper (to taste)
 4 cups Arugula (packed)
 1 Apple (thinly sliced)
 1/2 cup Goat Cheese (crumbled)
 1/4 cup Pumpkin Seeds

Nutrition

Amount per serving	
Calories	246
Fat	17g
Saturated	4g
Carbs	19g
Fiber	4g
Sugar	14g
Protein	6g
Cholesterol	5mg
Sodium	137mg

Directions

- 1 Preheat the oven to 400°F (204°C). Wrap the beets in foil and bake for 40 to 45 minutes, or until cooked through. Remove the beets from the oven, let them cool then peel and slice into quarters.
- 2 While the beets cook, make the dressing in a small bowl by whisking together the olive oil, balsamic, honey salt and pepper. Set aside.
- 3 Add the arugula to a salad bowl and top with the beets, apple, goat cheese, and pumpkin seeds. Drizzle the dressing on top. Toss and enjoy!

Notes

Dairy-Free: Omit the goat cheese, or use a plant-based cheese instead.

No Pumpkin Seeds: Omit or use sunflower seeds instead.

No Apple: Use a pear instead.

No Honey: Use maple syrup instead.

Save Time: Roast the beets ahead of time.



Tuna Chickpea Salad

4 servings

15 minutes

Ingredients

- 1/4 cup Extra Virgin Olive Oil
- 1 Lemon (zest and juice)
- 1/4 tsp Sea Salt
- 2 cups Chickpeas (cooked)
- 1 can Tuna (drained)
- 5 stalks Green Onion (chopped)
- 1/2 cup Parsley (chopped)

Nutrition

Amount per serving	
Calories	299
Fat	16g
Saturated	2g
Carbs	25g
Fiber	7g
Sugar	5g
Protein	16g
Cholesterol	15mg
Sodium	262mg

Directions

- 1 In a large mixing bowl whisk olive oil, lemon zest, lemon juice and salt. Fold in chickpeas, tuna, green onions and parsley. Season with additional salt or lemon juice if needed.
- 2 Serve immediately and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to 3 days.

Canned Tuna: One can of tuna is equal to 165 grams or 5.8 ounces, drained.

Make it a Meal: Serve salad over baby spinach with sliced cucumber on the side.

No Green Onions: Use red or white onion instead.

No Chickpeas: Use white beans or lentils instead.

No Tuna: Use canned salmon instead.

More Flavor: Add dried or fresh dill, minced garlic, red chili flakes, or freshly ground black pepper to taste.



Apple, Beet & Carrot Slaw

3 servings
10 minutes

Ingredients

2 Beet (medium-size, peeled, julienned)
 2 Carrot (julienned)
 2 cups Kale Leaves (shredded)
 1 Apple (julienned)
 3 tbsps Orange Juice
 1 tbsp Lemon Juice
 1/8 tsp Sea Salt
 1/4 cup Parsley (chopped)

Nutrition

Amount per serving	
Calories	87
Fat	1g
Saturated	0g
Carbs	20g
Fiber	5g
Sugar	14g
Protein	2g
Cholesterol	0mg
Sodium	180mg

Directions

- 1 In a large bowl add the beets, carrots, kale and apple.
- 2 In a small bowl, whisk together the orange juice, lemon juice and sea salt.
- 3 Add the dressing to the salad and toss to combine. Top with parsley and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to about 3/4 cup salad.

More Flavor: Add some dijon or honey mustard to the dressing.

Additional Toppings: Top with pumpkin seeds.



Maple Tahini Dressing

4 servings

5 minutes

Ingredients

1/4 cup Tahini
2 tbsps Maple Syrup
1 1/2 tbsps Lemon Juice
2 tbsps Water (warm)
1/4 tsp Sea Salt

Nutrition

Amount per serving	
Calories	117
Fat	8g
Saturated	1g
Carbs	10g
Fiber	1g
Sugar	6g
Protein	3g
Cholesterol	0mg
Sodium	166mg

Directions

1

Whisk all ingredients together in a mixing bowl. Season with additional salt if needed. Transfer to an airtight jar or container and refrigerate until ready to use.

Notes

Leftovers: Refrigerate in an airtight container for up to seven days.

Serving Size: One serving is equal to approximately two tablespoons.

Too Thick: If the dressing is too thick, add water one tablespoon at a time until your desired consistency is reached.



Creamy Cilantro Dressing

4 servings

5 minutes

Ingredients

- 1/3 cup Plain Greek Yogurt
- 1/2 cup Cilantro (roughly chopped)
- 1 stalk Green Onion (roughly chopped)
- 1 Garlic (clove, minced)
- 1 tbsp Lime Juice
- 1 1/2 tsp Maple Syrup
- 1/4 tsp Sea Salt
- 1 tbsp Water (optional)

Nutrition

Amount per serving	
Calories	25
Fat	0g
Saturated	0g
Carbs	3g
Fiber	0g
Sugar	2g
Protein	2g
Cholesterol	3mg
Sodium	161mg

Directions

- 1 Add yogurt, cilantro, green onion, garlic, lime juice, maple syrup and sea salt to the bowl of a food processor. Blend until smooth. Add water to thin the consistency of the dressing if necessary.
- 2 Season with additional salt or lime juice if needed. Transfer to an airtight jar or container and refrigerate until ready to use.

Notes

Leftovers: Refrigerate in an airtight container for up to five days.

Serving Size: One serving is approximately two tablespoons of dressing.

More Flavor: Add roughly chopped jalapeno pepper for a spicy dressing.

Make it Vegan: Use coconut or cashew based yogurt instead of Greek yogurt.



Spicy Mango Dressing

8 servings

5 minutes

Ingredients

1 Mango (small, chopped)
3 tbsps Water
2 tbsps Apple Cider Vinegar
1 Garlic (clove, small, minced)
1/2 tsp Red Pepper Flakes
1/8 tsp Sea Salt

Nutrition

Amount per serving	
Calories	27
Fat	0g
Saturated	0g
Carbs	7g
Fiber	1g
Sugar	6g
Protein	0g
Cholesterol	0mg
Sodium	38mg

Directions

- 1 Add all ingredients to a food processor and blend until smooth.
- 2 Season with additional salt if needed. Transfer to an airtight container or jar and keep refrigerated until ready to use.

Notes

Leftovers: Refrigerate in an airtight container for up to five days.

Serving Size: One serving is equal to approximately two tablespoons of dressing.

More Flavor: For an extra spicy dressing add more red pepper flakes or a dash of hot sauce. For a less spicy dressing reduce the amount of red pepper flake and add a splash of maple syrup.

Mango Size: One small mango is approximately 3/4 cup chopped mango.