

Build your own salad

Find your favourite ingredients from our salad criteria to create your own perfectly balanced salad perfect as a meal on its own

Choose your leafy base

- Shredded Iceberg lettuce
- Mesculin mix
- Torn cos lettuce leaves
- Rocket
- Shredded cabbage
- Baby spinach



Add some veg variety *Aim for at least 3 different colours*

- Sliced radishes
- Grated or sliced carrot
- Mushrooms
- Cherry tomatoes
- Sliced red onion
- Chopped spring onions
- Chopped cucumber
- Sliced capsicum
- Grated beetroot



Pick your protein

- Chopped chicken breast
- Sliced roast beef
- Tuna in spring water
- Pan fried tofu
- Lentils, kidney beans chickpeas
- Egg



Add some carbs (optional)

- Roasted sweet potato
- Corn
- Cooked pasta spirals
- Cooked quinoa or barley
- Wholemeal cous cous
- Brown rice



Make your dressing

- Extra virgin olive oil with
 - lemon juice
 - balsamic vinegar
- Creamy avocado with lemon juice
- Greek yogurt with lemon juice and Dijon mustard



Sprinkle on extras

- Olives
- Avocado
- Feta, bocconcini or parmesan cheese
- Pepita seeds
- Pine nuts
- Almonds
- Cashews

