

# BUILD A *better* SALAD



1. } LEAD WITH  
*leafy greens*

2. } PICK A  
*protein*  
ADD MEAT, BEANS OR CHEESE

3. } LAYER THE  
*flavors*  
WITH COLORFUL FRUIT & VEGGIES

4. } GET *creative*  
WITH GRAINS, SEEDS & NUTS

5. } DRIZZLE  
ON *dressing*  
ADD GARLIC, HERBS & SPICES

**GIANT** | in-store **nutritionist**





# FIVE EASY STEPS TO *better* YOUR SALAD

## 1. } LEAD WITH *leafy greens*

Arugula	Romaine
Bibb Lettuce	Spinach
Kale	Spring Mix
Radicchio	

## 2. } PICK A *protein*

Black Beans	Goat Cheese
Blue Cheese	Grilled Chicken
Boiled Egg	Kidney Beans
Cheddar	Lentils
Cottage Cheese	Salmon
Edamame	Shrimp
Feta Cheese	Tempeh
Fresh Mozzarella	Tofu
Garbanzo Beans	Tuna

## 3. } LAYER THE *flavors*

### **Vegetables** (Raw, Roasted or Steamed)

Artichokes  
Asparagus  
Beets  
Broccoli  
Brussels Sprouts  
Carrots  
Colored Peppers  
Cucumbers  
Edamame  
Jicama  
Mushrooms  
Purple Cabbage  
Radishes  
Red Onion

Scallions  
Sprouts  
Squash  
Sugar Snap Peas  
Tomatoes

### **Fruits**

Apples  
Avocado  
Berries  
Dried Fruits  
Pears  
Pineapple  
Pomegranate

## 4. } GET *creative*

### **Seeds/Nuts**

Almonds  
Pine Nuts  
Pistachios  
Pumpkin Seeds  
Sesame Seeds  
Sunflower Seeds  
Walnuts

### **Grains**

Barley  
Bulgur  
Farro  
Quinoa  
Wheat Berries  
Whole Wheat Couscous  
Wild Rice

## 5. } DRIZZLE ON *dressing*

Making your own salad dressing is easy!

### 1. Choose & make your base:

*Vinaigrette* : whisk together 2 parts oil + 1 part vinegar (apple cider, balsamic, white wine)

*Creamy Yogurt*: whisk together 3 parts Greek yogurt + 1 part sour cream + a splash of milk to preferred consistency.

### 2. Season your base:

Use garlic, ginger, scallions, mustard, herbs (fresh or dried) and spices to taste.

