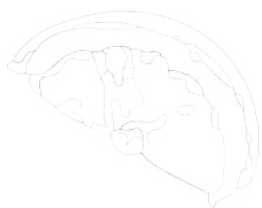


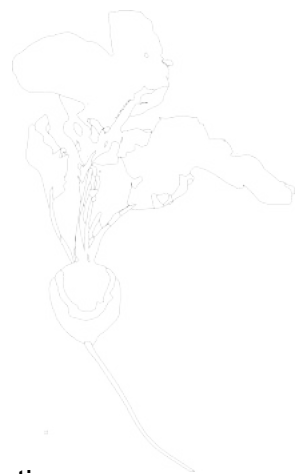


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# Salad Builder



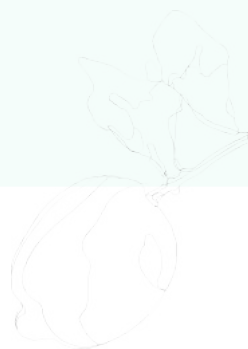
Variety is the key to making sure salads aren't boring, so mix and match with combinations you may not have tried before! A good balance of protein and carbohydrates helps keep you full for longer and make sure you have something in there that adds a bit of flavour.

## *Choose a Protein...*

- 1 small tin salmon, tuna or sardines (choose ones with bones for extra calcium)
- 65g leftover cooked lean meat (90-100g raw weight) eg. beef, kangaroo, pork, lamb
- 80g leftover cooked chicken or turkey (100g raw weight) eg. breast, tenderloins, skinless thigh fillets
- 100g lean ham (no more than once per week)
- 100g fresh fish (115g raw weight) eg. salmon,
- 100g seafood eg. prawns, scallops, mussels, octopus
- 1 cup (150g) cooked or canned legumes eg. lentils, chickpeas, kidney beans, 4-bean mix, cannellini beans, broad beans, black beans
- 170g tofu or tempeh
- 30g nuts eg. walnuts, almonds, hazelnuts, brazil nuts
- 30g seeds eg. sunflower seeds, pumpkin seeds, sesame seeds
- 2 large (120g) boiled eggs

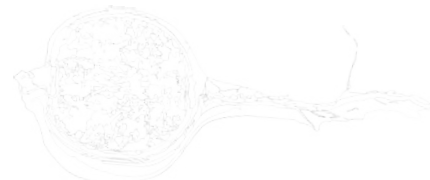
## *... Choose a Carbohydrate...*

- 1 small piece multigrain bread (eg. Burgen) or a small multigrain bread roll (on the side)
- 1 small tin corn
- 1 small tin legumes (eg. lentils, chickpeas, kidney beans, 4-bean mix, cannellini beans, broad beans, black beans)
- 1/2 cup fruit (eg. apple, watermelon, grapes, pear, strawberries, mango, nectarine, blueberries, rockmelon, figs, orange, grapefruit)
- 1/3 cup leftover cooked basmati or brown rice
- 1/2 cup leftover cooked wholemeal or pulse pasta (eg. penne, risoni or spiral works well)
- 1 small leftover potato
- 1/2 cup leftover roast sweet potato
- Crackers (on the side) eg. 4 corn thins or 4 vitawheats or 2 ryvitas
- 1/2 cup cooked vermicelli noodles
- 1/2 cup cooked quinoa, teff or barley



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## *...Load up on Vegetables...*

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| <ul style="list-style-type: none"><li>• Alfalfa</li><li>• Asparagus (blanched or grilled)</li><li>• Bean sprouts</li><li>• Beetroot (tinned, fresh grated or roasted)</li><li>• Broccoli (raw or blanched)</li><li>• Cabbage (normal or purple, thinly sliced)</li><li>• Carrot (try different colours, roasted, grated, spiralled or chopped)</li><li>• Cauliflower (roasted)</li><li>• Capsicum (red, green, fresh or roasted)</li><li>• Celery</li><li>• Cucumber</li><li>• Eggplant (roasted)</li><li>• Fennel (roasted or thinly sliced, fresh leaf)</li><li>• Green beans (fresh or blanched)</li><li>• Lettuce (eg. cos, iceberg, fancy)</li></ul> | <ul style="list-style-type: none"><li>• Mushrooms (raw or cooked)</li><li>• Peas (defrosted or cooked)</li><li>• Pumpkin (roasted)</li><li>• Parsnip (roasted)</li><li>• Radicchio</li><li>• Radish (thinly sliced)</li><li>• Rocket</li><li>• Snow peas (raw or blanched)</li><li>• Tomato (try different types eg. yellow, green, cherry)</li><li>• Watercress</li><li>• Witlof</li><li>• Wombok (thinly sliced)</li><li>• Zucchini (raw grated, spiralled or roast)</li></ul> |
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## *...And add a little bit of Flavour!*

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| <ul style="list-style-type: none"><li>• Apple cider vinegar</li><li>• Avocado</li><li>• Balsamic vinegar</li><li>• Blue cheese</li><li>• Capers</li><li>• Cottage cheese</li><li>• Cheddar cheese</li><li>• Chili</li><li>• Dried fruit (eg. cranberries, apricots, sultanas, currants, dates)</li><li>• Extra virgin olive oil</li><li>• Feta cheese</li><li>• Fresh herbs eg. parsley, chives, basil, mint, coriander</li></ul> | <ul style="list-style-type: none"><li>• Jalapeños</li><li>• Hummus</li><li>• Nuts &amp; seeds</li><li>• Sauerkraut</li><li>• Spring onions, thinly sliced</li><li>• Sun-dried tomatoes</li><li>• Lemon or lime juice</li><li>• Marinated artichoke</li><li>• Olives</li><li>• Parmesan</li><li>• Pine nuts</li><li>• Pesto</li><li>• Red or salad onion, thinly sliced or diced</li><li>• Tzatziki</li></ul> |
|---|--|

## *Some Different combination ideas:*

- Roast beetroot, rocket, feta and walnut with chicken
- Avocado, mango, chicken breast, pumpkin seeds, baby spinach and fresh snow peas
- Thinly sliced beef, roast sweet potato & parsnip, baby spinach and blanched asparagus
- Salmon fillet, alfalfa, tomatoes, cucumber, capsicum, brown rice and spring onions
- Grilled pork with lettuce, apple, cucumber, fresh green beans

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