

SALAD BUILDING

GUIDE

CHOOSE YOUR BASE (GREENS!)

Include 1 cup
of your
favourite leafy
greens



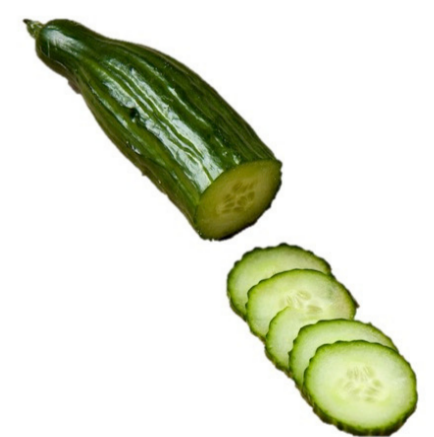
ADD A SERVE OF CARBOHYDRATES

Include ½ cup
of wholegrain
or starchy
carbohydrate



ADD PLENTY OF VEGETABLES - GO FOR AS MANY DIFFERENT COLOURS AS YOU CAN!

Include 1 cup
of chopped
or cooked
vegetables



ADD A SERVE OF LEAN PROTEIN

Add a serve
of good-
quality, lean
protein



90 G

100 G

1 CUP

2 EGGS

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INCLUDE A SERVE OF HEALTHY FATS



1T PLANT-BASED OIL



¼ OF AN AVOCADO

OILY FISH, DAIRY, EGGS, NUTS AND SEEDS
ARE ALSO GREAT SOURCES OF HEALTHY FATS

ADD SOME TOPPINGS FOR FLAVOUR AND CRUNCH



EG. 1-2T NUTS AND SEEDS, SAUERKRAUT, OLIVES, CHEESE

ADD 1-2 TABLESPOONS OF DRESSING

Try some of these quick and easy options:

1T WHOLEGRAIN
MUSTARD MIXED
WITH
1T OLIVE OIL
AND A SQUEEZE
OF LEMON JUICE

1T OLIVE OIL
MIXED WITH
1T LEMON JUICE
OR APPLE CIDER
VINEGAR

1½T PLAIN
YOGHURT MIXED
WITH
½T GROUND
CUMIN AND A
PINCH OF SALT
AND PEPPER