

Summer Salads

DANA BOSSELMANN



Steak & Berry Salad

1 SERVING 20 MINUTES



INGREDIENTS

4 ozs Top Sirloin Steak
1 tsp Avocado Oil
Sea Salt & Black Pepper (to taste)
2 cups Mixed Greens
1/4 cup Strawberries (halved)
1/4 cup Blueberries
1/4 cup Blackberries
2 tbsps Balsamic Vinaigrette

NUTRITION

AMOUNT PER SERVING

Calories	456	Calcium	87mg
Fat	32g	Iron	3mg
Saturated	8g	Vitamin D	OIU
Trans	0g	Vitamin E	1mg
Polyunsat	1g	Vitamin K	17µg
Monouns	10g	Thiamine	0.1mg
Carbs	17g	Riboflavin	0.1mg
Fiber	4g	Niacin	8mg
Sugar	9g	Vitamin B6	0.7mg
Protein	25g	Folate	32µg
Cholesterol	88mg	Vitamin B12	1.3µg
Sodium	232mg	Phosphoro	226mg
Potassium	675mg	Magnesium	37mg
Vitamin A	101IU	Zinc	4mg
Vitamin C	40mg	Selenium	25µg



DIRECTIONS

- 01 Preheat the grill to medium-high heat. Season the steak with salt and pepper. When ready to grill, brush the oil onto the grates.
- 02 Grill the steak for five to six minutes per side or until cooked to your liking. This timing will depend on how thick your steak is and the doneness you desire.
- 03 Let the steak rest for five minutes before slicing. Meanwhile, add the mixed greens, strawberries, blueberries, and blackberries to a bowl.
- 04 Top with the sliced steak and balsamic vinaigrette. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days. Store the mixed greens, berries, and steak together. Add the dressing just before serving. ADDITIONAL TOPPINGS

Goat cheese, pecans, walnuts, and/or sliced almonds.

Maple Roasted Lentil & Sweet Potato Salad

2 SERVINGS 25 MINUTES



INGREDIENTS

- 1 Sweet Potato (medium, cubed)
- 1 cup Lentils (cooked)
- 1/2 cup Pecans
- 2 tbsps Extra Virgin Olive Oil (divided)
- 2 tbsps Maple Syrup
- 1 tsp Cinnamon
- Sea Salt & Black Pepper (to taste)
- 1 tbsp Lemon Juice
- 4 cups Baby Spinach

NUTRITION

AMOUNT PER SERVING

Calories	532	Calcium	149mg
Fat	32g	Iron	6mg
Saturated	Зg	Vitamin D	OIU
Trans	0g	Vitamin E	4mg
Polyunsat	. 7g	Vitamin K	302µg
Monouns	20g	Thiamine	0.4mg
Carbs	54g	Riboflavin	0.5mg
Fiber	14g	Niacin	2mg
Sugar	18g	Vitamin B6	0.5mg
Protein	14g	Folate	310µg
Cholestero	l Omg	Vitamin B12	0µg
Sodium	88mg	Phosphoro	309mg
Potassium	1077mg	Magnesium	135mg
Vitamin A	14874IU	Zinc	3mg



DIRECTIONS

- 01 Preheat the oven to 400°F (205°C).
- 02 Add the sweet potato, lentils, and pecans to a baking sheet. Toss with half of the oil and maple syrup to combine. Season with cinnamon, salt, and pepper. Bake in the oven for 20 minutes, or until fork-tender.
- 03 Combine the remaining oil, lemon juice, salt, and pepper in a small dish. Whisk with a fork.
- 04 Divide the spinach evenly between bowls and add the lentil and sweet potato mixture. Drizzle with the lemon and oil dressing. Enjoy!

NOTES

LEFTOVERS

Best enjoyed immediately. Refrigerate in an airtight container for up to two days. SERVING SIZE

One serving is equal to approximately 2 1/2 cups.

Vitamin C 23mg Selenium 5µg



Snap Pea & Radish Arugula Salad

2 SERVINGS 10 MINUTES



INGREDIENTS

- 4 cups Arugula
- 1/2 cup Snap Peas (chopped)
 1/2 cup Radishes (thinly sliced)
 2 stalks Green Onion (chopped)
 2 tbsps Extra Virgin Olive Oil
 1/2 Lemon (juiced)
 1/2 tsp Sea Salt
 1/4 tsp Black Pepper

NUTRITION

AMOUNT PER SERVING

Calories	149	Calcium	89mg
Fat	14g	Iron	1mg
Saturated	2g	Vitamin D	0IU
Trans	Og	Vitamin E	2mg
Polyunsat	2g	Vitamin K	82µg
Monouns	10g	Thiamine	0mg
Carbs	6g	Riboflavin	0.1mg
Fiber	2g	Niacin	0mg
Sugar	Зg	Vitamin B6	0.1mg
Protein	2g	Folate	60µg
Cholesterol	Omg	Vitamin B12	0µg
Sodium	616mg	Phosphoro	41mg
Potassium	304mg	Magnesium	31mg
Vitamin A	1606IU	Zinc	0mg
Vitamin C	20mg	Selenium	1µg



DIRECTIONS

01 Add all of the ingredients to a bowl and mix to combine. Divide evenly between bowls or onto plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days. When ready to eat, add the olive oil and lemon juice. SERVING SIZE One serving is approximately two cups. MORE FLAVOR Add feta or parmesan cheese. SERVE IT WITH Cooked protein of choice.

Artichoke & Chickpea Salad

3 SERVINGS 15 MINUTES



INGREDIENTS

11/2 cups Chickpeas (cooked)
1/2 cup Artichoke Hearts (from the can, drained, chopped)
1/2 cup Cherry Tomatoes (halved)
1/4 cup Red Onion (sliced)
1/4 cup Parsley (finely chopped)
2 tbsps Extra Virgin Olive Oil
2 tsps White Wine Vinegar
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	235	Calcium	66mg
Fat	11g	Iron	Зmg
Saturated	1g	Vitamin D	OIU
Trans	0g	Vitamin E	2mg
Polyunsat	2g	Vitamin K	94µg
Monouns	7g	Thiamine	0.1mg
Carbs	26g	Riboflavin	0.1mg
Fiber	9g	Niacin	1mg
Sugar	6g	Vitamin B6	0.1mg
Protein	8g	Folate	155µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	140mg	Phosphoro	151mg
Potassium	345mg	Magnesium	46mg
Vitamin A	773IU	Zinc	1mg



DIRECTIONS

01 Add all of the ingredients to a large bowl and mix to combine. Divide evenly between bowls or onto plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days. SERVING SIZE One serving is approximately 3/4 cup. NO WHITE WINE VINEGAR Use red wine vinegar or lemon juice.

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Vitamin C 16mg Selenium 3µg



Creamy Kohlrabi & Apple Salad

6 SERVINGS 15 MINUTES



INGREDIENTS

6 cups Kohlrabi (julienned)
2 Green Apple (julienned)
3/4 cup Fresh Dill (chopped)
1/3 cup Plain Greek Yogurt
2 tbsps Lemon Juice
1 tsp Sea Salt

NUTRITION

AMOUNT PER SERVING

Calories	80	Calcium	66mg
Fat	1g	Iron	1mg
Saturated	0g	Vitamin D	6IU
Trans	0g	Vitamin E	1mg
Polyunsat	0g	Vitamin K	2µg
Monouns	0g	Thiamine	0.1mg
Carbs	17g	Riboflavin	Omg
Fiber	6g	Niacin	1mg
Sugar	9g	Vitamin B6	0.2mg
Protein	4g	Folate	26µg
Cholesterol	2mg	Vitamin B12	0µg
Sodium	429mg	Phosphoro	70mg
Potassium	553mg	Magnesium	29mg
Vitamin A	260IU	Zinc	0mg
Vitamin C	87mg	Selenium	1µg



01 Combine all ingredients in a large bowl and mix well to coat. Serve and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days. SERVING SIZE One serving is equal to approximately 1 1/4 cup. MAKE IT VEGAN

Use coconut yogurt instead of Greek yogurt.



Lentil & Cucumber Balsamic Chopped Salad

3 SERVINGS 10 MINUTES



INGREDIENTS

1 1/2 cups Lentils (cooked)
1 Cucumber (medium, diced)
1 Red Bell Pepper (large, diced)
3 stalks Green Onion (chopped)
1/4 cup Parsley (chopped)
1/4 cup Mint Leaves (chopped)
1/3 cup Feta Cheese (crumbled)
3 tbsps Balsamic Vinaigrette
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	246	Calcium	138mg
Fat	10g	Iron	4mg
Saturated	Зg	Vitamin D	ЗIJ
Trans	Og	Vitamin E	1mg
Polyunsat	Og	Vitamin K	122µg
Monouns	1g	Thiamine	0.2mg
Carbs	29g	Riboflavin	0.3mg
Fiber	10g	Niacin	2mg
Sugar	7g	Vitamin B6	0.4mg
Protein	13g	Folate	224µg
Cholesterol	15mg	Vitamin B12	0.3µg
Sodium	271mg	Phosphoro	276mg
Potassium	666mg	Magnesium	63mg
Vitamin A	2423IU	Zinc	2mg



DIRECTIONS

01 Combine all of the ingredients in a large bowl. Mix well to combine. Divide evenly between bowls and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days. SERVING SIZE One serving is approximately two cups. MORE FLAVOR

Add cooked pasta, brown rice, or your favorite grain. Add a cooked protein of your choice.

ADDITIONAL TOPPINGS

Fresh herbs like basil, chives, oregano or dill.

Vitamin C 64mg Selenium 6µg



Spicy Watermelon & Cilantro Salad

4 SERVINGS 10 MINUTES



INGREDIENTS

1/2 Seedless Watermelon (medium, cubed)
1 Jalapeno Pepper (thinly sliced)
1/2 cup Feta Cheese (cubed)
1/2 cup Cilantro (chopped)
1 Lime (juiced, zested)
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	223	Calcium	135mg
Fat	5g	Iron	2mg
Saturated	Зg	Vitamin D	ЗIJ
Trans	0g	Vitamin E	1mg
Polyunsat	0g	Vitamin K	8µg
Monouns	1g	Thiamine	0.2mg
Carbs	45g	Riboflavin	0.3mg
Fiber	2g	Niacin	1mg
Sugar	35g	Vitamin B6	0.4mg
Protein	6g	Folate	26µg
Cholesterol	17mg	Vitamin B12	0.3µg
Sodium	220mg	Phosphoro	129mg
Potassium	676mg	Magnesium	62mg
Vitamin A	3471IU	Zinc	1mg
Vitamin C	54mg	Selenium	5µg



DIRECTIONS

01 Combine all ingredients together in a large bowl. Toss, serve, and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days. SERVING SIZE One serving is equal to approximately 1 1/4 cups. MAKE IT VEGAN Use dairy-free cheese instead.

Tomato Avocado Salad

2 SERVINGS 10 MINUTES



INGREDIENTS

2 Tomato (medium, chopped)
1 Avocado (medium, chopped)
1/4 cup Red Onion (sliced)
1/4 cup Feta Cheese (cubed)
1 Lime (juiced)
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	242	Calcium	118mg
Fat	19g	Iron	1mg
Saturated	5g	Vitamin D	ЗIU
Trans	Og	Vitamin E	2mg
Polyunsat	2g	Vitamin K	22µg
Monouns	11g	Thiamine	0.1mg
Carbs	17g	Riboflavin	0.3mg
Fiber	8g	Niacin	Зmg
Sugar	2g	Vitamin B6	0.4mg
Protein	6g	Folate	126µg
Cholesterol	17mg	Vitamin B12	0.3µg
Sodium	268mg	Phosphoro	157mg
Potassium	789mg	Magnesium	45mg
Vitamin A	1898IU	Zinc	1mg
Vitamin C	36mg	Selenium	4µg



DIRECTIONS

- 01 Arrange the tomato, avocado, and red onion on a serving plate.
- 02 Top with feta cheese, drizzle with lime juice on top, and season with salt and pepper. Enjoy!

NOTES

LEFTOVERS

Best enjoyed fresh. Refrigerate in an airtight container for up to two days. SERVING SIZE One serving is equal to approximately 1 1/2 cups. MAKE IT VEGAN Omit the feta cheese or use plant-based cheese instead. ADDITIONAL TOPPINGS

Top with chili flakes and cilantro.

Shredded Brussels Sprouts Caesar Salad

3 SERVINGS 15 MINUTES



INGREDIENTS

3 cups Brussels Sprouts (trimmed, shredded)
2 slices Bread (cubed, toasted)
1 1/2 tbsps Caesar Dressing
Sea Salt & Black Pepper (to taste)
1 tbsp Parmigiano Reggiano

NUTRITION

AMOUNT PER SERVING

Calories	107	Calcium	74mg
Fat	Зg	Iron	1mg
Saturated	1g	Vitamin D	0IU
Trans	Og	Vitamin E	1mg
Polyunsat	1g	Vitamin K	156µg
Monouns	1g	Thiamine	0.2mg
Carbs	17g	Riboflavin	0.1mg
Fiber	4g	Niacin	1mg
Sugar	5g	Vitamin B6	0.2mg
Protein	5g	Folate	54µg
Cholesterol	2mg	Vitamin B12	0µg
Sodium	208mg	Phosphoro	75mg
Potassium	365mg	Magnesium	26mg
Vitamin A	681IU	Zinc	0mg
Vitamin C	75mg	Selenium	2µg



01 Add all the ingredients to a large bowl. Toss to combine. Divide the salad between plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days. SERVING SIZE One serving is equal to approximately 1 1/2 cups. MAKE IT VEGAN Omit the parmesan cheese and use a vegan caesar dressing instead. MORE FLAVOR Serve with your choice of cooked protein. GLUTEN-FREE Use gluten-free bread. SAVE ON TIME Use a food processor to shred the Brussels sprouts.



Roasted Leek & Butternut Squash Salad

2 SERVINGS 30 MINUTES



INGREDIENTS

1 1/2 cups Butternut Squash (seeds removed, cubed)
1 Leeks (medium, sliced)
1 tbsp Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)
3 cups Mixed Greens
1/3 cup Green Olives (pitted, sliced)
2 tbsps Balsamic Glaze

NUTRITION

AMOUNT PER SERVING

Calories	200	Calcium	127mg
Fat	9g	Iron	4mg
Saturated	1g	Vitamin D	OIU
Trans	Og	Vitamin E	3mg
Polyunsat	1g	Vitamin K	26µg
Monouns	7g	Thiamine	0.1mg
Carbs	28g	Riboflavin	0mg
Fiber	4g	Niacin	1mg
Sugar	11g	Vitamin B6	0.3mg
Protein	Зg	Folate	57µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	208mg	Phosphoro	51mg
Potassium	588mg	Magnesium	49mg
Vitamin A	11977IU	Zinc	0mg
Vitamin C	33mg	Selenium	1µg



DIRECTIONS

- 01 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
- 02 Add the butternut squash and leeks to the baking sheet. Toss with olive oil, salt, and pepper. Bake in the oven for 20 to 25 minutes or until golden brown.
- 03 Arrange the mixed greens, butternut squash, and leeks on a serving plate. Top with olives and drizzle with balsamic glaze. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days. SERVING SIZE One serving is equal to approximately two cups. MORE FLAVOR Add pecans and chickpeas.

Cranberry Tahini Coleslaw

2 SERVINGS 10 MINUTES



INGREDIENTS

2 tbsps Tahini
2 tbsps Water
1/2 Lemon (medium, juiced)
1 1/2 tsps Maple Syrup
Sea Salt & Black Pepper (to taste)
2 cups Coleslaw Mix
1/4 cup Parsley (chopped)
1/3 cup Dried Unsweetened Cranberries

NUTRITION

AMOUNT PER SERVING

Calories	193	Calcium	122mg
Fat	8g	Iron	2mg
Saturated	1g	Vitamin D	OIU
Trans	0g	Vitamin E	Omg
Polyunsat	4g	Vitamin K	125µg
Monouns	Зg	Thiamine	0.2mg
Carbs	28g	Riboflavin	0.1mg
Fiber	5g	Niacin	1mg
Sugar	20g	Vitamin B6	Omg
Protein	4g	Folate	29µg
Cholesterol	0mg	Vitamin B12	0μg
Sodium	52mg	Phosphoro	115mg
Potassium	127mg	Magnesium	20mg
Vitamin A	3651IU	Zinc	1mg
Vitamin C	51mg	Selenium	5µg



DIRECTIONS

- 01 In a large bowl, whisk together the tahini, water, lemon juice, and maple syrup. Season the dressing with salt and pepper.
- 02 Add the coleslaw mix, parsley, and cranberries to the bowl. Toss everything together and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days. SERVING SIZE One serving is equal to approximately 1 1/4 cups. MORE FLAVOR Add red onion. NO PARSLEY Add cilantro or dill instead.

Date & Feta Couscous Salad

2 SERVINGS 10 MINUTES



INGREDIENTS

1/2 cup Couscous (dry)
1/4 cup Feta Cheese (crumbled)
1/4 cup Pitted Dates (finely chopped)
1 tbsp Parsley (chopped)
1 1/2 tsps Lemon Juice
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	266	Calcium	113mg
Fat	4g	Iron	1mg
Saturated	3g	Vitamin D	ЗIU
Trans	0g	Vitamin E	Omg
Polyunsat	0g	Vitamin K	32µg
Monouns	1g	Thiamine	0.1mg
Carbs	48g	Riboflavin	0.2mg
Fiber	4g	Niacin	2mg
Sugar	12g	Vitamin B6	0.2mg
Protein	9g	Folate	22µg
Cholesterol	17mg	Vitamin B12	0.3µg
Sodium	219mg	Phosphoro	150mg
Potassium	218mg	Magnesium	32mg
Vitamin A	241IU	Zinc	1mg
Vitamin C	4mg	Selenium	Зµg



DIRECTIONS

- 01 Cook the couscous according to the package directions.
- **02** Once cooked, fluff the couscous using a fork. Add the feta, dates, parsley, and lemon juice.
- 03 Stir and season with salt and pepper. Enjoy!

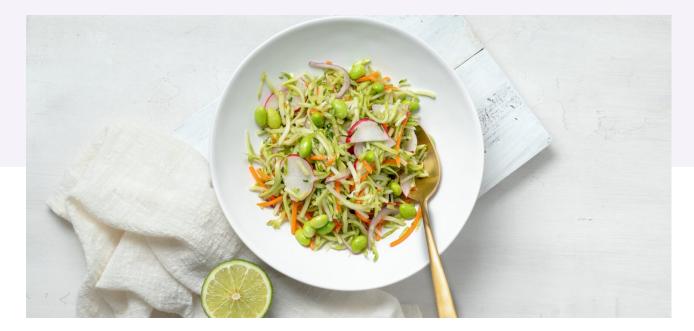
NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days. SERVING SIZE One serving is equal to approximately 2/3 cup. DAIRY-FREE Use plant-based cheese instead.

Edamame & Broccoli Slaw

4 SERVINGS 10 MINUTES



INGREDIENTS

4 cups Broccoli Slaw (bagged)
2 cups Frozen Edamame (thawed)
1/2 cup Red Onion (thinly sliced)
1/2 cup Radishes (medium, thinly sliced)
2 tbsps Extra Virgin Olive Oil
1/2 Lime (large, juiced)
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	195	Calcium	78mg
Fat	11g	Iron	2mg
Saturated	1g	Vitamin D	OIU
Trans	Og	Vitamin E	2mg
Polyunsat	2g	Vitamin K	25µg
Monouns	6g	Thiamine	0.2mg
Carbs	16g	Riboflavin	0.1mg
Fiber	7g	Niacin	1mg
Sugar	5g	Vitamin B6	0.1mg
Protein	12g	Folate	249µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	41mg	Phosphoro	140mg
Potassium	407mg	Magnesium	53mg
Vitamin A	6235IU	Zinc	1mg
Vitamin C	76mg	Selenium	1µg



DIRECTIONS

01 Add all of the ingredients into a large bowl and mix to combine. Divide into bowls and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days. SERVING SIZE One serving is approximately 1 1/2 cups. MORE FLAVOR Add fresh chopped cilantro.

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Spinach & Potato Salad with Chia Dressing

2 SERVINGS 25 MINUTES



INGREDIENTS

1 cup Mini Potatoes
2 tbsps Extra Virgin Olive Oil
1 tbsp Apple Cider Vinegar
1 tsp Italian Seasoning
1 tsp Chia Seeds
Sea Salt & Black Pepper (to taste)
1/2 Cucumber (medium, diced)
1 cup Baby Spinach

2 tbsps Parsley (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	204	Calcium	55mg
Fat	14g	Iron	2mg
Saturated	2g	Vitamin D	OIU
Trans	0g	Vitamin E	2mg
Polyunsat	2g	Vitamin K	157µg
Monouns	10g	Thiamine	0.1mg
Carbs	18g	Riboflavin	0.1mg
Fiber	3g	Niacin	1mg
Sugar	2g	Vitamin B6	0.3mg
Protein	3g	Folate	51µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	21mg	Phosphoro	71mg
Potassium	548mg	Magnesium	41mg
Vitamin A	1807IU	Zinc	1mg



DIRECTIONS

- O1 Set the potatoes in a steamer over boiling water and cover. Steam for about 15 to 20 minutes or until tender. Once cooled, cut the potatoes into bitesized pieces.
- 02 In a salad bowl, whisk together the oil, apple cider vinegar, Italian seasoning, and chia seeds. Season with salt and pepper.
- 03 Add the mini potatoes, cucumbers, spinach, and parsley to the same bowl. Toss until well coated. Divide evenly between plates and enjoy!

NOTES

LEFTOVERS

Best enjoyed fresh. Ingredients can be refrigerated separately in airtight containers for up to three days. SERVING SIZE One serving is approximately two cups. MORE FLAVOR Add green onions and/or feta cheese. Serve with protein of choice.

Vitamin C 26mg Selenium 1µg



Lentil & Broccoli Salad with Tahini Dressing

2 SERVINGS 20 MINUTES



INGREDIENTS

1 tsp Extra Virgin Olive Oil
 2 cups Broccoli (cut into large florets)
 1 1/2 cups Green Lentils (cooked)
 1 Lemon (juiced, divided)
 2 tbsps Parsley
 Sea Salt & Black Pepper (to taste)
 1 1/2 tbsps Tahini
 1 1/2 tbsps Water (warm)

NUTRITION

AMOUNT PER SERVING

Calories	297	Calcium	127mg
Fat	9g	Iron	7mg
Saturated	1g	Vitamin D	OIU
Trans	Og	Vitamin E	1mg
Polyunsat	Зg	Vitamin K	159µg
Monouns	4g	Thiamine	0.4mg
Carbs	40g	Riboflavin	0.3mg
Fiber	15g	Niacin	3mg
Sugar	5g	Vitamin B6	0.4mg
Protein	18g	Folate	348µg
Cholesterol	Omg	Vitamin B12	0µg
Sodium	49mg	Phosphoro	414mg
Potassium	928mg	Magnesium	87mg
Vitamin A	908IU	Zinc	3mg
Vitamin C	98mg	Selenium	10µg



DIRECTIONS

- 01 Heat the oil in a pan over medium heat. Add in the broccoli and cook for about 10 to 12 minutes or until browned.
- 02 Add the lentils and cook for another five minutes. Remove from the heat and stir in half of the lemon juice, parsley, salt, and pepper.
- 03 In a small bowl, whisk together the tahini, the remaining lemon juice, water, salt, and pepper. If the sauce seems too thick, add more water to reach the desired consistency.
- 04 Transfer the lentils and broccoli onto a serving plate. Drizzle the tahini dressing on top. Serve and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days. SERVING SIZE One serving is approximately two cups. MORE FLAVOR Add asparagus, almonds, chopped dates, and/or dried chopped apricots.

Chickpea, Quinoa & Artichoke Mason Jar Salad

2 SERVINGS 25 MINUTES



INGREDIENTS

1/2 cup Quinoa (dry, rinsed)
1/4 cup Green Goddess Salad Dressing
1 cup Chickpeas (cooked)
1/2 cup Artichoke Hearts (from the jar, chopped)
1 cup Cherry Tomatoes (halved)
1/2 cup Parsley (roughly chopped)

NUTRITION

AMOUNT PER SERVING

Calories	450	Calcium	119mg
Fat	18g	Iron	6mg
Saturated	2g	Vitamin D	OIU
Trans	Og	Vitamin E	3mg
Polyunsat	9g	Vitamin K	287µg
Monouns	4g	Thiamine	0.3mg
Carbs	58g	Riboflavin	0.2mg
Fiber	13g	Niacin	2mg
Sugar	10g	Vitamin B6	0.4mg
Protein	16g	Folate	255µg
Cholesterol	12mg	Vitamin B12	0.1µg
Sodium	475mg	Phosphoro	368mg
Potassium	756mg	Magnesium	141mg
Vitamin A	2116IU	Zinc	3mg
Vitamin C	37mg	Selenium	7µg



DIRECTIONS

- 01 Cook the quinoa according to the package directions. Let it cool for 10 to 15 minutes.
- 02 Divide the dressing into each mason jar then layer with chickpeas, quinoa, artichoke, tomatoes, and parsley.
- 03 Seal the jar and refrigerate until ready to serve. When ready to eat, shake the jar, and dump into a bowl. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days. SERVING SIZE

16 fl oz (473 mL) mason jars were used for this recipe. One serving is one mason jar.

ADDITIONAL TOPPINGS

Add feta cheese, goat cheese, cucumber and/or onions. NO GREEN GODDESS DRESSING

Use other dressing of choice.

Lemon Garlic Salmon with Spinach Salad

2 SERVINGS 25 MINUTES



INGREDIENTS

10 ozs Salmon Fillet
1 Lemon (juiced)
1 Garlic (clove, large, minced)
Sea Salt & Black Pepper
3 tbsps Butter (cold)
4 cups Baby Spinach
1 cup Cherry Tomatoes (halved)
2 tbsps Walnuts (chopped)
1/4 Cucumber (medium, sliced)

NUTRITION

AMOUNT PER SERVING

Calories	428	Calcium	102mg
Fat	29g	Iron	3mg
Saturated	12g	Vitamin D	798IU
Trans	Og	Vitamin E	3mg
Polyunsat	6g	Vitamin K	304µg
Monouns	8g	Thiamine	0.3mg
Carbs	10g	Riboflavin	0.5mg
Fiber	3g	Niacin	13mg
Sugar	4g	Vitamin B6	1.3mg
Protein	36g	Folate	152µg
Cholesterol	118mg	Vitamin B12	6.7µg
Sodium	165mg	Phosphoro	456mg
Potassium	1156mg	Magnesium	117mg
Vitamin A	7050IU	Zinc	1mg



DIRECTIONS

- 01 Preheat the oven to 375°F (190°C). Line a baking dish with parchment paper. Place the salmon in the dish.
- 02 Mix the lemon juice, garlic, salt, and pepper together and pour it over the salmon. Place the butter on top of the salmon and bake for 15 minutes or until the salmon is cooked through.
- 03 Divide the baby spinach evenly between plates. Top with the tomatoes, walnuts, and cucumbers. Divide the salmon between the salads and pour the residual juices all over the salmon and salad. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days. SERVING SIZE

One serving is 2 1/2 cups of salad with salmon.

Vitamin C 38mg Selenium 44µg



Avocado & Shrimp Chopped Salad

2 SERVINGS 15 MINUTES



INGREDIENTS

1 tsp Extra Virgin Olive Oil
8 ozs Shrimp (peeled, deveined)
Sea Salt & Black Pepper (to taste)
1 tsp Smoked Paprika
1 cup Cherry Tomatoes (quartered)
1 Avocado (medium, chopped)
2 stalks Green Onion (sliced)
1/2 Lime (juiced)

NUTRITION

AMOUNT PER SERVING

Calories	300	Calcium	103mg
Fat	18g	Iron	2mg
Saturated	Зg	Vitamin D	0IU
Trans	Og	Vitamin E	3mg
Polyunsat	2g	Vitamin K	48µg
Monouns	12g	Thiamine	0.1mg
Carbs	14g	Riboflavin	0.2mg
Fiber	8g	Niacin	2mg
Sugar	Зg	Vitamin B6	0.4mg
Protein	26g	Folate	98µg
Cholester	183mg	Vitamin B12	0μg
Sodium	149mg	Phosphoro	321mg
Potassium	1022mg	Magnesium	82mg
Vitamin A	1819IU	Zinc	2mg
Vitamin C	25mg	Selenium	1µg



DIRECTIONS

- 01 Heat the oil in a pan over medium-high heat. Season the shrimp all over with salt and paprika.
- 02 Add the shrimp to the pan and cook for about two minutes per side or until cooked through. Remove from the pan and set aside.
- 03 In a bowl, add the tomatoes, avocado, and green onions. Add the lime juice, salt, and pepper. Toss to combine.
- 04 Divide the salad evenly between plates and top with the shrimp. Enjoy!

NOTES

LEFTOVERS

Best enjoyed fresh. Refrigerate in an airtight container for up to two days. SERVING SIZE One serving is equal to approximately 11/2 cups. MORE FLAVOR Add red onion and cucumber.

NO GREEN ONION

Use cilantro instead.

Cucumber, Olive & Feta Salad

2 SERVINGS 15 MINUTES



INGREDIENTS

1/2 Cucumber (medium, chopped)
1/4 tsp Sea Salt
2 cups Water (enough to submerge the cucumber)
2 tbsps Feta Cheese
2 tbsps Pitted Kalamata Olives
2 tsps Extra Virgin Olive Oil
1/2 tsp Chili Flakes

NUTRITION

AMOUNT PER SERVING

Calories	86	Calcium	89mg
Fat	8g	Iron	1mg
Saturated	2g	Vitamin D	2IU
Trans	0g	Vitamin E	1mg
Polyunsat	1g	Vitamin K	15µg
Monouns	4g	Thiamine	Omg
Carbs	4g	Riboflavin	0.1mg
Fiber	1g	Niacin	Omg
Sugar	1g	Vitamin B6	0.1mg
Protein	2g	Folate	8µg
Cholesterol	8mg	Vitamin B12	0.2µg
Sodium	470mg	Phosphoro	50mg
Potassium	117mg	Magnesium	17mg
Vitamin A	146IU	Zinc	Omg
Vitamin C	2mg	Selenium	2µg



DIRECTIONS

- 01 Add the cucumber to a medium-sized bowl with the salt and just enough water to cover them. Let it sit for 10 minutes to soften and then drain.
- 02 Add the cucumber, feta cheese, and olives to a serving plate. Drizzle with oil and top the chili flakes. Divide evenly between plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days. SERVING SIZE One serving is about 11/2 cups. MAKE IT VEGAN Omit the feta cheese. SHORT ON TIME Skip soaking the cucumbers and dice into smaller pieces.

Cantaloupe, Avocado & Feta Salad

2 SERVINGS 10 MINUTES



INGREDIENTS

2 cups Arugula

1/3 cup Feta Cheese (cubed)
1/4 Cantaloupe (medium, cubed)
1 Avocado (medium, chopped)
Sea Salt & Black Pepper (to taste)
3 tbsps Balsamic Glaze

NUTRITION

AMOUNT PER SERVING

Calories	301	Calcium	174mg
Fat	20g	Iron	1mg
Saturated	6g	Vitamin D	4IU
Trans	Og	Vitamin E	2mg
Polyunsat	2g	Vitamin K	45µg
Monouns	11g	Thiamine	0.1mg
Carbs	26g	Riboflavin	0.4mg
Fiber	8g	Niacin	Зmg
Sugar	17g	Vitamin B6	0.4mg
Protein	7g	Folate	123µg
Cholesterol	22mg	Vitamin B12	0.4µg
Sodium	316mg	Phosphoro	157mg
Potassium	761mg	Magnesium	52mg
Vitamin A	3060IU	Zinc	2mg
Vitamin C	38mg	Selenium	4µg



DIRECTIONS

- 01 Add the arugula to a serving bowl. Arrange the feta cheese, cantaloupe, and avocado on top.
- 02 Season with salt and pepper and drizzle with balsamic glaze. Divide evenly between plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days. SERVING SIZE One serving is approximately 1 3/4 cups. MORE FLAVOR Add a cooked protein of choice. Use your favorite salad dressing instead of balsamic glaze. DAIRY-FREE

Omit the feta or use plant-based cheese instead.

Pomegranate & Chickpea Spinach Salad

1 SERVING 15 MINUTES



INGREDIENTS

1/3 cup Walnuts (chopped)
2 cups Baby Spinach
1/3 cup Chickpeas (cooked)
2 tbsps Pomegranate Seeds
1 tbsp Extra Virgin Olive Oil
2 tsps Balsamic Vinegar
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	509	Calcium	131mg
Fat	41g	Iron	5mg
Saturated	4g	Vitamin D	OIU
Trans	0g	Vitamin E	4mg
Polyunsat	21g	Vitamin K	301µg
Monouns	14g	Thiamine	0.2mg
Carbs	28g	Riboflavin	0.2mg
Fiber	9g	Niacin	1mg
Sugar	8g	Vitamin B6	0.4mg
Protein	13g	Folate	250µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	55mg	Phosphoro	262mg
Potassium	724mg	Magnesium	138mg
Vitamin A	5641IU	Zinc	2mg
Vitamin C	20mg	Selenium	5µg



DIRECTIONS

- 01 Heat a pan over medium-high heat. Add the walnuts and cook for three to five minutes or until they become slightly golden brown, stirring frequently. Let them cool for a few minutes before chopping
- 02 Add the spinach, chickpeas, pomegranate seeds, chopped walnuts, oil, vinegar, salt, and pepper to a bowl. Toss to combine. Enjoy!

NOTES

LEFTOVERS

Refrigerate the salad in an airtight container for up to three days. Add the dressing when ready to eat.

MORE FLAVOR

Add onions and other greens like arugula.

Roasted Carrot, Hummus & White Bean Salad

2 SERVINGS 30 MINUTES



INGREDIENTS

2 Carrot (medium, peeled, chopped)
1/4 cup Extra Virgin Olive Oil (divided)
Sea Salt & Black Pepper (to taste)
1/2 cups Lima Beans (cooked)
1/2 Lemon (large, juiced)
1 Garlic (clove, large, minced)
1/4 cup Parsley (finely chopped)
1 head Romaine Hearts (chopped)
1/4 cup Hummus

NUTRITION

AMOUNT PER SERVING

Calories	489	Calcium	91mg
Fat	33g	Iron	5mg
Saturated	5g	Vitamin D	OIU
Trans	Og	Vitamin E	5mg
Polyunsa	6g	Vitamin K	170µg
Monouns	21g	Thiamine	0.2mg
Carbs	40g	Riboflavin	0.2mg
Fiber	13g	Niacin	2mg
Sugar	4g	Vitamin B6	0.3mg
Protein	12g	Folate	150µg
Cholester	. Omg	Vitamin B12	0µg
Sodium	787mg	Phosphoro	223mg
Potassium	784mg	Magnesium	108mg
Vitamin A	12058IU	Zinc	2mg



DIRECTIONS

- 01 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 02 Add the carrots to the baking sheet. Drizzle with half of the oil and season with salt and pepper. Toss to combine. Spread out into an even layer. Cook for 15 to 20 minutes or until fork tender, flipping halfway through.
- 03 While the carrots are cooking, in a bowl, combine the lima beans, the remaining oil, lemon juice, garlic, parsley, salt and pepper. Mix to combine. Set aside.
- 04 To assemble the bowls, divide the lettuce, marinated lima beans, cooked carrots, and hummus evenly between bowls. Use the remaining marinade as a dressing. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days. SERVING SIZE One serving is approximately two cups. NO LIMA BEANS Use another white bean or chickpeas instead. MORE FLAVOR Top with your favorite dressing.

Vitamin C 19mg Selenium 10µg



Kale, Edamame & Apple Salad with Chicken

4 SERVINGS 25 MINUTES



INGREDIENTS

2 tbsps Extra Virgin Olive Oil
1 lb Chicken Thighs (boneless, skinless)
Sea Salt & Black Pepper (to taste)
4 cups Kale Leaves (stems removed, chopped)
1 1/2 cups Frozen Edamame (thawed)
2 Apple (small, chopped)
1/2 cup Hazelnuts (chopped)
1/2 cup Green Goddess Salad Dressing

NUTRITION

AMOUNT PER SERVING

Calories	532	Calcium	131mg
Fat	35g	Iron	4mg
Saturated	5g	Vitamin D	1IU
Trans	Og	Vitamin E	6mg
Polyunsat	8g	Vitamin K	129µg
Monouns	19g	Thiamine	0.4mg
Carbs	25g	Riboflavin	0.5mg
Fiber	9g	Niacin	8mg
Sugar	13g	Vitamin B6	0.8mg
Protein	33g	Folate	241µg
Cholesterol	113mg	Vitamin B12	0.7µg
Sodium	255mg	Phosphoro	396mg
Potassium	944mg	Magnesium	111mg



DIRECTIONS

- 01 Heat the oil in a pan over medium heat. Season the chicken with salt and pepper, then place it into the pan. Cook for six to eight minutes per side, or until cooked through. Remove and let it rest for five minutes before slicing.
- 02 Divide the kale, edamame, apples, avocado, and hazelnuts evenly between bowls or plates. Top with chicken and dressing. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days. Add dressing when ready to eat. SERVING SIZE One serving is approximately 2 1/2 cups of salad with chicken. NO GREEN GODDESS DRESSING Use your favorite dressing instead. NO HAZELNUTS

Use other chopped nuts or seeds instead.

Vitamin A1306IUZinc3mgVitamin C31mgSelenium27µg



Egg & Avocado Salad Lettuce Wraps

1 SERVING 25 MINUTES



INGREDIENTS

2 Egg

1/2 Avocado (small)
1 tbsp Shallot (finely chopped)
1 1/2 tsps Lemon Juice
1/16 tsp Paprika
Sea Salt & Black Pepper (to taste)
2 leaves Romaine

NUTRITION

AMOUNT PER SERVING

Calories	323	Calcium	91mg
Fat	24g	Iron	3mg
Saturated	5g	Vitamin D	82IU
Trans	Og	Vitamin E	3mg
Polyunsat	4g	Vitamin K	79µg
Monouns	14g	Thiamine	0.2mg
Carbs	13g	Riboflavin	0.6mg
Fiber	8g	Niacin	2mg
Sugar	Зg	Vitamin B6	0.5mg
Protein	16g	Folate	210µg
Cholesterol	372mg	Vitamin B12	0.9µg
Sodium	155mg	Phosphoro	274mg
Potassium	808mg	Magnesium	52mg
Vitamin A	5636IU	Zinc	2mg
Vitamin C	16mg	Selenium	31µg



DIRECTIONS

- 01 Place the eggs in a saucepan and cover with water. Cover and bring to a boil. Once boiling, turn off the heat and let sit for 12 minutes. Drain and run cold water over the eggs until cool enough to handle and peel.
- 02 Mash the eggs, avocado, shallot, lemon juice, and paprika in a bowl until slightly creamy. Season with salt and pepper.
- 03 Divide the egg and avocado mixture evenly between lettuce leaves and enjoy!

NOTES

LEFTOVERS

Best enjoyed fresh. Refrigerate filling in an airtight container for up to one day. SERVING SIZE One serving is approximately two cups of egg and avocado mixture on two lettuce leaves.

MAKE IT VEGAN

Use mashed chickpeas instead of eggs.

MORE FLAVOR

Add chopped herbs like dill or chives.

ADDITIONAL TOPPINGS

Sliced radishes, sprouts, or hemp seeds.

Artichoke & Pumpkin Seed Salad

2 SERVINGS 10 MINUTES



INGREDIENTS

2 tbsps Extra Virgin Olive Oil
1/2 Lemon (medium, juiced)
Sea Salt & Black Pepper (to taste)
4 cups Mixed Greens
1 cup Artichoke Hearts (from the jar, chopped)
1/4 cup Red Onion (sliced)
1/4 cup Pumpkin Seeds
2 tbsps Hemp Seeds

NUTRITION

AMOUNT PER SERVING

Calories	314	Calcium	100mg
Fat	26g	Iron	3mg
Saturated	4g	Vitamin D	OIU
Trans	0g	Vitamin E	2mg
Polyunsat	9g	Vitamin K	9µg
Monouns	13g	Thiamine	0.2mg
Carbs	11g	Riboflavin	0.1mg
Fiber	7g	Niacin	2mg
Sugar	5g	Vitamin B6	0.1mg
Protein	12g	Folate	27µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	425mg	Phosphoro	371mg
Potassium	475mg	Magnesium	168mg
Vitamin A	355IU	Zinc	2mg



DIRECTIONS

- 01 In a small bowl or jar, combine the oil, lemon juice, salt, and pepper. Whisk or shake the jar until well combined.
- 02 Add the remaining ingredients to a bowl, add the dressing, and toss to combine. Divide evenly between plates or bowls, and enjoy!

NOTES

Vitamin C 24mg Selenium 2µg



Cabbage Slaw with Fresh Herbs, Almonds & Lime

3 SERVINGS 15 MINUTES



INGREDIENTS

3 cups Purple Cabbage (thinly sliced)
1 Carrot (large, grated)
2 tbsps Extra Virgin Olive Oil (divided)
Sea Salt & Black Pepper (to taste)
1/4 cup Red Onion
1/2 cup Parsley (chopped)
1/4 cup Fresh Dill (chopped)
1/4 cup Sliced Almonds
1 1/2 Lime (medium, juiced)

NUTRITION

AMOUNT PER SERVING

Calories	200	Calcium	99mg	
Fat	15g	Iron	2mg	
Saturated	2g	Vitamin D	OIU	
Trans	0g	Vitamin E	2mg	
Polyunsat	1g	Vitamin K	208µg	
Monouns	7g	Thiamine	0.1mg	
Carbs	15g	Riboflavin	0.1mg	
Fiber	4g	Niacin	1mg	
Sugar	6g	Vitamin B6	0.2mg	
Protein	5g	Folate	41µg	
Cholesterol	0mg	Vitamin B12	0µg	
Sodium	45mg	Phosphoro	47mg	
Potassium	388mg	Magnesium	25mg	
Vitamin A	5312IU	Zinc	Omg	



DIRECTIONS

- 01 Add the cabbage, carrot, half the oil, salt, and pepper to a bowl. Lightly massage to soften the cabbage.
- 02 Add the onion, parsley, dill, almonds, the remaining oil, and lime juice and toss to combine. Season with additional salt and pepper, if needed. Divide evenly onto plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days. SERVING SIZE One serving is approximately one cup. NO LIME Use lemon juice instead.

Vitamin C 74mg Selenium 1µg

