

MIX IT UP

SUPERFOOD SALAD CHEAT SHEET

GREENS

spinach	romaine
kale	spring mix
arugula	leaf lettuce

GRAINS

quinoa	wild rice
farro	brown rice
granola	black rice

PROTEIN

black beans	green peas	edamame beans
chickpeas	lentils	tofu
kidney beans	wasabi peas	tempeh

FRUITS

fresh	dried
apples	cranberries
berries	cherries
pineapple	blueberries
peaches	apples
mango	apricot

VEGGIES

carrots	sweet potato
bell pepper	cabbage
radish	broccoli
beets	tomato

FATS

walnuts	pumpkin seeds	avocado
slivered almonds	sunflower seeds	feta cheese
pecans	chia seeds	goat cheese
pine nuts	hemp seeds	parmesan



ZEST & FINESSE