**Salads**

Base:

1. Any Organic Salad Mixes or Mixture of Following:
	1. Spring Mix
	2. Romaine
	3. Spinach
	4. Iceberg
	5. Shredded Kale & Shredded Brussels Sprouts Mix (Costco)
2. Toppings:
	1. Broccoli Florets or Broccoli Slaw
	2. Cauliflower Florets
	3. Shredded Love Beets (Precooked Beets at Costco)
	4. Shredded Carrots
	5. Tomatoes\*
	6. Onion
	7. Cucumber
	8. Sliced Radish
	9. Avocado
	10. Sunflower Seeds
	11. ½ c of cooked quinoa
	12. Cheese \*
	13. The possibilities are endless
3. Animal Protein:
	1. Grilled Chicken (I grill a few chicken breasts for salads at the beginning of the week)
	2. Shredded Chicken from Rotisserie Chicken at Costco\*\*\*
	3. Tuna Salad (see recipe on Olena website)
	4. Boars Head luncheon meat
	5. Chicken Salad (see recipe on Olena website)
	6. Hardboiled eggs (pre-cooked available at Publix Deli Section)
4. Dressings
	1. Read Labels: Look for Healthy Oils & No Sugar
	2. Make your own (see recipes on Olena website)
	3. Bragg’s Dressings
	4. Primal Kitchen Dressings
	5. Bolthouse Dressings\*\*

Allergen Warnings

\*May be a common allergen: Omit if it pertains to you!

\*\*Read all labels! The longer the list of ingredients the less safe it is!

\*\*\*Not organic but ok for a quick fast meal that saves you from eating worse options! Not all rotisserie chickens are the same. Most are injected with Bad Marinades/Salts/Seasonings