**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