



# FACTSHEET

## MEAL SALADS

### WHY WOULD I WANT A MEAL SALAD!?

Salads are a great way to enjoy all your food groups and get the nutrients you need. They're also easy to make, lovely to look at, and delicious when made fresh. Use the following chart, which was developed for Julia Ross's *The Diet Cure*, for hundreds of salad variations.

### HOW DO I MAKE A MEAL SALAD?

*For a complete meal salad:*

Select items from lists 1, 2, 3, 4, and 5 and combine for a salad that is a satisfying meal.

*For a side salad:*

For a salad to go along with a protein entrée, select from lists 1, 2, 5, and, if there's no other starchy carb in the meal, 3.

### MEAL SALAD COMPONENTS, MIX AND ENJOY!

1	2	3	4	5
2 cups or more from this list	1 cup or more from this list	Total of ½ cup from this list	Total of ½ cup from this list	2Tbsp from this list
Green or red leaf lettuce	Raw broccoli or cauliflower	Green peas	¼ cup of nuts and/or seeds	Vinaigrette
Spinach	Steamed broccoli, asparagus, green beans, or cauliflower	Black-eyed peas, lima, kidney, cannellini, black or pinto beans	Cottage cheese	Vegetarian Caesar Salad Dressing
Romaine lettuce	Tomatoes	Chick peas	¼ cup feta cheese	Other salad dressing with good oils and no sugar
Other mixed greens	Cucumber	Corn, rice, or other cooked grains	½ cup beans or peas	
Cabbage	Bell peppers	Cooked potatoes or sweet potatoes		
Or omit this list and use 1 more cup from List 2	Avocado			
	Carrot, sliced or grated			

I hope you find this factsheet helpful.  
You are welcome to email moodfoodmove at:  
[moodfoodmove@gmail.com](mailto:moodfoodmove@gmail.com) with any questions ☺