



Salad Ideas Meal Plan

Chopped Brussels Sprout Salad with Creamy Shallot Dressing from Pinch of Yum

Cara Cara Orange and Avocado Feta Salad from Not Without Salt
The Best Chopped Salad from Cup of Jo

Cheddar Apple Winter Salad with Balsamic Feta Vinaigrette from Bake Your Day

Goat Cheese, Asian Pear and Beet Salad with Honey Mustard Vinaigrette from Joyful Healthy Eats

Produce

- spring mix (10 oz) (3 C)
- beets (4 large)
- {asian} pear (1 large)
- granny smith apple (1)
- romaine (1 large head) (1 head)
- strawberries (1 C)
- avocado (2) (2)
- apples (1 C)
- red onion (1 C)
- grapes (1 C)
- oranges (1 C) (1)
- lemons (2) (1)
- garlic cloves (4)
- cara cara oranges (2)
- endive (2 heads, optional)
- lime (1)
- brussels sprouts (30, 4 C shredded)
- pomegranate (1 C seeds)
- shallot (1)

Herbs

- cilantro (1 C)

Spices

- dry basil (1 t)
- onion powder (1/4 t)
- garlic salt (1/4 t)
- chile flakes (pinch)

Dairy

- goat cheese (3 oz)
- feta cheese (1 T) (1 C)
- cheddar (3 oz)
- gorgonzola cheese (6-8 oz)
- pecorino romano (1/2 C)
- greek yogurt (2 T)

Meat

- chicken (1 C, cooked)
- bacon (1 C, cooked) (6 slices)

Nuts & Dried Fruit

- pecans (3/4 C)
- dried cranberries (2 T)
- raisins (2 T)
- walnuts (1/4 C) (1 C)
- sesame seeds (1 T, toasted)
- almonds (1/3 C)

Pantry Items

- stone ground/dijon mustard (2 T) (1 t)
- balsamic vinegar (4 T) (2 T)
- olive oil (4 T) (1/4 C) (1/2 C) (1/3 C) (1/3 C)
- honey (1 1/2 t) (1/4 C) (1 T)
- red wine vinegar (1/8 C)