



Build Your Own Salad

Start with a leafy base

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|-------------------------------------|----------------------------------|----------------------------------|---------------------------------------|---------------------------------------|
| <input type="checkbox"/> Romaine | <input type="checkbox"/> Spinach | <input type="checkbox"/> Iceberg | <input type="checkbox"/> Mixed Greens | <input type="checkbox"/> Bibb Lettuce |
| <input type="checkbox"/> Spring Mix | <input type="checkbox"/> Kale | <input type="checkbox"/> Arugula | <input type="checkbox"/> Cabbage | |

Add fruits & veggies

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|------------------------------------|------------------------------------|-----------------------------------|--------------------------------------|--------------------------------------|
| <input type="checkbox"/> Tomatoes | <input type="checkbox"/> Asparagus | <input type="checkbox"/> Apples | <input type="checkbox"/> Radishes | <input type="checkbox"/> Berries |
| <input type="checkbox"/> Peppers | <input type="checkbox"/> Carrots | <input type="checkbox"/> Grapes | <input type="checkbox"/> Olives | <input type="checkbox"/> Pears |
| <input type="checkbox"/> Mushrooms | <input type="checkbox"/> Potatoes | <input type="checkbox"/> Zucchini | <input type="checkbox"/> Celery | <input type="checkbox"/> Dried Fruit |
| <input type="checkbox"/> Onions | <input type="checkbox"/> Avocado | <input type="checkbox"/> Beets | <input type="checkbox"/> Broccoli | |
| <input type="checkbox"/> Cucumbers | <input type="checkbox"/> Oranges | <input type="checkbox"/> Corn | <input type="checkbox"/> Cauliflower | |

Pump up the protein

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|----------------------------------|--|------------------------------------|---------------------------------|
| <input type="checkbox"/> Chicken | <input type="checkbox"/> Turkey | <input type="checkbox"/> Chickpeas | <input type="checkbox"/> Quinoa |
| <input type="checkbox"/> Ham | <input type="checkbox"/> Lowfat Cheese | <input type="checkbox"/> Eggs | <input type="checkbox"/> Nuts |
| <input type="checkbox"/> Fish | <input type="checkbox"/> Beans | <input type="checkbox"/> Shrimp | <input type="checkbox"/> Seeds |

Top it off

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| <input type="checkbox"/> Fresh Herbs | <input type="checkbox"/> Lowfat Dressing | <input type="checkbox"/> Homemade Dressing |
| <input type="checkbox"/> Tortilla Strips | <input type="checkbox"/> Vinaigrette | <input type="checkbox"/> Fresh-Squeezed Citrus |
| <input type="checkbox"/> Whole Wheat Croutons | <input type="checkbox"/> Oil & Vinegar | |