

HEALTHY FREE LIFE

Eating & Living... for the Glory of God

Salads

Created by Healthy Free Life



Salads

Healthy Free Life

Say goodbye to mundane salads and embrace a world of flavor and variety! Our salad recipes are anything but boring, combining an array of fresh, vibrant ingredients that tantalize your taste buds while nourishing your body. These salads are designed to be hearty and satisfying, ensuring a fulfilling meal that's packed with nutrients and bursting with natural flavors.



SINGLE SERVING SALAD FORMULA

Add an ingredient from each category to bowl in order given. Enjoy!

SALAD GREENS: 2+ CUPS

- mixed salad greens
- romaine
- spinach
- arugula
- butter lettuce
- no iceberg!

FAVORITE SALAD VEGGIES (PICK 2+): 1 1/2 TO 2+ CUPS

- beets
- broccoli
- cabbage
- carrots
- cauliflower
- celery
- cucumber
- green beans
- mushrooms
- onions
- peppers
- radicchio
- radishes
- snap peas
- sprouts
- tomato
- yellow squash
- zucchini

FABULOUS FAT: SERVING SIZE VARIES

1 to 2 TBSP Seeds:

- hemp
- pumpkin
- sunflower

Nuts, chopped if desired:

- almonds - up to 14
- brazil nuts - up to 3
- pecans - up to 10
- walnuts - up to 8

Other:

- 1/4 - 1/2 avocado
- Olives

SALAD DRESSING: 2 - 4 TABLESPOONS

- make your own!

drizzle dressing:

- 1-2 TBSP olive oil
- 1-2 TBSP lemon, balsamic or apple cider vinegar
- 1 tsp honey, if desired

store bought dressing:

- approved dressings are made with olive oil or avocado oil

ADD PROTEIN - 30-40 GRAMS

4-6 ounces meat, cooked:

- chicken, fish, beef, turkey, etc

- 2-3 hard boiled eggs

- organic tempeh

easy: rotisserie chicken, canned salmon, tuna ("light" chunk), or chicken

ADD STARCH - 1/2 CUP

cubed & roasted on top or as a side dish:

- sweet or white potato or winter squash

whole grains:

• brown rice, quinoa, etc
Fruit: apples, pears, strawberries, blueberries.

beans:

- black, pinto, white, chickpea, etc



BIG BATCH SALAD FORMULA

STEP 1: ASSEMBLE THE VEGGIES

To make salads easy, make a big batch salad at the beginning of each week.

Pick your salad greens and your favorite salad veggies from the lists below.

Wash and chop veggies as desired. (Or make it easy and buy pre-chopped veggies!)

In a large food storage container, add salad greens first and then layer favorite salad veggies on top.

Wet salad veggies should be kept in a separate container from the main salad. For example, onions, cucumber, or if you chop tomatoes vs using grape tomatoes.

To help salad last longer, use a "produce saver" container and/or tear a paper towel in half and wedge each towel deep into the greens and veggies (this helps absorb moisture).

Store salad in the fridge in a covered container.

Makes 5 - 8 servings.

SALAD GREENS: 10 - 20+ OUNCES

- mixed salad greens
- romaine
- spinach
- arugula
- baby leafy greens like kale, "power green" mix
- butter lettuce
- really any leafy green except iceberg

FAVORITE SALAD VEGGIES (PICK 3+): 5 - 8+ CUPS

- beets
- broccoli
- cabbage
- carrots
- cauliflower
- celery
- cucumber
- green beans
- mushrooms
- onions
- peppers
- radicchio
- radishes
- snap peas
- sprouts
- tomato (grape)
- yellow squash
- zucchini



BIG BATCH SALAD FORMULA

STEP 2: ASSEMBLE OTHER TOPPINGS & SIDES

FABULOUS FAT: Will you use the same seed or nut every day? If so, put them in a storage container or ziploc bag and store on top of your big batch salad container.

SALAD DRESSING: Will you make a big batch of dressing for the week? Or just drizzle the "drizzle dressing" or store bought dressing each day?

PROTEIN: What will you use for protein? Easy options: Buy a rotisserie chicken or already cooked and frozen chicken strips (non-breaded). Make 1-2 pounds of ground beef, chicken, or turkey. Season as desired (i.e. taco seasoning). Buy canned meat, like salmon, chicken, and tuna (buy "light" chunk tuna and limit tuna to 1-2x/wk). Leftover meat.

ADD A STARCHY (CARBOHYDRATE): Cube and roast 3 potatoes or 1 squash. Or drain and rinse a can of beans. Or cook 1 cup dry grain.

FABULOUS FAT: SERVING SIZE VARIES

1 to 2 TBSP Seeds:

- hemp
- pumpkin
- sunflower

Nuts, chopped if desired:

- almonds - up to 14
- brazil nuts - up to 3
- pecans - up to 10
- walnuts - up to 8

SALAD DRESSING: 2 - 4 TABLESPOONS

• make your own!

drizzle dressing:

- 1-2 TBSP olive oil
- 1-2 TBSP lemon, balsamic or apple cider vinegar
- 1 tsp honey, if desired

store bought dressing:

- approved dressings are made with olive oil or avocado oil

ADD PROTEIN - 30-40 GRAMS PROTEIN

4-6 ounces meat, cooked:

- chicken, fish, beef, turkey, etc

• 2-3 hard boiled eggs

• organic tempeh

easy: rotisserie chicken,

canned salmon, tuna

("light" chunk), or chicken

ADD STARCH - 1/2 CUP

cubed, roasted, cold or warm, on top OR as a side:

- sweet or white potato or winter squash

whole grains on top or side:

- brown rice, quinoa, etc

beans on top or side:

- black, pinto, white, chickpea, etc

RAINBOW SALAD RECIPE

RAINBOW SALAD

One Serving	Big Batch	Ingredients
1 Cup	5-10 oz bag	Romaine, chopped
1 Cup	5-10 oz bag	Baby spinach
1/4 Cup	1/2 to 1 bag	Shredded coleslaw mix (or shred 1/2 head cabbage)
1/2 cup	2 Cups	Carrots, grated
1/2 Cup	1 each	Red, orange or yellow bell peppers, sliced thin
Sm Handful	1 pint	Cherry or grape tomatoes
1/4 to 1/2 Cup	15 oz can	Beans (chickpea/garbanzo, black, white, etc)
1-2 TBSP	1/4 to 1/2 Cup	Pumpkin, hemp or sunflower seeds
Pick a protein:		
1 5oz can	5+ (5 oz) cans	cooked, canned chicken, tuna or salmon
4-6 ounces	1 1/2 pounds	cooked, ground chicken, turkey or beef
4-6 ounces	1 1/2 pounds	cooked, sliced/whole chicken breast, beef or fish
5 ounces	3-4 packages	tempeh, sliced and sauteed

For One Serving: Combine everything in a bowl in order given. Top with dressing.

For Big Batch: Should make about 5-8 servings, give or take.

This is the storage container I use: Rubbermaid FreshWorks 18.1 cup produce saver
<https://amzn.to/2GGvV8b>

- In a big food storage container, mix together romaine, spinach, cabbage and carrots. Top mixture with pepper and tomatoes. Store salad in the fridge in a covered container.
- Drain and rinse chickpeas and put in a separate, small, covered container in fridge.
- Put seeds in a separate, small, covered container in fridge.
- To serve, grab a very large handful (or more!) of salad out of the container and put into a bowl. Top with beans, seeds, and protein, and 2-4 TBSP dressing.

Tip: To save time, buy pre-washed, chopped and shredded veggies!



SALAD DRESSING

LET'S TALK SALAD DRESSINGS

Many salad dressings out there are made with damaging oils like soy, canola, corn, "vegetable", sunflower and safflower, etc. Even the "organic," "healthy" dressings have bad oils in them.

When looking for a salad dressing, look closely at the ingredient list. Look for ones that are made with healthy oils like avocado and olive oil. Look at the ingredients carefully because sometimes they sneak in unhealthy oils in with the healthy.

#KatrinaApproved brands are Primal Kitchen, Chosen Foods, some Brianna's varieties (read labels!), and Mother Raw.

If you have a specialty "Oil & Vinegar" shop near you, I encourage you to venture in and pick out some yummy oils and vinegars. Ask about their store favorites and combos.

We encourage you to make your own using the Salad Dressing Formula on the next page, one of the included recipes, or your own recipe.

Be a Realist not Purist

BUT! Here's the thing... making your own dressing takes time and is another friction step in eating salad. AND the approved salad dressings are not nearly as yummy as Wishbone and Hidden Valley Ranch, etc. If, in the beginning, you want to use your favorite store-bought dressing, that is ok. You can upgrade in the future when salads are easy.



SALAD DRESSING

SALAD DRESSING FORMULA: 1 SERVING

- 1 - 2 TBSP olive oil
- 1 - 2 TBSP of an acidic:
 - vinegars like apple cider, balsamic, flavored
 - lemon or lime
- salt & pepper
- honey, tiny drizzle if needed for sweetness

SALAD DRESSING FORMULA: BIG BATCH

- 3/4 cup olive oil
- 1/2 cup acidic (adjust to taste):
 - vinegars like apple cider, balsamic, flavored
 - lemon or lime
- 1/4 - 1/2 tsp salt
- 1/4 - 1/2 tsp pepper
- 2 TBSP honey if needed for sweetness

Mix ingredients together in a bowl via whisk or fork, or use a salad dressing blender/shaker. Store in fridge in airtight container. A serving size is 2 - 4 TBSP.

SALAD DRESSING RECIPES

Unless otherwise noted, mix ingredients together in a bowl via whisk or fork, or use a salad dressing blender/shaker. Store in fridge in airtight container.
A serving size is 2 - 4 TBSP.

Drizzle Dressing

serves 1. No need to mix. Drizzle it.

2 TBSP Olive Oil
1-2 tsp Honey, if desired
Pick one, add to taste:
 lemon, balsamic or apple
 cider vinegar

Balsamic Honey

1/4 cup Balsamic vinegar
3 TBSP Shallots, thinly sliced (optional)
1 TBSP Honey
1/3 cup Extra-virgin olive oil

Mom's Ranch Dressing

1/2 cup Mayo (olive oil, avocado oil)
1/2 cup Plain, full-fat yogurt
1/4 tsp Garlic powder
1/2 tsp Onion powder
1 tsp Parsley

Lemon Honey

2 Lemons, juice only
1/2 cup Olive Oil
1/3 cup Honey
2 tsp Oregano, dried
2 tsp Garlic, minced
½ tsp Black pepper
 Salt to taste

Maple Cider Vinaigrette

1/4 cup Apple cider vinegar
1/3 cup Olive oil
1 TBSP Dijon or whole grain mustard
2 TBSP Maple syrup
1/4 tsp Salt
1/4 tsp Pepper

Italian Vinaigrette

1/4 cup Red wine vinegar
1/2 cup Olive oil
1 TBSP Italian seasoning
1 TBSP Dijon mustard (optional)
1/4 tsp Salt
1/4 tsp Pepper

Turkey Taco Salad

10 ingredients · 20 minutes · 3 servings



Directions

1. Heat a cast-iron pan over medium heat. Add the oil and garlic and sauté until fragrant, about one minute.
2. Add the turkey, breaking it up as it cooks. Cook for three minutes. Add the water and taco seasoning and mix well. Cover and cook until the turkey is cooked through.
3. Thin the sour cream with a splash of water to create a dressing.
4. Add the mixed greens to a bowl and top with the turkey, avocado, bell pepper, and pickled onions. Drizzle the sour cream dressing on top. Enjoy!

Notes

Leftovers

Refrigerate the turkey in an airtight container for up to three days. Keep the rest of the ingredients separate. Slice the avocado when ready to serve.

Serving Size

One serving is two cups of salad with turkey.

Additional Toppings

Shredded cheese, hot sauce, shredded cabbage and/or pickled jalapeños.

No Taco Seasoning

Use chili powder instead.

More Flavor

Add tomato paste to the turkey when cooking.

Ingredients

- 1 tsp Extra Virgin Olive Oil
- 1 Garlic (clove, large, minced)
- 1 lb Extra Lean Ground Turkey
- 1/4 cup Water (plus a splash more for consistency)
- 1 1/2 tsps Taco Seasoning
- 2 tbsps Sour Cream
- 6 cups Mixed Greens
- 1 Avocado (medium, sliced)
- 1 Yellow Bell Pepper (medium, sliced)
- 1 1/2 ozs Pickled Red Onions

Nutrition

Amount per serving

Calories	405	Sugar	2g
Fat	27g	Protein	32g
Carbs	15g	Sodium	456mg
Fiber	6g		

Taco Salad with Beef

11 ingredients · 25 minutes · 4 servings



Directions

1. In a pan over medium-high heat, brown the beef. Break the meat into very small pieces with a spatula and cook until no longer pink, about 5 minutes. Drain any excess drippings, but keep the beef in the pan.
2. Add the chili powder, cumin, salt, tomatoes, jalapeno and green onion to the beef. Stir to combine. Cook for another 5 minutes until tomatoes are very soft. Remove from heat and stir in half of the lime juice. Season with additional salt if needed.
3. In a large mixing bowl toss the chopped romaine lettuce with olive oil and remaining lime juice.
4. To assemble the salad, divide lettuce between plates and top evenly with beef and avocado. Serve immediately and enjoy.

Notes

Storage

Refrigerate beef and lettuce separately in airtight containers for up to 3 days. Assemble salad just before serving.

More Flavor

Top salad with additional tomatoes, sliced jalapenos, green onions, salsa, cilantro, lime juice or hot sauce.

Make it Vegan

Use black beans instead of ground beef.

Ingredients

1 lb Extra Lean Ground Beef
2 tbsps Chili Powder
1 tbsp Cumin
1/2 tsp Sea Salt
1 cup Cherry Tomatoes (chopped)
1 Jalapeno Pepper (chopped)
2 stalks Green Onion (chopped)
3 tbsps Lime Juice (divided)
2 heads Romaine Hearts (chopped)
2 tbsps Extra Virgin Olive Oil
2 Avocado (sliced)

Nutrition

Amount per serving

Calories	452	Sugar	3g
Fat	34g	Protein	26g
Carbs	15g	Sodium	499mg
Fiber	9g		

Burrito Bowl Mason Jar *

10 ingredients · 25 minutes · 4 servings



Directions

1. Place the quinoa and water in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover. Let simmer for 12 minutes or until all water is absorbed. Remove from heat, fluff with a fork and set aside.
2. Cook your extra lean ground chicken over medium heat in a non-stick frying pan. Season with a bit of salt and pepper and stir occasionally until cooked through.
3. Assemble your burrito bowl mason jars by placing avocado in the bottom with a splash of lime juice. Top with a couple of tablespoons of salsa. Next add in your quinoa, cooked chicken, diced tomatoes, spinach and top with black beans. Seal with a lid. When ready to eat, shake well and dump into a bowl. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

16 fl oz (500 mL) mason jars were used here. One mason jar is one serving.

Ingredients

- 3/4 cup** Quinoa
- 1 1/2 cups** Water
- 1 lb** Extra Lean Ground Chicken
- 1/2 cup** Salsa
- 2** Avocado (peeled and diced)
- 2** Tomato (diced)
- 1 cup** Baby Spinach (chopped)
- 1 cup** Black Beans (cooked, drained and rinsed)
- 1** Lime (juiced)
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	520	Sugar	2g
Fat	26g	Protein	31g
Carbs	44g	Sodium	339mg
Fiber	14g		

Bacon & Eggs Breakfast Jar

7 ingredients · 20 minutes · 4 servings



Directions

1. Cook the bacon and wrap in paper towel while you prepare the rest.
2. Add half the coconut oil to a frying pan and heat over medium. Add the diced potato and cover with a lid. Saute periodically until browned (about 10 minutes). Transfer the potato to a dish, season with a bit of sea salt and black pepper and set aside.
3. Add the remaining coconut oil to the pan and scramble the eggs until cooked through (add a splash of almond milk for fluffier eggs). Transfer to a dish and set aside.
4. Add a few spoonfuls of salsa to the bottom of the jars (500 mL in size). Add in a layer of potato and top with a layer of scrambled eggs then chopped bacon. Finish off with a layer of arugula and seal the jar. When ready to eat, dump into a bowl, toss well and enjoy!

Notes

Vegetarian

Replace the bacon with roasted chickpeas.

Leftovers

Store covered in the fridge up to 4 days.

The Best Bacon

Read the label. Look for quality bacon with no sugar added. Check out your local butcher.

Ingredients

- 8 slices Bacon
- 1 tbsp Coconut Oil (divided)
- 2 cups Mini Potatoes (quartered)
- Sea Salt & Black Pepper (to taste)
- 8 Egg (whisked)
- 1 cup Salsa
- 4 cups Arugula

Nutrition

Amount per serving

Calories	475	Sugar	4g
Fat	34g	Protein	23g
Carbs	19g	Sodium	1035mg
Fiber	3g		

Peanut Lime Chicken Mason Jar Salad

10 ingredients · 10 minutes · 2 servings



Directions

1. Combine the peanut butter, lime juice, water, tamari, and sesame oil in a small bowl. Divide the dressing between jars. Add the chicken to the dressing in the bottom of the jars.
2. Add the pepper, carrot, and green onion to the jars followed by the romaine lettuce. When ready to eat, shake well and dump into a bowl. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

16oz (473 mL) mason jars were used for this recipe. One serving is one mason jar.

Nut-Free

Use sunflower seed butter instead.

More Flavor

Add garlic, ginger, red pepper flakes or liquid sweetener of choice to the dressing.

Make it Vegan

Use chickpeas or lentils instead of chicken.

No Tamari

Use coconut aminos or soy sauce instead.

Ingredients

- 2 **tbps** All Natural Peanut Butter
- 2 **tbps** Lime Juice
- 1/4 **cup** Water
- 2 **tsps** Tamari
- 2 **tsps** Sesame Oil
- 8 **ozs** Chicken Breast, Cooked (cut into cubes)
- 1 Red Bell Pepper (medium, chopped)
- 1 Carrot (medium, cut into matchsticks)
- 2 **stalks** Green Onion (chopped)
- 2 **leaves** Romaine (chopped)

Nutrition

Amount per serving

Calories	351	Sugar	7g
Fat	17g	Protein	40g
Carbs	13g	Sodium	425mg
Fiber	4g		

Chicken Ranch Mason Jar Salad

10 ingredients · 15 minutes · 4 servings



Directions

1. In a bowl, whisk together the yogurt, lemon juice, dill, and salt.
2. Divide the dressing evenly into jars. Top with equal amounts of tomatoes, cucumber, cheese, chicken, corn, and lettuce. When ready to eat, shake well and dump into a bowl. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

16oz (473 ml) mason jars were used for this recipe. One serving is one mason jar.

Dairy-Free

Use vegan cheese instead of cheddar cheese or omit completely. Use coconut yogurt or vegan ranch dressing instead of Greek yogurt, adjusting the lemon juice and salt accordingly.

Additional Toppings

Minced garlic, fresh herbs, green onion, avocado, bell peppers, and/or mushrooms.

No Chicken

Use turkey breast, black beans, chickpeas, tofu, or tempeh instead.

Ingredients

1/2 cup Plain Greek Yogurt

1 1/2 tbsps Lemon Juice

1/4 cup Fresh Dill

1/2 tsp Sea Salt (to taste)

1 cup Cherry Tomatoes (halved)

1 Cucumber (medium, chopped)

3 1/2 ozs Cheddar Cheese (shredded)

1 lb Chicken Breast, Cooked (chopped or shredded)

1 cup Corn

1/4 head Green Lettuce (chopped)

Nutrition

Amount per serving

Calories	350	Sugar	5g
Fat	13g	Protein	45g
Carbs	15g	Sodium	539mg
Fiber	2g		

Chili Lime Chicken Salad Jar

11 ingredients · 50 minutes · 2 servings



Directions

1. Preheat the oven to 400°F (204°C).
2. Place chicken breasts in a baking dish. Drizzle with half of the oil and season with chili powder, paprika, garlic, and salt. Rub the seasoning and the oil all over both sides of the chicken. Bake for about 25 to 30 minutes, or until the chicken is cooked through. Remove the chicken from the oven and let it rest for at least 10 to 15 minutes. Cut the rested chicken into 1/2-inch cubes and allow it to cool completely.
3. Meanwhile, add the bell pepper and tomatoes to a bowl with the lime juice, cilantro, and the remaining oil. Stir to combine.
4. Divide the peppers, tomatoes and dressing between jars then add the cooled chicken and spinach. Place the lid on the jar and store in the refrigerator.
5. To serve, dump the contents of the jar into a bowl. Enjoy!

Notes

Leftovers

Refrigerate jars for up to three days.

More Flavor

Add onion and garlic to the peppers and tomatoes. Add chipotle chili powder, cumin, onion powder or cayenne pepper to the chicken seasoning. Serve with black beans, brown rice or corn kernels.

Additional Toppings

Avocado, sliced jalapenos, green onions and extra cilantro.

Meal Prep

Make the chicken in advance to save time.

Jar Size

Use a jar that is 500 mL in size or bigger.

Ingredients

- 8 ozs Chicken Breast (boneless, skinless)
- 2 tbsps Avocado Oil (divided)
- 1/2 tsp Chili Powder
- 1/2 tsp Smoked Paprika
- 1/4 tsp Garlic Powder
- 1/4 tsp Sea Salt
- 1/2 Red Bell Pepper (finely chopped)
- 1/2 cup Cherry Tomatoes (chopped)
- 1 Lime (juiced)
- 2 tbsps Cilantro (finely chopped)
- 2 cups Baby Spinach

Nutrition

Amount per serving

Calories	291	Sugar	3g
Fat	17g	Protein	27g
Carbs	7g	Sodium	393mg
Fiber	2g		

Brussels Sprouts Slaw with Chicken

9 ingredients · 20 minutes · 2 servings



Directions

1. Add the cubed chicken to a small bowl with the oregano, garlic powder and half the salt. Toss to combine.
2. Heat a skillet over medium heat and add 1/3 of the oil. Once hot, add the chicken and cook for 10 to 12 minutes or until cooked through. Remove and set aside.
3. Add the brussels sprouts and cabbage to a bowl. Add the lemon juice, coconut aminos, remaining oil and remaining salt. Mix well with your hands to combine.
4. Divide the slaw evenly between plates. Top with chicken and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Add additional spices and/or herbs to the dressing or chicken.

Additional Toppings

Sliced onion, avocado, slivered almonds, sesame or sunflower seeds.

Make it Vegan

Omit the chicken and use grilled tofu.

No Coconut Aminos

Use tamari instead.

Ingredients

- 8 ozs Chicken Breast (cut into cubes)
- 1/4 tsp Oregano (dried)
- 1/8 tsp Garlic Powder
- 1/4 tsp Sea Salt (divided)
- 1 1/2 tbsps Extra Virgin Olive Oil (divided)
- 3 cups Brussels Sprouts (shredded)
- 2 cups Purple Cabbage (sliced thin)
- 1 1/2 tbsps Lemon Juice
- 1 tsp Coconut Aminos

Nutrition

Amount per serving

Calories	315	Sugar	7g
Fat	14g	Protein	31g
Carbs	20g	Sodium	448mg
Fiber	7g		

Creamy Kale Salad with Blackened Chicken

15 ingredients · 50 minutes · 4 servings



Directions

1. Preheat oven to 420°F (216°C). Take your garlic bulb and peel away the skin so the cloves are showing. Use a knife to slice the top off the garlic head. Drizzle with olive oil, season with a bit of sea salt and black pepper and wrap in foil. Bake in the oven for 30 minutes.
2. Remove garlic from oven and set aside until cool. Reduce oven to 350°F (177°C) and lightly oil a baking sheet.
3. In a bowl, mix together paprika, salt, cayenne pepper, cumin, thyme and black pepper. Rub the chicken breasts with a bit of extra virgin olive oil then coat both sides evenly with the spice mixture.
4. Heat a cast iron skillet over high heat for 5 minutes or until it is smoking hot. Place the chicken in the hot pan and cook for about 1 minute or until blackened to your liking. Flip and cook for another minute. Then place the chicken breasts on the baking sheet and bake in oven for 10 minutes (or until centre is no longer pink).
5. Meanwhile, make your creamy garlic dressing by taking your roasted garlic and squeezing it out into a food processor or magic bullet. Add in oil, lemon juice, mustard and season with a bit of sea salt. Blend until creamy.
6. Add kale leaves, radishes, cherry tomatoes and pumpkin seeds to a large mixing bowl. Toss with desired amount of dressing.
7. Plate salad and top with blackened chicken. Season with fresh ground pepper. Enjoy!

Notes

Vegetarian

Swap the chicken for roasted chickpeas.

KID FRIENDLY SUGGESTION:

Allow your children to build their own salad or eat plain with raw veggies on the side. If you think the spiced chicken will be too hot for them, cook some chicken with evoo, salt, and pepper.

Ingredients

- 1 Garlic (entire bulb)
- 1 lb Chicken Breast
- 2 tsps Paprika
- 1/2 tsp Sea Salt
- 1/2 tsp Cayenne Pepper
- 1 tsp Cumin
- 1 tbsp Thyme
- 1 tsp Black Pepper
- 1/3 cup Extra Virgin Olive Oil
- 1/2 Lemon (juiced)
- 2 tbsps Dijon Mustard
- 4 cups Kale Leaves
- 1/2 cup Radishes (thinly sliced)
- 1/2 cup Cherry Tomatoes (halved)
- 1/4 cup Pumpkin Seeds

Nutrition

Amount per serving

Calories	417	Sugar	1g
Fat	24g	Protein	39g
Carbs	11g	Sodium	501mg
Fiber	4g		

Add a Starchy Carb

1/2 cup cooked quinoa would be yummy with this recipe.

Mediterranean Goddess Bowl *

15 ingredients · 25 minutes · 4 servings



Directions

1. Combine quinoa and water in a saucepan and place over high heat. Bring to a boil. Once boiling, reduce to a simmer. Cover and let simmer for 12 to 15 minutes or until all water is absorbed. Remove from the heat, fluff with a fork and set aside.
2. Optional Step: Place a frying pan over medium heat and add a splash of oil. Add spinach and saute just until wilted. Remove from heat and set aside. (Note: You can skip this step and add the spinach in raw if you prefer.)
3. In a jar, combine tahini, olive oil, oregano, black pepper and lemon juice. Shake well to mix and set aside.
4. Divide quinoa between bowls, top with sauteed spinach, tomato, red onion, cucumber and parsley. Top with a large spoonful of hummus and sprinkle the hummus with chili powder. Drizzle with desired amount of dressing. Enjoy!

Notes

On-the-Go

Layer all ingredients into a mason jar with the hummus and dressing on the bottom to create a portable mason jar salad.

Ingredients

3/4 cup Quinoa (uncooked)
1 1/2 cups Water
4 cups Baby Spinach
1 tbsp Tahini
1/4 cup Extra Virgin Olive Oil
1/2 tsp Oregano
1/2 tsp Black Pepper
1/2 Lemon (juiced)
1 Tomato (diced)
1/4 cup Red Onion (finely diced)
1 Cucumber (diced)
1/2 cup Parsley (finely chopped)
1 cup Hummus
1 tbsp Chili Powder
8 ozs Chicken Breast, Cooked

Nutrition

Amount per serving

Calories	528	Sugar	3g
Fat	31g	Protein	30g
Carbs	38g	Sodium	398mg
Fiber	9g		

Mediterranean Tuna or Salmon Pasta Salad *

9 ingredients · 15 minutes · 4 servings



Directions

1. Cook the brown rice pasta according to directions on the package.
2. While the pasta is cooking, combine the olive oil, lemon juice, Italian seasoning, salt and pepper in a small bowl and whisk to combine.
3. When the pasta is done cooking, drain it and rinse with cold water until cooled.
4. In a large bowl, toss the pasta, olives, sun dried tomatoes, tuna (or salmon), arugula, hemp seeds and dressing until well combined. Divide between plates and enjoy!

Notes

Leftovers

Keeps well in the fridge up to 3 days.

Kid Friendly Suggestion

Serve the pasta with just the dressing. You can add in the canned fish or serve a tuna sandwich on the side. Serve with their favorite veggie.

Ingredients

- 1 1/2 cups** Brown Rice Fusilli- 8oz. Dried (cooked)
- 1/2 cup** Extra Virgin Olive Oil
- 1 1/2** Lemon (juiced)
- 1 tbsp** Italian Seasoning
- Sea Salt & Black Pepper (to taste)
- 1/2 cup** Green Olives (sliced)
- 1/2 cup** Sun Dried Tomatoes (sliced)
- 15 ozs** Canned Wild Salmon (or tuna. drained and flaked)
- 8 cups** Arugula

Nutrition

Amount per serving

Calories	615	Sugar	4g
Fat	37g	Protein	33g
Carbs	40g	Sodium	552mg
Fiber	4g		