

Make a super salad everyday



Raw food has massive benefit to our health – jam packed with nourishment, full of cleansing fibre, natural enzymes to support the digestive juices, antioxidants for our immunity & weight management support – make a super salad part of your everyday Health and Wellness plan.

Base Dark lettuce - cos, butter, red, gourmet, rocket, baby spinach
Continental cucumber – unpeeled or other cucumber
Snow peas, Carrot sticks, celery pieces
Ripe tomato – roma, truss, continental, sundried tomatoes.
Avocado – sliced, cubed or guacamole dip.
Mushrooms or champignons.
Parsley – continental or 'tabouli' from deli.
lightly steamed green beans, broccoli or broccolini
coleslaw, pasta salad, potato salad
Beetroot, Corn kernels, baked vegetables – pumpkin, potato, sweet potato

Toppers

mung bean sprouts, snow pea sprouts, crunchy combo sprouts, bean shoots
fetta cheese, cheese cubes, grilled haloumi, grated parmesan cheese
antipasto mix - olives, capsicum, sundried tomato, artichokes, grilled eggplant.
Fruit – sliced pear, apple, mango, mandarin segments, grapes, dried apricot
Croutons, boiled egg, gherkins or pickles
Nuts and seeds – raw or tossed in a non-stick frypan little olive oil and soy sauce or herbs

Toss through

Tuna, Salmon, Tinned fish, Cooked or smoked chicken
Lean lamb tossed with mushrooms and onion.
Tinned beans – four bean, chick peas, lentils
Cous cous, savory rice, cooled quinoa, brown rice.
Penne pasta, pasta pieces, rigoni
Fresh herbs – coriander, basil, thai basil, continental parsley, pomegranate.

Dressings

Natural oil & vinegar dressings – balsamic, classic, French, vinaigrette Mediterranean
Olive oil with lemon and lime juice
Apple cider vinegar and oil, herb vinegar
Pesto or other dips – can be thinned out with oil and vinegar.
Creamy dressings – Caesar, aioli, mayonnaise, tzatziki
Mustard seed dressing, chilli & light satay dressing.



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