



### Salad Savvy

1. Choose one or more greens.	2. Choose one protein source.	3. Choose 2 or 3 fruits or vegetables.	4. Choose a dressing.
<ul style="list-style-type: none"> <li>• Red or green leaf lettuce</li> <li>• Romaine lettuce</li> <li>• Boston or Bibb lettuce</li> <li>• Broccoli slaw</li> <li>• Spinach</li> <li>• Raddichio (red lettuce)</li> <li>• Shredded cabbage</li> <li>• <b>Pre-washed variety lettuce mix</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Walnuts</b></li> <li>• Almonds</li> <li>• Pecans</li> <li>• Peanuts</li> <li>• Boiled Egg</li> <li>• Sunflower seeds</li> <li>• Diced turkey</li> <li>• Diced ham</li> <li>• Grilled chicken breast</li> <li>• Shredded cheese</li> <li>• Tofu</li> <li>• Chickpeas</li> <li>• Kidney beans</li> </ul>	<ul style="list-style-type: none"> <li>• Cucumber</li> <li>• Carrots</li> <li>• Raisins</li> <li>• Pineapple chunks</li> <li>• Tomatoes</li> <li>• Cherry Tomatoes</li> <li>• Beets</li> <li>• <b>Mandarin oranges</b></li> <li>• Mango</li> <li>• Apple</li> <li>• Purple cabbage</li> <li>• Onions</li> <li>• Black olives</li> <li>• Mushrooms</li> <li>• Artichokes</li> <li>• Berries</li> <li>• Broccoli</li> <li>• Cauliflower</li> </ul>	<ul style="list-style-type: none"> <li>• Italian</li> <li>• <b>Poppyseed</b></li> <li>• Ranch</li> <li>• French</li> <li>• Blue Cheese</li> <li>• Honey Mustard</li> <li>• Tomato Vinaigrette</li> <li>• Oil &amp; Vinegar</li> <li>• Vidalia Onion</li> <li>• Caesar</li> <li>• Sweet &amp; Sour</li> </ul> <p><i>Most dressings are available in reduced-fat or fat-free versions.</i></p>

