

Build a "Sweet" Salad

Skip the takeout line and create your own version of a restaurant-style salad.
(Buy a rotisserie chicken from the grocery store for simpler prep.)

Kale Caesar

1 cup shredded kale + 1 cup chopped romaine + 1 tablespoon parmesan + 4 ounces (size of a deck of cards) roasted chicken + 8 grape tomatoes + 2 teaspoons lime juice + 2 tablespoons Caesar dressing



Provides: 440 calories, 27 grams fat (6 grams saturated), 14 grams carb, 34 grams protein, 5 grams fiber, 532 mg sodium

Lentil Avocado

2 cups mixed greens + 1/3 cup cooked lentils + 1/2 avocado + 1/2 cup roasted broccoli + 1/4 cup chopped cucumber + 1/2 cup shredded carrots + 2 tablespoons chopped walnuts + basil + 2 tablespoons balsamic vinaigrette



Provides: 410 calories, 16 grams fat (2 grams saturated), 48 grams carb, 18 grams protein, 19 grams fiber, 360 mg sodium

Honey Dijon

2 cups mixed greens + 4 ounces roasted chicken + 1/2 diced cucumbers + 1/2 cup shredded cabbage + 1/4 cup corn + 15 sunflower seeds + 2 teaspoons lemon juice + 2 tablespoons honey dijon dressing



Provides: 470 calories, 17 grams fat (4 grams saturated), 17 grams carb, 38 grams protein, 6 grams fiber, 430 mg sodium

Chickpea Curry

2 cups mixed greens + 1/4 cup roasted chickpeas + 1/4 cup shredded carrots + 1/2 cup shredded cabbage + 10 raisins + cilantro + 1 tablespoon almonds + 1/3 cup cooked quinoa + 2 tablespoons curry yogurt dressing (1 tablespoon each plain yogurt and mayo + 1 teaspoon vinegar + 1 teaspoon curry powder)



Provides: 500 calories, 15 grams fat (2 grams saturated), 76 grams carb, 19 grams protein, 16 grams fiber, 400 mg sodium

Summer Berry

1 cup mixed greens + 1 cup shredded kale + 4 ounces roasted chicken + 1/4 cup red onions + 15 blueberries + 2 tablespoons feta + 15 sunflower seeds + 2 tablespoons raspberry vinaigrette



Provides: 520 calories, 25 grams fat (4 grams saturated), 36 gram carb, 42 grams protein, 9 grams fiber, 440 mg sodium

Greek Salmon

2 cups mixed greens + 4 ounces salmon + 1/4 cup tomatoes + 1/4 cup red onions + 1/4 cup diced cucumbers + 2 tablespoons feta + 1/4 cup diced red pepper + 2 tablespoons chopped walnuts + 2 tablespoons balsamic vinaigrette + dill



Provides: 440 calories, 29 grams fat (4 grams saturated), 14 gram carb, 30 grams protein, 5 grams fiber, 560 mg sodium