

5 ANTI-INFLAMMATORY SUMMER SALADS

KALE & QUINOA POWER SALAD

YIELD: 4 SERVINGS

INGREDIENTS

4 CUPS CHOPPED KALE
1 CUP COOKED QUINOA
1 AVOCADO, DICED
½ CUP FRESH BLUEBERRIES
¼ CUP CHOPPED WALNUTS
¼ CUP CRUMBLed FETA CHEESE (OPTIONAL)

LEMON VINAIGRETTE

3 TABLESPOONS OLIVE OIL
2 TABLESPOONS FRESH LEMON JUICE
1 TEASPOON DIJON MUSTARD
1 TEASPOON HONEY
SALT AND PEPPER TO TASTE

ESTIMATED NUTRITION FACTS

CALORIES: 325
PROTEIN: 10G
CARBOHYDRATES: 22G
FIBER: 8G
SUGARS: 7G
FAT: 22G
SATURATED FAT: 4G
CHOLESTEROL: 8MG
SODIUM: 180MG
POTASSIUM: 650MG
VITAMIN A: 160% DV
VITAMIN C: 120% DV
CALCIUM: 18% DV
IRON: 20% DV

NUTRITION HIGHLIGHTS

- ✓ RICH IN ANTIOXIDANTS FROM KALE AND BLUEBERRIES
- ✓ EXCELLENT SOURCE OF FIBER
- ✓ HEALTHY FATS FROM AVOCADO AND WALNUTS
- ✓ COMPLETE PLANT PROTEIN FROM QUINOA

FRESH. COLORFUL.

FEEL GOOD EVERY DAY

1 KALE & QUINOA
POWER SALAD

2 CUCUMBER
TOMATO SALAD

3 TROPICAL
FRUIT SALAD

4 BEET & ARUGULA
SALAD

5 CHICKPEA &
MINT SALAD

2g PROTEIN
2g FIBER

155 CAL
2g PROTEIN
5g FIBER

240 CAL
7g PROTEIN
5g FIBER

315 CAL

SERVING SUGGESTIONS

THESE REFRESHING SALADS ARE PERFECT FOR SUMMER COOKOUTS, FAMILY DINNERS, MEAL PREP, PICNICS, OR A LIGHT LUNCH. MOST SALADS TASTE EVEN BETTER AFTER CHILLING FOR 30 MINUTES, ALLOWING THE FLAVORS TO BLEND TOGETHER.

FOR A COMPLETE MEAL, PAIR WITH GRILLED CHICKEN, ROAST BEEF, TURKEY, OR ONE OF OUR REFRESHING FRUIT-INFUSED WATERS.



SIMPLE LIFE TIP

SIMPLE MEALS DON'T HAVE TO BE COMPLICATED.

PREPARING FRESH SALADS AHEAD OF TIME CAN MAKE HEALTHY EATING EASIER DURING BUSY WEEKS OR ON DAYS WHEN ENERGY IS LIMITED. KEEP CHOPPED VEGETABLES AND COOKED PROTEINS READY TO MIX AND ENJOY THROUGHOUT THE WEEK.



5 ANTI-INFLAMMATORY SUMMER SALADS

CUCUMBER TOMATO SALAD

YIELD: 4 SERVINGS

INGREDIENTS

- 2 CUCUMBERS, SLICED
- 2 CUPS CHERRY TOMATOES, HALVED
- ¼ RED ONION, THINLY SLICED
- 2 TABLESPOONS CHOPPED FRESH PARSLEY
- 2 TABLESPOONS CHOPPED FRESH BASIL

DRESSING

- 3 TABLESPOONS OLIVE OIL
- 2 TABLESPOONS RED WINE VINEGAR
- 1 TEASPOON DIJON MUSTARD
- SALT AND PEPPER.

INSTRUCTIONS

- 2 CUPS PINEAPPLE CHUNKS
- 2 CUPS WATERMELON CUBES
- 1 CUP STRAWBERRIES, SLICED
- 2 KIWIS, SLICED 1 BANANA, SLICED
- FRESH MINT

ESTIMATED NUTRITION FACTS

- CALORIES: 135
- PROTEIN: 3G
- CARBOHYDRATES: 8G
- FIBER: 2G
- SUGARS: 5G
- FAT: 11G
- SATURATED FAT: 1.5G
- CHOLESTEROL: 4MG
- SODIUM: 170MG
- POTASSIUM: 390MG
- VITAMIN A: 18% DV
- VITAMIN C: 28% DV

NUTRITION HIGHLIGHTS

- ✓ LOW CALORIE
- ✓ HYDRATING VEGETABLES
- ✓ HEART-HEALTHY OLIVE OIL
- ✓ NATURALLY GLUTEN FREE

1 KALE & QUINOA POWER SALAD



335 CAL
10g PROTEIN
8g FIBER

2 CUCUMBER TOMATO SALAD



135 CAL
2g PROTEIN
2g FIBER

3 TROPICAL FRUIT SALAD



155 CAL
2g PROTEIN
5g FIBER

4 BEET & ARUGULA SALAD



240 CAL
7g PROTEIN
5g FIBER

5 CHICKPEA & CUCUMBER SALAD



315 CAL
10g PROTEIN
8g FIBER

SERVING SUGGESTIONS

THESE REFRESHING SALADS ARE PERFECT FOR SUMMER COOKOUTS, FAMILY DINNERS, MEAL PREP, PICNICS, OR A LIGHT LUNCH. MOST SALADS TASTE EVEN BETTER AFTER CHILLING FOR 30 MINUTES, ALLOWING THE FLAVORS TO BLEND TOGETHER.

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5 ANTI-INFLAMMATORY SUMMER SALADS

TROPICAL FRUIT SALAD

YIELD: 4 SERVINGS

INGREDIENTS

- 2 CUPS PINEAPPLE CHUNKS
- 2 CUPS WATERMELON CUBES
- 1 CUP STRAWBERRIES, SLICED
- 2 KIWIS, SLICED
- 1 BANANA, SLICED
- FRESH MINT

HONEY LIME DRESSING

- JUICE OF 1 LIME
- 1 TABLESPOON HONEY

INSTRUCTIONS

- COMBINE FRUIT IN A LARGE BOWL.
- STIR TOGETHER HONEY AND LIME JUICE.
- POUR OVER FRUIT AND GENTLY TOSS.
- GARNISH WITH FRESH MINT.

ESTIMATED NUTRITION FACTS

- CALORIES: 155
- PROTEIN: 2G
- CARBOHYDRATES: 39G
- FIBER: 5G
- SUGARS: 31G (NATURALLY OCCURRING)
- FAT: 0G
- SODIUM: 5MG
- POTASSIUM: 480MG
- VITAMIN A: 12% DV
- VITAMIN C: 150% DV

NUTRITION HIGHLIGHTS

- ✓ EXCELLENT SOURCE OF VITAMIN C
- ✓ NATURALLY SWEET WITH NO REFINED

SUGAR

- ✓ HIGH IN HYDRATION
- ✓ GREAT SOURCE OF ANTIOXIDANTS

1	KALE & QUINOA POWER SALAD	335 CAL 10g PROTEIN 8g FIBER
2	CUCUMBER TOMATO SALAD	135 CAL 2g PROTEIN 2g FIBER
3	TROPICAL FRUIT SALAD	155 CAL 2g PROTEIN 5g FIBER
4	BEEF & ARUGULA SALAD	240 CAL 7g PROTEIN 5g FIBER
5	CHICKPEA & MINT SALAD	315 CAL 15g PROTEIN 8g FIBER

SERVING SUGGESTIONS

THESE REFRESHING SALADS ARE PERFECT FOR SUMMER COOKOUTS, FAMILY DINNERS, MEAL PREP, PICNICS, OR A LIGHT LUNCH. MOST SALADS TASTE EVEN BETTER AFTER CHILLING FOR 30 MINUTES, ALLOWING THE FLAVORS TO BLEND TOGETHER.

FOR A COMPLETE MEAL, PAIR WITH GRILLED CHICKEN, ROAST BEEF, TURKEY, OR ONE OF OUR REFRESHING FRUIT-INFUSED WATERS.

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5 ANTI-INFLAMMATORY SUMMER SALADS

BEET & ARUGULA SALAD

YIELD: 4 SERVINGS

INGREDIENTS

- 4 CUPS BABY ARUGULA
- 2 COOKED BEETS, SLICED
- ¼ CUP WALNUTS
- ¼ CUP CRUMBLED GOAT CHEESE
- ¼ RED ONION, THINLY SLICED

BALSAMIC DRESSING

- 3 TABLESPOONS OLIVE OIL
- 2 TABLESPOONS BALSAMIC VINEGAR
- 1 TEASPOON HONEY, SALT AND PEPPER

INSTRUCTIONS

- ARRANGE ARUGULA ON A SERVING PLATTER.
- ADD BEETS, WALNUTS, GOAT CHEESE, AND ONION.
- DRIZZLE WITH DRESSING.
- TOSS GENTLY BEFORE SERVING.

ESTIMATED NUTRITION FACTS

- CALORIES: 240
- PROTEIN: 7G
- CARBOHYDRATES: 17G
- FIBER: 5G
- SUGARS: 8G
- FAT: 17G
- SATURATED FAT: 4G
- CHOLESTEROL: 12MG
- SODIUM: 210MG
- POTASSIUM: 470MG
- VITAMIN A: 35% DV
- VITAMIN C: 18% DV
- IRON: 12% DV

NUTRITION HIGHLIGHTS

✓ NITRATE-RICH BEETS SUPPORT

CIRCULATION

✓ HEALTHY FATS FROM WALNUTS
✓ CALCIUM FROM GOAT CHEESE
✓ RICH IN ANTIOXIDANTS

SERVING SUGGESTIONS

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5 ANTI-INFLAMMATORY SUMMER SALADS

CHICKPEA & AVOCADO SALAD

YIELD: 4 SERVINGS

INGREDIENTS

- 2 CANS CHICKPEAS, DRAINED
- 2 AVOCADOS, DICED
- 1 CUP CHERRY TOMATOES
- ½ CUCUMBER, DICED
- ¼ RED ONION
- FRESH PARSLEY
-

LEMON DRESSING

- 3 TABLESPOONS OLIVE OIL
- JUICE OF 1 LEMON
- 1 TEASPOON DIJON MUSTARD
- SALT AND PEPPER

ESTIMATED NUTRITION FACTS

- CALORIES: 315
- PROTEIN: 9G
- CARBOHYDRATES: 29G
- FIBER: 10G
- SUGARS: 6G
- FAT: 19G
- SATURATED FAT: 3G
- CHOLESTEROL: 0MG
- SODIUM: 160MG
- POTASSIUM: 720MG
- VITAMIN A: 15% DV
- VITAMIN C: 20% DV
- IRON: 15% DV

NUTRITION HIGHLIGHTS

- ✓ EXCELLENT SOURCE OF PLANT-BASED PROTEIN
- ✓ HIGH IN FIBER
- ✓ HEART-HEALTHY MONOUNSATURATED FATS
- ✓ RICH IN POTASSIUM AND FOLATE

1 KALE & QUINOA POWER SALAD

2 CUCUMBER TOMATO SALAD

3 TROPICAL FRUIT SALAD

4 BEET & ARUGULA SALAD

5 CHICKPEA & AVOCADO SALAD

335 CAL
10g PROTEIN
8g FIBER

135 CAL
2g PROTEIN
2g FIBER

155 CAL
2g PROTEIN
5g FIBER

240 CAL
7g PROTEIN
5g FIBER

315 CAL

SERVING SUGGESTIONS

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COLLECTION NUTRITION COMPARISON

KALE & QUINOA POWER SALAD

- CALORIES: 325
- PROTEIN: 10G
- CARBOHYDRATES: 22G
- FAT: 22G
- FIBER: 8G

BEET & ARUGULA SALAD

- CALORIES: 240
- PROTEIN: 7G
- CARBOHYDRATES: 17G
- FAT: 17G
- FIBER: 5G

CUCUMBER TOMATO SALAD

- CALORIES: 135
- PROTEIN: 3G
- CARBOHYDRATES: 8G
- FAT: 11G
- FIBER: 2G

CHICKPEA & AVOCADO SALAD

- CALORIES: 315
- PROTEIN: 9G
- CARBOHYDRATES: 29G
- FAT: 19G
- FIBER: 10G

TROPICAL FRUIT SALAD

- CALORIES: 155
- PROTEIN: 2G
- CARBOHYDRATES: 39G
- FAT: 0G
- FIBER: 5G

1 KALE & QUINOA POWER SALAD

2 CUCUMBER TOMATO SALAD

3 TROPICAL FRUIT SALAD

4 BEET & ARUGULA SALAD

5 CHICKPEA & AVOCADO SALAD

335 CAL
10g PROTEIN
8g FIBER

135 CAL
2g PROTEIN
2g FIBER

155 CAL
2g PROTEIN
5g FIBER

240 CAL
7g PROTEIN
5g FIBER

315 CAL
9g PROTEIN
10g FIBER

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